

Pre Shot Routine

It is so important to establish a personal pace for yourself in all shots. Teach yourself to develop a Pre Shot Routine. When you do this, you have taken your game to a new and exciting level.

From this day forward you will work on your Pre Shot Routine on each discipline. You will adopt a style that becomes your personality. The beauty of the Performance Pool Tour is you have time to develop these fine skills. The Pre Shot routine is not used:

- To set up a rhythm.
- To set up your timing.
- To help you concentrate.
- To help you make the shot.
- To calm you down.

The Pre Shot Routine is used to help you get ready to strike!

Have you ever seen a warrior go through his war dance before he attacks? He is getting all of his focus on the attack. He wants to strike with everything he has.

A tiger goes through the same ritual time after time before he leaps. He is building up his adrenalin and focus so he is keen and sharp. There is only one thing left for him to do. He wants to strike with everything he has. No holding back. That's the Pre Shot Routine.

What is his everything? He can only have his everything when he thinks of nothing. Then he returns to attack mode with total commitment.

Have you ever stood at the edge of a diving board and shook with fear? Your buddy yells up, "go on three". He begins to count "one, two three"! You leap on three. You do this because you were prepared to strike. All you thought about was "leap on three".

Have you ever stood at the starters' gate and heard the starter yell "Ready?" You began to focus. "Set" you were alive with intent. "Go" you sprung into action. On the word "Go", you had nothing in your mind but to leap! No second thought, no fear and no consideration.

This is what your pre shot routine is designed to do for you. It is designed to get you ready to strike. In battle you only see the opponent in front of you. You do not see the field full of fighters. You see your opponent because you were trained to see him.

I use a set of 3's, because 3 is critical to me

The first set of 3's.

1. I chalk up.
2. I connect to the shot. At this point I am feeling the shot. I make a spiritual or instinctive connection to the shot. I am holding my cue like a warrior holding his spear.
3. I grip my cue with the stroke I am going to use. At this time, I use a full grip for punch, a forward grip for draw a loose grip for follow and a two fingered grip, thumb and forefinger for spin stroke. My grip is my key to my stroke.

The second set of 3's.

1. I drop my right leg in line with the shot.
2. I move my left leg in line for my stance.
3. I go down to the shot.

At this point I check my landing. Am I in line with the shot? How you address the cue ball is very important. When the tip lands on the spot you intend to deliver the stroke, think about what this will do with the cue ball. Then match this up with your intentions. You will be able to feel if it matches up, you are ready for the next set of threes.

The third set of 3's.

1. I say the word "Set" and once again, I connect to the target.
2. I say the word "Pause" and bring the cue tip back for a short pause.
3. I say the word "Finish" and send the cue tip through the cue ball with complete commitment.

At times when I am training, I focus on my “set. “Other times, my “pause” and still others, “finish”. Complete each facet in your PSR.

Three is the magic number. You run balls in 3’s. You shoot the first shot to set up for the second ball so you are able to get to the third ball. You “see the shot, know the stroke and shoot the shot.” You “take action, measure your progress and make adjustment”. Pre Shot Routine is 3 words.

You practice “right thinking, right mindfulness and right action”.

What kind of player would you be if you were all of these 3’s? This training will take months of hard work. This may take perhaps your entire 25 matches of the session. A master is ready to strike because he prepares for that moment. A world class player uses his PSR to clear his mind and reach peak performance.

I want you to flash forward. You are a master. You have completed the tour. You are performing in front of a large audience. They came to see you play. What they marvel at is not your ability to pocket balls, but your discipline, your pre shot routine. Never stop working on your PSR.

I am sure you will want to experience the learning power of these disciplines. Often times it is the inner game that

Ready for Hard Work?

Research now shows that the lack of natural talent is irrelevant to great success. What is the secret? The secret to success is painful and demanding practice and hard work. 25 matches in the Performance Pool Tour will give you that success.

Persistence

First of all, you need to be a natural. Not a gifted person, just a natural. In other words, you need to come into your world doing what comes natural to you. Whatever you specialize in, do it to your best ability, be willing to work hard at what you chose to do.

This is the formula Tiger Woods used all his life. Warren Buffet turned out to be the finest investor in the world because he loved it so much. Both Tiger and Warren worked very hard at what they do. In fact, after they work very hard, they added another 10% on top of that. Everyone works hard. Some add that 10% and this is what separates them from the average.

Your work must be specific, demanding in excellence.

You made a choice. There can be no excuses. I worked through five complete levels in the masters program while I was blind. That’s right. Blind. I could not run three balls. A damaged nerve in my left leg shot constant pain through my entire body. There was nothing natural about that. Now I am enjoying good numbers simply because I stuck to it.

I’ve had an eye operation and have pills for my nerve damage. I understood it was going to be hard and never gave in. I was disciplined in what I was doing. I had determined that I would go through the twelve levels of the Masters of Art in Pocket Billiards. I was not preoccupied with results.

Where was the natural talent here? Natural talent has nothing to do with greatness. You can make yourself into all kinds of things and you can make yourself great.

When I first went into my basement, I realized my stroke did not match up with those I admired. I knew I was not a talented pool player. I had a love for the game and in that way I had the other ingredient for success.

Researchers are now telling us that it takes ten years to reach world class. When you compete in the PPT you will shorten this time span because you are dealing with the specific shots that challenge you to be a better pool table. There are no free-lunch programs in reality.

Once in a while young competitors will do well. They burst on the scene in grand fashion. And then you never hear of them. They seem to disappear. Not so with the player who is persistent and faithful to his tour experience.

Hard work means nothing unless it is found in deliberate practice.

It seems like we log monumental time on the table with little or no improvement. Let me remind you, we need to involve ourselves in “deliberate practice”. Your practice must be specific and measurable.

Those who play in PPT are willing to follow a specific program that measures your progress. After all, we do keep score. It’s not easy for a player to find out he lacks skills and has faults.

Make sure you understand the strategy involved in this incredible game. Make sure you understand your own strength and weakness.

In a study done, researchers found that those with 10,000 hours of deliberate practice did the best. The next group with 7500 hours did slightly less than the first group. Then the next group at 5000 hours turned in an average performance.

When I think of my three years in the basement, averaging seven hours per day times three hundred and sixty five days equals 7665 hours of training.

There were times when I wondered why I seem to win against players I thought were as good as I was. Why did I always win these matches? It was the foundation I had established during my training and it paid off.

Natural ability has little to do with success or failure. The same is true in any field. The best are those who practice in a deliberate manner. The PPT gives you this advantage.

Natural ability has little to do with success or failure. The same is true in any field. The best are those who practice in a deliberate manner. The PPT gives you this advantage.

Discipline, hard work, focus, deliberate practice, will bring world class results. More deliberate practice equals better performance. Tons of deliberate practice equals great performance.

For PPT players, even in practice, the “game is always on the line”.

Here is where the deliberateness comes into play. They have been deliberate from day one. They did not show enormous talent or gifted abilities. They showed discipline and the ability to practice.

Not only in the world of competition should we engage in deliberate practice, we should apply it in our daily lives. You are in the position to get training at a reduced rate. Take advantage of it.

You can enter into a deliberate practice program in your business or work. Determine for yourself you will get better at what you do. Draw up a training program that focuses on specific things that will create more positive results in your business. Sometimes, in business, we have to interact with others and make spot decisions. This is great training and yes, we can practice our spontaneous response to events around us.

I like to put my decisions to a test. “Does what I am about to decide measure up to my purpose statement?” If so, I practice making tough decisions that keep me on track. This is how you build the skills that take you to the top. You do it one level at a time. You are learning valuable lessons in the PPT.

Reevaluate your mind-set from time to time. Your values will be imbedded within your mind. Your purpose should be who you are.

From our mind-set we act, think and perform.

I write about this extensively in my book Focus on Winning. You need to make sure that whatever action you are engaged in matches up with your purpose.

It is so important to follow a training program where you receive instant feedback so you know you are on track or off track. The PPT score shows you how you are doing. In other leagues where you don't have this feedback two things begin to happen: One, you do not improve and two, you stop caring all together. This is why so many players are leaving the other eight ball leagues. They do not improve and lose interest.

When you experience Performance Pool you are flooded with feedback on your progress. Your score tells the story you need and always remember, there is help in the form of a Monk Master willing to work with you on your game. He/she is just a phone call away.

For some players, this feedback is a source of discouragement. Don't let yourself get down. We play this game for the pure joy of it. We spend time with our friend and get to perform.

Teach yourself to look good shooting. Go through the pre shot routine. When you prepare for a shot, get in the habit of doing this every time out. You will improve in all other areas of your game.

You will learn to form a mental picture of what you want to accomplish with a shot. You will deliver the winning stroke. The more you work on this "mental model" the stronger it becomes and the better the performance will grow.

Have you ever heard the saying "be the ball?" That is what these first class warriors strive to be. They want to roll across the slate as if they are the cue ball. And when it comes to the winning shot, they always want the ball. You will find that winners always want to shoot it the second time. They thrive when the game is on the line.

You must be able to see your success and act as if you already have it. I tell my students to "act like you are a champion" because you are. Begin right now to act like a champion.

Deliberate practice only works when done regularly, not sporadically.

How do I motivate you to become a deliberate trainee who arrives in the practice room at the right time, day after day? Perhaps it is in this area you have it or you do not. Often times I am told I must motivate my students and I resist that temptation for the drive must come from within. You need to motivate yourself.

Mastering the art of pocket billiards requires work hard. Work harder than anyone else. If a great performance was easy, it would not be rare. If you want to be in rare company, commit to hard work.

You don't have to be a natural. Talent is not the pre requisite to greatness, hard work at deliberate practice is what will take you to the top. You can call up a friend and have a practice match, put a dinner on the line, get some time in on the table.

Experts understand that strong motivation must exist but they don't know where it comes from. During my tough days I had one prayer and it was "God give me the desire to press on". Desire, for me was more valuable than skills.

It is nice to know that greatness is not just reserved for the chosen few who possess enormous talent. Greatness is available to everyone. All you need to do is follow a very simple formula.

Deliberate Practice + Persistence + Hard Work = Success

The Performance Pool Tour is the perfect vehicle to gain a strong game. You will be exposed to the very shots that spell victory in 8 Ball or 9 Ball. The PPT program helps you master the one shot at a time mode.

The pros tell us it will take seven years to become a world class player. Work hard. Do not get ahead of yourself. Make no judgment on your results. Do the work. Believe in yourself and trust the program. Learn to attempt the target numbers without preoccupation with results. A true master is free to perform. Believe in your success!

I understand that not all players want to train to be a world class player. This is fine. We are here to enjoy the game.

Just by going through these cards, mastering the shots and stroke, you will become a double A player. You will then be able to pass this on to your friends.

You are in the right program my friend. The Performance Pool Tour will give you value for your money because at the very least you are going to come away with new skills. Help us help you by telling your friends about this new and unique tour.

Making the right moves pays off more than our individual skills. Try to gain the advantage through your trades.

There are no guaranteed winners here in this game. The best player does not always win, nor does the best player get the most points. We do not control what cards the other player trades back to us. We can be dealt great hands or tough hands.

A lot of the 5 pointers can be made three times. That's an easy 10 points, plus a bonus of 20 more points. Of course, if your opponent loads you up on 5 pointers you can DECLARE and gain one hundred bonus points. Plus, you gain all the shots you earned by shooting the 5 point card twice. Or, you may go ALL IN which can give you a bonus of 200 points.

Plan to arrive early so you can practice each discipline with your friends if you play in an In-House Tour. When you play Performance Pool your game will improve in 9 Ball and 8 Ball. You are learning the shots and strokes that come up in all games. Performance Pool is the best training experience any player can ask for. Feel free to ask a qualified Monk Master to spend a day with you and your friends. It is affordable and a great experience.

After the match ends, enjoy yourself at the venue. Play some eight ball with your friends. See how often a Performance Pool shot comes up.determines your success.

Having Fun is the Top Priority

Each player will appoint seven shots to his opponent. If you are in an In-House Tour you will shuffle the deck and deal seven cards to your opponent. Here is where your skills come into play. When you receive your seven cards, you will be passing two cards back to your opponent. You must choose the cards you think he will not be able to score many points on. In other words, you want him to have dead cards in his hand.

Be careful here. If you give him two 5 point cards to keep him from scoring high points and he is able to shoot them three times, he will score 30 points. On a 5 point card, you are able to shoot it the third time for a bonus of 20 points. Caution, if you miss this third shot, you deduct 20 points from your score, plus the points you gained by making the 5 point card twice. You can only attempt a third bonus shot if you were successful with the first two.

A player has the right to "DECLARE" meaning he can declare that he is going to put up a perfect score. He thinks he can handle each of the card disciplines he has in his hand. He must shoot each one twice. If he fails along the way, he gets zero for the evening. If he succeeds, he gets the card points and receives a 100 point bonus. This way, if you have been dealt a low hand, you can add to your point total with a "DECLARE". No pressure. You just have to be perfect.

You can also go ALL IN. This is a special DECLARE which will give you a 200 point bonus for success. If you fail in the ALL IN attempt you not only lose the total you have accumulated, one hundred points will be deducted from your season total.

You will cut the deck and draw a card. This will be your Opening Shot. Each player will perform this discipline. The Opening Shot can only be shot once.

You have the option to shoot a shot twice. The final decision is up to you. You decide if you have a good chance to succeed with the discipline. If you fail on the second attempt, you will lose the point total on the card from your score. You should be aware of the score at the time you make these crucial decisions. Experience shows that when you have a lead you should refrain from

second attempts unless they are high percentage shots. If you fail on the first attempt you will not lose any points off your score. I have found that the second attempt is both fun and rewarding. It does present a lot of pressure on you so you better make sure you go through your PSR in your attempt.

I strongly urge you to bring along a score keeper. It is hard to perform at a high level when you are doing things like score keeping and setting up shots.

You must email your score to the Home Office after the match is completed. If you are making weekly payments for your dues you need to include these payments with your score. Many of you have taken care of your dues on a yearly basis and I appreciate that.

Make sure you fill out the score sheet properly before each match. Fill in the card number each of you have been assigned and the point total for the match.

Bonding is a special part of Performance Pool.

Make sure you understand the fun part of this tour. Your enjoyment is what really matters on The Performance Pool tour.

All of these disciplines help us develop the quality of our stroke. You will improve all areas of your game when you compete on the PPT. It is estimated that one year in the PPT is equal to \$2000 worth of lessons. Your team will thank you for your service.

How do you stand on this matter?

In most of my books I do not go into detail on the stance, grip and stroke. The reason for this is we are all of different sizes and shapes, with specific ways of seeing things therefore we showcase a wide variety of stances. So there is no one pure stance that fits all. However, I do have some guidelines that I think will help in building that solid foundation from which to perform the shots and strokes this game calls for. If you do not have a strong balanced platform you will not be able to deliver the stroke necessary for success with this game.

The spot where you stand has a big influence on what you see. In other words, if you are standing one quarter inch out of line, your vision on the shot will be distorted. We are still able to make balls as the pockets are wide enough to cover some of our mistakes, but we find ourselves at odds with what we see and our ability to execute a one hundred per cent stroke is diluted. So we must find the right place to stand.

The Traditional Pool Stance

Feet are shoulder width apart. Do not spread your legs so you are not balanced. Correct foot placement is crucial to proper execution in sports like tennis, golf or bowling. This certainly applies to pool!

No matter how good you are at hitting the ball, if you are not correctly aligned with the shot, the ball will not go where you intend. This means that your feet alignment can affect your accuracy when playing the shot!

You absolutely must get the center of your back foot in line with the path you wish to send the cue ball on. That means look at the object ball and then look down and make sure that center of your right foot is in a direct line with the shot.

I like to draw a line from my target to the center of my right inner thigh. When I am happy this line connects, I stamp my foot as if to lodge it into the floor, and then and then only, fall down into my stance. This stamping of my foot is a key that tells my brain that all is well. Some players flip their hair or touch their cap or just rub their nose. We all have these comfort keys that all is well and we should learn how to use them.

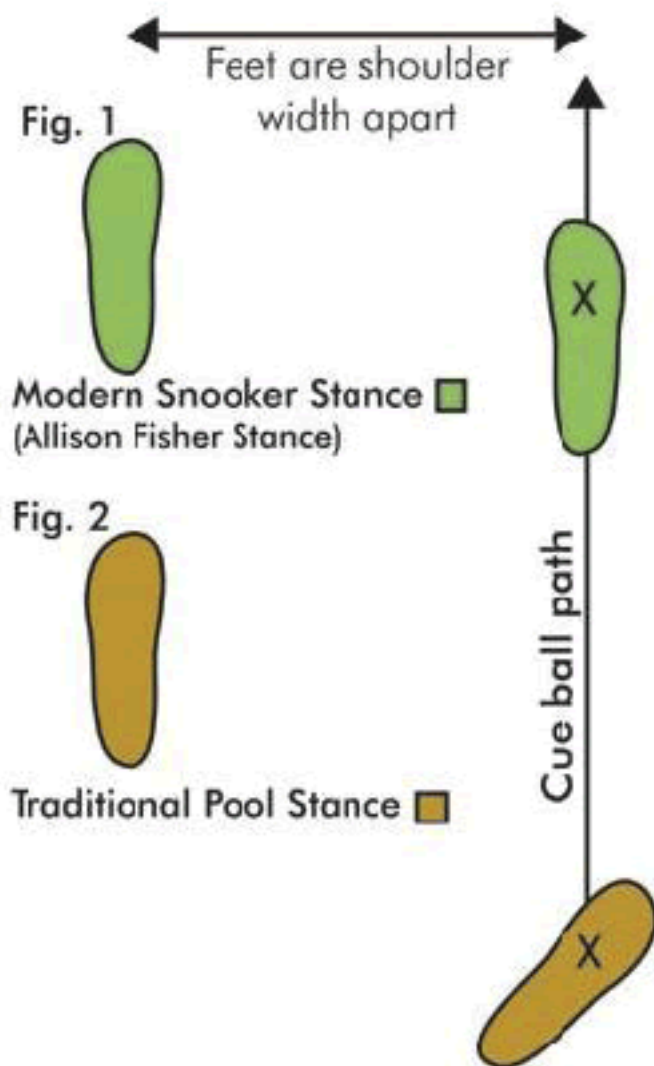
I like to draw a line from my target to the center of my right inner thigh. When I am happy this line connects, I stamp my foot as if to lodge it into the floor, and then and then only, fall down into my stance. This stamping of my foot is a key that tells my brain that all is well. Some players

flip their hair or touch their cap or just rub their nose. We all have these comfort keys that all is well and we should learn how to use them.

Your left knee should be slightly bent, and depending on your height, you may choose to slightly bend the right leg as well. Shift the majority of your weight to the front leg. Depending on your body type, the positioning of the front foot can vary dramatically. I placed too much weight on my left arm and caused some muscle damage from long hours of practice. Now I put that weight on my left foot.

Use this illustration to help you develop a solid stance. The platform from which we deliver the stroke is vital to success. The quality of our performance is often found in how solid our stance is.

TOP VIEW OF FEET PLACEMENT



Once I land on the cue ball I then extend my buttocks away from me. I call this "sticking your ass out". With the weight on my left foot and very little pressure on my left arm, my ass sticking out, I am able to see and shoot the shot as it calls for. See the shot know the stroke shoot the shot. That is our motto.

If for some reason you line up and you are not happy with what you see, stand up and go through your Pre Shot Routine again. Do this until you are satisfied with your stance and alignment. In other words, don't shoot until you are ready. The reason we are not ready to shoot is we are not standing in line with what we see. Some of us try to wobble a bit and get in line. We get in line, but we are not balanced and thus cannot deliver a good stroke. A poorly delivered stroke gives us negative results.

I was the score keeper in the 1993 BCA straight pool championships in New York. Mike Segal turned in a perfect one hundred and fifty ball run. At one point in the middle of his run, time was called so his opponent could go to the bath room. During this interval I asked Mike why he agonized over a straight in simple shot. He looked at me and said, "Monk, every shot deserves

my complete attention". And that is the way it is for all of us shooters. We should respect all shots and treat them as if they are worthy of our undivided attention.

Precise body and cue alignment are some of the most important parts before shooting. Accurate foot alignment forms the basis for a pure and straight stroke and thus the fundamentals for a good game!

Concentration is a lost art.

Players today don't understand that the ability to concentrate is an art. You need to develop this skill and it takes training. Repetition in the art of concentration will enable you to master this necessary skill. You must train. Performance Pool, since you are involved with one shot at a time, allows you the time you need to become a giant in concentration. This developed skill will spill over into the game of 8 Ball or 9 Ball.

There are four points of concentration you must master.

- Point of contact with cue tip and ball • The spot to hit on the object ball: • The stroke you will use: • The speed with which will help you succeed with the shot.

First, is the exact location of cue tip on the cue ball. You must be aware of this on every shot. Find a way to develop this discipline.

Second, you must burn a hole on the spot on the object ball. Know exactly where you are hitting the target. The mind is like a muscle. With proper exercise you can increase your mind's ability.

Third, you must be aware of the type of stroke you are using and what it will do. You must flash the stroke across your mind as you lean into the shot. When I am ready to deliver the winning shot, I begin to count in my mind one, two, three, and shoot. This helps to quell the doubts and fears impede the shot.

Fourth, consider the speed with which you hit the cue ball. This is vitally important if you intend to get another shot. You must "see the shot; know the stroke shoot the shot."

In this game you are called upon to perform. The shot is sitting on the table asking you to fulfill a few requirements.

First it requires you to set up a perfect stance so you are aligned with the shot. In this case, you will go through your pre shot routine and 'land on the cue ball'.

Second, it asks you do decide on what stroke you will be using for this particular shot.

Third, it will ask you what speed you will use to gain position on the next shot. This is what the shot is asking you to do. If you fulfill all of these requests you will find success in what you do.

When you play this game the right way, you experience joy unimaginable. All of us at one time or another fell into dead stroke where we saw the shot, knew the stroke and delivered the shot. It was pure joy.

The PPT system gives you this wonderful chance to experience dead stroke. Once you master the professional approach to the table you will visit this magic land more often.

Dead stroke comes to those who are not preoccupied with results. The Performance Pool Tour invites you to get caught up in success or failure and we as Monk winners will not do that. When we stand at the table there are two things that will happen.

We will make the shot or we will miss the shot. One of these two things will happen. We don't know if we will make the shot. We don't know if we will miss the shot. But we do know we will look good shooting the shot.

Bring out the best, bring out YOU!

The beauty of Performance Pool is that you are standing at the table with one shot on your mind. Lean into that shot and let your muscles relax. Pay attention to your buttock muscles. Focus on

the release of tension and feel the tightness drain from your body. When you reach a state of physical relaxation, deliver the winning shot.

This preparation is part of my anchoring program. I know when I am ready to shoot by the way the tenseness leaves my body. So I lean over and wait until I am ready. Because I have anchored the keys from so many hours of practice, I sometimes have to get back up and reset as I did not reach that state of readiness to deliver the stroke. I paid my league dues and I deserve to shoot when I am ready. When my shot clock rings, I deliver the stroke.

Practice this each day. Become aware of the state of your body when facing a difficult shot. Do not make it harder than it is by tensing up. Release your tension and then shoot the shot. Sometimes I tell myself - "Straight back and straight forward." I use this on long difficult shots. Remember Willie's advice - "Shoot soft, then softer," and "Don't miss."

Above all, do not be concerned with making or missing the shot, instead, focus on the delivery. Look good shooting. Allow yourself this pleasure. If the ball goes in, great, if it does not and you can accept this with grace, then you have gained in your skill development. You trained yourself to do the right thing at the table.

On each shot, when you lean over and sight down the shaft, try to feel the connection with the target line. In other words, feel the line from your eyes to the target. This connects you. When the line is within your vision, say the words, "I'm connected," and then shoot the shot. Stand up and enjoy the moment.

If one acts with a tranquil mental state, ease follows him. We are in control of our thought. Thoughts form mental states. Control your thoughts and you control your mental states. Control your mental states and you control your destiny. Seek relaxation on every shot.

If you are totally relaxed, you will focus on every shot. If you experience any form of anxiety you will not be free to focus. You will be distracted and therefore, you will not be able to deliver the pure stroke that wins games. Focus is a skill we must all take the time to develop.

We can do this by anchoring certain keys when we are successful with each shot. Knowing how to shoot a certain shot and knowing you can make the shot will give you the confidence to deliver that winning stroke. It is not about making the ball, it is about execution. If you can hit the cue ball with little or no interference you will have a better chance of success. I write in my book *Point the Way*,

"The stroke, minus the interference, equals the shot."

During my practice session I will tap my hip when I feel like I delivered a smooth relaxed stroke. In this way I am anchoring what it feels like to succeed. This is a personal reward for a job well done. It is also a reminder to stay focused. Practice is basically a reminder of good work. You are teaching your stroke muscles to remember certain keys. If you are inattentive in practice, you are anchoring polluted perceptions. When the time to deliver the winning stroke comes up, you will not succeed. Therefore you must have a good practice session in order to build your strength in this great game.

The main cause of a breakdown in our game is distraction. We are not focused, therefore we miss. Mid-level players have the same skills that great players have, however they lack focus. They do not give one hundred percent to the shot. On some shots they are lazy. On others they give up before they shoot. They simply don't work as hard as fully developed players. They also look ahead and see problems that do not exist. They talk themselves out of shots they project a loss before it has happened. How many times have you walked away from the table saying to yourself, "If I had worked harder for that shot, I could have run the table"? After you miss you can see where the balls have opened up for you and you could have run out. This is the difference between the level C player and the A player. The A player works harder than the C player.

During my early days I would choke when I reached the money ball. This happened to me time and time again. It was pitiful. I would pull off the classic run only to choke on the eight ball.

Create physical gestures that will snap you into a high state of alertness. I breathe deeply. I take a deep breath and this alerts my senses that I am going to a high level state. My mind habitually reacts to this move. It is a trigger that puts me into action. Find your own trigger. You can manage yourself to move to a high level simply by controlling your physical gestures. As Danny Propp says, "Do not let anybody rent space in your head!"

I am sure we have all asked ourselves from time to time, "Why do I miss the key ball?" We wonder why we choke so often. Actually, choking once is too many times. It leaves an indelible mark on your mind. You ask yourself, "Why do I miss the key ball?" You must believe that you are going to miss or must believe you are going to choke because if it were not a concern of yours, you would not ask.

Anytime you ask a question, your brain will search for an answer. It will not come back and say, "Oh, you didn't really choke." It will give you an answer as to why you choke or miss the key ball. By asking a question, you are proposing a fact and the answer will reinforce your awareness of missing the key ball. It will actually strengthen it. The answer will make your reason stronger and practically guarantee choking the next time you get into that situation. You must be careful of the questions you ask of your brain, for your brain does not debate your belief system.

You must find a way to reduce the strength of your belief that you will choke. Reduce the fear you have, otherwise it will get stronger and stronger. There was a time when I could not shoot the money ball without missing it. It got so bad that I had to shoot the eight ball with my eyes closed. That is the only way I could make it. With my eyes closed all I could focus on was the stroke. I could not see the eight ball, therefore I only saw the shot. I shot the money ball with my eyes closed for a long time. It was the only way I could win. I took the focus off the shot. I did not believe I would choke because it was only a shot.

