

# THE MARKSMAN BREATH



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CHANGES

Many people are familiar with the idea of Box Breathing, wherein we breathe in for 4, hold for 4, breathe out for 4, and hold for 4 before repeating the cycle. ***This is great for stress, anxiety and fear.***

However, the **Marksman** is a great alternative based on what is apparently taught to snipers in the services: before they took a shot, they were trained to breathe in for four, pause for four, breathe out for six, pause for two, and then shoot.

You can easily imagine that nobody wishes to be anxious when taking aim. So in this breath, we breathe into the count of 4, hold for 4, breathe out for 6 and hold for 2 and then repeat the cycle.

***Four cycles may be sufficient.***

Breathing to 4-4-4-4, which, while undoubtedly effective, gains in simplicity but loses the benefit of **single-pointed focus**



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