

## Mastering the Mental Game of Archery-Volume 1: Building the Triad

This audio CD by Troy Bassham is part of an archery-specific set of lessons on the Bassham's take on the mental game. The introduction to the series was *What Every Archer Should Know First About the Mental Game* which was reviewed in Vol. 10, No. 1. The other volumes will be released over time and have the following working titles:

- Volume 1: Building the Triad
- Volume 2: Improving the Conscious Mind
- Volume 3: Improving the Subconscious Mind
- Volume 4: Improving the Self Image
- Volume 5: Mastering the Mental Game for Tournament Archers

This first CD starts off where *What Every Archer Should Know First About the Mental Game* leaves off, so it is desirable that you have listened to that CD first. It also refers to Lanny Bassham's book "With Winning in Mind" several times. This was an attempt to provide the graphic images that accompany discussions of the triad state. The diagrams are important, though, as they provide something concrete to characterize things that are intangible. They also allow progress in the mental game to be tracked, etc. That said, I would rather they did not rely on references to the book as some listeners will not have the book handy and, in addition, it is easy enough to describe the size of three circles, e.g. if the conscious and unconscious circles are the size of grapefruit and the self-image the size of a ping pong ball . . . ." Painting such pictures for the listener would help them focus on the ideas being presented as well as obviate the need for the book.

Troy begins by reinforcing the basic model (your conscious mind is your thoughts, your subconscious mind is the seat of your skills and abilities, and self-image is your attitude and habits) with the goal of being balanced-meaning all three parts of your mental makeup are about as strong). He then goes into several types of archers, describing how their mental weaknesses show up in archery:

Beginners need to develop all three circles through the conscious mind, which is why it is so hard to build up smooth and effective form, you have to think about everything.

Frustrated Experts suffer from weak self images. This is a stage almost all archers pass through at some time.

Unfocused archers lack the conscious mind programming that shuts out distractions and interrupts performance.

Overconfident archers are relatively rare in archery and have smaller subconscious skill than their inflated self-images warrant.

Troy provides ways for listeners to deal with each of these situations should they identify themselves from the descriptions. He goes on to say that most archers are fairly well balanced and their task will be to "grow all of the circles." The circles represent the health/strength the three aspects, with them being about the same size indicating a "balanced state." The only person who can out perform someone in a balance triad state is someone who is also in a balanced triad state but with bigger circles (indicating a strong conscious program, greater subconscious skill, and a more confident self-image. This, of course,

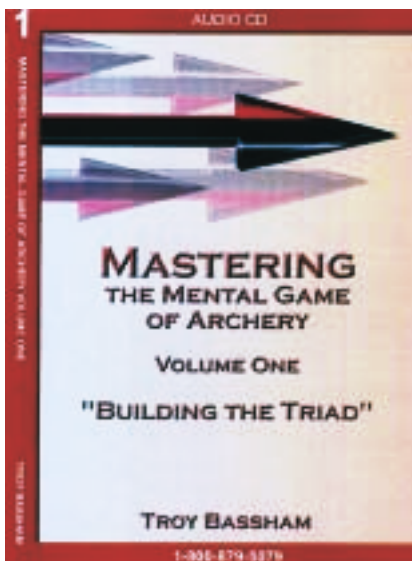
sets up the next three CDs.

He finishes with several ways for listeners to assess their own mental triads.

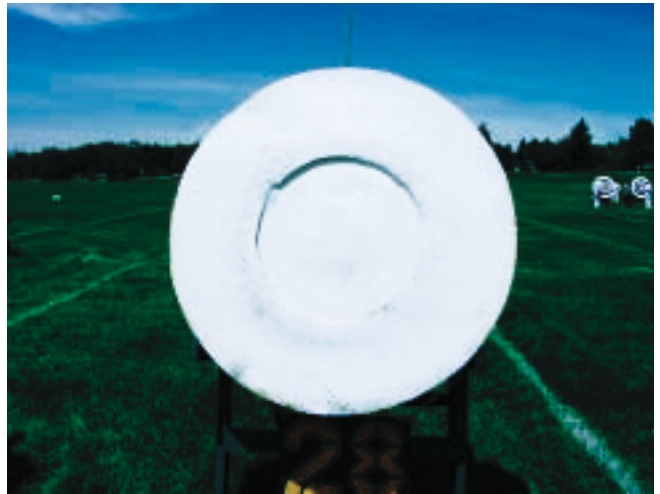
As I mentioned in the previous review, the strong points of this CD series are accessibility and affordability. The list price of US\$30 per disk is not much above typical prices for music CDs and their lengths are not too long for young archers to work through. And this is especially good for those who prefer listening to reading. (I have spent many a work commute with such CDs playing.)

As I also mentioned in the first review, Troy is not as smooth and polished as his father in delivering the message. There are a few bobbles, but none of them detract from the message. And Troy has the advantage of being closer in age to younger archers, thereby making him easier to hear than us older folks.

So, if you prefer to get your archery wisdom through your ears rather than your eyes, or are the parent of an aspiring younger archer, you now have another strong option! The response to the initial disk was strong, so Disks 1-3 are available now at [www.mentalmanagement.com](http://www.mentalmanagement.com) and I expect the rest of the disks will be coming out in the not too distant future.



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that I have come across. I have become friends with Olympic medalists, bow design engineers, and even a couple of icons/legends in the archery world. I have traveled and competed with the best athletes in the sport. And on a wild throw of the dice, I became a published writer.

So what is archery anyway?

Who cares?

Take archery, whatever it is, and make it yours; that is the magic of it.

*It is not that the arrow lands in the center of the target. It is how it got there that is important.*

**John Vetterli** says, "I live in Salt Lake City Utah. I have been a professional Firefighter since 1987. I am married and have a daughter and son. My martial arts history began in 1984 with Osaka Sensei in the Karate form of Wado Ryu (the way of peace or harmony). Osaka Sensei instilled in me the desire to always know why we do things not how. I began the study of Eishin Ryu Iaido (the art of the Japanese sword) in 1998 with Harris Sensei. A Zen Buddhist Priest who finally taught me how to focus. This has been a profoundly life changing experience. I am a partner in the Zen Bu Kan Dojo with my two friends Dick and Jason. We teach Iaido and Kendo."