I changed my belief. I actually changed the value of the way I saw the shot. Believing that you will choke is irrational. You must change that. You can change the value of your choking by giving it a new meaning. Choking means that you have become a good player. After all, you are good enough to run to the ball you choke on. Getting to this money ball is a relatively new experience for you. You are now running balls. You are getting into a position where you can become nervous. I often said, "If all the shots were the first ball in my run, I would be a great player!" Now I have arrived at a point where I am running balls. Choking is a new thing for me. It is a new experience. I am proud of the fact that I have arrived at this new level and happy I am getting myself to the pressure situation.

When I am standing over a difficult shot or key ball in the run, instead of crying over it, I smile and say, "God I love this game!" Sometimes I will rise out of my chair and stare at the opposing team. I try to create a sense of urgency so I can give one hundred per cent of my ability to the shot I am facing. This pumps me up. So I focus on winning the match for my team mates. They understand I can only shoot the shot. They know that I will make it or I will miss it and look good shooting it.

I use the four, sixteen, eight breathing method I outlined in Point the Way. It floods my brain with oxygen and gives me the peace of mind I need to focus on what I am doing. When I am alone I use the breath of fire. I am in control of my state of mind. If I try to win when my mind is all over the place, I will surely fail. If you focus on the score you will experience a physical reaction. If you are far ahead, you will find yourself relaxing. If you are far behind, you will find yourself tensing up. In both cases your focus has caused a physical reaction. So you need to be in complete control.

Don't allow your state of mind to be controlled by outside circumstances. Stay in charge! When you focus on anything your brain begins to ask questions.

The brain will not remain idle when questioned. For instance, if you focus on the score your brain will respond with relative feedback and cause you to react to this information. You must be careful of the questions you ask as your brain will give you an answer. It will search your experiences and come up with a series of reasons as to why you are a loser.

Focus on the shot at hand and nothing more. In Zen, we only exist during the breath we are taking. That is the only reality we consider, therefore we can only focus on the shot at hand. Stay in the present because that is all you have. Do not become preoccupied with results.

In the Dhammapada we find - "If, with tranquil perception, one speaks or acts, thence ease follows as a shadow that never departs." Playing Performance Pool in this league gives you the wonderful chance to practice these methods each time you go table.

Bridge the Distance to Success

Every pool player struggles with the same challenges you do. We are not alone in this conflict. I like to call them the missing links or gaps in your game.

Let us begin by declaring what we want right now. You may have the desire for the following:

Increased consistency Increased concentration Increased confidence Increased composure Increased courage

WHAT'S THE BEST WAY TO GET THIS?

Sometimes we know what we want and just can't seem to get it. We want the five C's listed above. But, what is the quickest way to acquire these skills?

THE FIRST LESSON IS:

In order to span the gaps, we must join a solid support group and get off the lonely road. This solid group is the Performance Pool Tour. You have all the email addresses of each player and you can see their total score points. I am positive if you email a player with questions you will get an informative response. We can no longer travel alone. The pieces of our puzzle are put together by our special family of players. We need to encourage each other. We need a friend. The Monk family of players will travel every step of the way with you. You do not have to be alone anymore.

There is strength in networking. When I hear from a fellow master it gives me added energy to press on. I once wrote to the group that I was really struggling and a master from Germany gave me a tip on how to plant my bridge hand so it is part of my aiming. That tip brought me out of my slump. I also complained about how cold it was in New Zealand in my garage and a fellow master from Arizona pointed out it was 105 degrees in his garage.

When we have fellow players on the same journey we seem to go so much further. Make friends with likeminded players and work out together.

Step into the water.....

The continuous unfolding of our skills is where we find true joy. And we want to share this with others. You will achieve levels far beyond what you imagined possible. It does not matter how large your gaps are. You will close them when you join forces with other stragglers on the road to "Pooldom Come."

Many players enter this game based upon their enthusiasm towards hitting balls. They leap in with all the inspiration in the world. Some of you go out and buy expensive cues, order the best tables, join leagues, enter tournaments and buy books and instructional tapes.

Pool has tapped you on the shoulder and now you are hooked on the game. You have been called and all you had to do is say "yes".

When you look back, you are not sure when it really happened but at one specific point, you realized you loved the game of pocket billiards. And now you may wonder why you have not really reached the level you were so sure you could master. After all, anyone who loves this game as much as you do should have a one way ticket to the top. But that did not happen. You find yourself struggling with shots and run outs that you know you should make.

Now it is time you take a good look at your journey. And when you look at it, you may find that you have never really declared where you were going in the game of pool. So in this lesson, we will “step in to the water”.

When you step in to the water you will always get wet. There is no way you can step into the water and not get wet. Now is the time to decide what you want in this game. Then join this other network as you “wade out a little bit deeper”.

Once you become part of this Pool Tour you have arrived at “Zero Point Entry Field.” Now you have a support group. You can tap into that wonderful network and gain strength and direction simply by “stepping in to the water.” You will never get answers to questions you do not ask.

Without your first step, there is no journey.

You will have to take action and this action should reflect your declared purpose. What are you trying to achieve in the game of pocket billiards? Once you answer that question then the answers will come to you. The solution cannot happen if there is no action. Answers are not answers until they are acted upon. But it all begins with the first step.

Declare your purpose! Why do you want to achieve this?

From this day forward, all your actions in this game will reflect your purpose. If you chose to be the finest tournament player, then your training and your experience will reflect that dream. The only way you will ever get where you want to go is to be clear about where you want to go.

Take action, measure your progress, make adjustments.

If I were a competitor on this tour, I would use my tour experience to train myself to handle the Nationals in an effective way. By that I mean I would not be preoccupied with my score, the winning and losing. I would train myself to go for it, be aggressive and learn to handle the pressure of a second shot or a DECLARE or even an ALL IN. When you compete in the Nationals you will be asked to deliver the winning stroke on eight disciplines. You can go for the shots twice to build up a score and make the cut. When the stands full of spectators and your image on TV you will be under pressure and glad you use your 25 matches as a training experience. This will pay off for you. Understand your purpose and make sure your actions reflect that end.

Of course we want to understand what motivates us to pursue the things we desire, for when we understand this motivation we can use it to inspire us when things are not going well and to keep us on the right track.

Then you must take action. Participate in the PPT and gain the experience with the shots that will help you develop those all important skills. It is said that one year in the PPT is the same as two thousand dollars worth of lessons.

Master Your Stroke

You may find you have gaps in your game. As a player in the PPT you will find answers to fill your gaps.

In this game, you must be the master of your stroke so you can develop the consistency that gives you joy in your game. You do this by networking with your friends.

The four strokes of pool are;

- The Follow Stroke • The Punch Stroke • The Draw Stroke • The Spin Stroke
- You will need to be the master of these strokes. The Stroke determines the track line of the cue ball.

The Monk 101 program goes into the four strokes of pool. I realized you will need to master this fine art before you will take your place among the top players in your area. The Monk Master in your area can help you. A class in the Four Strokes of Pool is one of the best investments you can make.

Time to search your mind

It is time you did some research on this subject. Once you make the decisions your mind will automatically take you to the place where the information and data on the subject will fulfill your needs. Once we make a clear decision, the answers are already on the way.

“When the student is ready, The Master appears.”

Now you have an inner voice that will connect you to your answers. This inner voice, called desire, enables you to meet the friends who will help you master the four strokes of pool. It works like magic.

Networking among the PPT family of pool players is a powerful strategy. This is a turbocharged strategy and our inner desire is the ultimate “inside contact”. The beauty of this system is that your own specific desire will draw you to the right players for the right answers. Once you begin to work on the four strokes of pool, you will uncover a wealth of assistance. It will all come to you. The proof is in the results.

I have lead five girls to the BCA Championships. The Monk 101 program has produced champions all over the world. Now that you have joined PPT you will find success story after success story. It is now time for you to become a success story.

You are well on your way to a new and improved game. The fun is in the “going” not in the “getting” there. Begin to build your network today.

The Four Stages of Pocket Billiards

You must pass through the “Four Stages of Pocket Billiards” in order to become a master. You will find that as you network and travel along this wonderful journey with your new friends, you will pass through each of the four stages of pocket billiards. There is no other way to the top.

It can be a long and difficult journey but not for you. Your friends will see you through. You are part of a fine family of players who care about your game. By helping others you help yourself.

There is a vast network of people who will help you and there are those who need your help. Right now, they are sending a message to you and to friends all around the world. This energy is passing freely among the select group of players. You are one of them.

Imagine how your world would change if you tapped into this infinite resource? You would pass through the four stages of pocket billiards via the express lane.

The Four Stages of Pocket Billiards are:

- The Shot Makers stage • The Four Strokes of Pool stage • Cue Ball Speed stage • Mastering Self stage
- No player, anywhere, will pass through the championship doors without first going through the four stages of pocket billiards. From this day on, when you practice, make sure you are focused on one of the stages. Do not bang balls around without a purpose. Work on each stage until you have the confidence that you can deliver the shot, the stroke and the speed necessary for success.

The anatomy of a shot is:

See the shot! + Know the stroke! + Shoot the shot!

How to Overcome Choking

Every player on earth goes through a time when the choking stingers are sharp and often. All players reach this stage.

There are three stages of choking. One, is you are in unfamiliar territory. For a long time in your development as a player you went back and forth until you finally finished the run out. Your billiards psychological clock had determined a limit to your run or performance time at the table.

When you went past that predetermined time, your billiards clock decided to shut it down. We are creatures of habit and old habits are hard to break. So your run ended after you reached your clock limit. In other words, you reached those final two balls and you had no reference to act from. You possessed a faulty mind set.

It is from our mind set we act, we think and we perform.

Choking, of this nature only lasts for a short period of time, unless, you focus on your choking. That which we focus on, we strengthen. Relax, allow your billiards psychological shot clock to readjust and you will be fine.

For a while I shot the money ball with my eyes closed so I could only focus on my stroke. When you deliver a pure stroke you make more balls. The stroke, minus the interference equals the shot. Without seeing the money ball I had no real interference.

If you are in the choking stage be glad. You cannot reach this stage until you are skilled enough to run to the money ball. You are on the right track.

The stroke, minus the interference equals the shot. Interference comes in many forms. We reach the money ball and choke. For some reason we put a “choke stroke” on the shot. The interference can be a reluctance to stand in the winner’s circle.

A few of us will willfully sabotage a fine performance by missing a makeable shot. We don’t always lose, but we do seem to stumble when it comes to turning in a strong performance. It seems like we are uncomfortable with winning. There is a hesitance there that seems to plague that certain few who simply refuse to win. When you miss a shot and tell your friend or opponent that you can make that shot ten times in a row if given the opportunity you must take responsibility for willfully missing the shot. There can be no other explanation. You faced the winning shot with a faulty mind set. When you do this, calamity and chaos will surround your performance. You must change your mind set, thus change your destiny.

I can’t write about choking without talking to you about the willfulness of our actions. Your mind operates out of values. These values drive us in all our efforts.

Winning has consequences.

We will face the disappointment on our opponents face when we make the money ball. We are going to deal with a new image of us as a winner. Our opponent will be angry and could respond with hostility. Winning brings a reaction we may not be willing to deal with. Our mind knows this. Winning raises our expectations and puts us on another level. We may not be comfortable with this new level.

Our current self esteem may not fit the new image we have of ourselves to win game after game, thus our stroke is tentative. We hold back. We are not committed to the shot at hand. Pocket billiards calls for a strong committed stroke. If you hold back, negative results will happen. Even though you may feel like you want to finish the run, you deliver a tentative stroke and fail with a missed shot. In anger you burst out your disappointment. You blame outside circumstances for your failure but in the quiet times, you may come to realize the self sabotage elements of your performance.

When I am faced with the money ball I tell myself to deliver a strong, crisp committed stroke. I get in touch with what a strong stroke sounds like and then I set about the task of making that wonderful sound. My mind is on the sound of a solid stroke, thus, I am not concerned with the results of my shot. I am seeking something that is familiar to me. I am strong, committed and the ball goes into the pocket. Then, I will deal with the elements of winning.

I Came to Win

The only way to overcome self sabotage is to change your mind set. From this day forward your mind set is I Came to Win. You will approach each and every shot with an I Came to Win

attitude. This is what will drive you and this is what will enable you to overcome choking. Some of us experience.

Some of us experience a strong fear of failure mind set. That which you focus on you strengthen. If you fear something your mind is filled with that fear. I faced a shot that only had a half pocket chance to make it. The eight ball was sitting almost in the corner pocket but I had room to make my ball and thus, have an easy shot on the money ball. I told myself not to hit the eight ball on the way into the pocket. What do I do? I hit the eight ball, make my ball, but end up with no shot on the eight ball. What did I focus on? I focused on hitting the eight ball.

The mind does not focus on the word “don’t”. The mind only hears the word hit the eight ball. That is the message. Have you ever stood on the edge of the cliff and told yourself “don’t fall” and felt a strange compulsion to fall? “Don’t look down” usually causes you to look down. The mind does not have a value for the word don’t or not as it attaches itself to the subject. When you need to not hit the eight ball on the way in, you need to focus on making the shot at hand. This way, your mind will serve you and you will succeed with your task. From our mind set we act, we think we perform.

Many players who go through the choking stage get caught up in finding the experience that plagues them in their time of need. They go back into their child hood in search of the mindset that cripples them when they have the chance to excel. The mind drives us and there are those who have accepted values that cause their demise. For instance, if your friends and family tells you that you will not succeed you accept this concept and act on it. Winning would be contrary to your values. We need to change our values and I Came to Win will serve you in ways you cannot imagine. Please order my book I Came to Win and begin to develop this wonderful concept as your value. I Came to Win is the only thing going on in your mind when you stand over that winning shot. If you cannot afford this book, write to me and ask for it, I will send it along as a gift.

Performance Pool Summary

Performance pool is the game that will help you build those strong skills. You are standing at the winning shot every time you go to the table. Be strong. You are an “I Came to Win Player”.

The goals for the PPT are to bring back the art of pocket billiards to this game. We want to restore the gentleman manners back into this sport. It has always been the time honored tradition of good sportsmanship in pocket billiards to allow our competitor his equal chance at the table. All too often this has been taken away from us in the game of 8 Ball during a league match. We are distracted by the actions of our opponent and robbed of the joy of pocket billiards. On the PPT we are always given the chance to perform the difficult disciplines that we have drawn. Our opponent shares our values. In addition our goals are to provide the players with a chance to learn and grow in the sport. All the shots and disciplines are designed to share knowledge and skills with the players. One year in PPT is equivalent to \$2000 worth of lessons.

The third experience we want you to enjoy is the camaraderie.

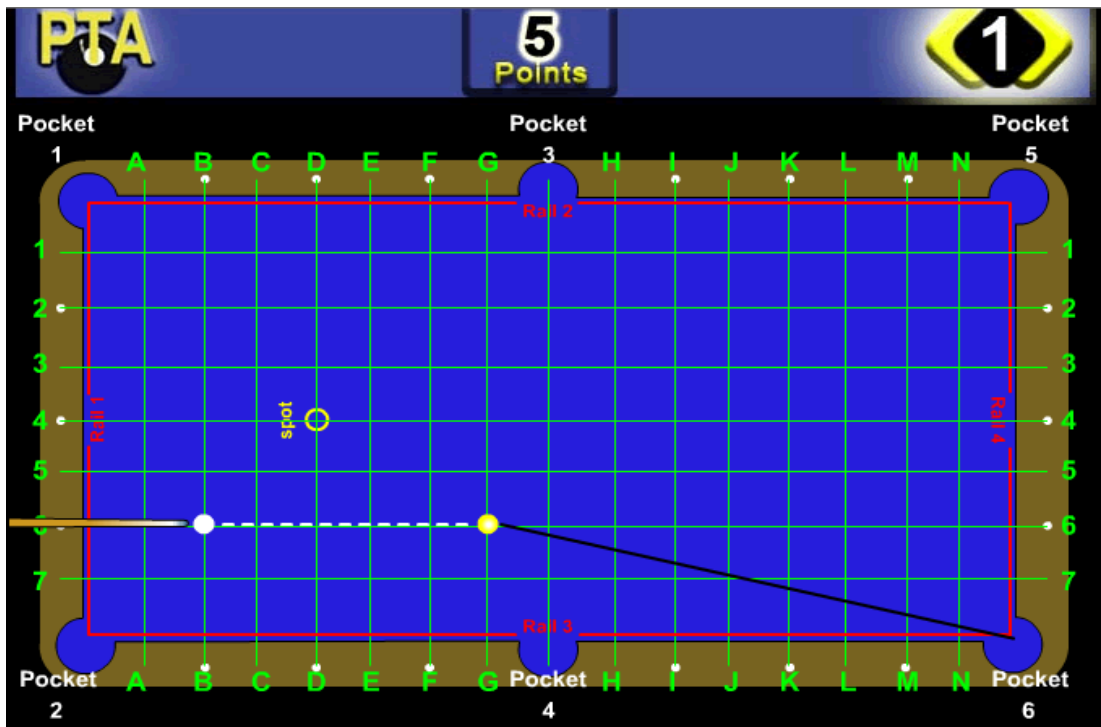
At the end of the season we will hold a major tournament for our players. In our national tournaments you will be able to win large cash prizes. We will also hold team events, doubles and singles. Performance Pool is exciting to watch. The PPT will hold these events in resorts where the family can spend time together while the players compete. We will avoid the lure of the casinos and provide fun and good times for all. In the PPT the performance is what counts most. Excellence in pocket billiards is what we all enjoy.

Welcome to this new and exciting tour. It is as strong as our players are. You are important. Everything you do on this tour is important. Our success depends on you. Please share this with your friends. Send them this book. Invite them to join and compete on the PPT.

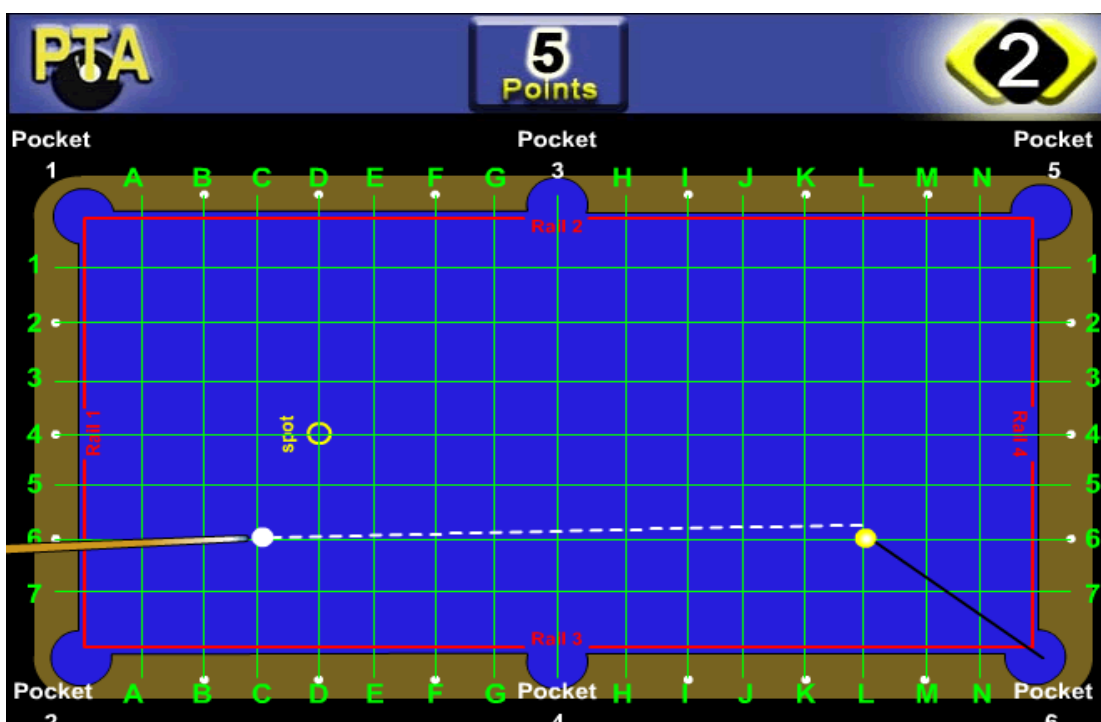
Now let’s take some time to master the shots and strokes that win tournaments.

When I designed these card disciplines I wanted to instill certain skills in your game. I wanted you to move to the next level and beyond. If this happens to you, all your efforts on the Performance Pool

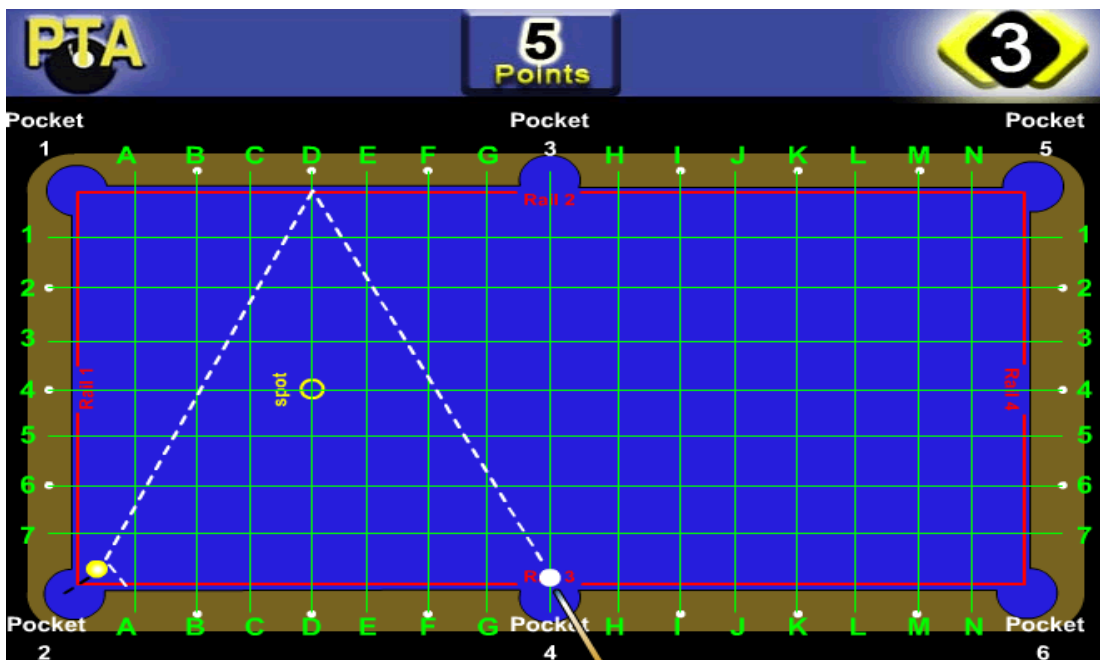
Tour are well worthwhile. Please bring more players on the tour. The PPT is the best thing that has ever happened to pocket billiards. If we can get one hundred thousand amateur players on this tour, we can give away SEVEN MILLION DOLLARS in the nationals. This is an incredible reward. But it will take friends like you to bring other players into this tour. Make sure the player you attract is a good sport. We have a no tolerance rule for bad sportsmanship. I don't want your experience on this tour to be ruined by a poor sport. Report anyone who is not playing within the rules and we will act on it right away.



This one should be performed twice. If you have ever faced a shot like this for all the money you are bound to be nervous. I know I would. But this shot is not a hard shot once you get to know it. First of all, you need to be disciplined and go through your pre shot routine. Then you need strong trust skills. You cannot make a shot you fear. So make up your mind you are going to shoot this shot twice and double your points.

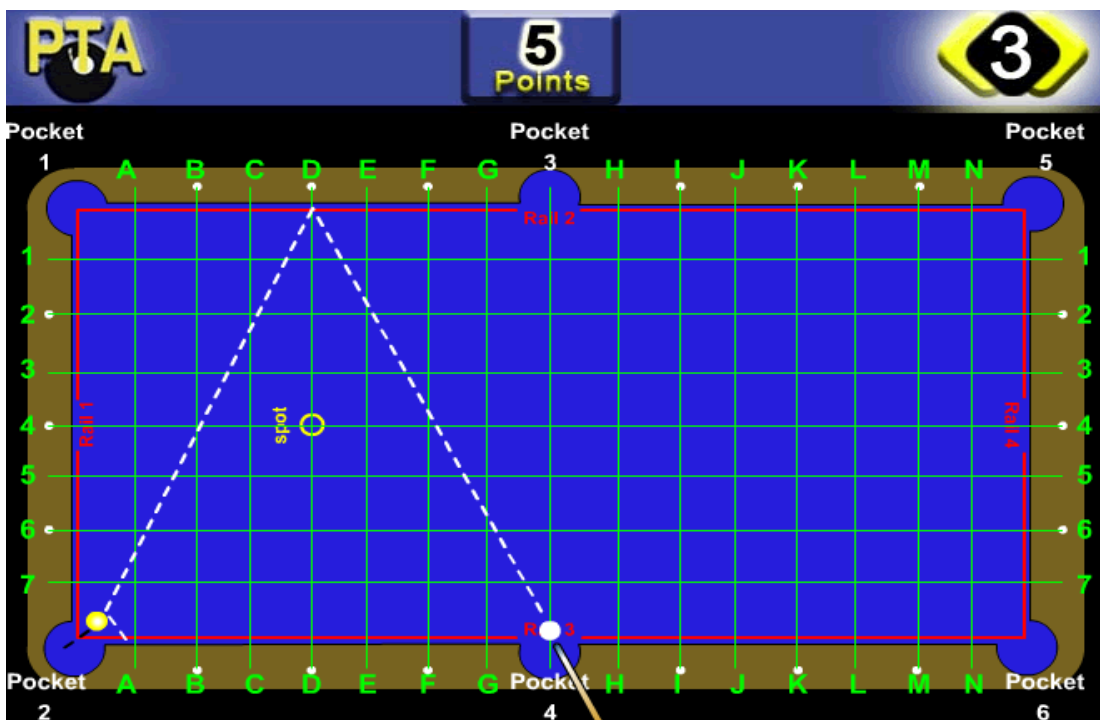


This is another shot you sometimes fear. Make sure that you hit center ball or slightly above the center. Connect to this shot and once again, use your trust skills. Roll the cue ball towards a target you have confidence in. You are a winner if you are willing to shoot this shot twice. Even though it is a 5 point shot, it still requires all the dynamics of a fine shooter, such as the ability to trust your stroke, non preoccupation with results and looking good shooting.



