

Trust Yourself!!

When faced with a long tough shot for the money we tend to get uptight and anxious about the outcome. This is the time we choke. We deliver a choke stroke and miss the shot.

I use two things to help me trust my stroke. My mantra "See the shot, know the stroke, shoot the shot helps". I also remind myself that there are only two things that can happen when I shoot this shot. One, the ball will go in, or two, it will not go in. I don't know which one it will be. But I do know, I will look good shooting the shot.

Otto Nielsen sent an email this week and got me going on this subject. When I am in a situation where I need to trust my stroke I always turn to the 2-7-2 series. The 2-7-2 is perfect speed. When you send the cue ball from the center of the table to the number two diamond and then to the number seven diamond and then to the number two diamond and back to the center of the table, you have natural speed. When you connect the diamonds you have perfect stroke. The 2-7-2 gives you natural speed and a perfect stroke. I then take the five most popular shots and use the perfect speed and perfect stroke to pocket those balls. Since I am so good at natural speed and natural stroke I use this to calm myself down when I am faced with a difficult shot for the victory. Just saying "2-7-2" calms me down and allows me to trust my stroke. If with tranquility, we act, think or perform, ease will follow us like a shadow that never departs.

I have about a hundred copies of the "2-7-2" program on a nice sheet of thick paper. I will send you one if you request it. I have to send it in a nice large envelope so if you feel generous send along a dollar when you receive the mail from me. If you don't feel like sending along a dollar, don't worry about it. I know you are busy and snail mail is not as simple as it used to be. We are pool players and have our priorities. So if you request a copy of this program don't feel obligated to respond. If you do send a dollar, I will use it to buy a cup of coffee at my favorite coffee shop and tell my favorite waitress this coffee is on you.

On The Monk 101 Volume Three Video I run three racks using 2-7-2 and the five shots. I only shoot one or the other of the five shots. I do this to show how important this stroke and the shots are.

Learn to trust yourself in difficult situations. After all, what choice do you have? You have to shoot the shot anyways, so why not use your best stroke? Forget about the results and look good shooting the shot. As I have said five thousand times, "a single thought will divert the arrow from its course".

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