

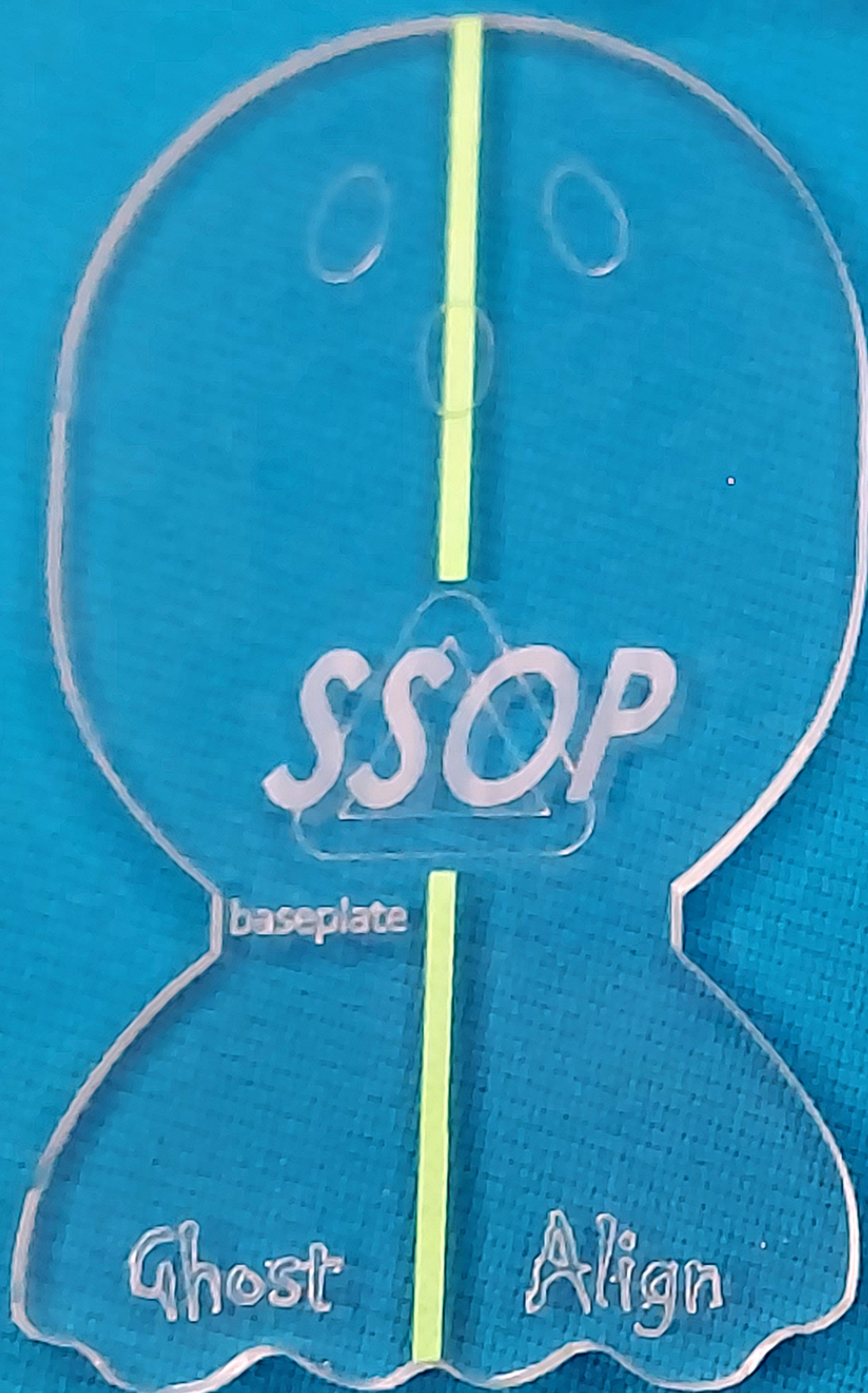
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Ghost Align Instructions