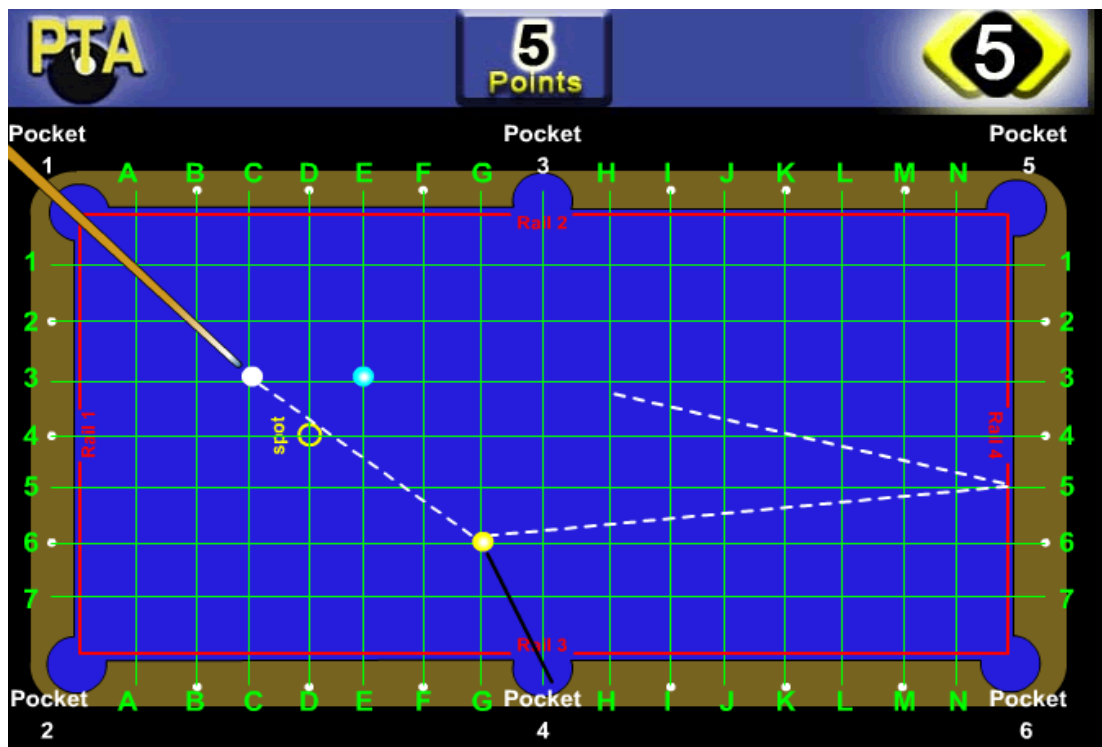
This is a 5 pointer. I can make 10 points if I want to shoot it twice; then again there is a scratch built into this shot. I generally prefer to trade this card. If my opponent were to scratch, I gain 15 points out of this card which would make this a great move. Keep in mind, you are trying to gain as many points as you can and you only have seven cards to work with in addition to the Opening Shot. If he makes it twice, he gets 10 points.

If you need to shoot this shot, use high right and try to hit the bottom rail just before the object ball. This eliminates the scratch risk out of the effort.



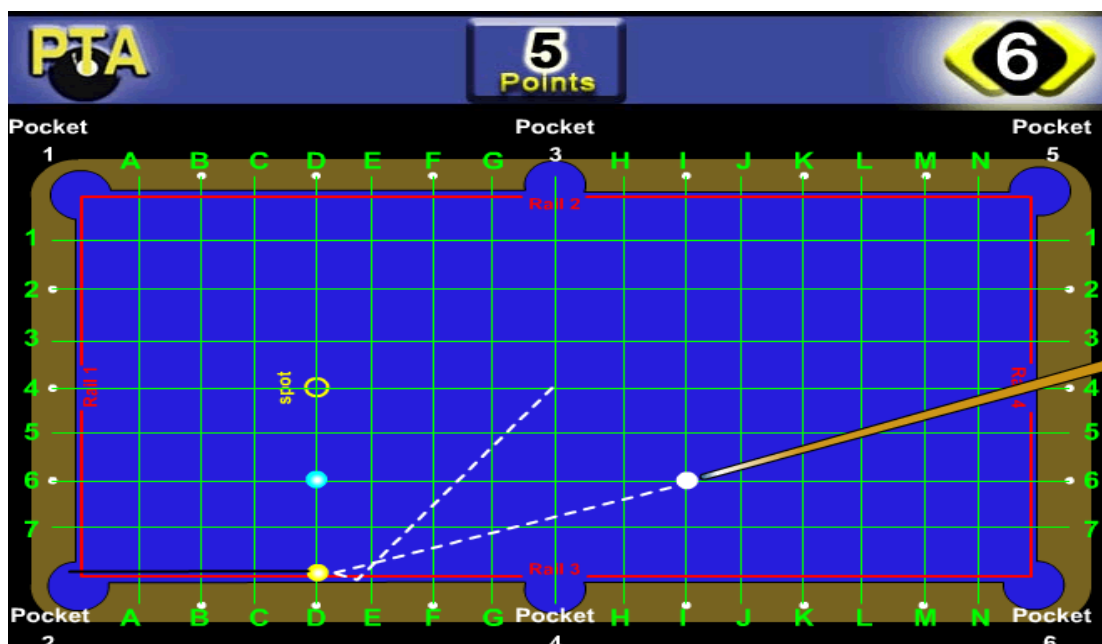
When pocketing the 1st object ball, follow the designated cue ball ball track ;ine for position to pocket the 2nd object ball using a “force follow stroke” with high left english.

If you can master this stroke you are really in business. However, when you can trade a card to your opponent and he ends up with zero points for his score, you will want to do that. This shot is not easy. You must use a cue tip above center, one quarter left, and deliver a soft Force Follow Stroke. The cue ball needs to rush to the long rail and then spin down for a shot on the second ball. Playing on the Performance Pool Tour is the best thing you can do for your game. With these shots and strokes you are learning the secrets of the masters.



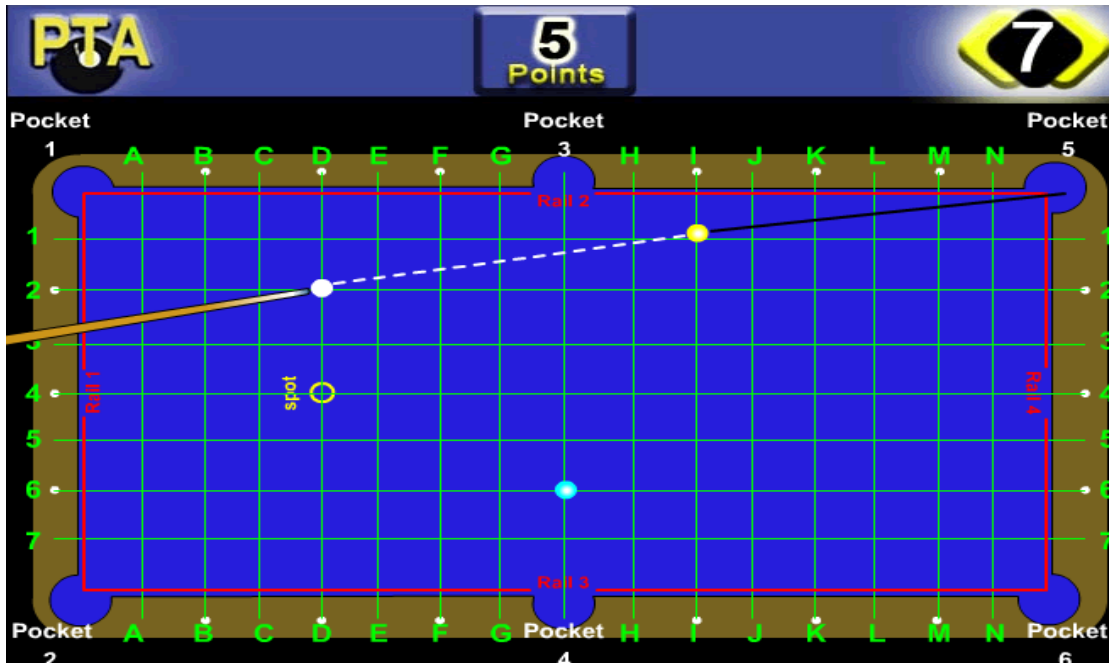
When pocketing the 1st object ball, use...

This one is a fine card if you make the first ball in the proper manner. The first shot in most of my cards are the key. If you make that one properly, you are in line to rack up some points. On this one, I make a commitment to go across the table and come off that second rail. In other words, I am willing to go two rails for shape on my second shot. I use a follow stroke with just a slight above right English.

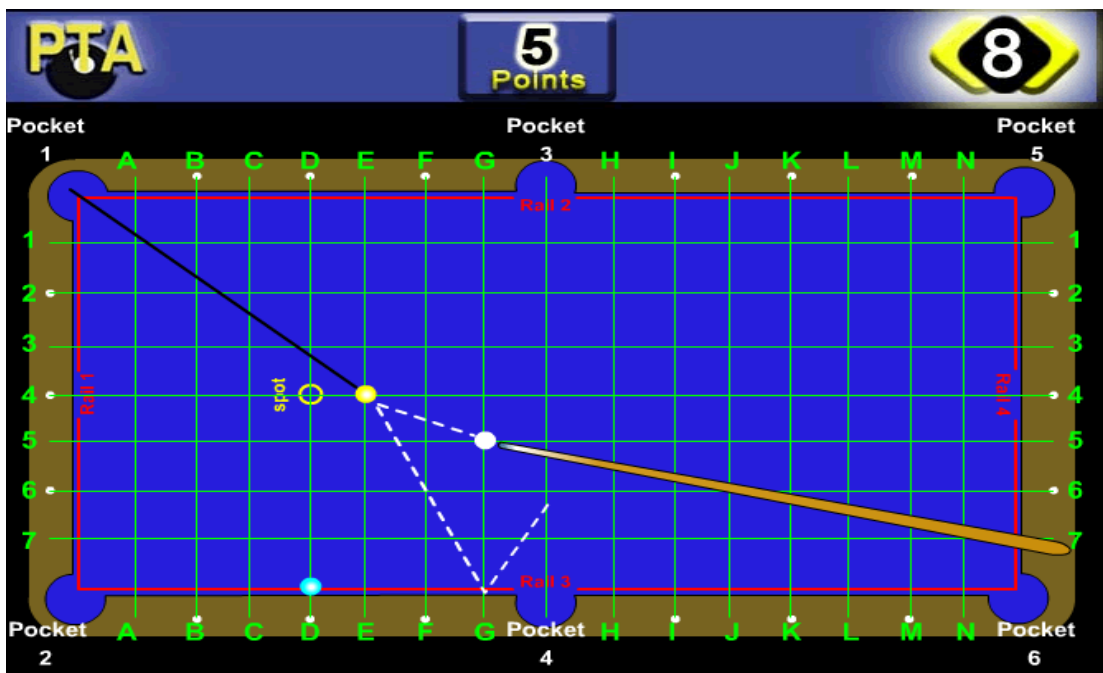


Pocket the 1st object ball. Use a soft follow-through “draw stroke”, bring the cue ball back for position on the 2nd object ball. Pocket the 2nd object ball.

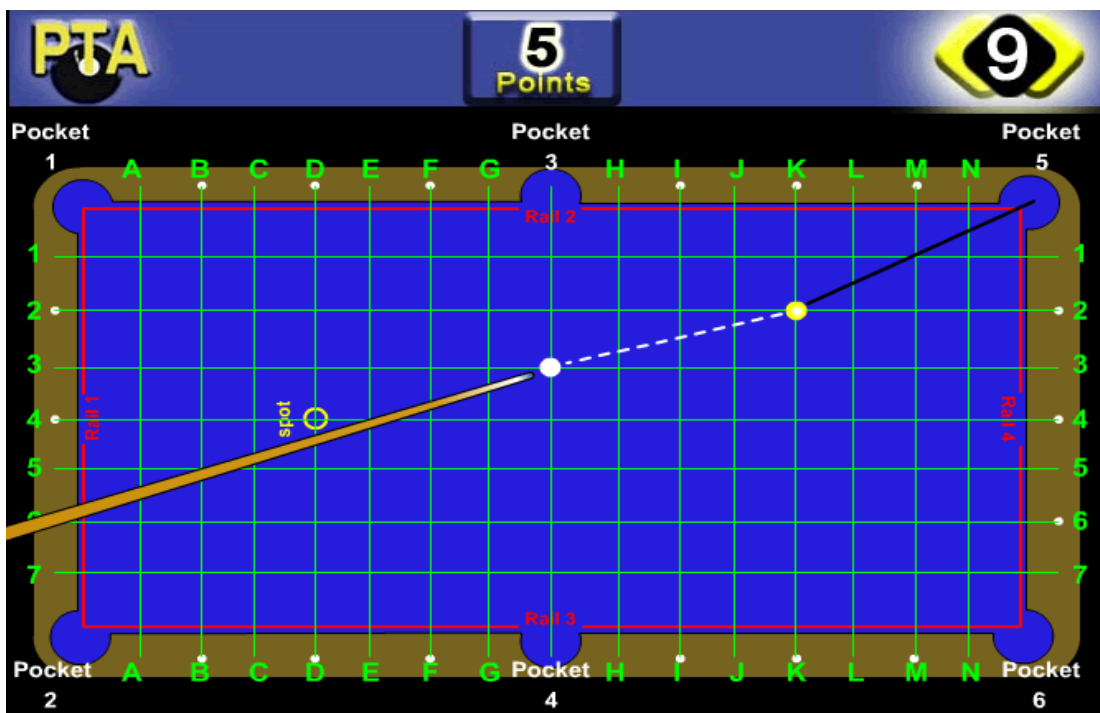
In The Lesson book I call this shot the “Sneaky Strange”. We are not really employing a Punch Stroke completely. We are driving through the cue ball, holding the cue tip on the cue ball a little longer and allowing the cue ball to creep out for a nice easy shot on our second ball. I would go for it all with this one. I’d shoot it three times.



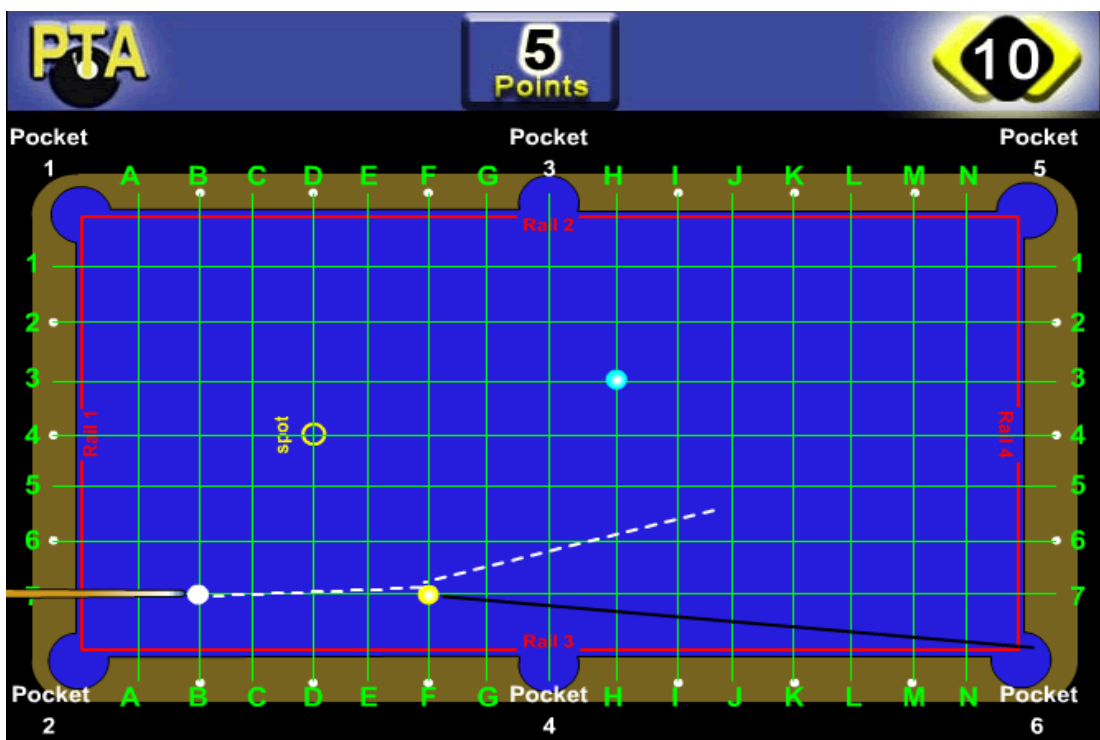
Once again the first shot is the key. Rather than take a chance with draw on our first shot, I simply stop the cue ball right there and accept a cut shot on my second ball. I don’t fool around with anything here. The lesson is to not play position when you already have position. Use a half cue tip below center with a sweet Punch Stroke.



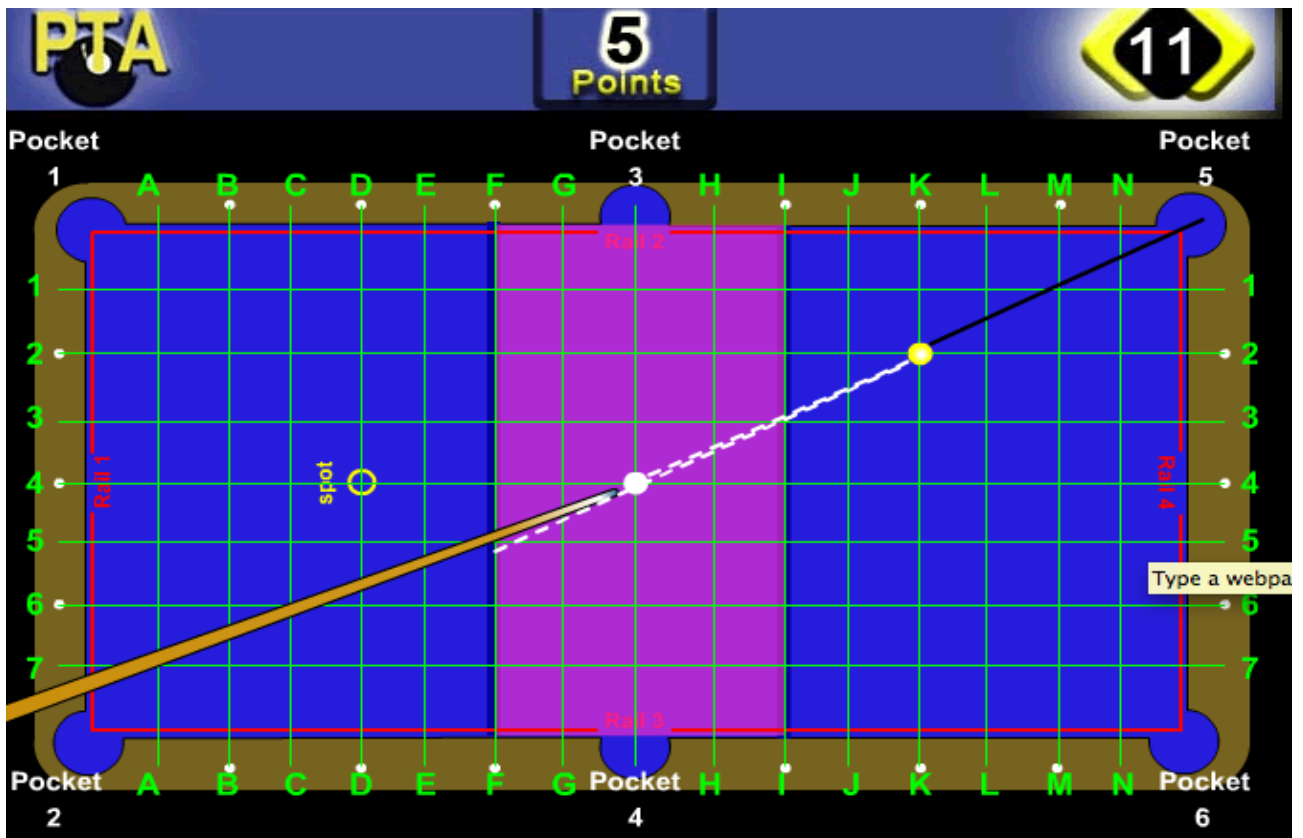
This is a sneaky one. The key is the first ball but that shot is not so easy. I would trade this one if I could. You can force me to shoot it and I will deliver a strong quick Snap Draw on my stroke to make that first shot. I use one cue tip low right on this Snap Draw.



This is a nice card for players to try three times. It is not a done deal as such. There is green on both ends. But we should be able to make it. As in all cinch shots, use a little above center English on the cue ball and roll it into the corner pocket.

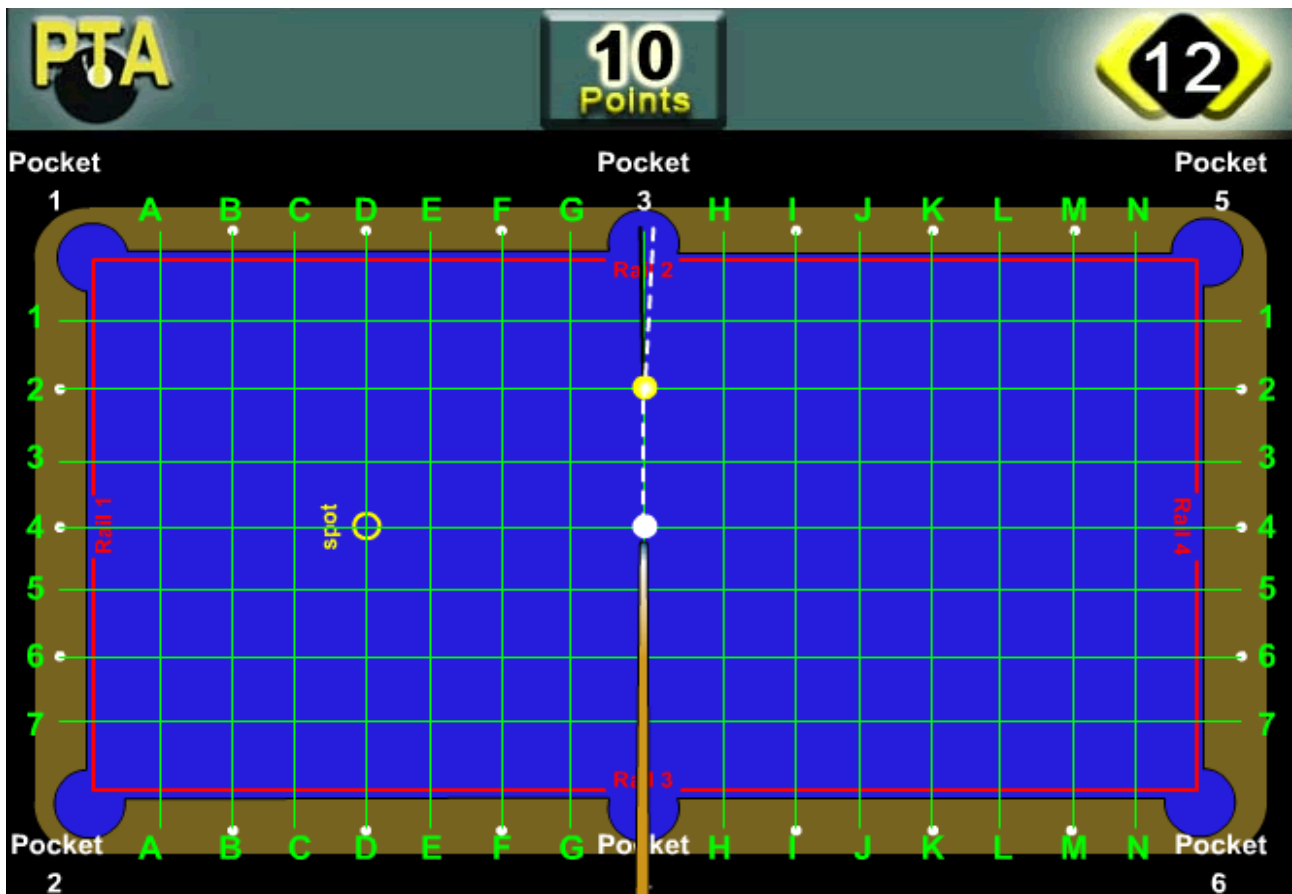


I don't know how you are going to end up with this card unless you draw it from a deal of the cards. Once again, this is an easy shot. And look how many points we can obtain on this shot. If you do get this card, make up your mind you will double your score by shooting it twice. As in all card disciplines you want to maximize your score. After all, you only get seven cards. Use your best Follow Stroke. Focus on going past the side pocket for easy position on your second ball. As in all shots, make sure you visualize it to its completion. In Performance Pool it is not enough to make these shots. We have to get position as well.



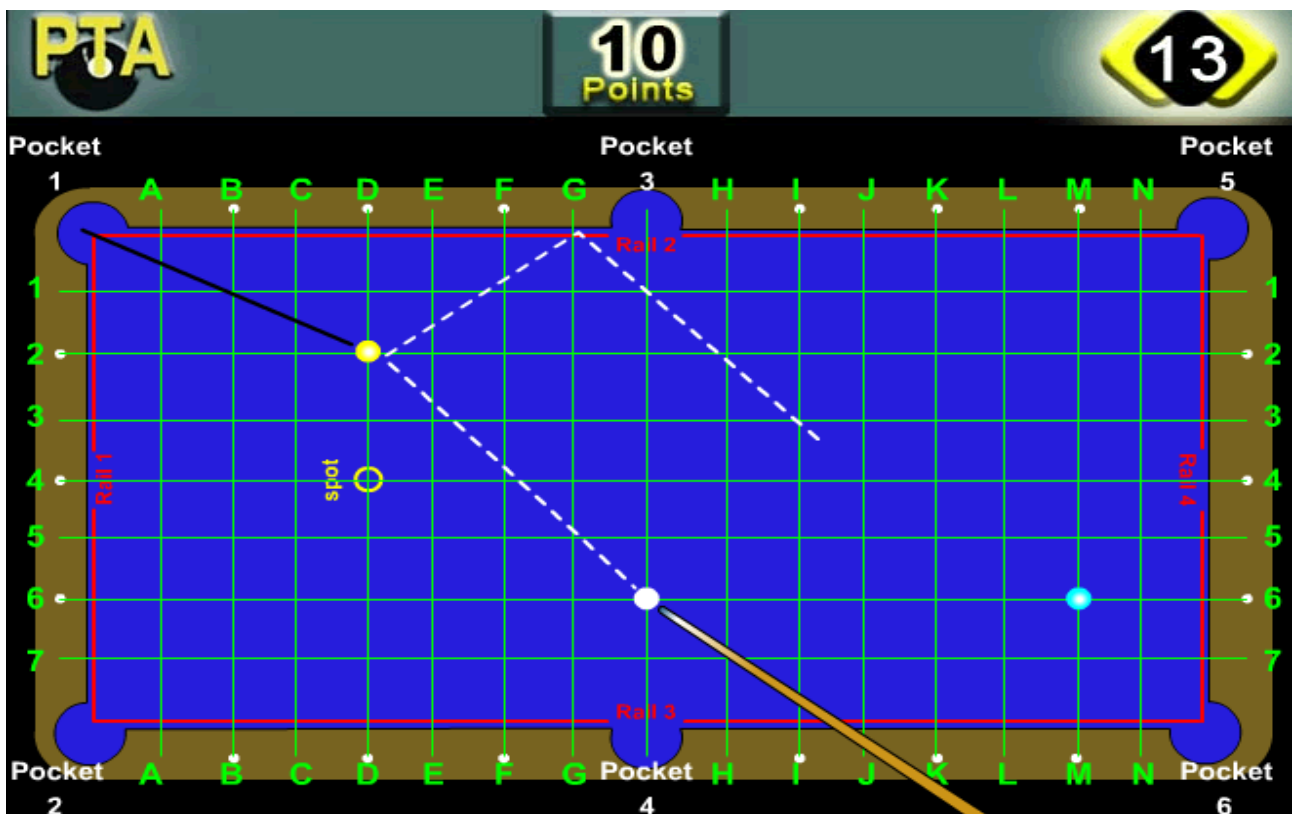
Must draw cue ball back into the space between "I" and "F".

