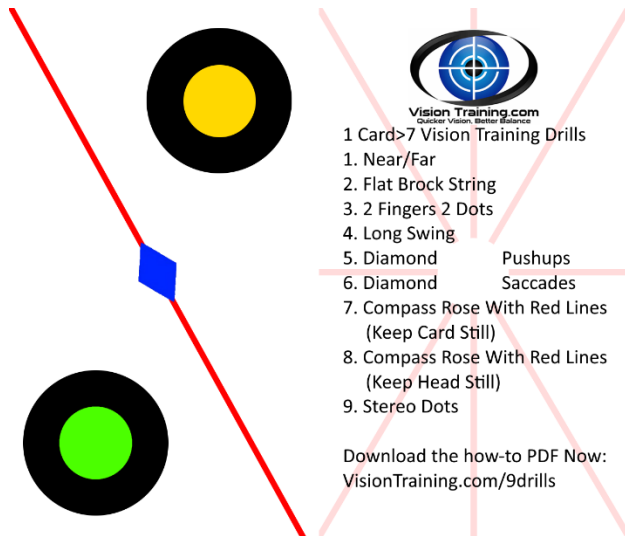




Instructions for using the “2 Dots” cards & 9 drills:



These drills train how your brain stabilizes focus, depth, and motion under pressure.

Vision isn't just about seeing clearly. It's how the brain times movement, regulates stress, and decides what matters next.

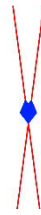
That's why the same visual systems show up in executive performance, ADHD, sports, and tactical environments. Same systems. Different demands.

Only do 1-5 reps of these drills at a time until your eyes and brain are used to them, especially if you're using them to recover lost visual ability. If any of these drills cause discomfort, sit down, slow down, and reduce your range of motion. If that doesn't help, consult with an eyecare professional.

1. Near/Far Hold the card at arm's length. Use the **blue eye / bullseye** as your near focus point and choose a far visual target 10–50 feet away.

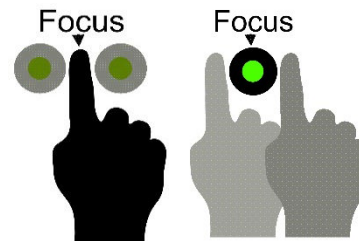
Shift your focus back and forth between the **blue eye / bullseye**, seeing as much detail as possible, then the far target.

Keep the card still. Only your eyes move. Start slow, holding focus for 3-5 seconds and increase speed as you're able.



2. Flat Brock String for faster both-eyes-open vision. Hold the card flat with the back side up 6-12 inches from your nose with the red line pointing to the tip of your nose. Look at the closest tip of the blue diamond until you see 1 diamond and the

red lines making an X through the blue diamond. (If you are unable to get the “X” at the diamond, remediation drills are included in the Ox String training)



3. 2 fingers, 2 dots.

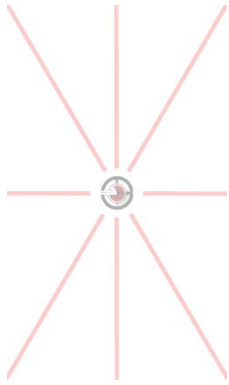
Hold the card in your left hand near arm's length so you can see one of the dots on the top of the card. Hold your right index finger

just closer than half way between the tip of your nose and the card so that you can shut each eye separately and still see the dot without moving the dot or your finger. Shift between focusing on your finger (so that you can see 1 finger and 2 dots) and the dot (so you see 1 dot and 2 fingers.)

4. Long Swing. Fixate on either the blue eye/bullseye or the tip of the red line. Hold the card at arm's length and gently swing it left and right. Keep eyes soft and relaxed. Let the background blur while keeping the card crisp and clear.

5. Diamond Pushups. Hold one card in your hand looking at the blue diamond with the red line going straight up and down. Focus on the top tip of the blue diamond as you move the card in to your nose and out to arm's length. If the red line splits into two, change speeds. (a crisp line is optional, but not necessary. It's more important to only see 1 line).