Grommet



Level

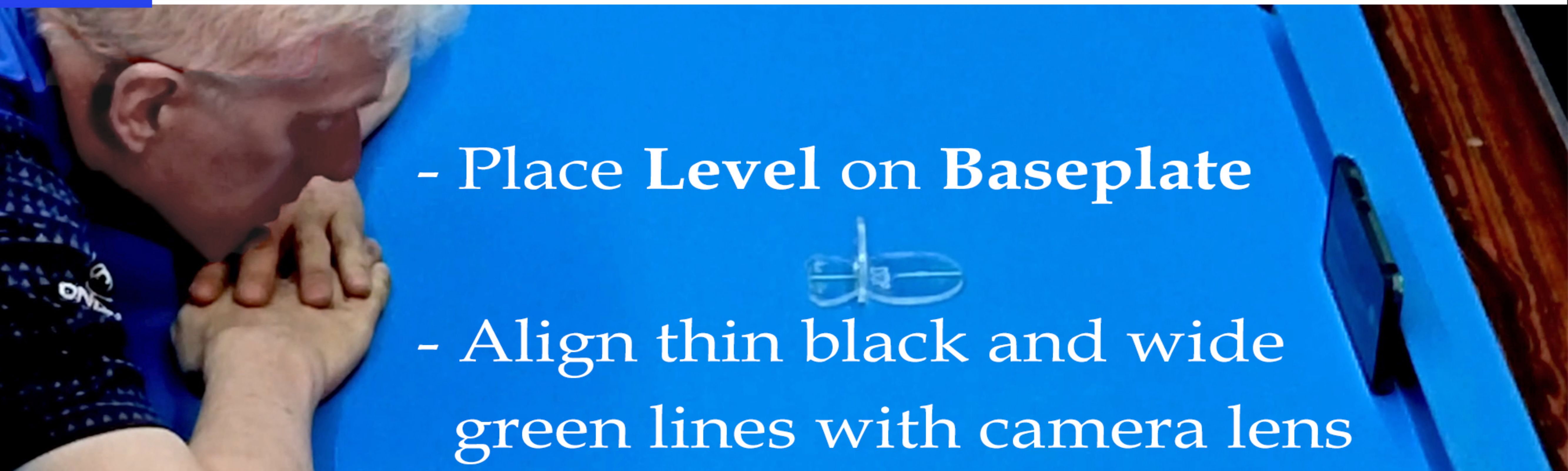


Baseplate



Aperture

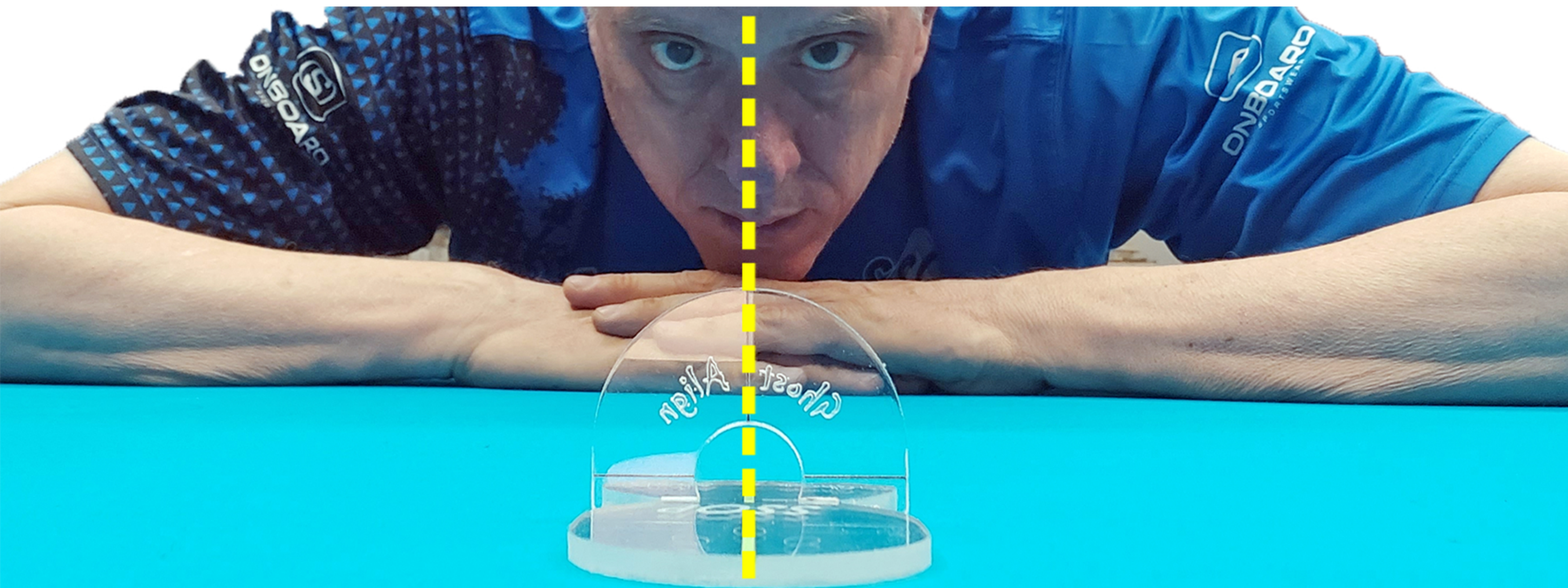
Vision Center Finder (Camera)