This is not as easy as it looks. As in all draw shots, we need good instincts. Here the Draw Stroke is the instinctual shot. Once you think about it, you are in trouble. Sometimes players will have too much adrenalin going through their bodies and over cook this shot. I have found that players will miss one out of two. Remember, you are trying to reduce their score so tempting them can result in a zero for the discipline. If I am trying to set someone up for a DECLARE I will give this card. Many players will be reckless with the 5 pointers. It is good to offer a couple per hand. You would be surprised by how many actually end of with zero because they miss the second attempt. There is a lot of strategy in how you assign the cards.



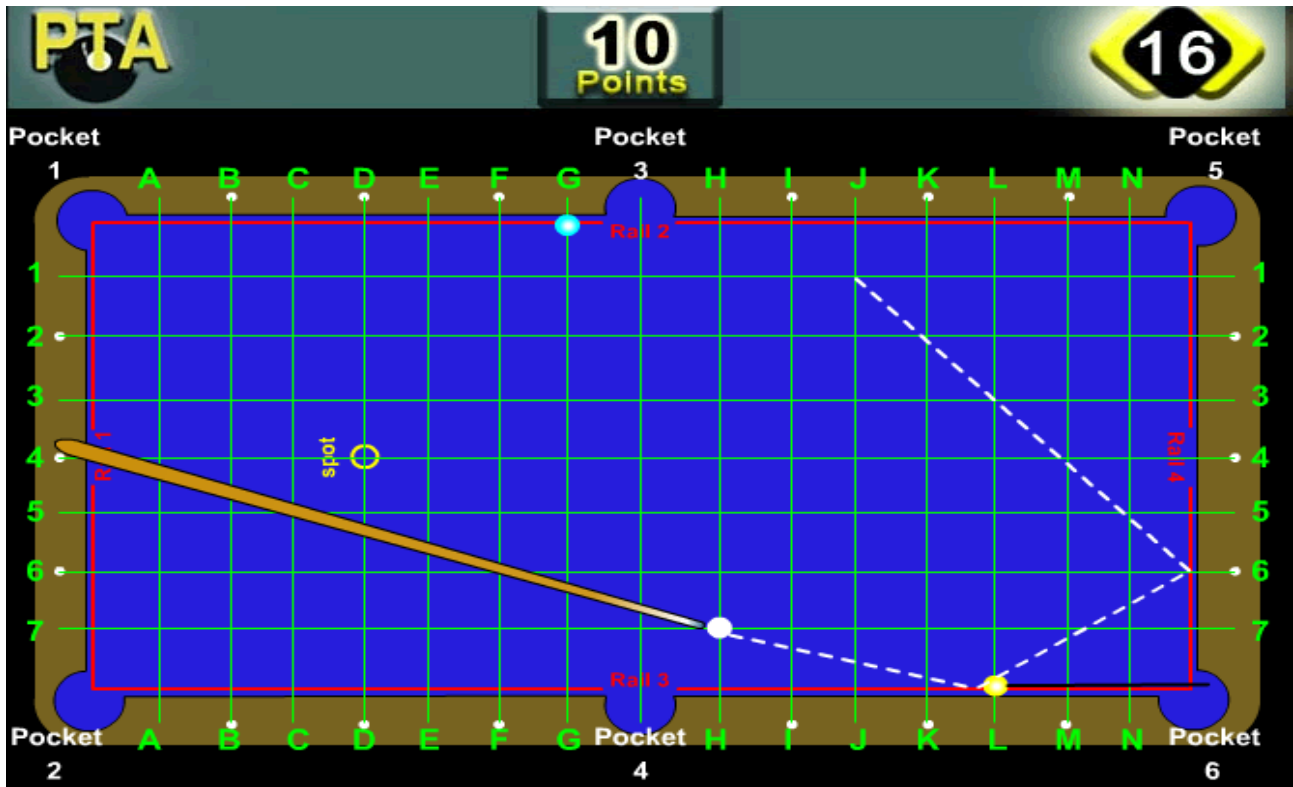
Using the follow stroke, cue ball must follow object ball into pocket.

Talk about easy. You only get this card if it is dealt to you when you play Performance Pool in your local tavern. If I get this card, I will be logging 20 points on my score because following a ball right in was the first shot I learned

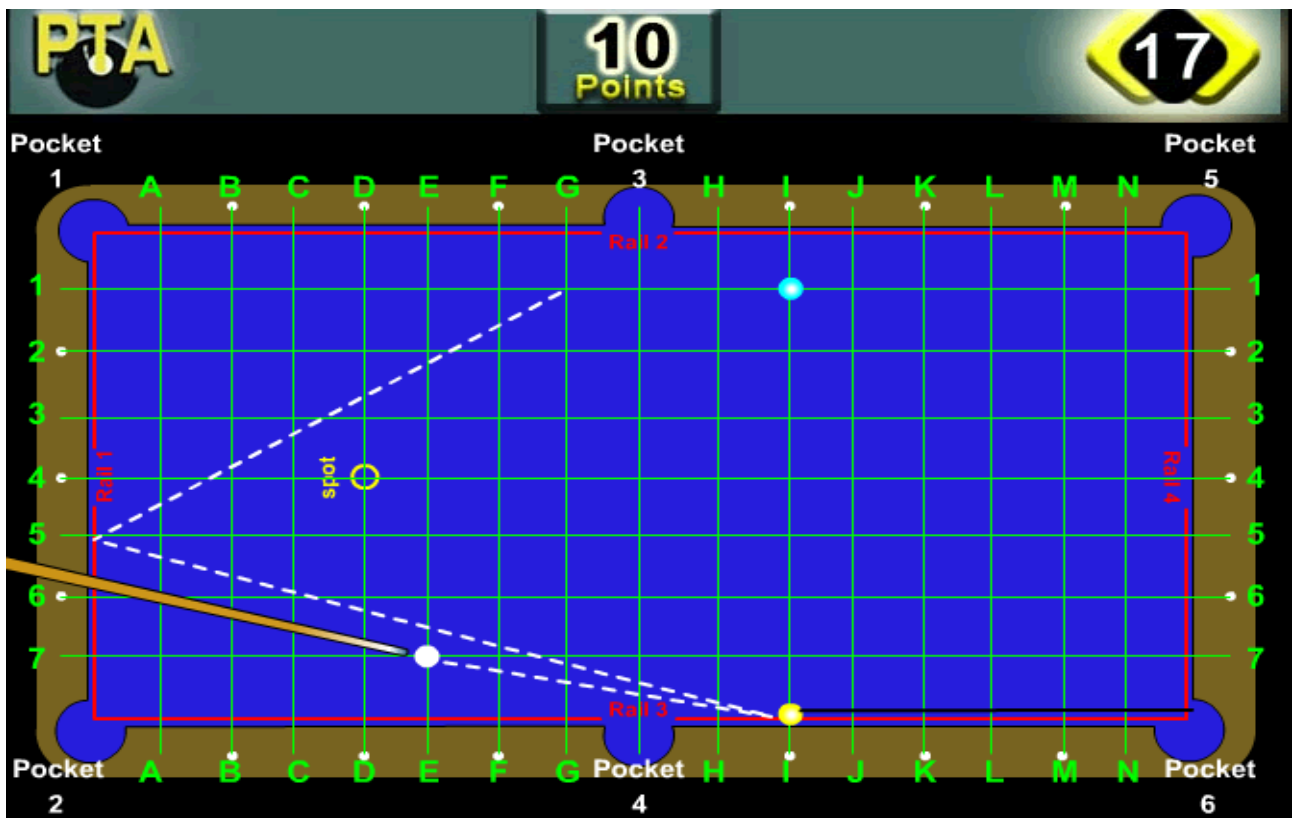


As I say on the DVD, you must be strong on the first shot. If you miss position on the first shot you will be defeated. This is an easy 10 point card if you handle the first shot properly. I would go two

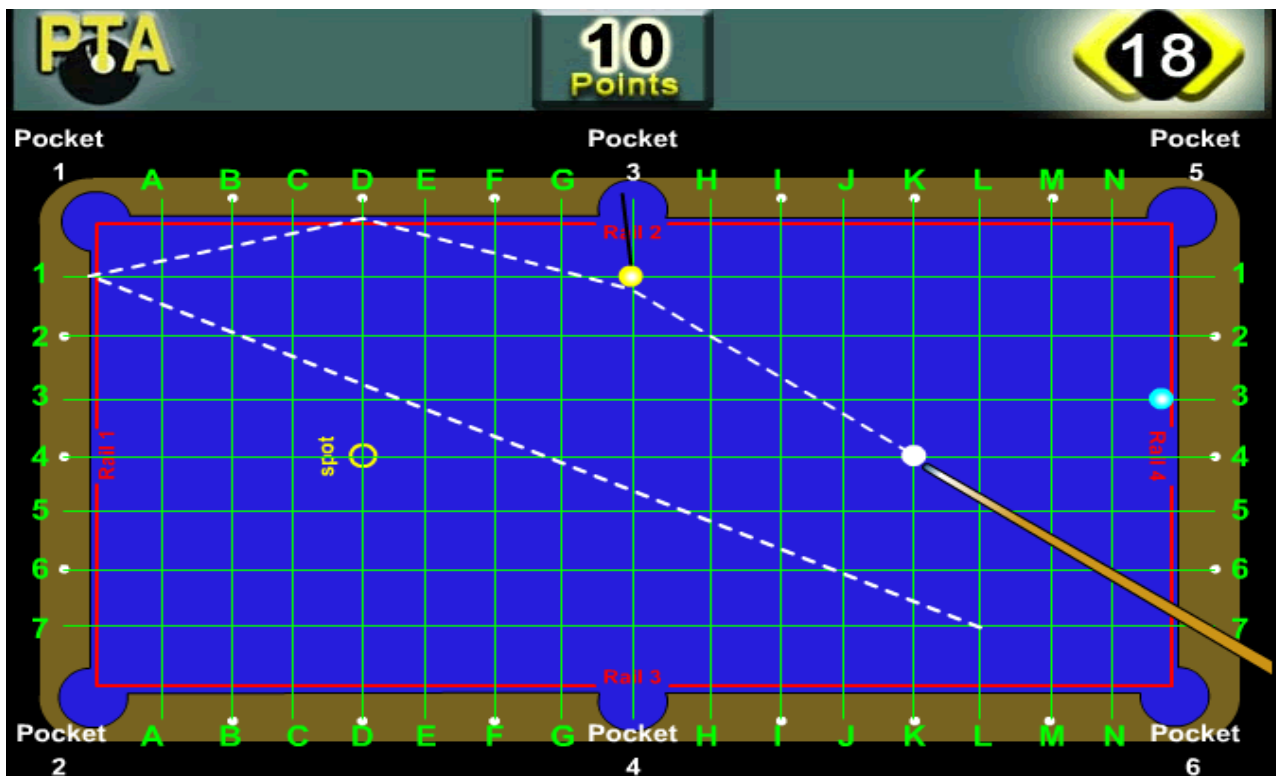
This is another shot that can be missed. Do you see the pattern here? With the 10 point cards you will be tempted to score twice by shooting this card a second time. So I designed easy shots that can be missed. It takes a solid committed stroke to get good position on the second ball. Remember, if you miss the shot, you can try it again. Of course if you miss it the second time, you lose 10 points off your score. You can stun it up for the second ball or draw back to the rail with low right English on the cue ball.



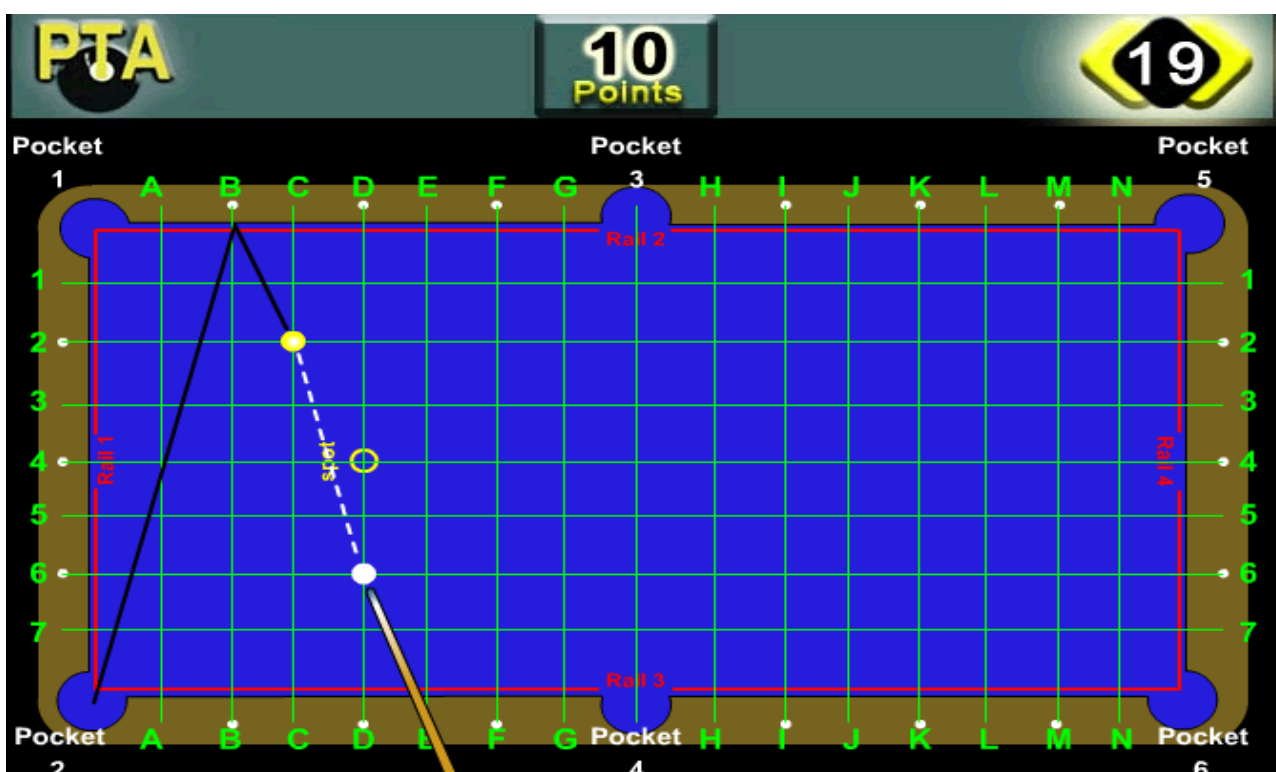
Use high right English with a Spin Stroke. You will need some Force Follow as well in your stroke. Let the spin carry you for position on the second ball. This looks like an easy discipline and in many ways it is. If you are comfortable with a rail shot you can double your score by shooting it twice.



One of the toughest 10 point cards in the deck. Make sure you practice these. When you pass this card to your opponent he may give it back to you. I have certain cards I pass. It is these cards I work hard on. Sometimes I will pass a card I hope they give back. I plan on this. In that round I really gain. I have taken a good card out of his hand and turned it into a positive. This is one card I will temp them to trade back to me.

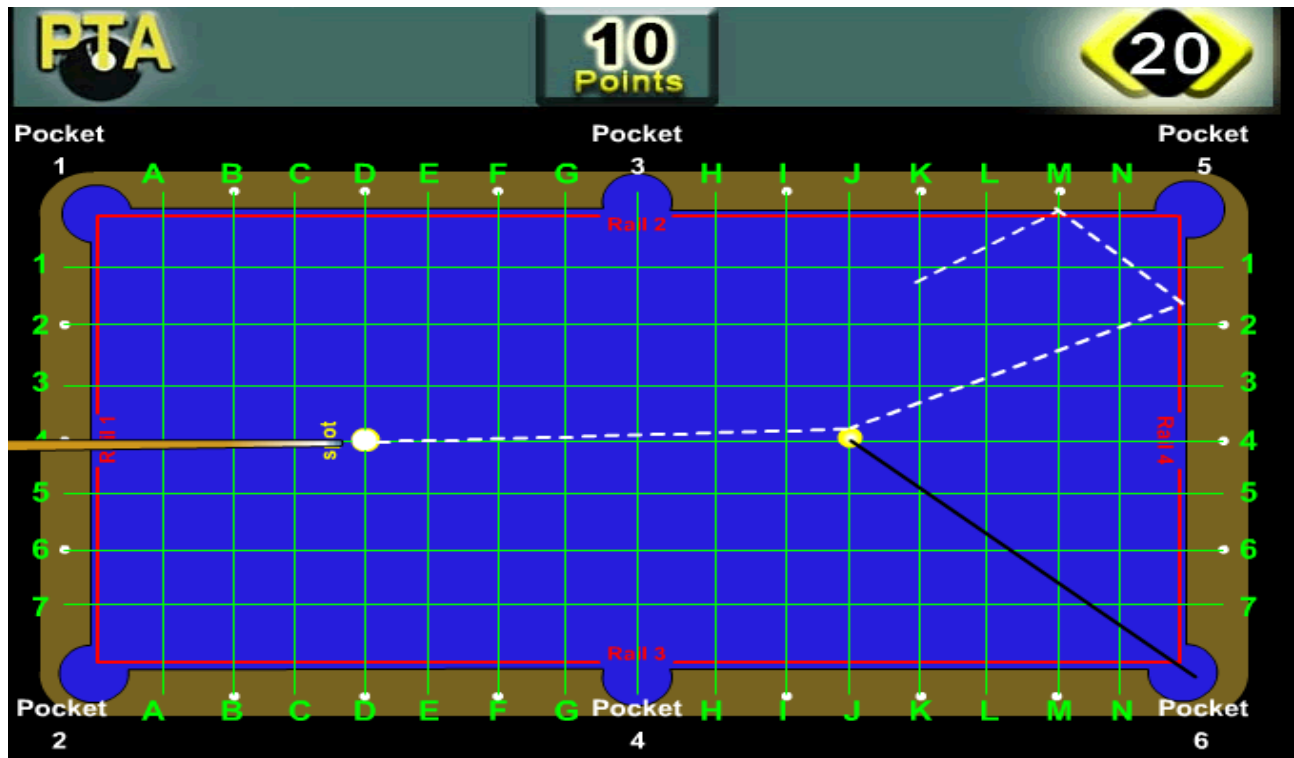


This is an easy 10 pointer. All you need to do is hit the first object ball thin with a dead center hit on the cue ball, Follow Stroke, and you are guaranteed position on the second ball. If you end up with any spin on the cue ball or hit the object ball thick, you may scratch in the side pocket. If you give me this card you can put 20 points on my score.

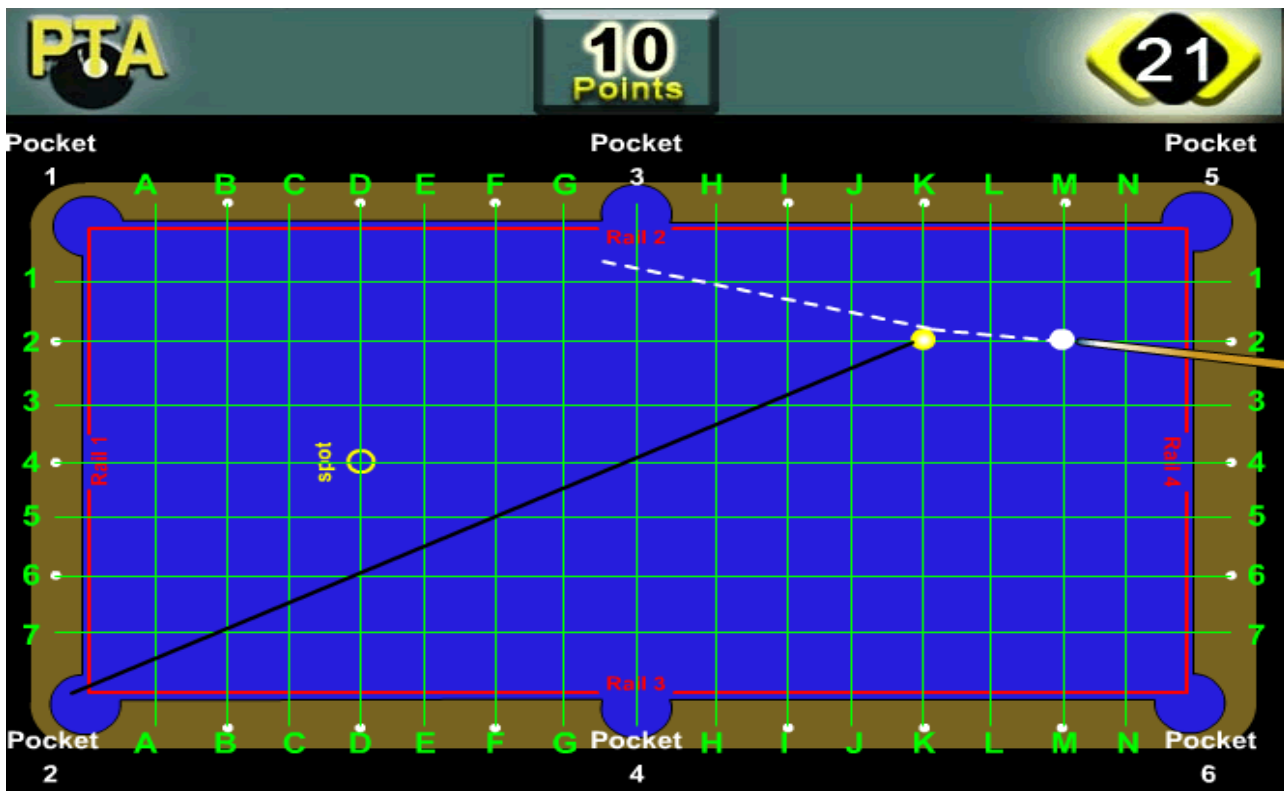


Bank shot...

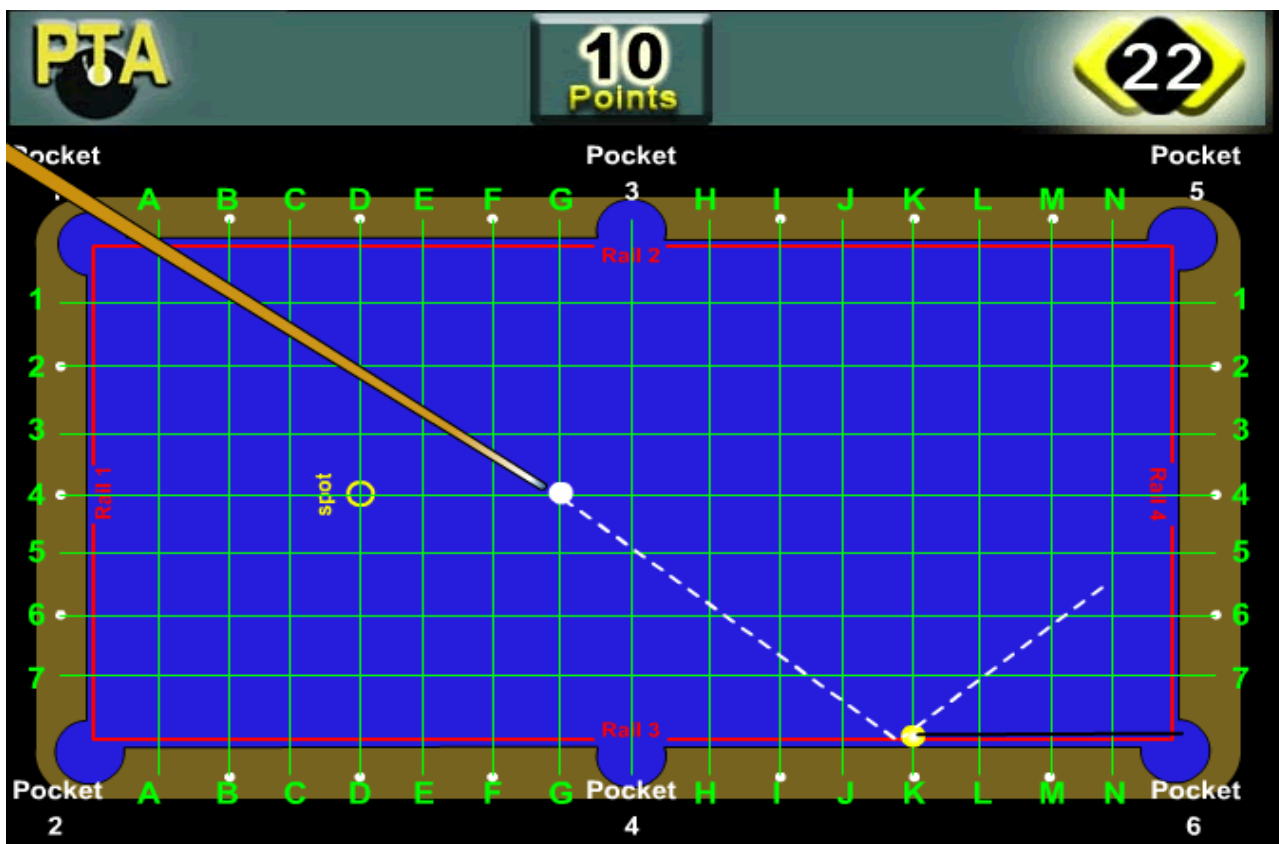
This bank shot is for the big egos on the tour. Bank shots have a built in miss factor. The rails, the English you use, the type of stroke all effects the way the object ball contacts the rail. Don't give me this card. I might give it back to you. If you must shoot a bank shot use slight outside English to take any push off the rail and give you a natural line back into the corner pocket.



