

Thank you for your recent interest in the dart training course as advertised in the Darts World magazine and on the internet under www.dartscoaching.co.uk.

The first and most obvious question that runs through everyone's mind is , what will I get out of this if I start the training and can such a course as this really increase my darts ability

The answer ,backed up by results from dart players all around the world and from the overall results of research into the physical and mental training of athletes , **is a resounding yes** . One player who took the course was fed-up with always coming second but after only six weeks into the training won six out of the seven matches he played , another said that he had improved dramatically and was able to join the P.D.C. to further his ambitions .

All sports , from football to gymnastics have a progressive coaching system which builds the sportsman's and woman's ability beyond their average to make them victors and winners . We have especially developed scientific training methods to lift you to super levels in your darts .

At times you can plateau at a certain stage and that seems to be your average , unfortunately you may stay at that level for the rest of your playing career unless you have help . This training course breaks that cycle , giving you the information which coupled with your own drive and persistence will then take you to the top of your sport .

You enter the course from your own level whether you are a beginner or expert , then progress on from there . This makes the course equally **suitable for the professional and top level player** who wants that extra edge and the average team player who's looking for a way to improve his or her game . There is such a vast amount of information in the coaching manual

The main thing that links the top professionals with this training is the fact that they were like you at sometime in the past . They were not born dart experts and to their credit they all learned to be the best by working and training themselves through trial and error until they had an efficient and accurate skill that took them to the top . We take away that ' trial and error ' and this will give you a higher starting point to progress from and in the end saving your time .

So rarely does an opportunity to pull yourself up from struggling and average come along , **if you want to be the best** , then you deserve the best coaching to get you there . Join the ranks of the super achievers and the winners .

There is a critical edge that distinguishes the winners from the losers , it is only a separation of centimeters , one or two points or just one touch . All your training is geared up for that stage in competition , to be the winner . We cannot guarantee that you will be a champion , but with this course , we will take away the time consuming search for winning techniques and give you a route to follow that will definitely and permanently improve your darts within six weeks of starting the course .

There are many ways of reaching the top but to get there quicker needs more than just bashing on , thinking “ the more I practice , the better I get ,” you improve up to a point but **working smart** and using a **total training system** will take you further in a shorter time frame , look at the Dutch teams , using similar coaching techniques to these , 16 and 17 year olds are taking the sport by storm .

We can guarantee you will be better tomorrow than you are today and if you are thinking this is not for me , just think of the old saying ~

If you keep going in the same direction you will always arrive at the same place . Just one change in your game could make 100% difference and we give you loads of options to incorporate into your game if you need them .

One thing is certain , you will be **twice as good a player** at the end of the course at least and that is guaranteed and the momentum continues on after the end of the training , lifting your game even further as the weeks go by . Every player who has contacted us have found this to be the case .

This is not just excitement or positive thinking , this training is much more than that , the improvements you gain are permanent and yours from your own efforts .

The course is divided into two sections .

The **first deals with the physical aspects** of the throw , where the accuracy points are and how to use them to improve and hone your skills . By breaking the movements down into small manageable sections you are able to see any faults that have developed and put in any improvements that you need . You are able to take from the first sections exactly what you need to improve , some , such as the professionals and the county player may not need these sections as much as the the pub or club player , but there are loads of usable exercises to improve any area's that may need improvements .

Here's a few of the key points in the first section of the course .

- 1) which eye you use for your aim and why you need to know .
- 2) the stance at the oche .
- 3) the grip , holding the dart .
- 4) the throw , how to break down your movements for killer accuracy .
- 5) the aim .
- 6) various tools to help your aim .
- 7) the vertical line .
- 8) the horizontal .
- 9) the importance of your elbow .

You will find the above sections are graduated and practical enabling you to gain power and control over your physical actions and these improvements will then become a normal and automatic part of your game . In some instances we have found that just two or three suggested minor adjustments have lifted the accuracy 100% in days .