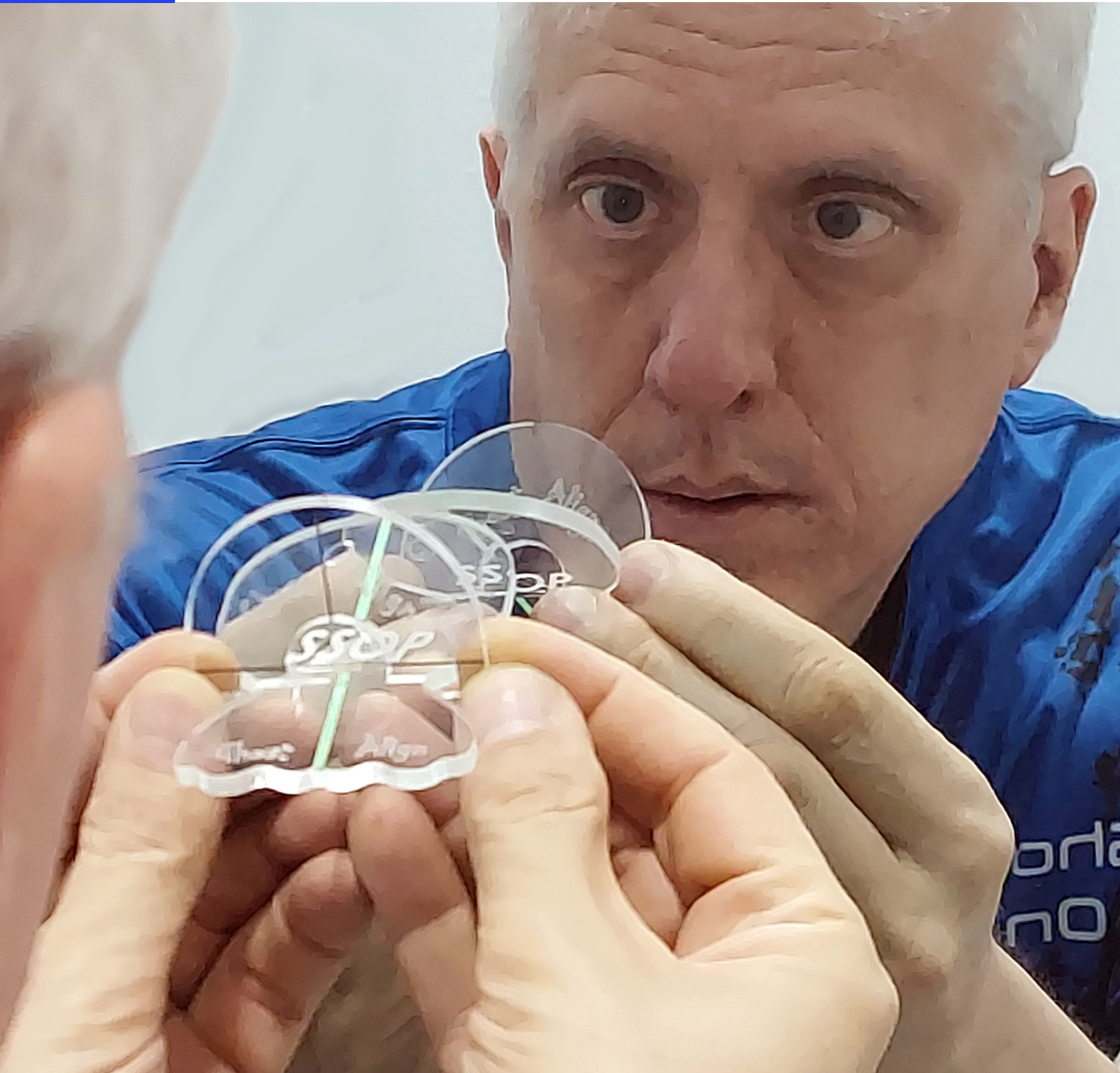
- Place Level on Baseplate

- Align thin black and wide green lines with camera lens

- With head square to camera move side-to-side until thin black line aligns with green line
- lines point to your vision center



Vision Center Finder (Mirror)



- Place **Level** on **Baseplate**
- Hold Baseplate against mirror at an angle
- Align mirror image lines with tool

- You may see double image of thin line, just center the green lines in the double image
- The green line points at your vision center