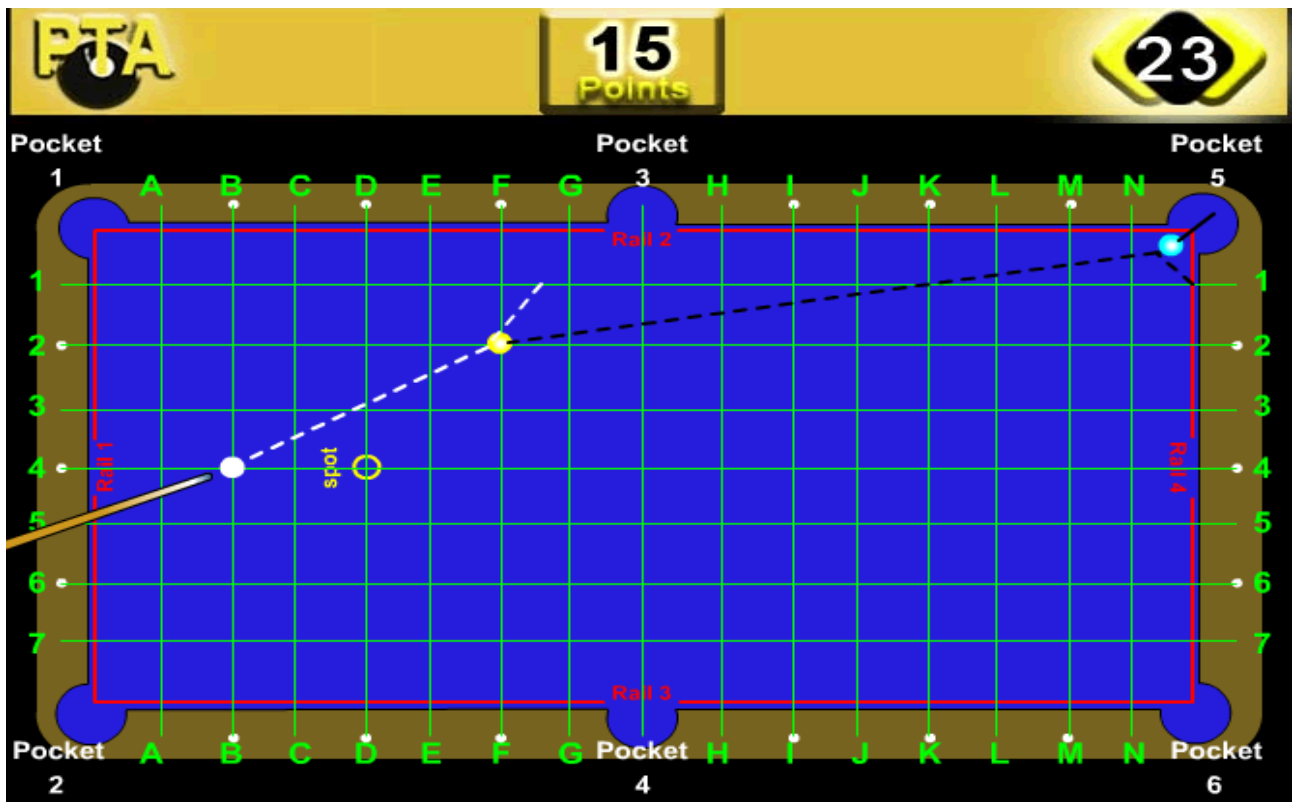
The Monk, that's me, must have been crazy when he assigned 10 points to this shot. You need to use low left and actually deliver a crisp snappy draw stroke to throw this ball into the corner pocket. If you slow roll it, you have to be dead perfect to avoid the scratch. A scratch is devastating because it gives your opponent 15 points. You lose the point value of the card and your opponent gains 15 points. If you scratch in the second attempt, you will lose the points off your score, plus give him 15 point. One of the great lessons in this game is not to scratch. The Performance Pool Tour will help you master that skill.



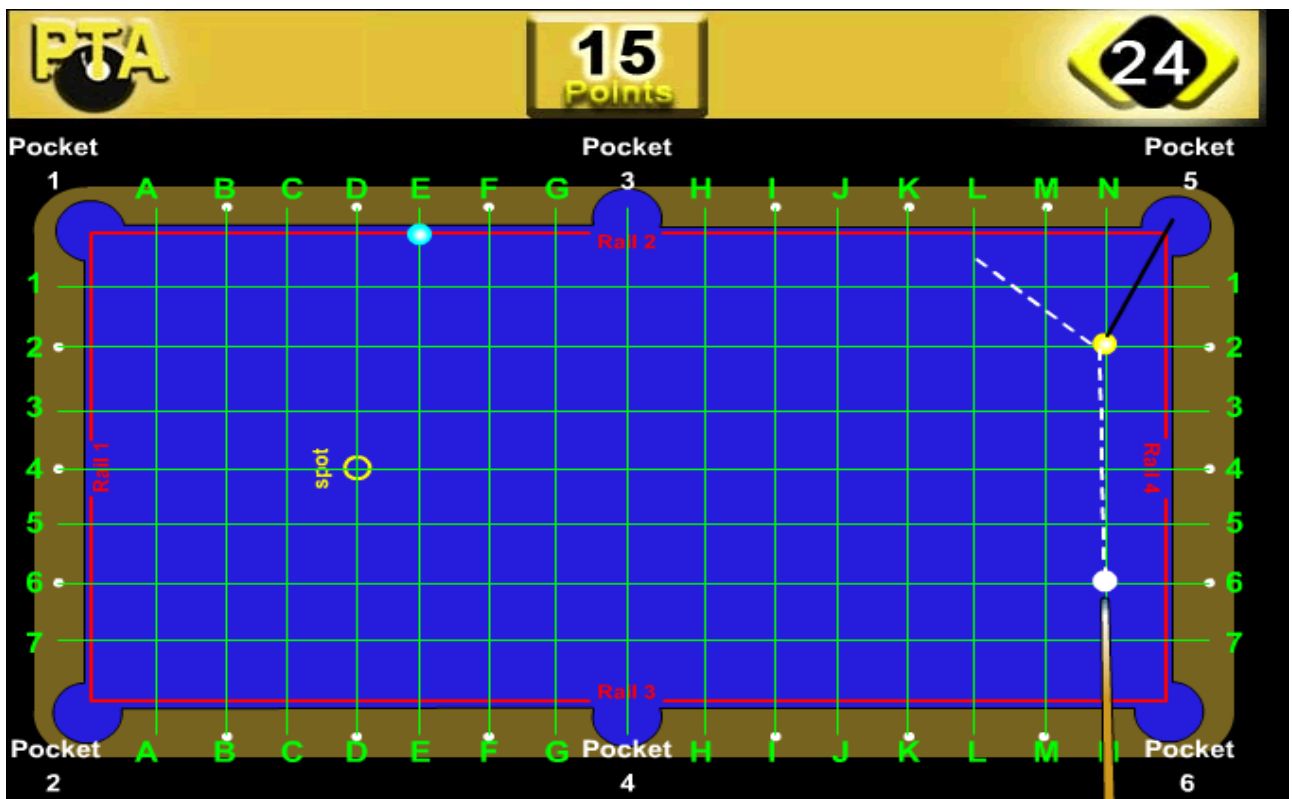
This is one of those shots that you make often but are never comfortable with. It takes confidence to make this shot. A crisp outside hit on the cue ball will slam the object ball into the pocket. I like to pass this card as it tempts the player to go for it twice.



As you can see, we do shoot a lot of rail shots. They are not hard. In fact, I would welcome this card and make plans to shoot it twice. I use a slight above left hit on the cue ball. You must allow a little punch into your stroke here to avoid scratching in the opposite corner pocket. When you lean over the shot, don't waste any time. A single thought will divert the arrow from its course.

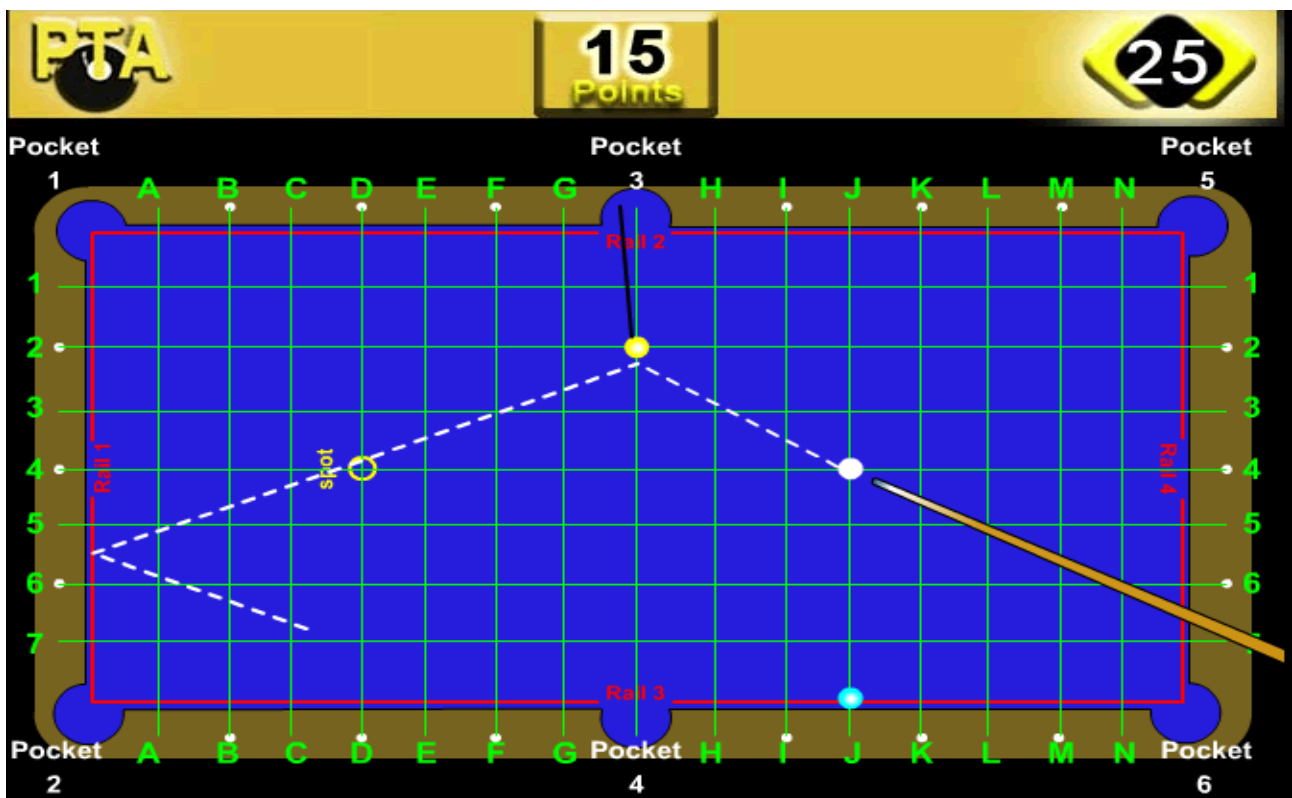


This is a gift from The Monk. Once again, do not think too much while you get ready to deliver a winning stroke. Aim the first object ball a little thick so it hits the rail just before the second object ball and you will create a bigger target. If I get this card, I know I will shoot it twice. Use a dead center ball hit on the cue ball. Make sure you are level. The only way you can miss this shot is to squirt the cue ball via a bad stroke with English.

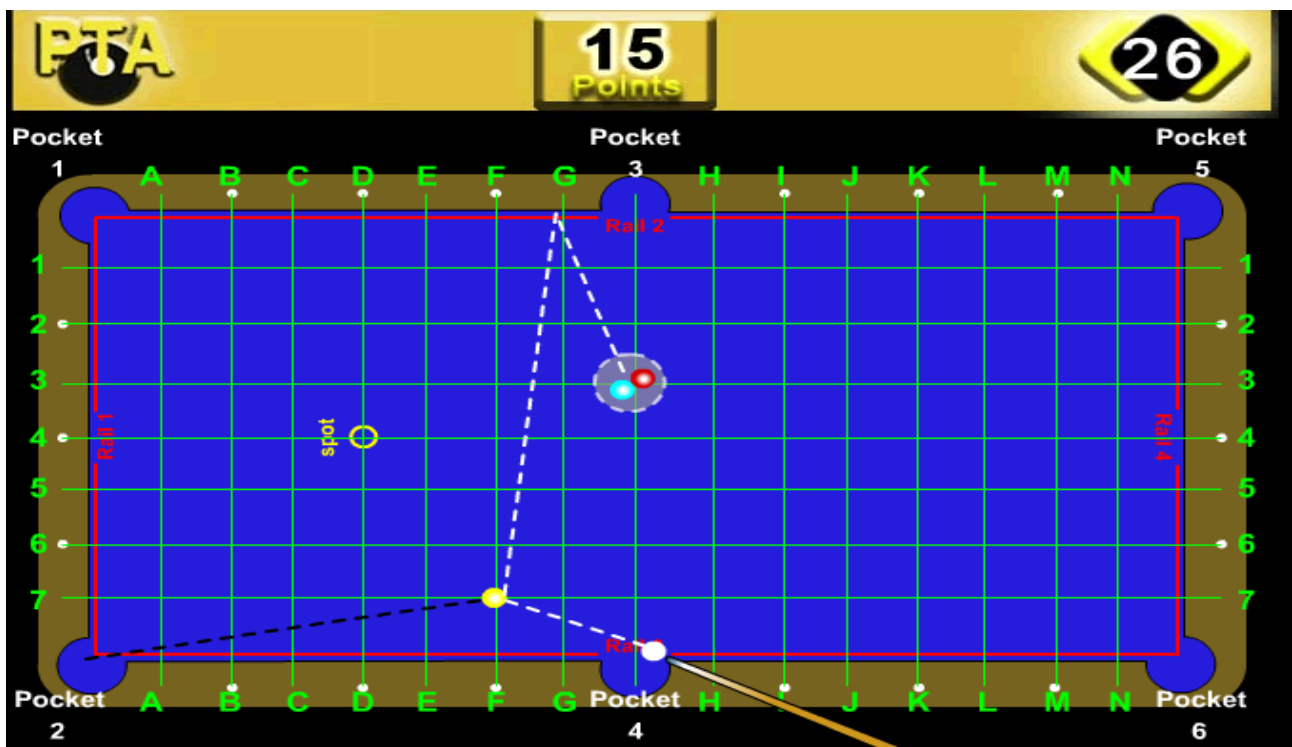


This is another easy card if you behave yourself on the first shot. Use a soft Punch Stroke here with a little spin on the cue ball so you go up table. Here is where the danger comes in. If you use too much spin you will go too far and end up with a tough rail shot. Stay focused and you can gain 30 points with this card. There is enough built in drama in this card to consider giving it to your opponent. If I know my opponent and believe he can't let go of a bad experience, I might hand this one to him. If he misses, he will be upset and that may affect his next shot. There is strategy in this game. To be on the

safe side, master all the shots. If you do that, you benefited a great deal from your Performance Pool experience.

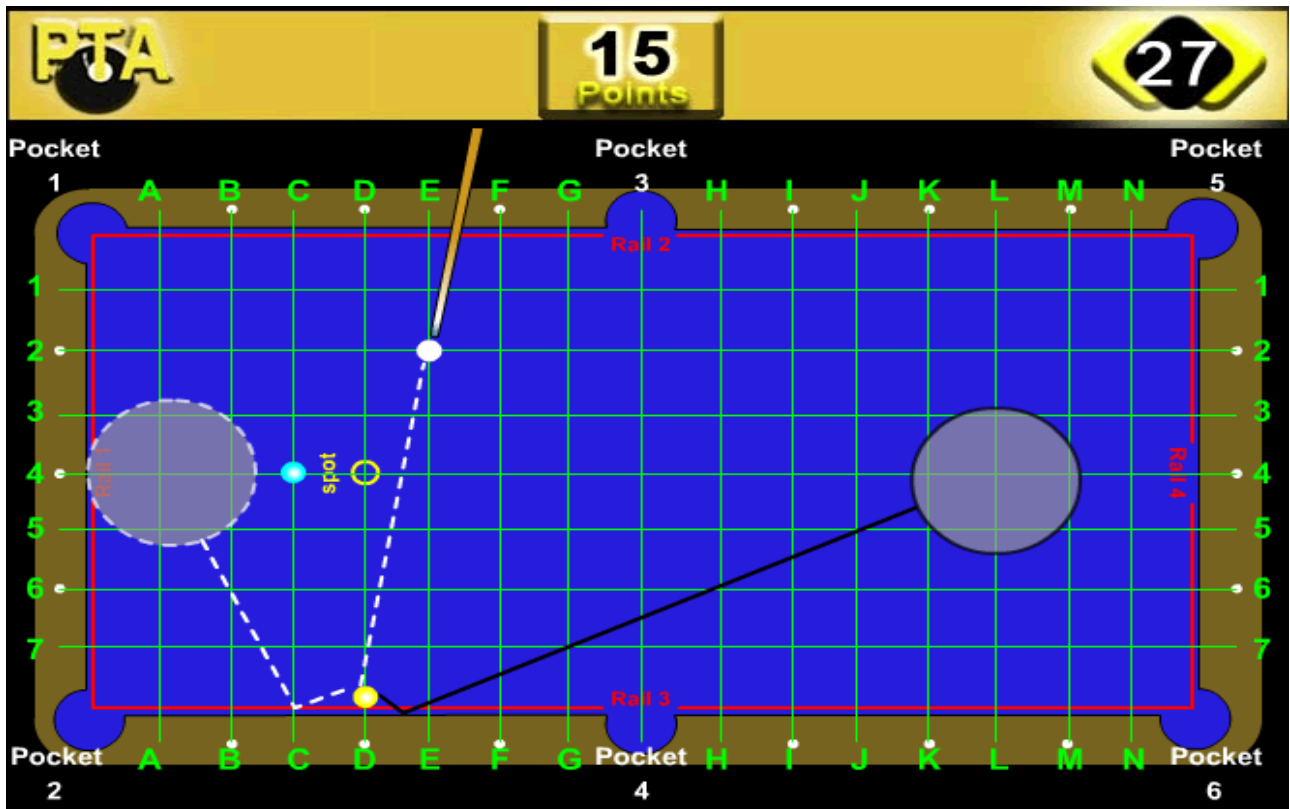


The 15 point cards are shots you think you can handle. This one requires great touch and instincts on the first shot. If you go too far you are in trouble. You can miss the first shot by thinking about the second one. Go to the bottom rail and back for a shot on the second ball. Even if you have to leave a long shot for your second attempt, make sure you have a shot. Don't go too far.



After pocketing the object ball, the cue ball must hit rail #2 and then make contact with either of the balls in the shaded area.

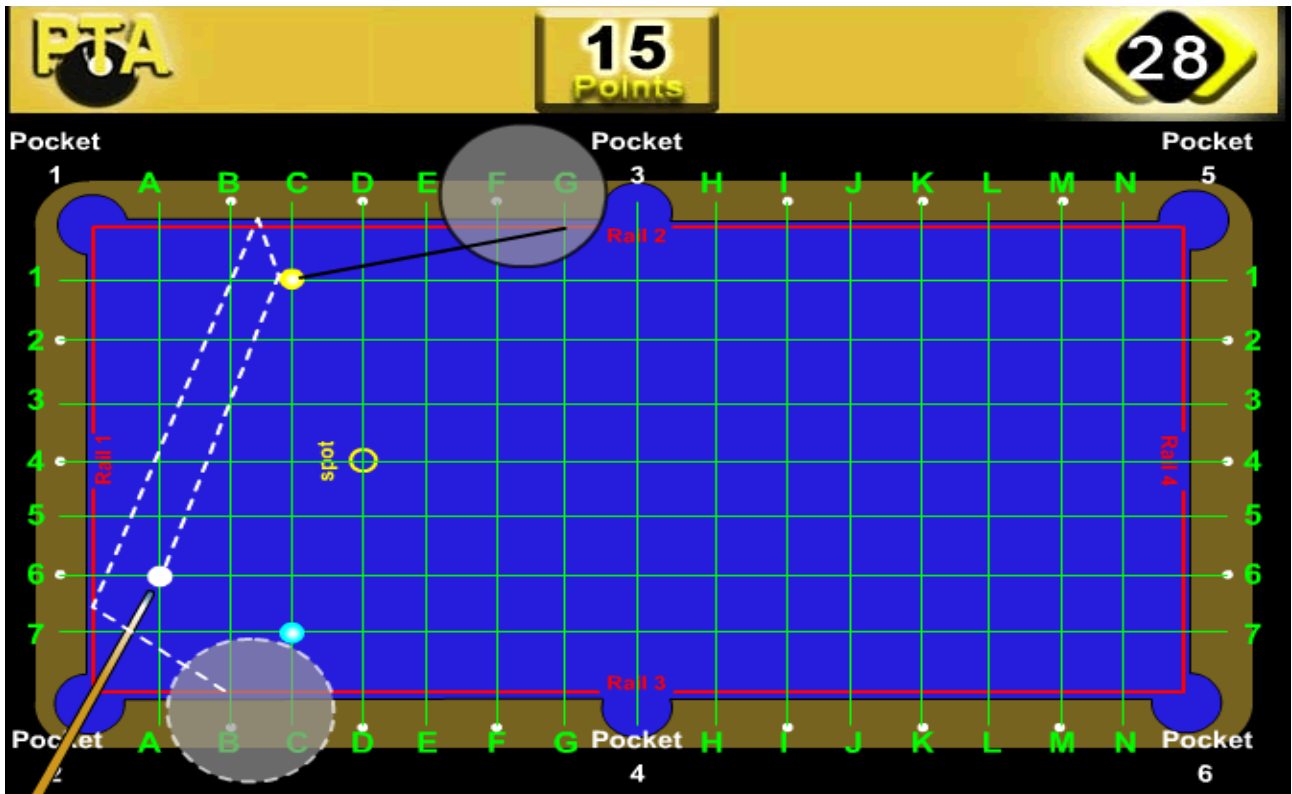
This shot is in the stroke. Deliver a nice Punch Stroke, one half cue tip below center and make this shot crack like you really mean it. The natural spin from the stroke will give you a direct hit on the target balls.



Safety Bring the 1st Object Ball just off the rail.

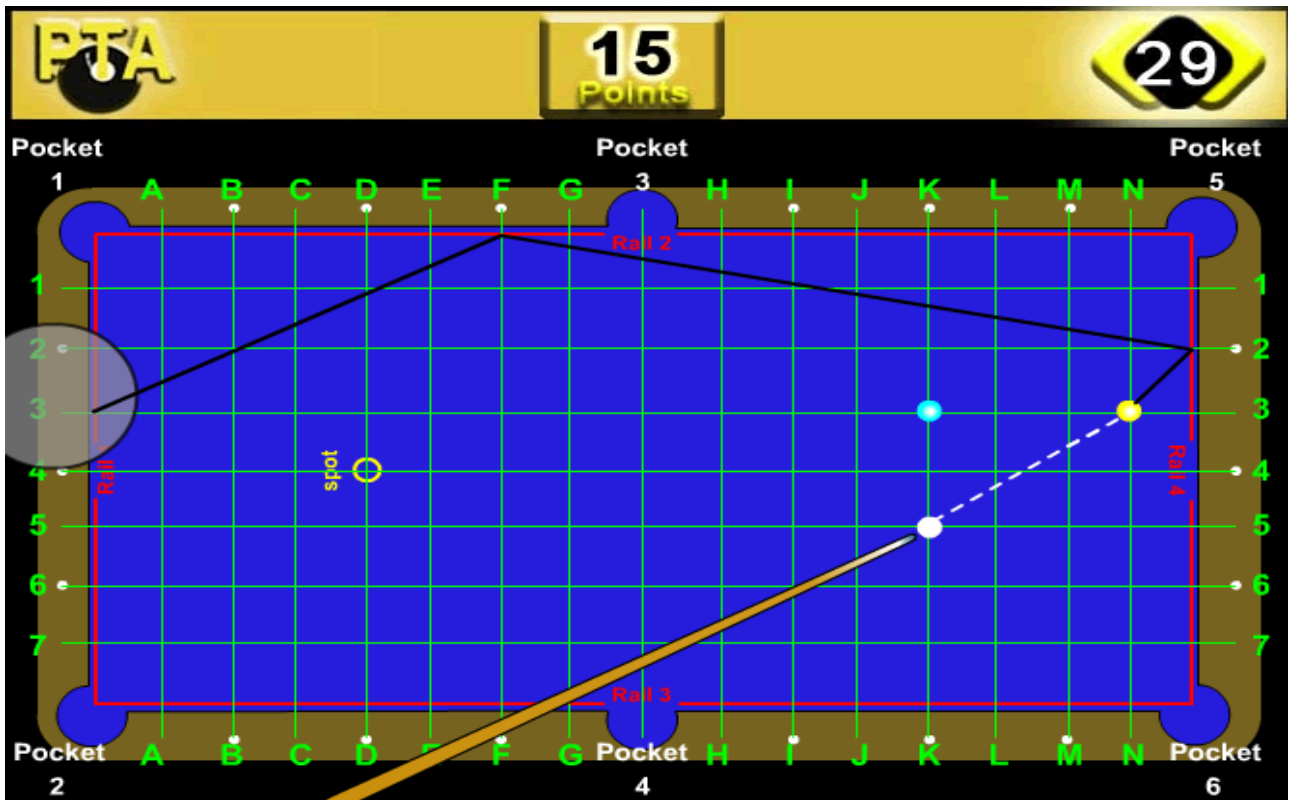
In this safety shot, land the 1st Object Ball and the Cue Ball in the shaded areas as indicated.

This safety will enhance all games in pocket billiards. When you compete in and win a 9 Ball tournament in your local area; I would like you to order the Performance Pool Patch and wear it. Believe me, when you master these shots and strokes you will improve beyond your dreams. On this safety, separate the balls. Make it tough for your opponent to cash in on your safety. Remember, your opponent gets a chance to respond to your safety so when you pass this card make sure you are highly skilled at separating the balls.



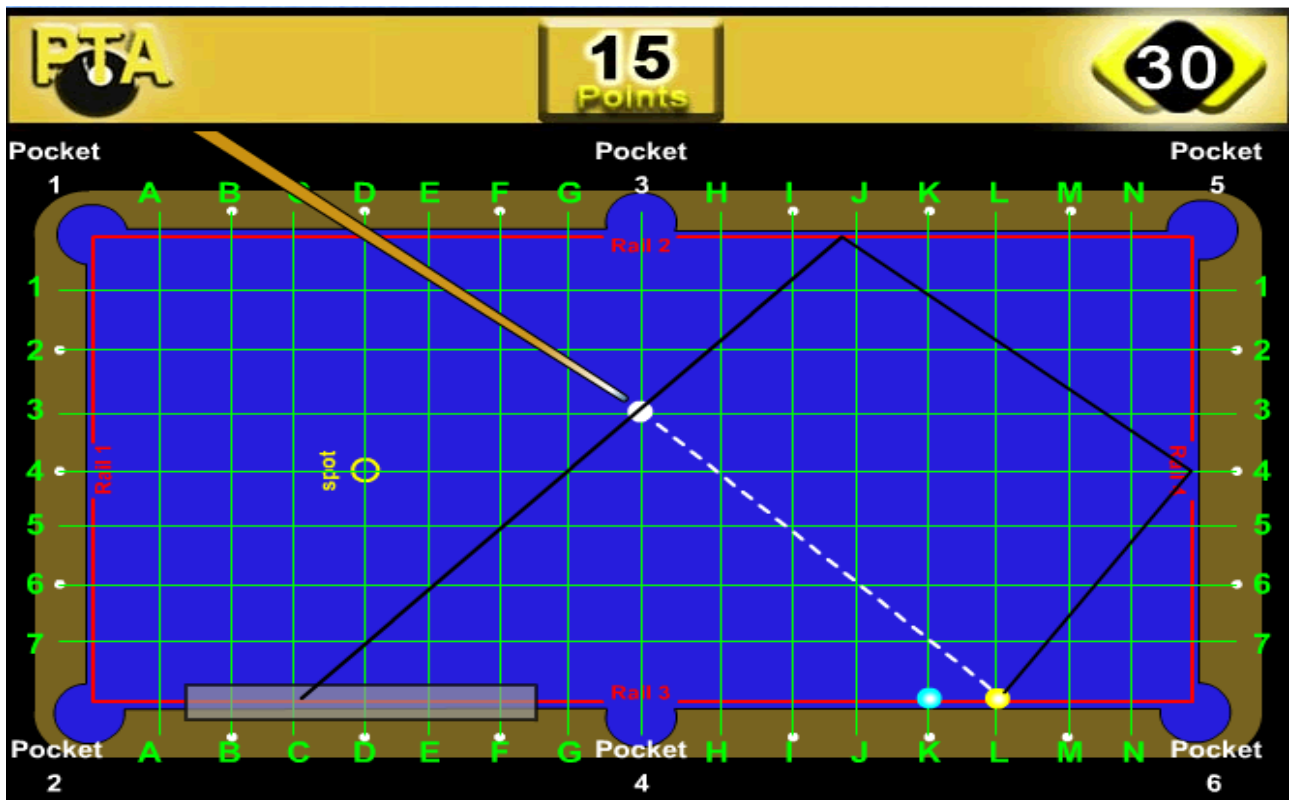
Safety In this safety shot, the Cue Ball must land behind the 2nd ball.

