

## How to “Improve” Vision

### NNJR Track Side Class Room Series



# NNJR Agenda: Vision



- Where do we look?
- How to improve?
- Lightning Turn by Turn



- “Classic” Advice

- Look (far) ahead (20 sec)
- Look where we want to go



- Focus

- When approaching the brake zone, look at the end of braking
  - Beginning of braking is peripheral vision
- When approaching a corner, look at turn-in point
- When approaching turn-in, look at apex
- Etc.

- Use Reference Points (RPs)

- Cones
- Fixed items: fence, curb, tire marks, etc.

# NNJR Vision: How to Improve?

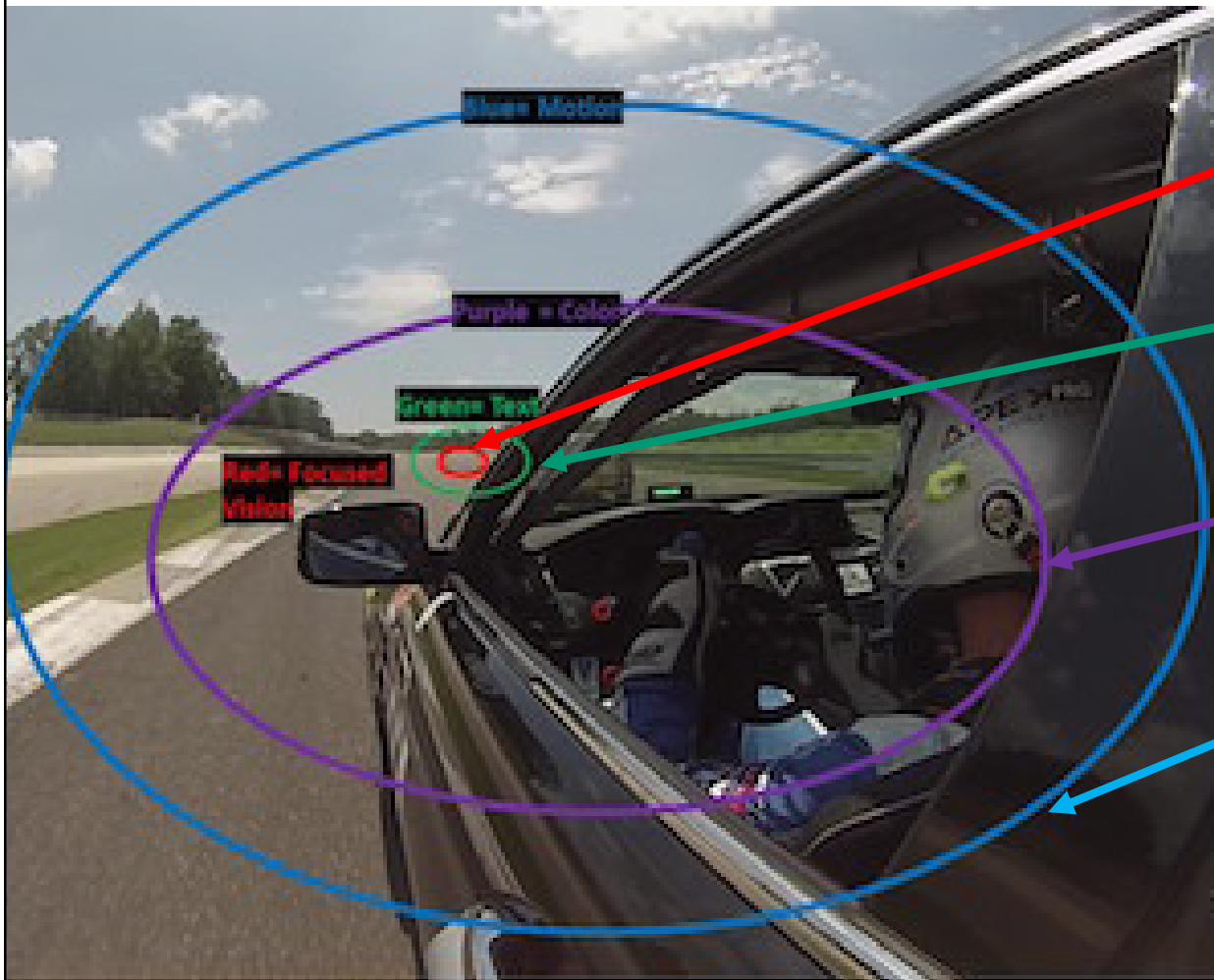


1. Can it be improved?
2. Eye “exercises”
3. Blind corners
4. Pressure situations



## 1. Can Vision be Improved?

- How and where we look = YES
- Vision “zones”\*



**Focus**

**Text**

**Color**

**Motion**

*\* Speed Secrets 231, Power of the Periphery, by Andrew Rains*

# NNJR “Peripheral Vision”



- Classic advice = where we focus
  - Use peripheral vision when close to RPs
- Also, peripheral vision is
  - Critical for “track awareness”
    - Mirrors
    - Cars, objects in motion
  - Part of depth perception



# NNJR 2. Vision “Exercises”



- Focus on object across room or out window
  1. Without moving the eyes, consciously note shapes and colors of objects in your periphery
    - As far as possible
    - Include up and down
  2. Laser focus\* on that object for 20 seconds (zoom in)
    - After 20 secs, zoom out, pick up everything in periphery
    - Repeat
- Lazy 8\*
  - Stand with arm in front, make figure 8 on it's side with hand. Follow with eyes, no movement of head
    - Eye movement should be fluid, not jerky



*\*Ross Bentley Speed Secrets 231, 219, 192*



# NNJR 3. Blind Corners



- How do we “look around” blind corners?
  - Where do we focus?
- Develop “mental vision”\*
  - A picture in the mind of the entire corner
  - Start with video of that corner (over and over)
  - Key: visualize the full corner including exactly how you want to drive it

*\*Ross Bentley Speed Secrets 212*







## 4. Pressure Situations



- What happens when we feel pressure or stress?
  - Tunnel Vision!
    - Lose peripheral vision => Lose Awareness
- Don't go on track when stressed or tense
  - In staging or before, relax the body, from toes to head
  - Release tension, especially on the neck



# NNJR Vision Summary



- Follow the classic advice
- Improve your peripheral vision
- Develop mental image of blind corners
- Pressure/stress reduce vision