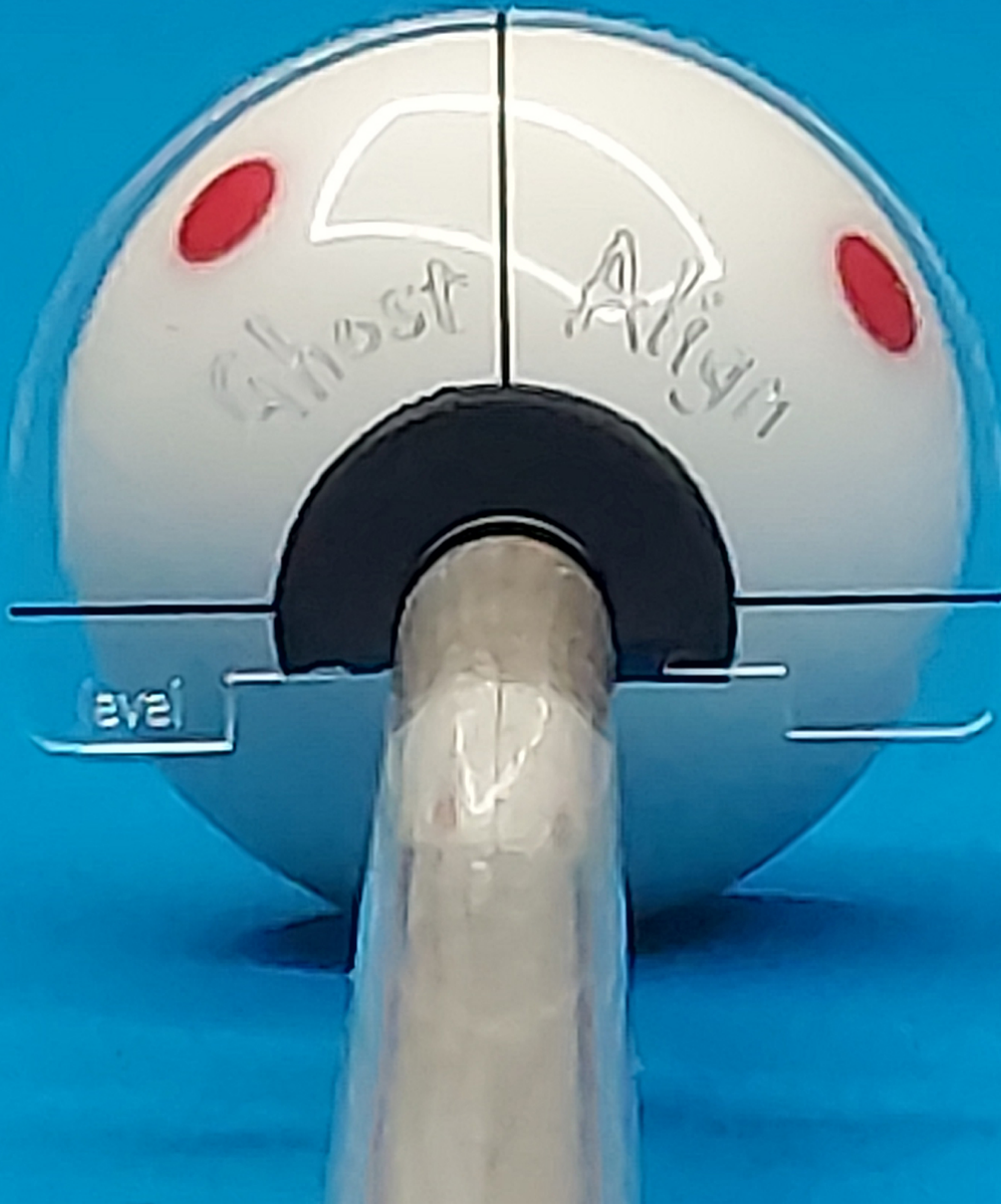
4 Pre-Shot Vision Alignment



- Install **Aperture** or **Level** on **Baseplate**, align to shot
- Stand at pre-shot position with feet on either side of aim line
- Is thin black line centered over green line? If yes, your head/vision center is aligned.
- If no, turn your head left and right. If they align after turning your head right, you are left of center. If they align after turning your head left, you are right of center.