Cut the object ball up the rail so it stops before the side pocket. The cue ball comes back to the corner and leaves your opponent a tough cut shot or impossible bank. When you get the cue ball behind the 9 Ball it's all the better. The safe way to shoot this shot is to make sure the object ball stops on the rail near the side pocket. Be careful not to scratch here. Practice this shot. I sometimes assign this card to my opponent. I have two chances to make points. One, he scratches in the corner pocket and two, I find a way to make the shot. Strategy is important in this game.



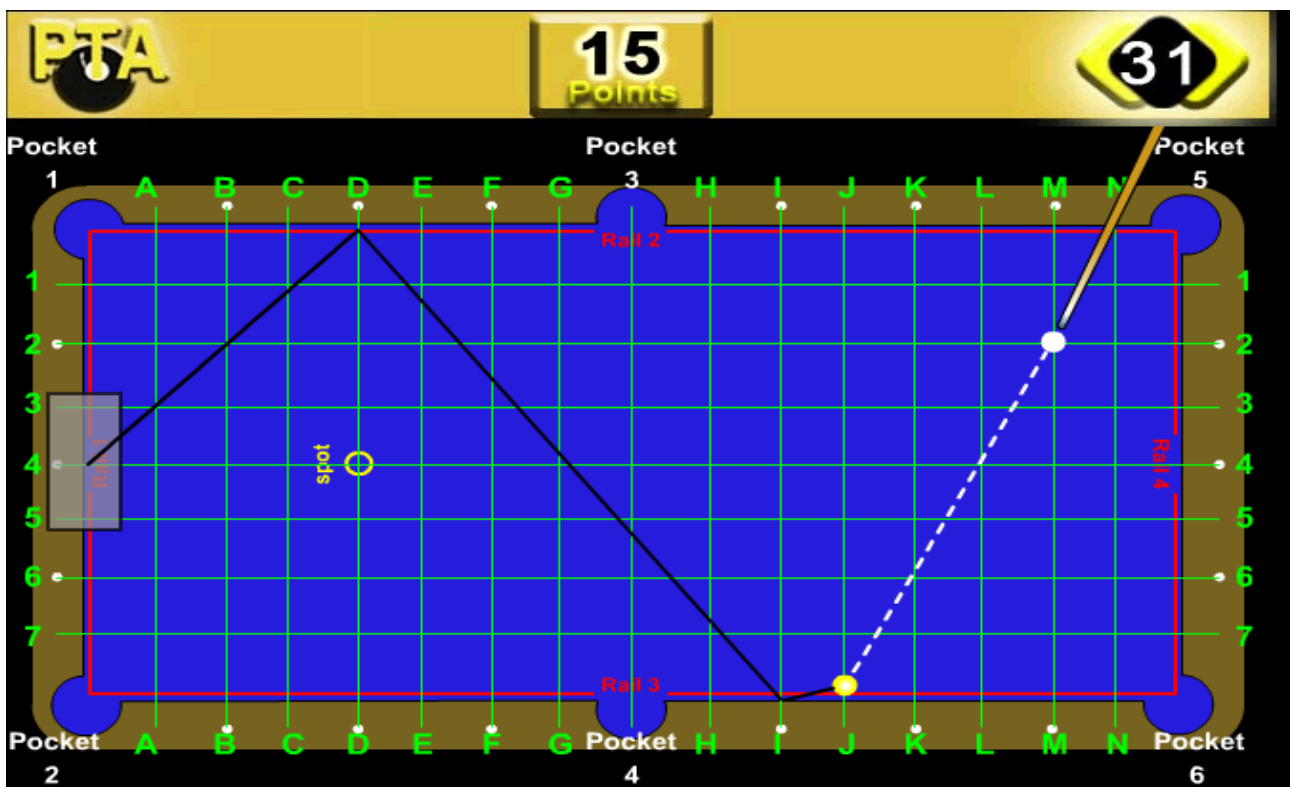
Safety For this safety, the Cue Ball must stop on contact with the 1st Object Ball The 1st Object Ball contacts 2 rails and lands inside the shaded area as shown.

All you need to do is bank the 8 ball up table and keep the cue ball behind the nine. Danger: This is a safety. If you bank the 8 ball into the corner pocket your opponent only has to make the 9 ball to take points away from you.



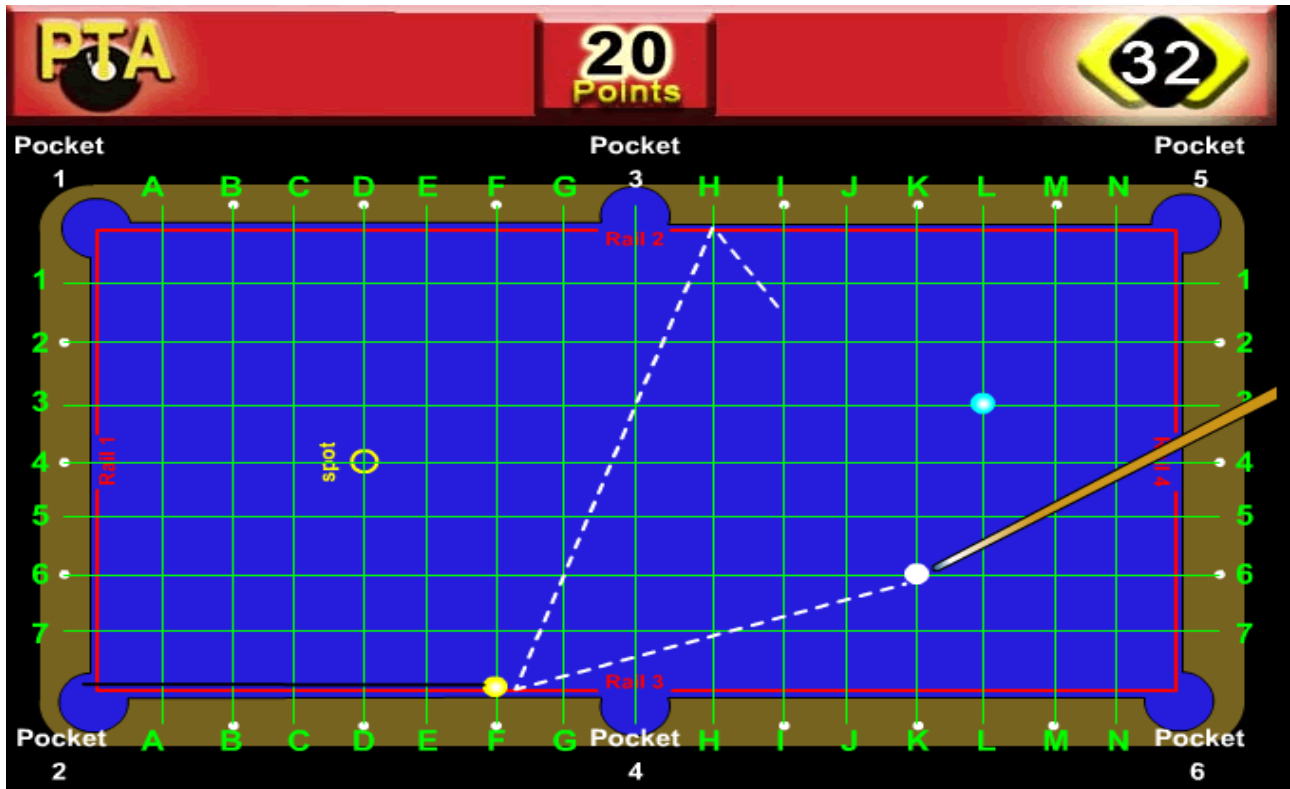
Safety When shooting this safety the Object Ball must land in the shaded area as indicated.

This is your finest Punch Stroke in action. Hit the 8 ball with a stop shot and leave your opponent behind the 9 ball. The 8 ball will go three rails and land down the other end of the table. Make sure you don't make the 8 ball. The safety cards can't be shot twice so when you assign these shots you limit the amount of points they can acquire plus you give yourself a chance to cash in.



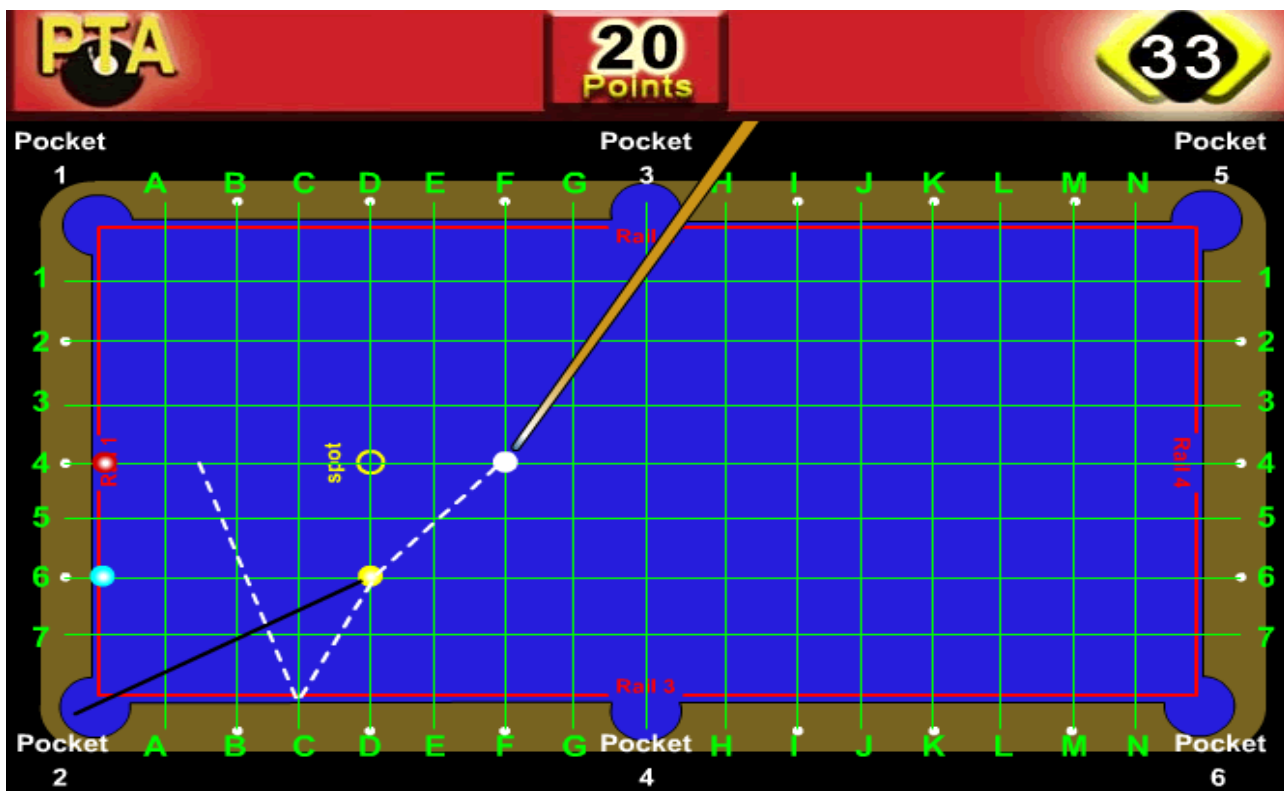
Safety Place the Object Ball just off the rail. Object Ball must land within shaded area as shown.

This is a double bank with the object ball landing on the bottom rail. Once again, you want to put the cue ball on the opposite bottom rail forcing your opponent to attempt a tough bank. I do not mind this card because it does offer a shot, low percentage at best, but there is a scratch possibility here. I get the points for a good safety and also the penalty points from his scratch. Practice these double banks. They will come in handy in all other games

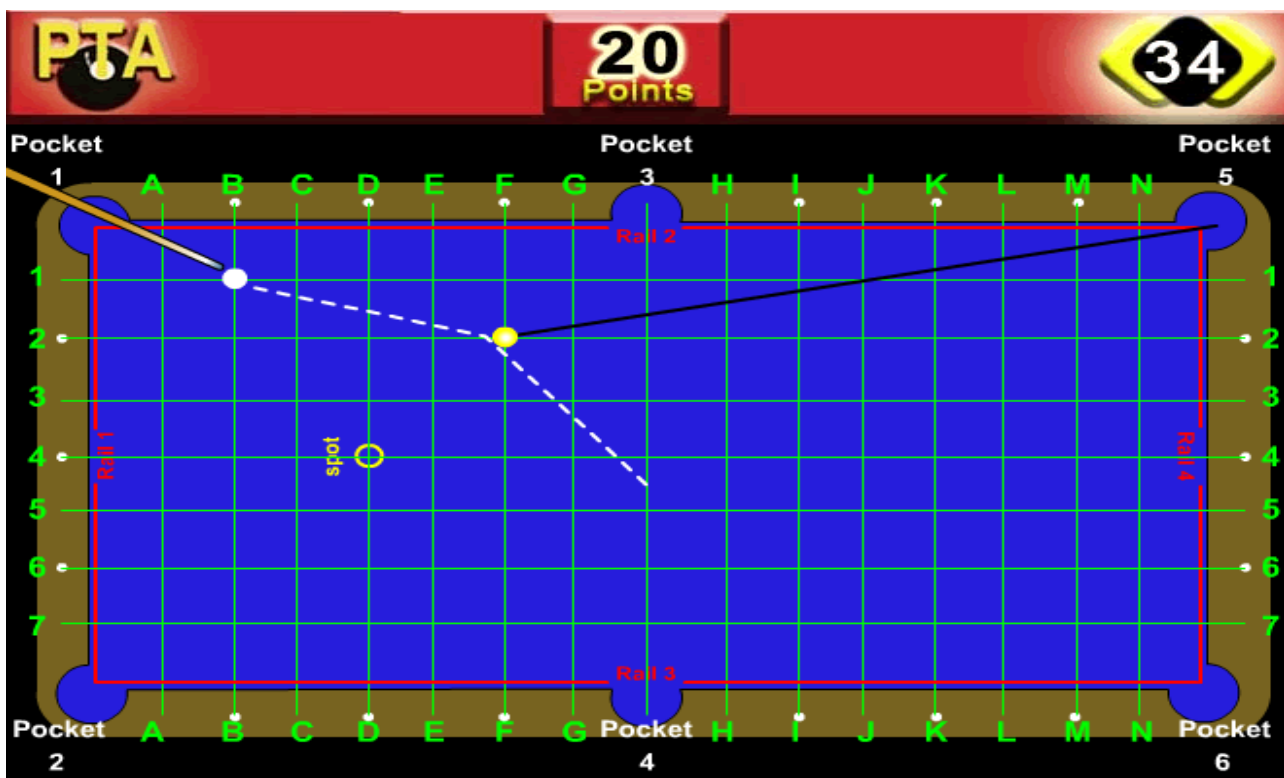


This shot calls for an almost perfect stroke. Use a Punch Stroke, just slightly below center hit on the cue ball which will bring the cue ball across table for an easy shot on the second ball. If you do this correctly, you will always gain points. It is up to you weather you want to keep this card and try to score forty points with a double effort.

Keep in mind, your 25 weeks on the tour is a training experience. You are using your efforts to instill those abilities that will give you a good chance at the prize money in the nationals. So you welcome pressure. You welcome a challenge. It is great to build a winning record and you should always strive to win, but learning is so vital in this great game.

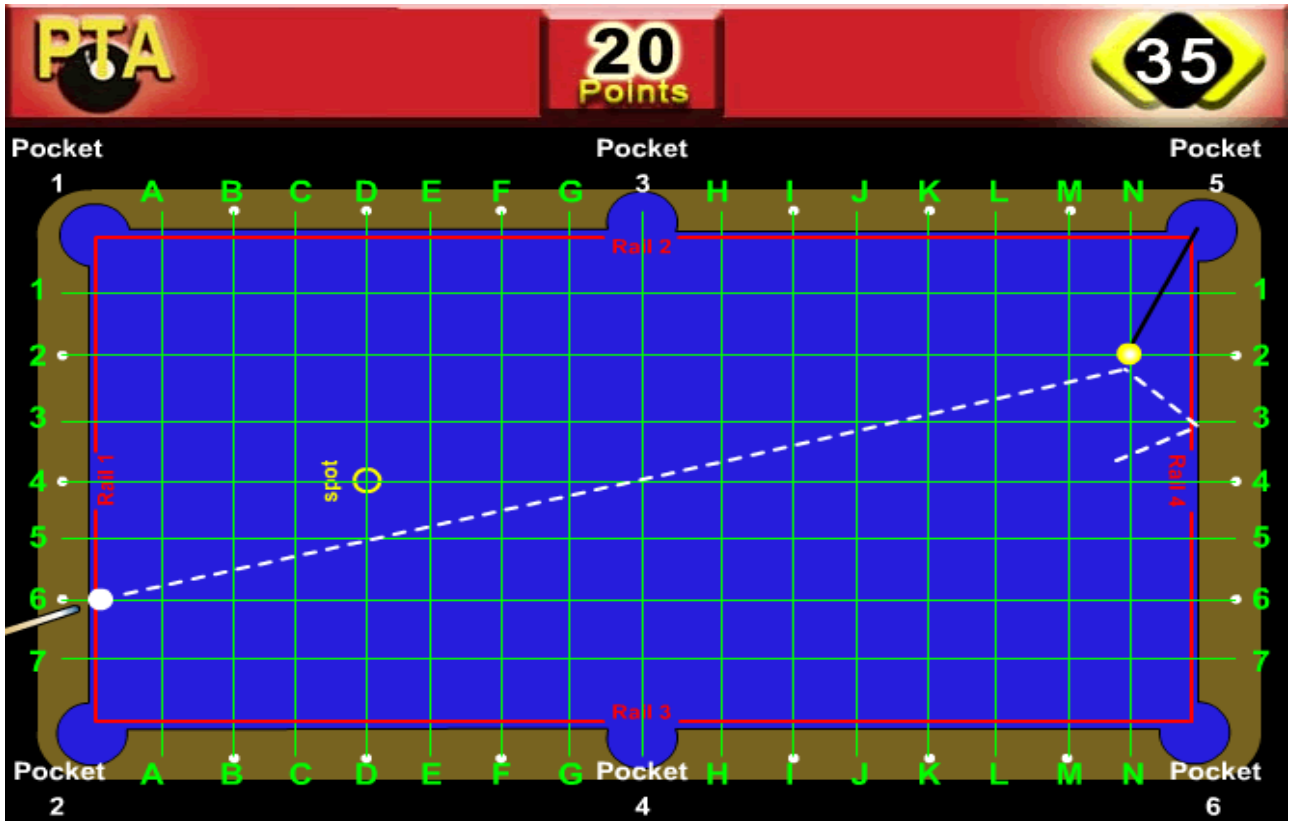


This is a card I normally give my opponent. The first shot is the toughest one. We will use high inside English to spin the cue ball down for excellent shape on the 8 ball. If you don't go down far enough, you will then have to go up and down for shape on the 9 ball. That makes it tough. You can scratch when you turn the cue ball loose. If you go too far after the first shot you will be blocked by the 9 ball. I don't see many players going for this twice.

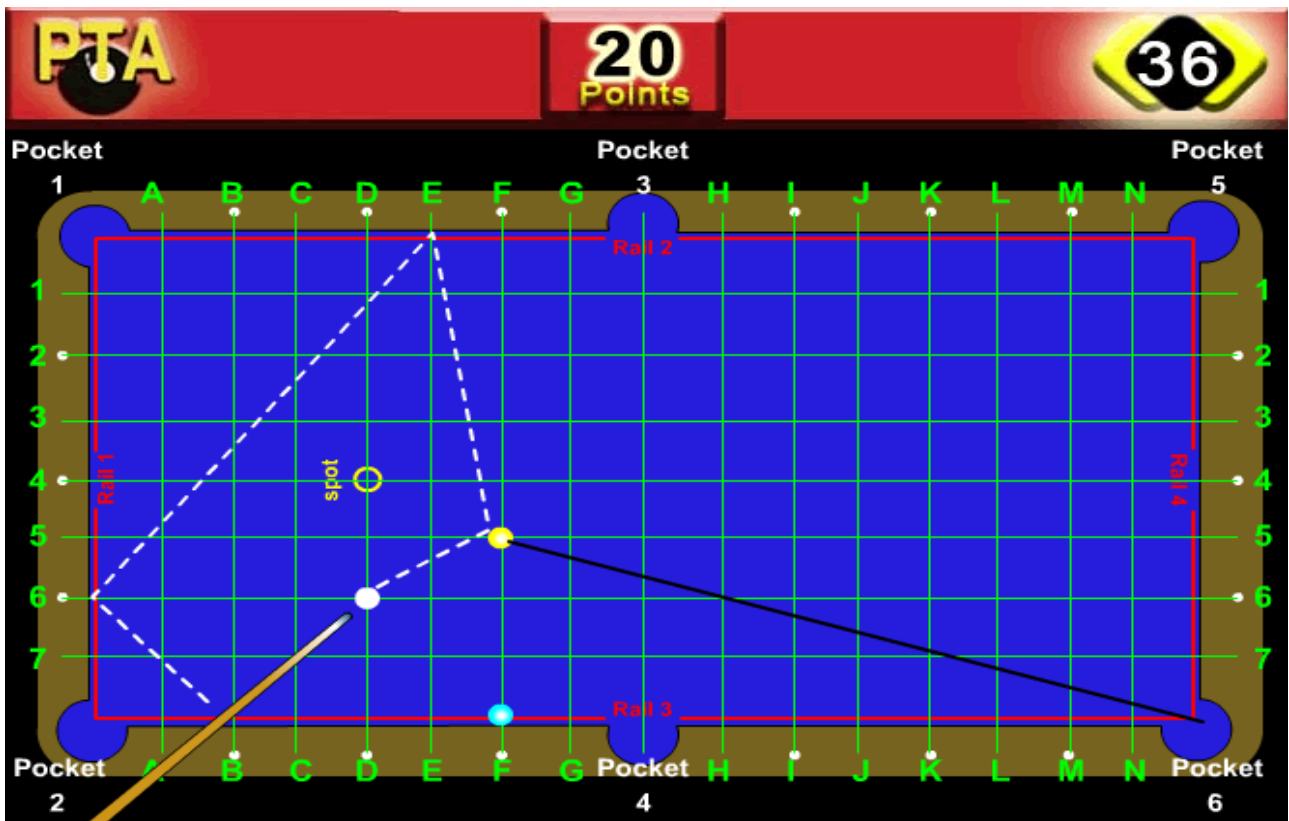


Cue Ball must not touch a rail at any time.

This is the Snip Draw. You must not allow the cue ball to touch the opposite rail. It requires you to kill the cue ball and use throw on the object ball. If you take lessons from me you will master this skill. The Snip Draw is a vital weapon in winning 8 or 9 Ball matches.

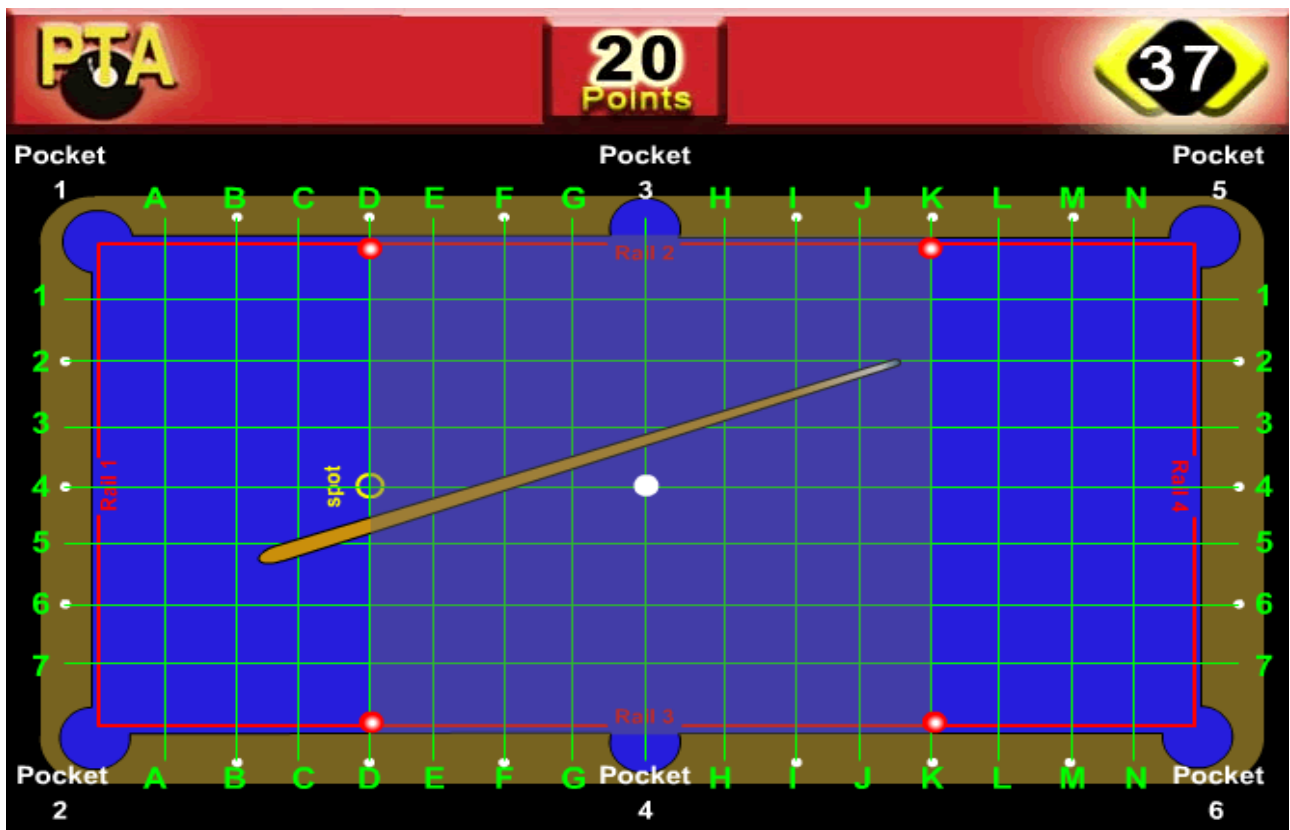


I love to hand this card out. You are on the rail facing a long tough shot that has a scratch built in to it. In fact, if you shoot this shot with the fear of scratching you will most likely scratch. "That which I fear has come upon me". If you have to shoot it, do it with a free spirit. Just shoot it in and take your chances. You will scratch about 5% of the time. Grip your cue tight when you make contact with the cue ball.



