

**Proprioception** (/ˌproʊpri.əˈsɛpʃən/ PRO-pree-o-SEP-shən), from Latin proprius, meaning "one's own", "individual," and capio, capere, to take or grasp, is the sense of the relative position of neighbouring parts of the body and strength of effort being employed in movement. [Proprioception - Wikipedia, the free encyclopedia](https://en.wikipedia.org/wiki/Proprioception) <https://en.wikipedia.org/wiki/Proprioception> Wikipedia

The proprioceptive sense is often unnoticed because humans will adapt to a continuously present stimulus; this is called habituation, desensitization, or adaptation. The effect is that proprioceptive sensory impressions disappear, just as a scent can disappear over time. One practical advantage of this is that unnoticed actions or sensation continue in the background while an individual's attention can move to another concern. The Alexander Technique addresses these unconscious elements by bringing attention to them and *practicing a new movement with focus on how it "feels" to move in the new way.*

People who have had a limb amputated may still have a confused sense of that limb's existence on their body, known as phantom limb syndrome. Phantom sensations can occur as passive proprioceptive sensations of the limb's presence, or more active sensations such as perceived movement, pressure, pain, itching, or temperature. There are a variety of theories concerning the etiology of phantom limb sensations and experience. One is the concept of "**proprioceptive memory**," which argues that *the brain retains a memory of specific limb positions* and that after amputation there is a conflict between the visual system, which literally sees that the limb is missing, and the memory system which remembers the limb as a functioning part of the body.<sup>[31]</sup>

Why must **The Perfect Shooting System** be properly used? In order to form a new process and then repeat that same "feel", proprioceptive memory, you must start the memory process the "right way". Even though you will eventually erase "old" memory, the brain MUST go through its sequence of signals to change them. The ability of the brain in a protracted sense, remembers all functions learned. A passive memory is one where same positions obtained from same hand and arm actions or movements, plus the same release of the ball from the finger tip at the same place and time during the shot, is "memorized", that is through proprioceptive memory. Why the shot seems the same is, well.....because it is!

Shooting is therefore an art form. Like ballet, dance, rhythm, even the ability to run is all “learned” movement. Riding a bicycle was learned as many have found out when they return after many years to ride just like it was yesterday. After a few balance issues, one gets right back on and pedals away, youth dancing in their eyes, to places of years past.

Not to bore anyone with the science of shot sameness, or body locations, or “feeling” and all that jazz, but you must understand that the brain is a sponge. When doing a spontaneous thing, and done well, it was practiced somewhere and for a period more than a few minutes. Instinct is what some would call a good shot. I tend to understand that instinct is also learned. When you have trained yourself to function at a very rapid state, like a fighter pilot would during a dogfight, the rest of one's activity seems slow.

Now, for those still with me, understand that we only need practice good repetitions to recreate that NEW art form. ***The PerfectShootingSystem*** is the exact tool that allows oneself to be absorbent of all good muscle movement, i.e., to be proprioceptive trained!

Perfect practice makes “The PerfectShot”

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