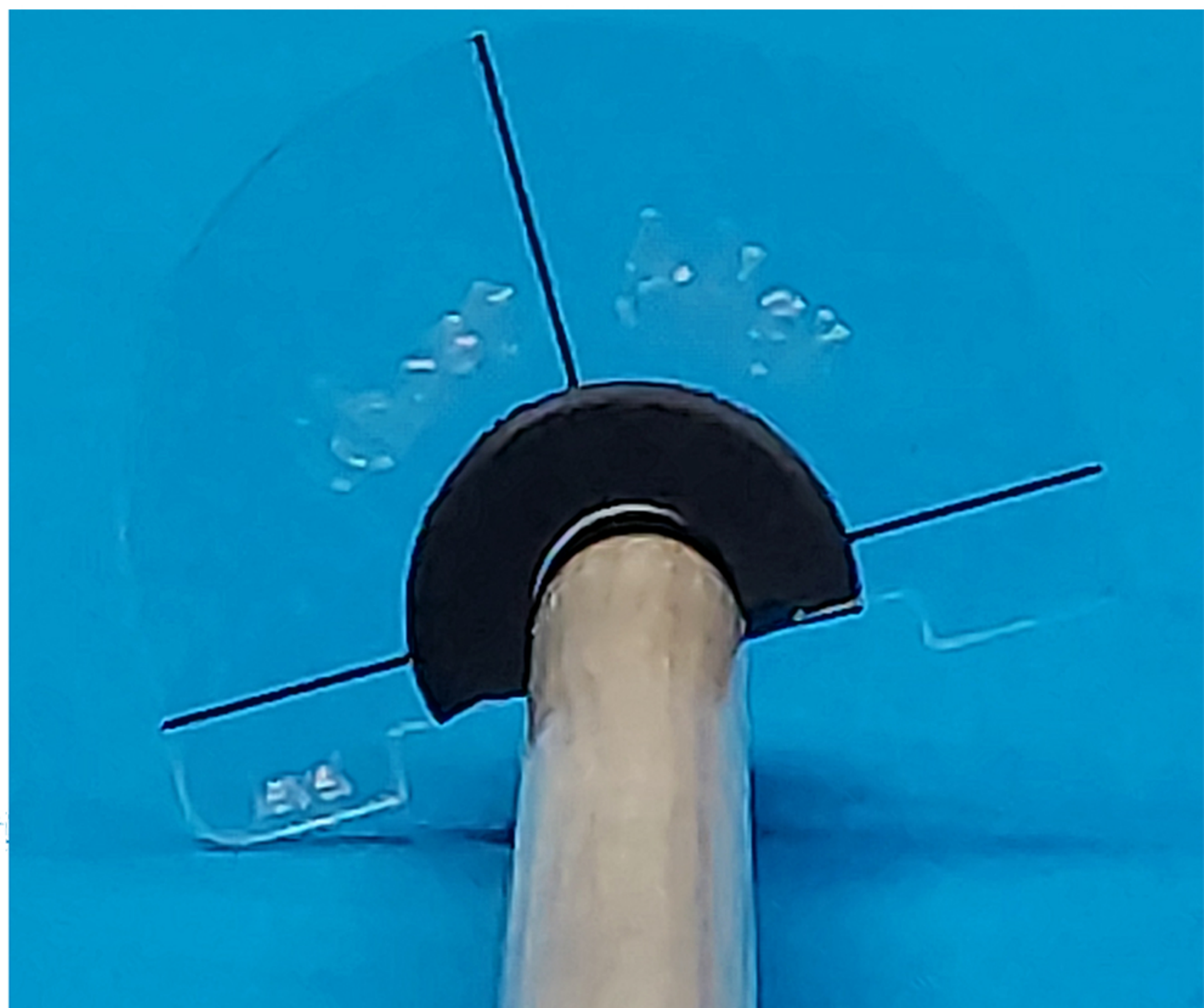
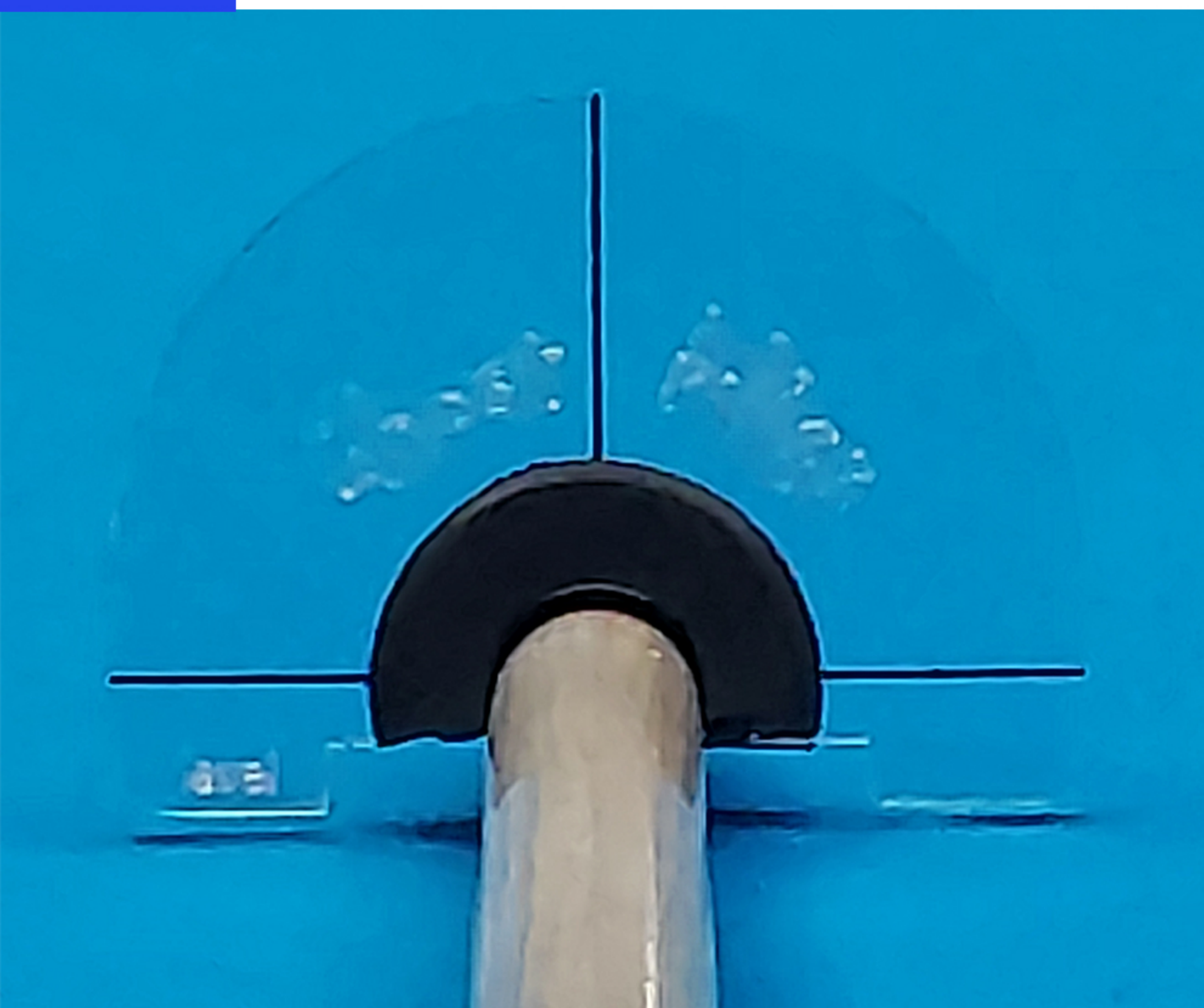
Train to keep your vision aligned during shot entry, watch the lines as you enter the shot