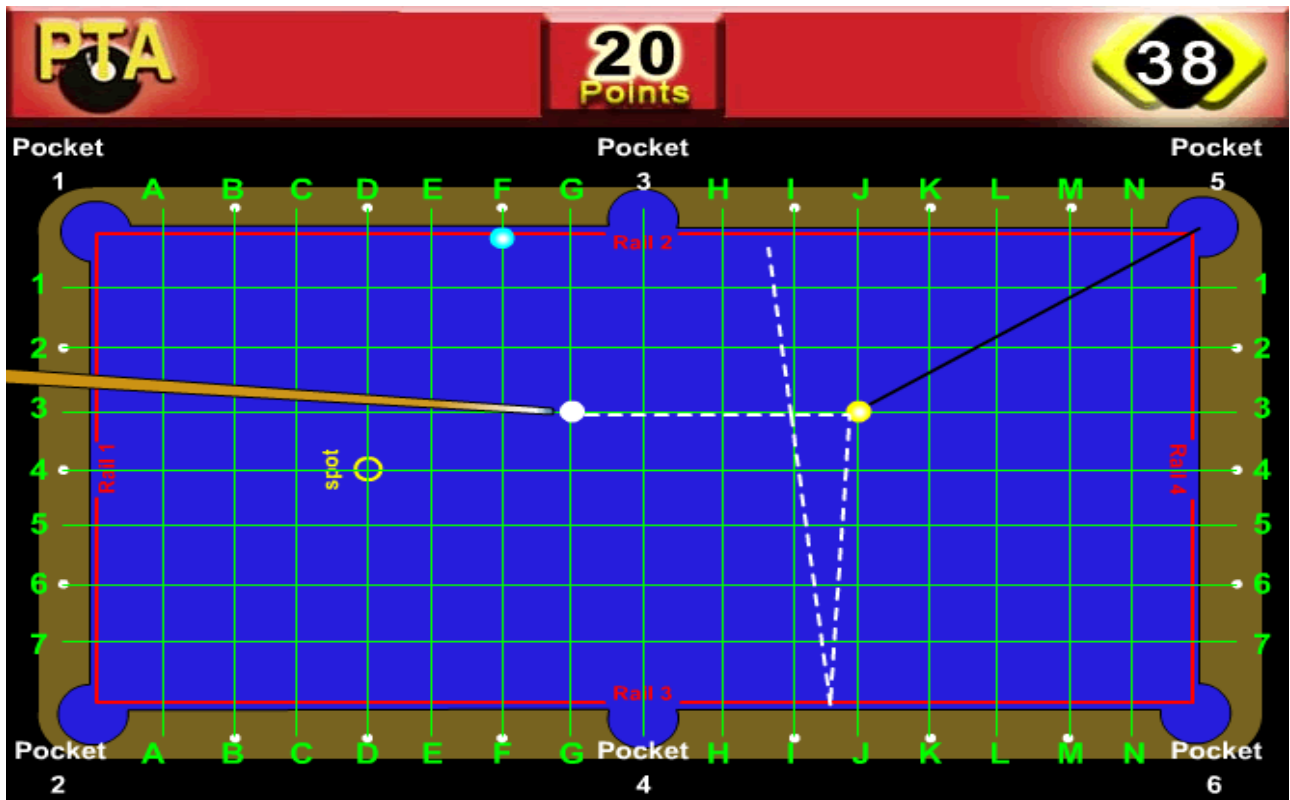
It's all in the stroke. By delivering a nice crisp Snap Back Stroke you will definitely improve your chances of making the first object ball and give yourself a chance at the second shot. Be ready to

make two tough shots here. It is very hard to get real good position on the second ball. You will enjoy watching Racheal shoot this shot in the DVD **Shots You Need to Win Games**.

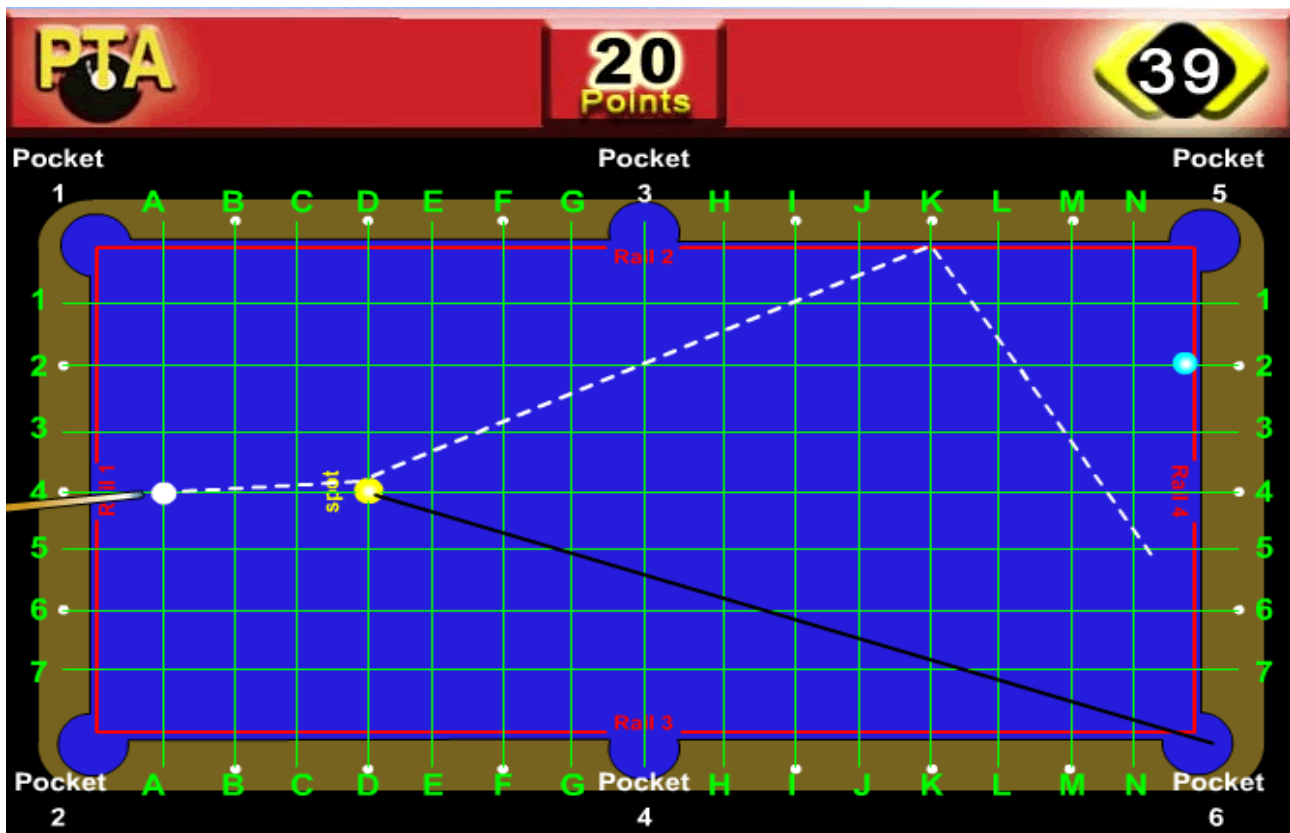


Make all four Object Balls in any order without allowing the Cue Ball to go outside the shaded area.

This is the four ball exercise. It looks easy but is very tough. I don't like this card because it is difficult to score twice. Sooner or later you are going to get bad position on a ball and miss. I do require my Master Students to shoot this exercise four times each day. I rarely see a zero on their score with regards to misses. All you need to do here is keep the cue ball from leaving the shaded square and don't miss a ball. Not an easy card.

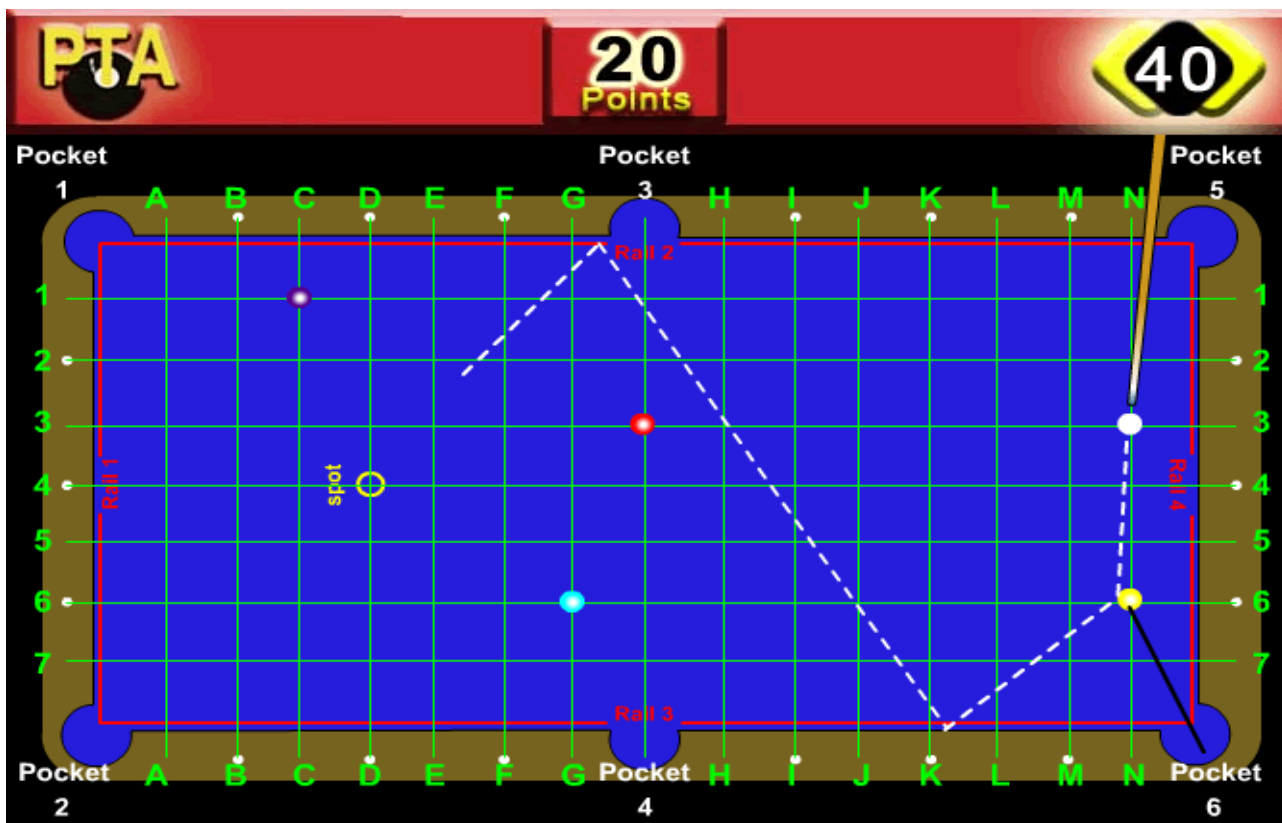


Discipline is needed to make the first shot. You must use a little below center, outside English on the cue ball and deliver a good crisp Punch Stroke. You will end up with a rail shot. We should be use to them by now. Remember don't think when shooing any instictual shots. Just get up and do it.

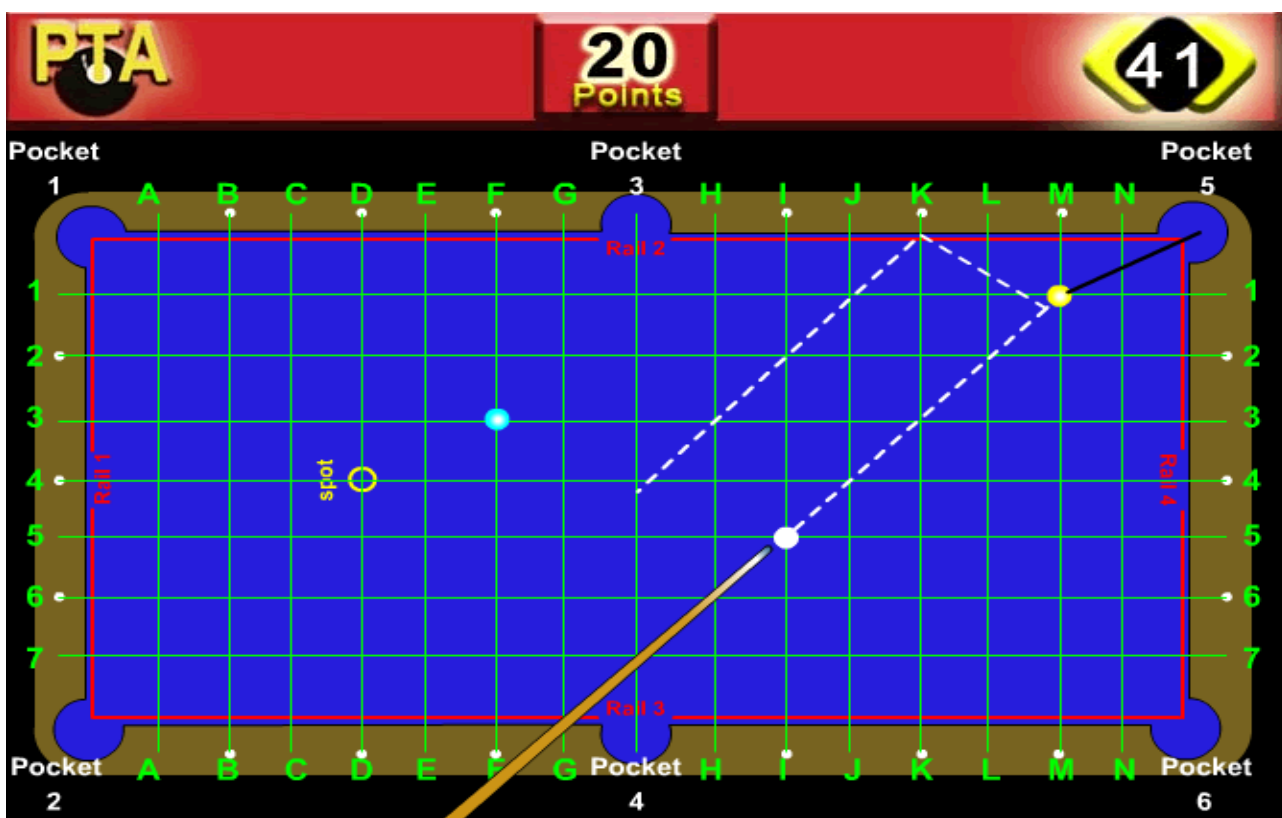


There are two ways to shoot this shot. Use a nice follow stroke, like I did in the DVD and go beyond the side pocket. This is a little dangerous. The second way to shoot this shot is to add a little punch in your follow stroke and bounce to the rail before the side pocket. In a match I used the Punch Stroke. The object ball went down to the corner pocket and rattled. It did not drop. My

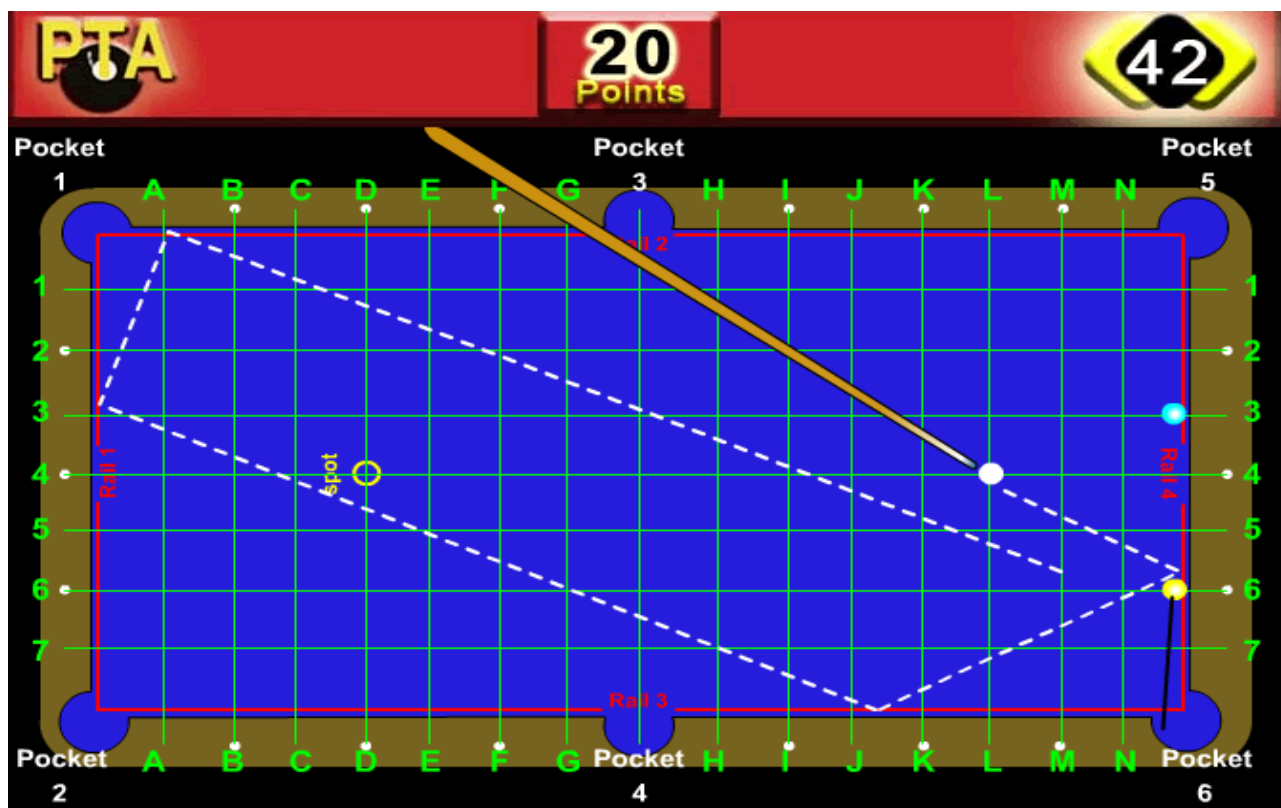
cue ball however, went to the corner pocket and knocked the object ball in, leaving me a straight in shot on my second ball. This is Monk luck. I expect it.



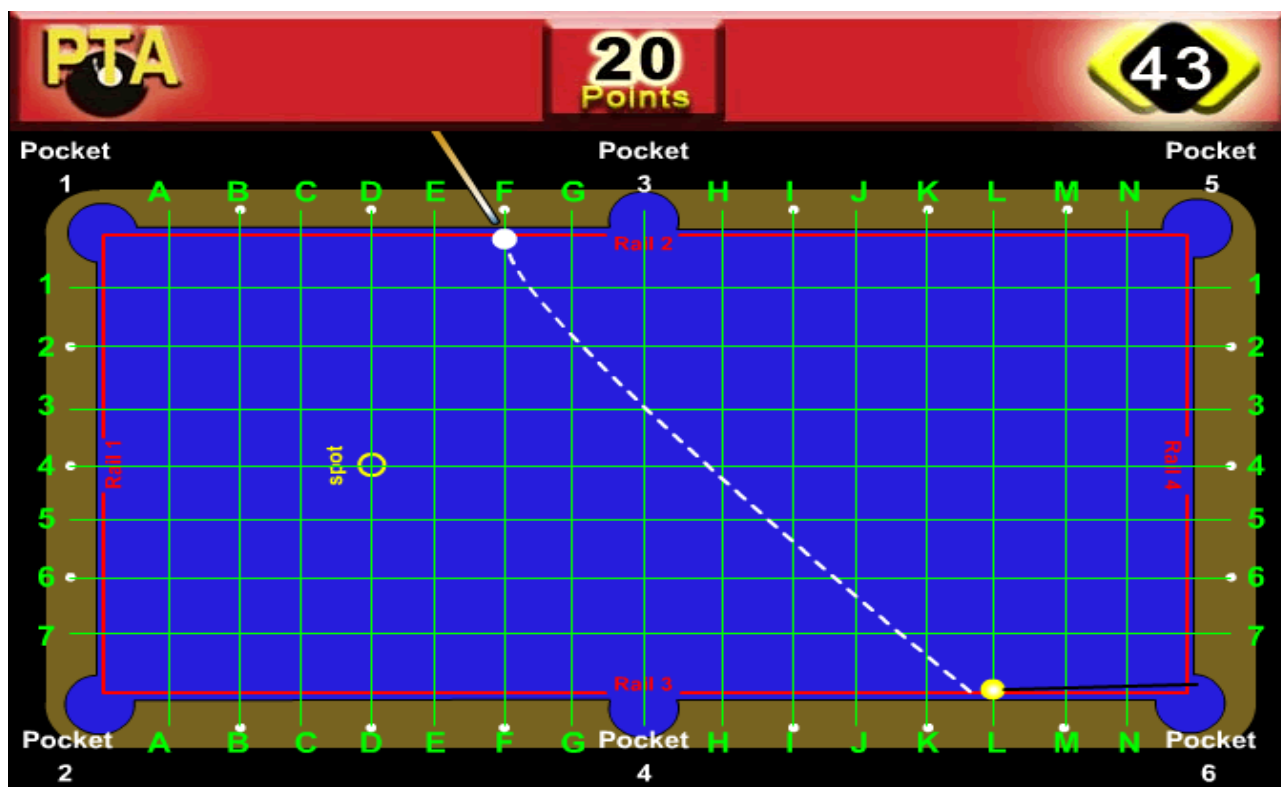
The key is the first shot. If you don't get good position on the second ball you will be in deep trouble for the rest of the run out. This is one of the great lessons in this game. If you don't play position to get an angle for the next shot your run will break down. I will shoot this shot twice so if you give it to me, be ready to mark down forty points on my score. I use high right for my first shot and allow the spin to take me down for the second shot.



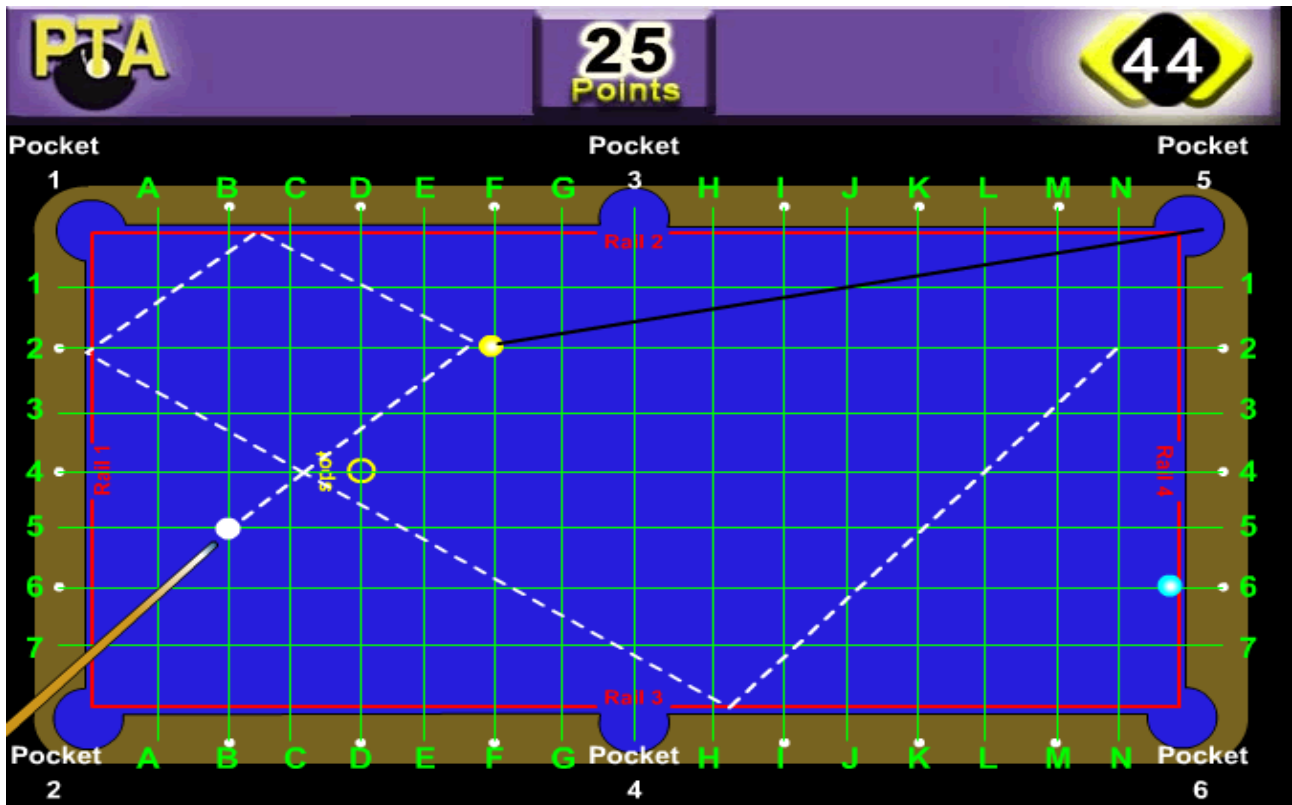
As you compete in this game you will realize I am putting you in position to master the art of getting shape on your next shot. I have heard many players express that this is an easy card until they tried it and missed position on the second ball. Be careful here. Make sure you get out to the center of the table so you have a good shot. When you grow in the Performance Pool game you will grow in all the other games as well. On the first shot I use a little low left and spin the cue ball.



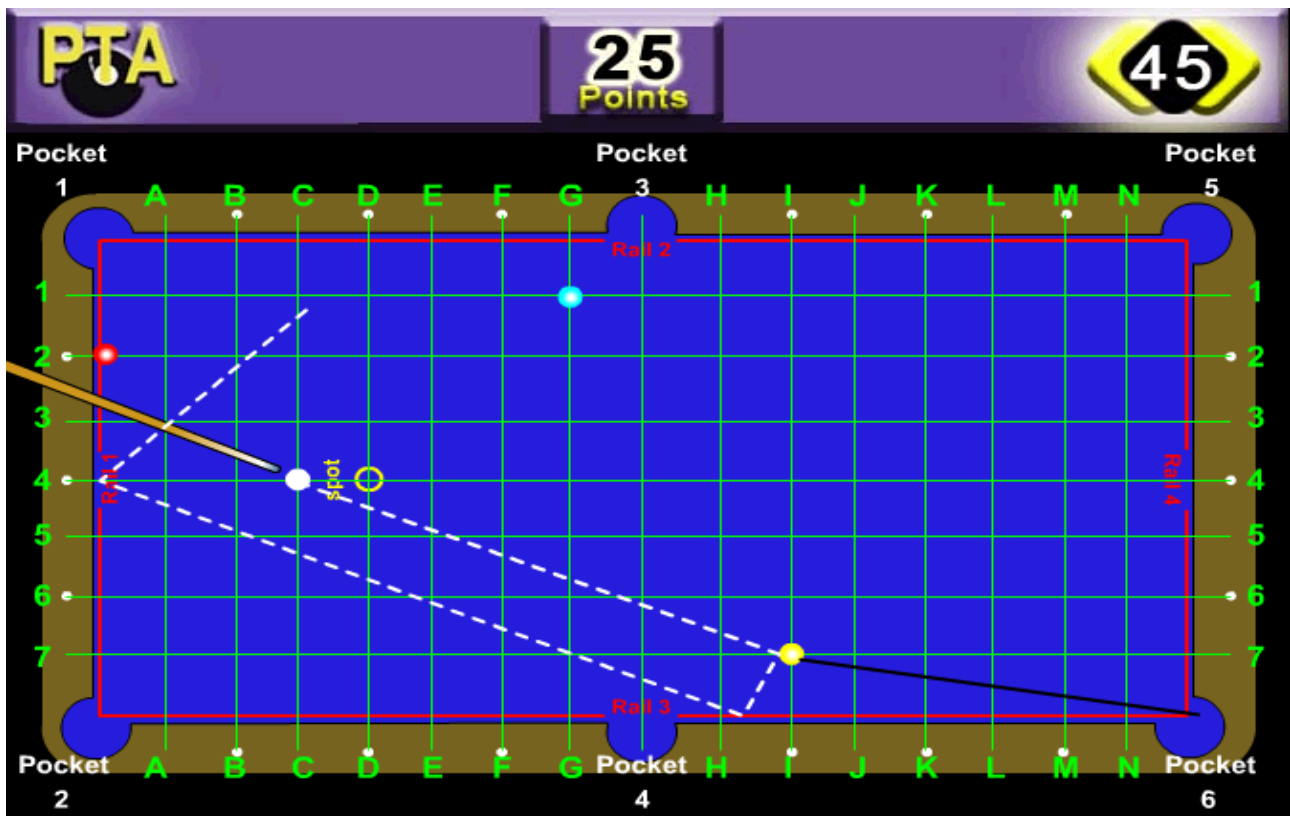
This is such a great skill to have. On the DVD it took many tries to get the stroke for this shot. I would trade this if I could. Another shot that has scratch dynamics built in. Be careful, if you give this card to your opponent he may give it right back to you. Use a nice “pop” to your stroke. Be crisp. Snap it off and take what you get. A little practice won’t hurt.