The second part of the training course .

When you reach the level of consistency itemized in the first sections then you will start on **the subconscious power section** , the 21 day part of the course . This is where the most dramatic improvement comes from , these methods , tried , tested and proved over the last 43 years in sport and other fields will transform you into achieving unlimited success and can be applied by anyone regardless of age , education or sex . The subconscious is so powerful in influencing your actions that will never get to the top until you incorporate the mindset exercises into your practice schedule . Can you afford to miss out this part of the training if you want to become a winner and a champion dart player .

These pages would be invaluable to the professional player to give him or her that extra focus which is needed at the top levels of competition . If you have been searching for that extra edge , you have found it here .

In the last 40 years , mental techniques used by the Chinese and Japanese martial artists and then the Russian academies of sport have been accepted and incorporated into the training of all sports . Together with the research into the power of the imagination , visualization and the physical training and dietary requirements of athletes , this has lifted them to super levels . The moment you start absorbing the principals in these sections , you will see massive improvements coming through in your game .

The course in total , depending on your age , will take **from 6 to 8 weeks to work through** . We find that big improvements start to appear between 3 to 4 weeks into the course . The fact is , do you want to be a winner and if you do , the way forward is now in your hands . We have put in a few comments from players who have taken the course on the next page ,

Mr. . S. P. S from Essex was so pleased , he says his darts have improved threefold and this training is a tremendous boost to his game . The best thing is , I am now winning my matches .

Mr. M. W. from Leicester sent in to say , this is the best money I have ever spent and it is worth twice that for the mental training techniques that you have set out .

Here is what A. L. from Enkhuizen , the Netherlands thinks of the dart training , thank you for giving me a route to a higher level in my darts , I have improved 100% in my game and I am still finding I am getting better .

Mr. S. G. from Penzance , when I sent for your training course I had been playing for years and continually trying to improve my throw . I even had a season off , thinking when I came back I would start afresh , but it didn't work , I just reached the same standard again and stayed there . It was only when I applied a couple of your exercises that I started to improve and have since moved up to play in our top league .

T. D. from Portsmouth , I'm 500% better , winning six of my last seven games ,

Mrs. M. D. Naylor , from Oxon , I am a much better player , it has improved my darts and the mind training has really boosted my attitude to my playing .

Mr. K. R. from Cheshire , this course has really helped with my mental approach to the game , after starting the training I started beating players in our local leagues and also winning local tournaments , regularly producing 12 , 15 and 18 darters . I would recommend the course to anyone who wants to improve their game .

These players have told us , there has never been a better training course for improving your darts . **If you are really serious about your game , make yourself a winner .** They say when you are ready , ' **the teacher will appear.**'

Order Page .

Yes ! I want to improve my game and win at darts .

Please send me my training manual , The Dart Masters Coaching Course .

I have enclosed £49 (cheque or postal order)

Made out to Buxton and Scott Coaching .

Order amount _____ please print your details .

Name . Mr.) Mrs.) Miss) Ms.) _____

Address _____

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Dart team you play for and area league if applicable

Send this form to .

Buxton and Scott Coaching .

P.O.Box 71.
57. Queensway,
Hayle.
TR27 4NL

P.S.

If you are ambitious to become a top player , take this course for the edge it will give you .

The darts coaching manual will cut the time you need to improve your darts from years of normal play , down to under two months of intensive application in the physical mechanics and the mind training needed to win .

When you start the training you will wonder why this book has never been written before . It should be on every dart players bookshelf who has ambitions of being a winner and a champion .

We have coached people to succeed in many endeavors over the past thirty six years but we have only now put into print the principals of winning at darts . It is a manual to work with , Making you progress from where you are now to way above that standard in a relatively short time and **these results are permanent** .

When you use the subconscious (mind) training as prescribed in the second part of the manual you will find your game lifting **way beyond your expectations** and these improvements will carry on even after you have finished the course .