Cue Ball Center Finder



- Install Level on your shaft with **Grommet**
- Align curve of **Level** with cue ball
- What is your head position relative to cue stick?

Turn your head left to right and move your head side-to-side to learn how your vision alignment affects shot perception



- During warm-up strokes, do the horizontal lines remain level?
- Follow through without a cue ball, with a cue ball, or shooting a shot
- Did your shaft twist or remain level?

Experiment with grip, elbow, shoulder and vision alignment to find your naturally straight stroke so lines stay level from backstroke to follow-through

Straight Stroke Test

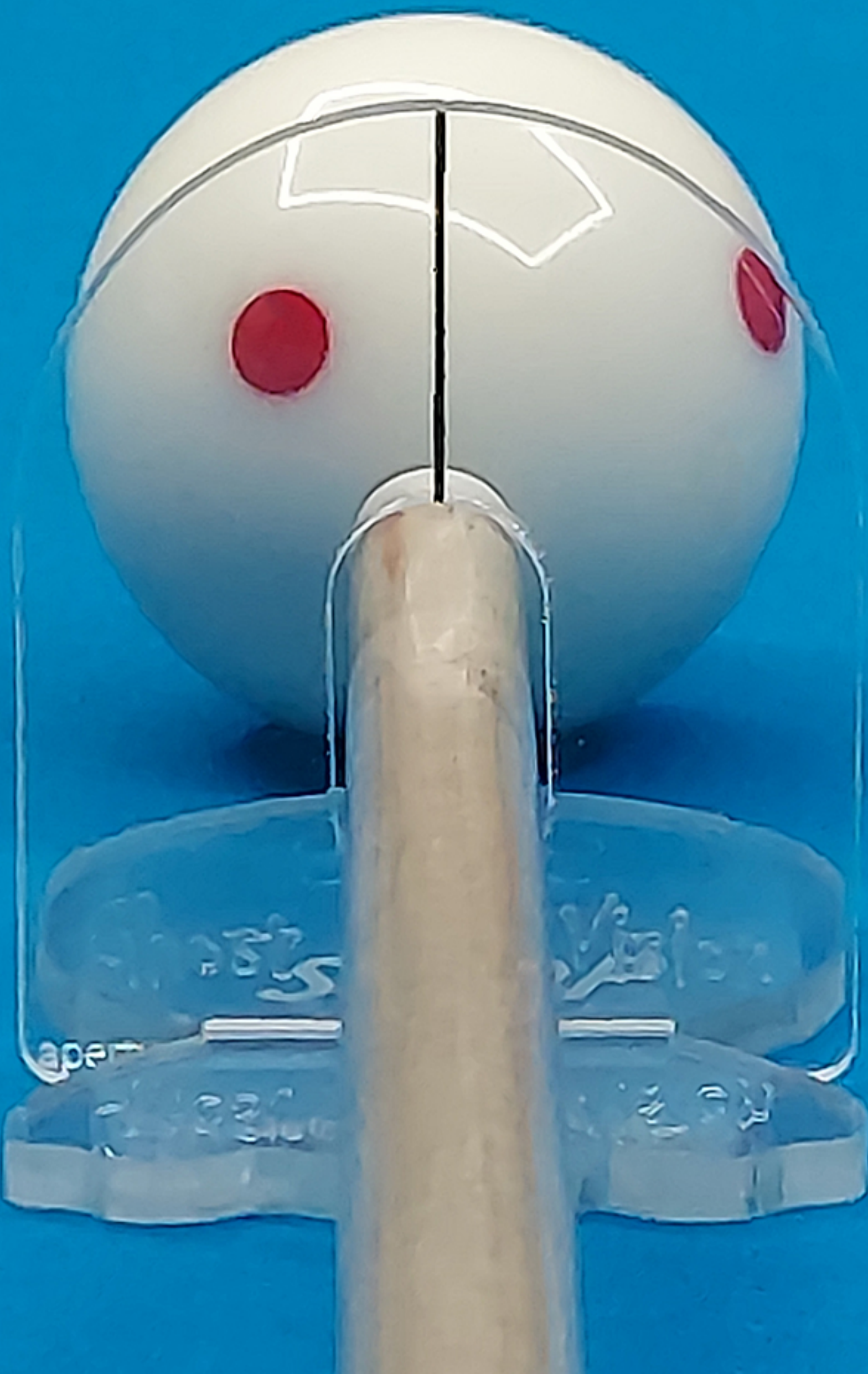
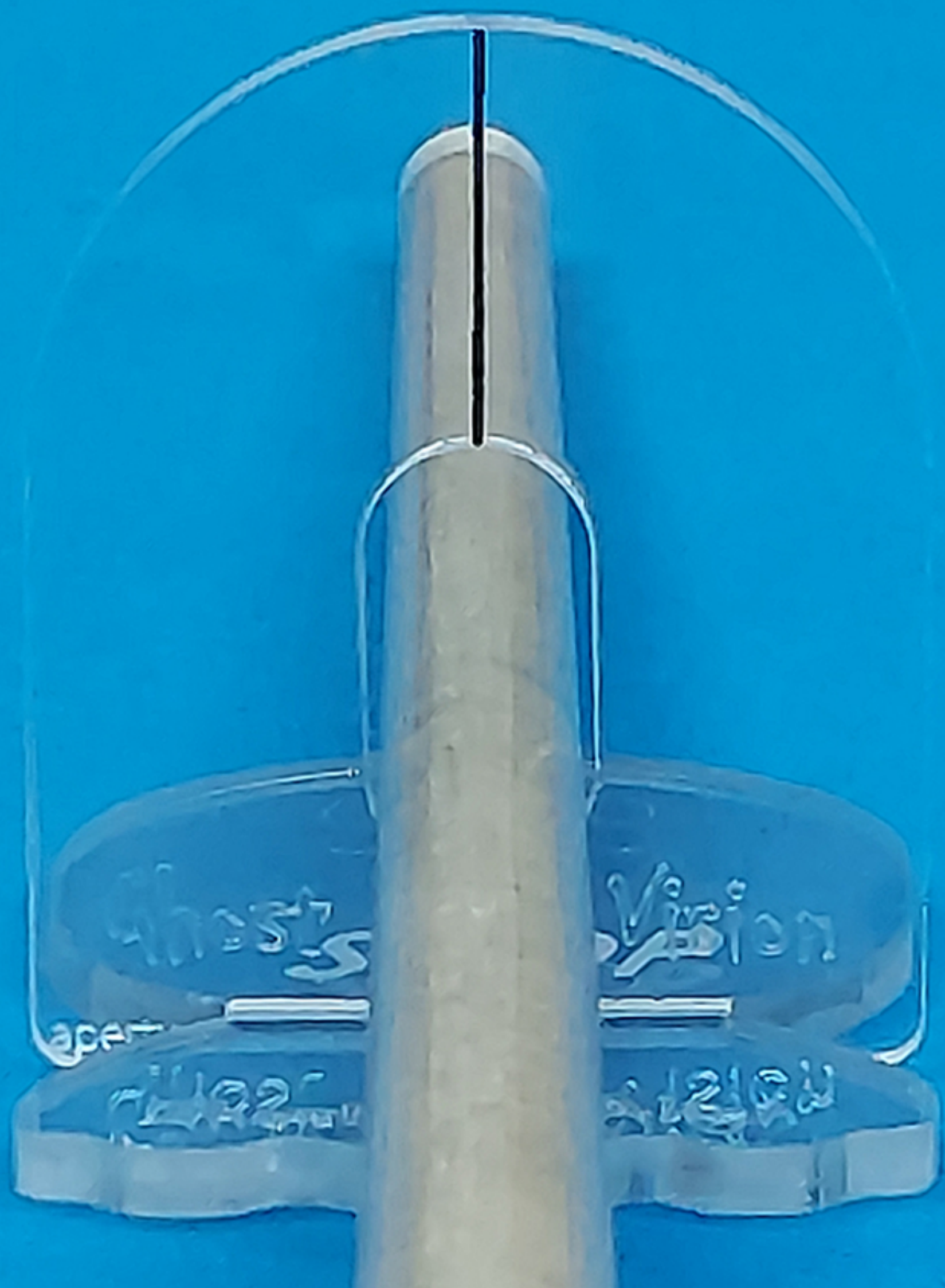
- Install Aperture on Baseplate