6. Diamond Saccades. Hold one card in each hand at arm's length, slightly wider than shoulder width with the diamonds facing you and the red line straight up and down. Shift your eyes back and forth, as quickly as you can, but waiting for both of your eyes to settle on the top tip of the diamond and for only 1 red line to be visible on the card.

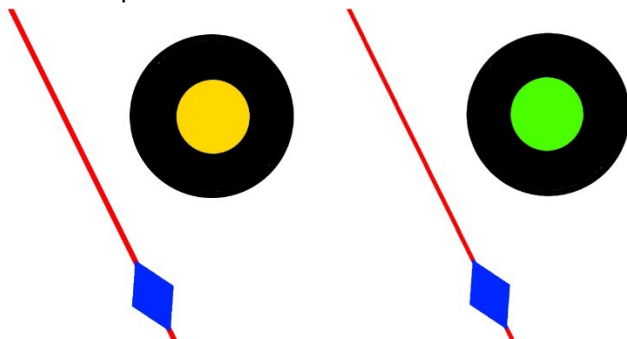


7. Compass rose with red lines (keep card still). Set one card on a bookshelf at eye level or **hold the card still** at arm's length looking at the side with the red lines. While holding focus on the middle of the card, **move your head** back and forth in the direction of each of the 8 red lines. This simulates your head catching up with your eyes during target transitions.

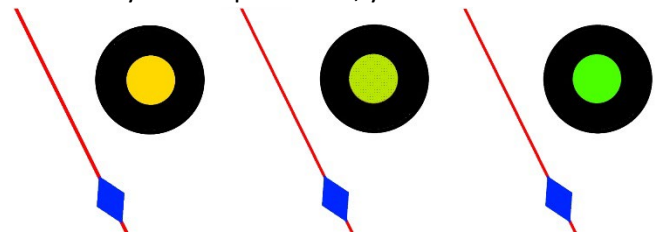
8. Compass rose with red lines (keep head still). Set one card on a bookshelf at eye level or hold it at arm's length looking at the side with the red lines. While keeping your **head still** and holding focus on the middle of the card, **move the card** back and forth in the direction of each of the 8 red lines. This simulates leading with your eyes during target transitions.

9. Stereo Dots. This drill uses 2 cards and is like a hidden images picture. Hold 2 cards 6-18" in front of your face with the yellow dot from one card about ½-1" to the side of the green dot on the 2nd card JUST below your line of sight. Hold your cards so your thumbs cover the bottom dots. Diverge your focus to an object 10 feet away until you see 3 dots instead of 2. Relax your eyes and try to get the 3 dots as clear and in focus as possible. You can move the cards further and closer until the middle dots combine. You may also want to move the cards closer or further from your face. Alternatively, set them on a table in front of you and relax your eyes until you see 3 dots.

Set them up next to each other like this:



And when you look past them, you want to see this:



You just experienced a taste of Vision Training...and if you had challenges with any of these drills, it's likely that they're acting as a drain on performance every waking hour. To unlock that performance, got to <https://VisionTraining.com>

Vision training is the secret of world champion athletes across all disciplines as well as the most elite tactical and military shooters, elite performers in the business world, and optimized learning speed for students...in many cases, superior visual skills are what allow them to observe threats and opportunities sooner and act quicker than everyone around them. Regardless of what you do superior vision skills are what will let you "slow the game down" and see more with less energy so you have fewer tension headaches, less brain fog, and help unlock your brain's full potential.

This goes WAY beyond what glasses can do and will help you expand your peripheral awareness and peripheral vision, see better while moving and driving, slash the time it takes you to shift focus (with or without glasses), and help you make bigger improvements in all forms of performance in less time than what can be done with traditional training methods. Learn more now at VisionTraining.com