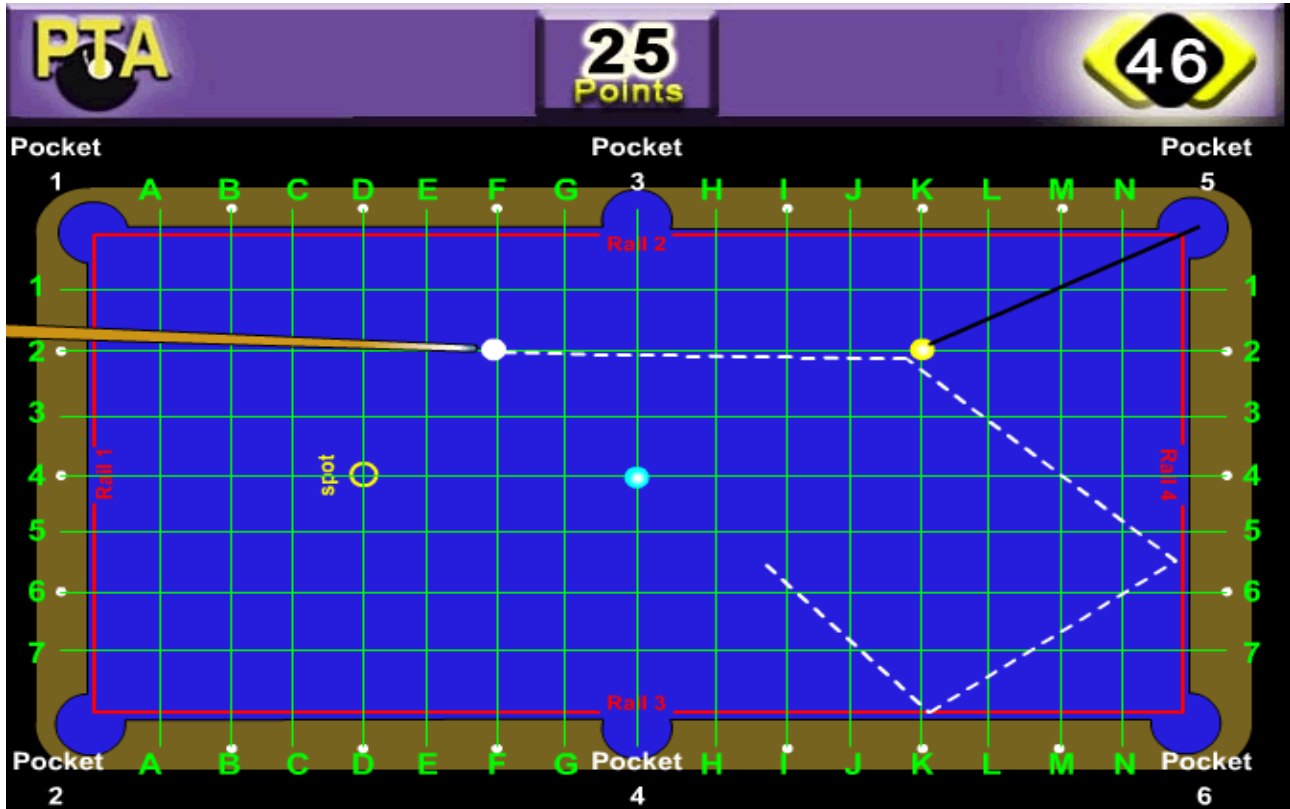
From the rail to a rail shot. This one has scary elements to the shot. Will I pinch it and rattle the object ball or make the ball and possibly scratch in the opposite corner pocket? Will I miss the shot all together? If you ask yourselves these questions your mind will give you an answer. Look at the questions closely. They pre-suppose a fact. The fact is you will miss the shot so your mind will tell you how you will miss the shot. It is best to celebrate your good fortune to have this card and step, use a little high right and float it into the pocket.



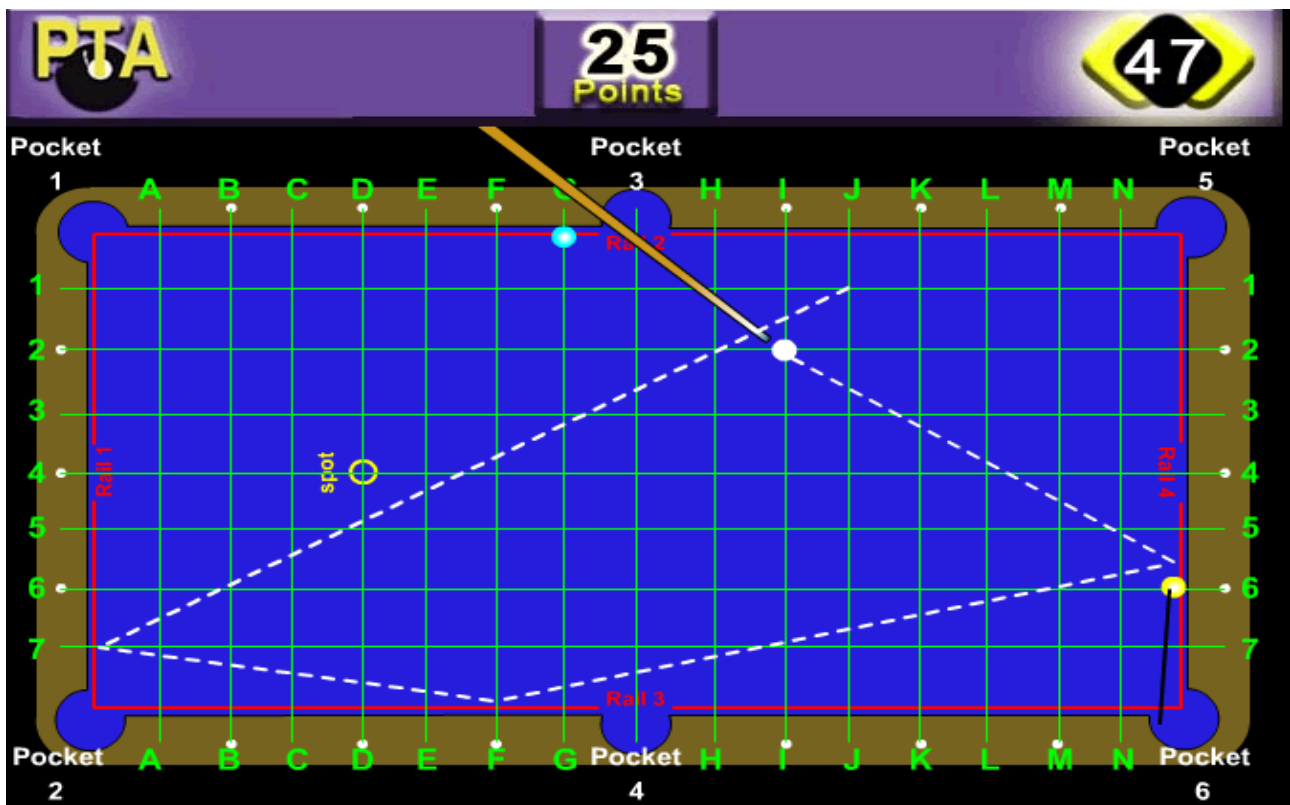
Talk about using Snap Draw and commitment; you are going to earn your 25 points here. Have no fear on this one. Use low left English and deliver a “snappy” Draw Stroke for three rails and position on the second ball. Good luck. There needs to be a small element of Bounce Back Draw in this stroke. If you have any trouble with these shots contact me and we will get you hooked up with a Monk Master who will help you.



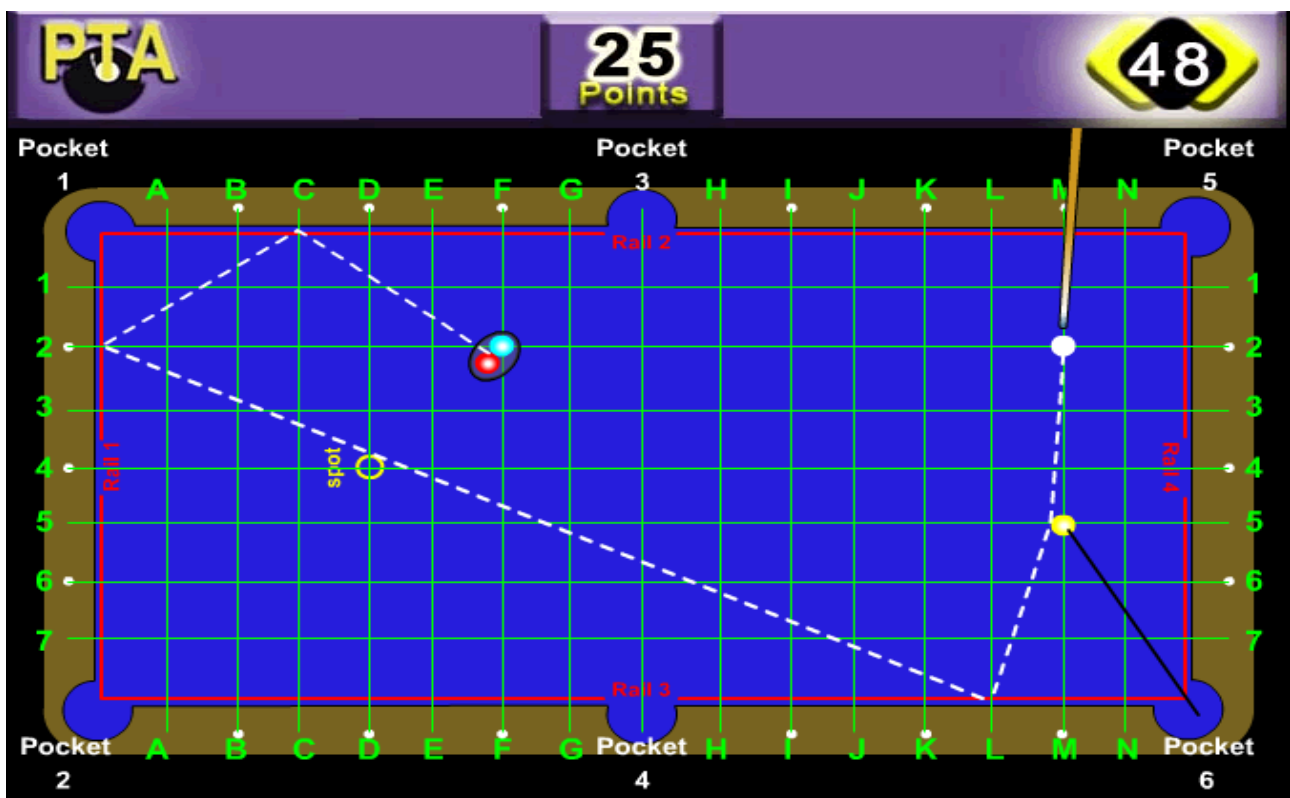
I had to shoot this pattern the second time because I missed the first attempt. I was under intense pressure. In fact, I believed I would fail. But that did not stop me. My feelings that I would fail released any expectations. I knew I needed this pattern to win so I let go and ran it out perfectly. In other words, I did not shoot this three ball pattern with fear. I went for it, let go and let it happen. Card



There may be only two balls on the table but you will earn your 25 points. You will display smile after watching Racheal perform this exercise in the DVD Shots You Need to Win Games. The first shot is vital. It is a soft follow stroke, or a snappy Punch Stroke. You decide how you are going to set up for that second ball. If you can shoot the 25 pointers twice, you are really padding your score.

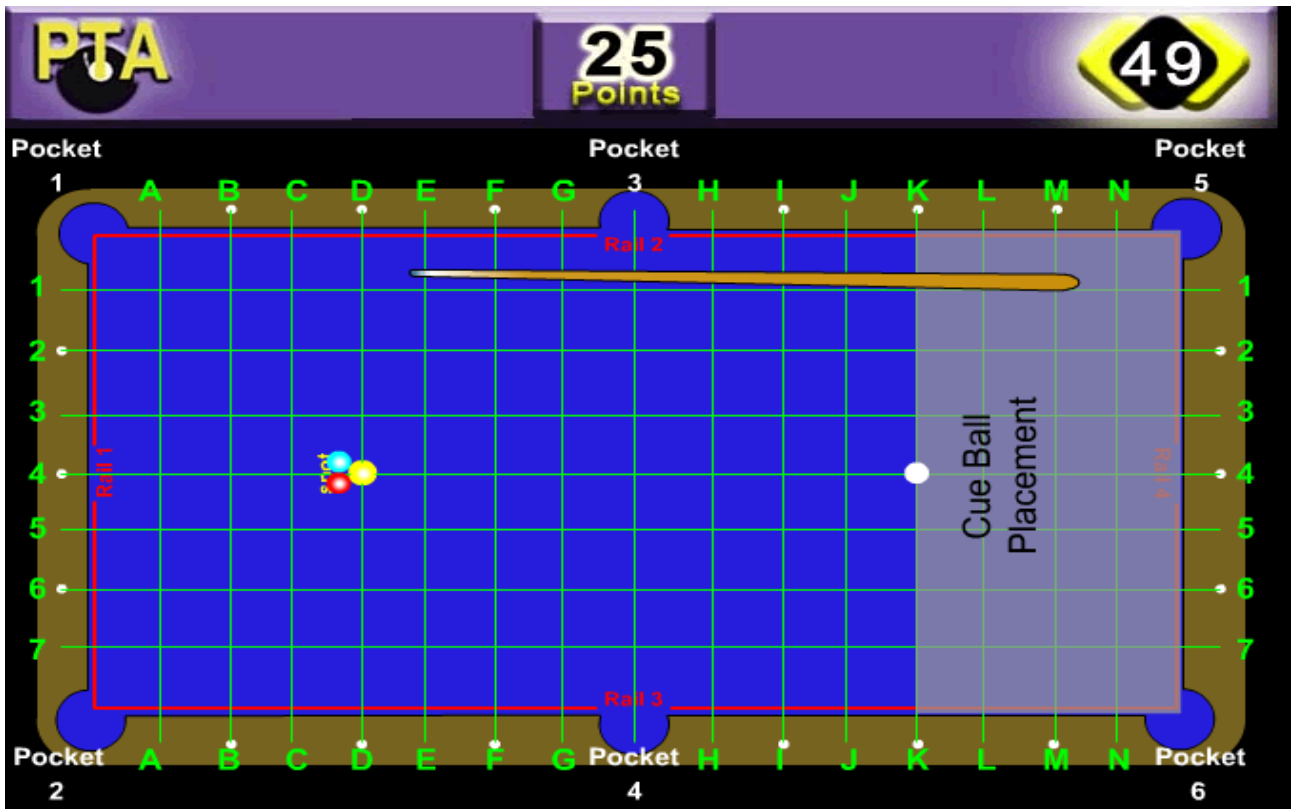


Danny Propp, San Diego gave me this card knowing I was going to give it back to him. He practiced this shot all day long. When I saw the shot in my hand I sent it back with a big smile on my face. He cashed it in for two 25 point scores and wrote down fifty points on this one discipline. The first shot is high right with a force follow and Punch Stroke so your cue ball hits the long rail, goes to the bottom rail and down for position on the second ball.

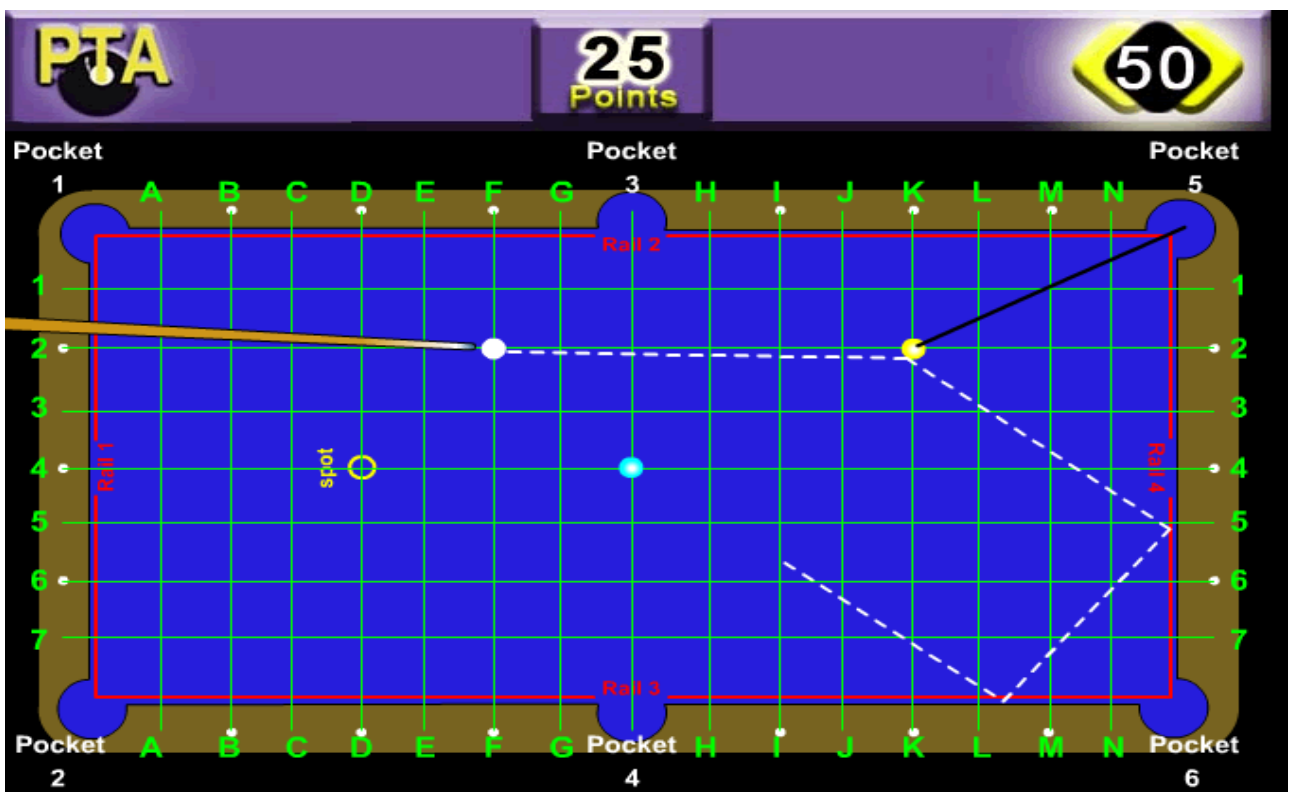


Must contact these 2 balls with Cue Ball after pocketing object ball.

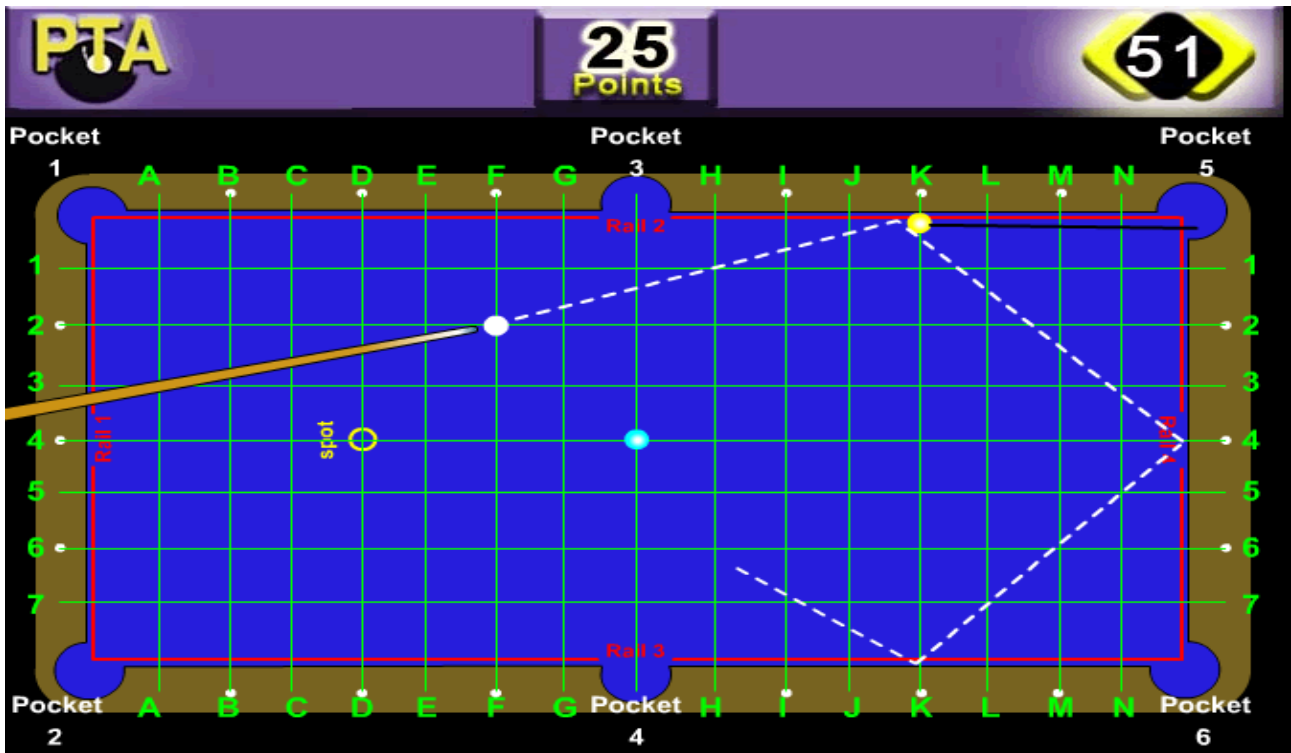
I shoot this shot in exhibitions so don't give me this card. The key is in the stroke and the amount of English you put on the cue ball. You simply need to find a place on the bottom rail that brings you to the two target balls. It is a Punch Stroke with running English. Not a hard shot.



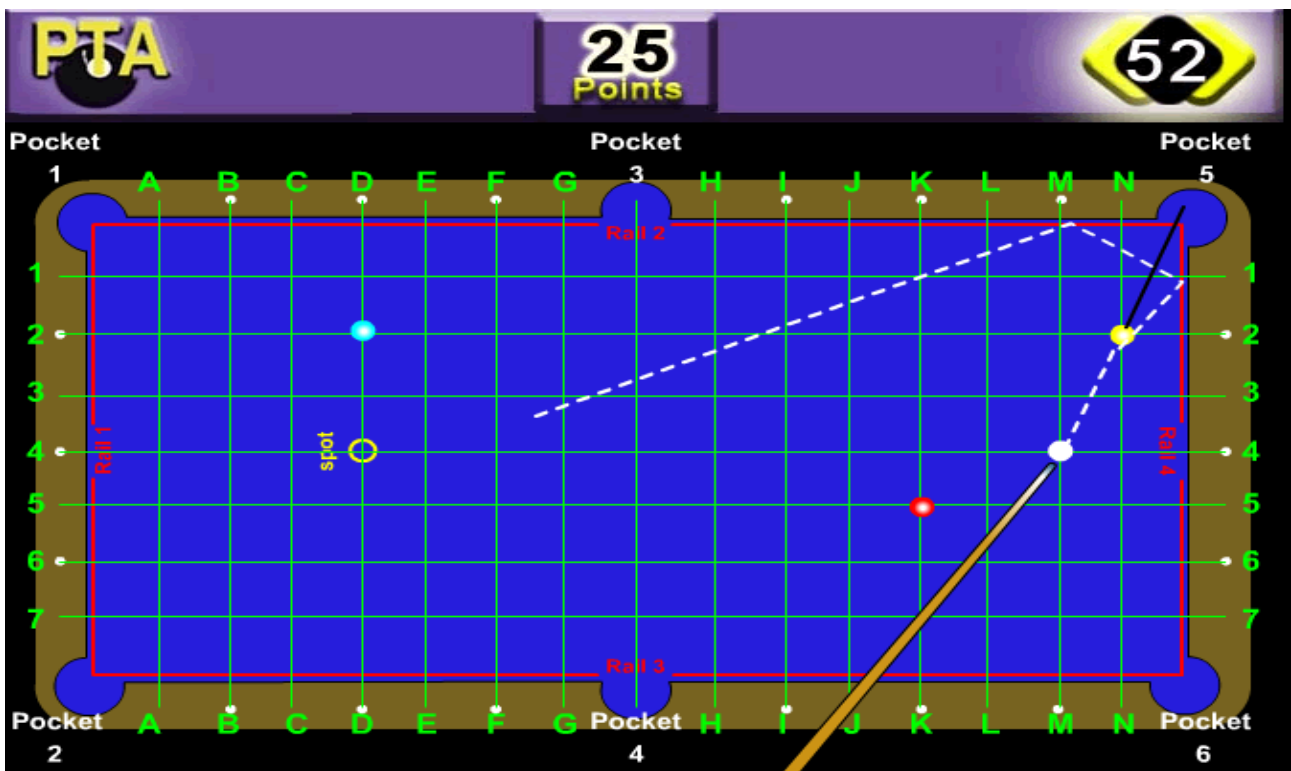
Here is the three ball exercise. If you complete this run in three shots, you receive 25 points. In four shots, you receive 20 points. Anything more than four shots you deduct 10 points from your score. This could be the destruction of you. If you scratch you lose 15 points and you lose the 10 points for going over four shots. You may try this one twice if you are an adventurous player. The break is vital. Keep the cue ball in the center of the table.



It is just a matter of discipline on that first shot. You can snap draw it to the long rail and back out or just go forward two rails. I like to snap it across the table. I use a little draw in my stroke to slow the cue ball down. If you are a focused player you can cash in for 50 points here.



The first shot is the most important one in this discipline. If you deliver a good crisp Punch Stroke, just slightly below center and don't scratch in the side pocket. If you come up short, you will not be able to make the second ball. In all my teaching material I urge my players to be free with this shot.



I've saved the best for last. You have two choices here. Snap draw the cue ball back to the long rail and out for a shot on the second ball or simply stop the cue ball for a long shot on the second ball. Whatever you decide you will find yourself tested by that second shot. I like to do this one twice and mark down 50 points on my score.