- Practice warm-up strokes keeping cue tip aligned with green line

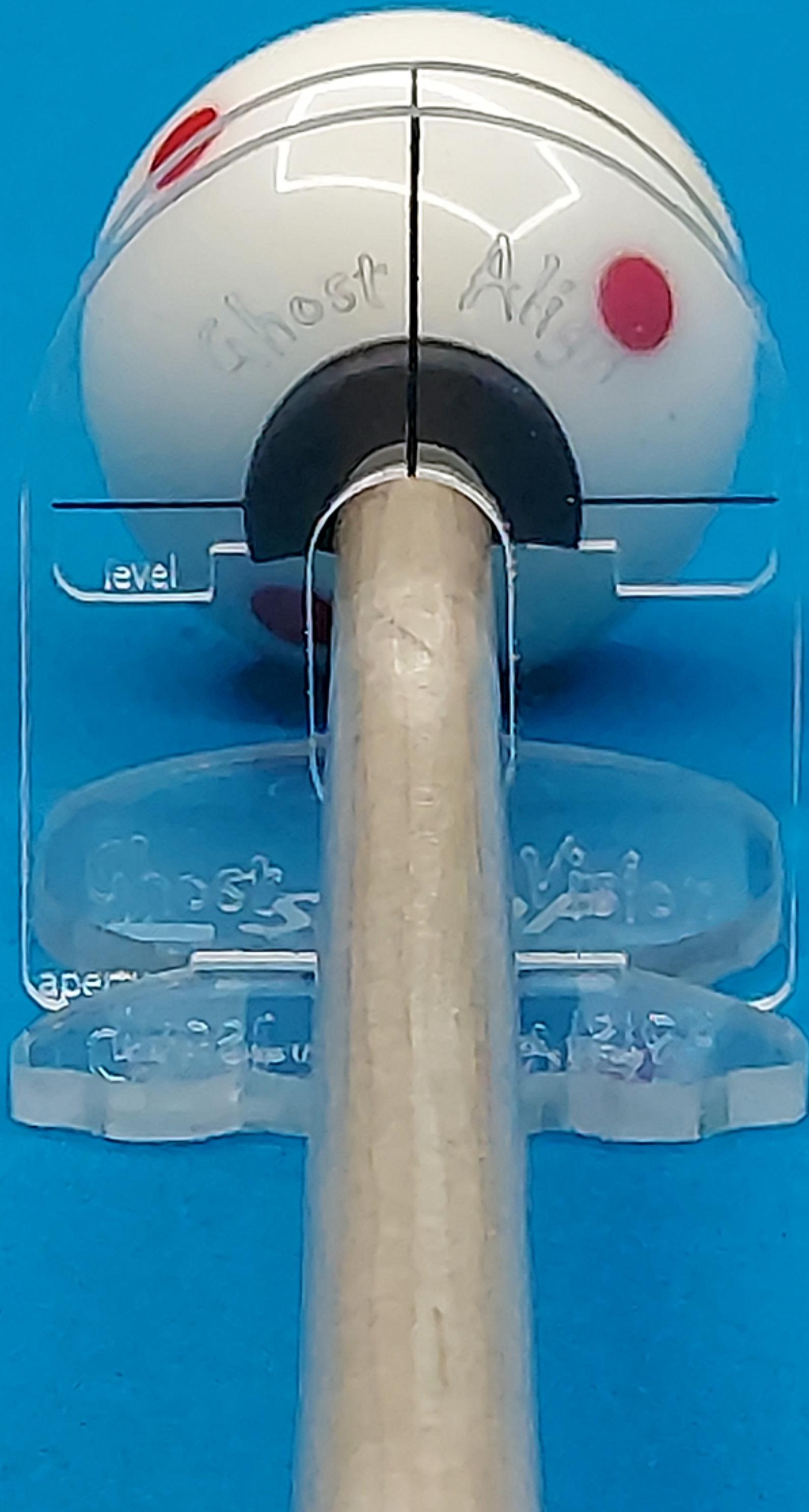
- Practice follow-through without touching aperture and aligned with black line

- Graduate to practice with a cue ball

Also, perform these exercises with your eyes closed. Guess how you did before looking to check.



PRO Stroke Test



- Place your shaft through **Aperture**, then attach **Level** with **Grommet**
- How straight can you shoot? Don't touch the sides of **Aperture**, follow-through aligned with black line, **AND** **Level** lines remain level?

Again, test your stroke with eyes closed. Practice stop and draw shots. Observe the cue ball for any unwanted sidespin.