

## Do You Have a Dominant Eye?

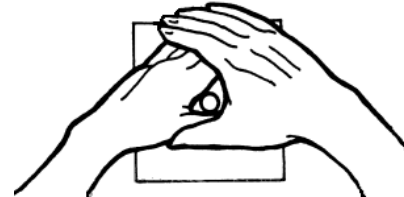
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The dominant eye is the eye that looks directly at an object, while the non-dominant eye looks at the same object at a slight angle. Understanding and recognizing this concept can aid in correcting

potential sighting and aiming flaws. Here is one very basic way to determine if you have a dominant eye:

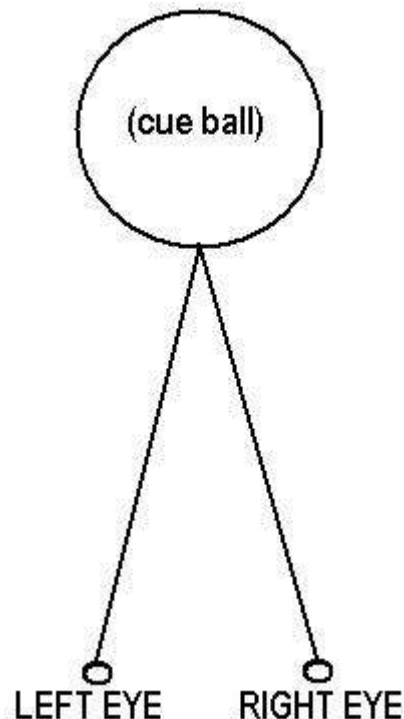
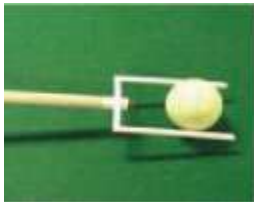
1. Choose a stationary object approximately 10 ft away.
2. Form a triangle shaped "window" by overlapping your hands, leaving a small opening between them.
3. Extend your "window" in front of you at arms length.
4. Center the object in your "window" slowly bringing your hands closer together until the "window" is as small as possible but still frames the object. Focus on the object...not your fingers.
5. Now, close one eye. Then, close the other eye.
6. Notice that with one of your eyes closed, your "window" still frames the object. The open eye with which you still see the object framed is your "Dominant Eye." When the other eye is closed, your "window" will point at an area shifted slightly to one side of the object. It's possible that you may not have a dominant eye, but if you do here's how this information applies to pool...



The diagram shown is an example of how we approach center ball with our eyes. Ideally, we aim for a precise point on the cue ball. In this case, that point is where the two solid lines meet. However, if you have a dominant eye, that eye will send more information to your brain than the other eye.

If you're unaware of this, it can cause your cue to align itself parallel with the dominant eye. The contact point will shift from the actual center of the cue ball to what the dominant eye perceives to be the center of the cue ball.

Having a perfect stroke demands we know where the center of the cue ball is. This may require retraining your eyes. Samm recommends Joe Tucker's 3rd Eye Stroke Trainer, a small plastic extension that slides over the tip of your cue. Using the 3rd Eye Trainer requires your sighting and mechanics to correct themselves. Periodic use increases accuracy by retraining your eyes and your brain to find center ball.



Visit [www.JoeTucker.net](http://www.JoeTucker.net) to view the complete stroke trainer movie, previews of the "aiming workout" and "racking secrets" DVDs, watch Joe run 114 balls in straight pool or check out the 3rd movie of the series on his web site for some mind-blowing precision stroke shots!

For Samm Diep's original article (as published on AZ Billiards), blogs, tips & cool novelty items visit [www.sammspocket.com/](http://www.sammspocket.com/) (Neither Samm nor the editor is profiting from promotion or sales of this product.)

**For more in-depth information about eye dominance** from the prospective of US Army veteran and police officer, W. Hock Hochheim, visit <http://www.cqcmagazine.com/jul-05/binocular-monocular/index.htm> Even though his writing pertains to the use of firearms, this is the single most knowledgeable source of information I could find on the subject that includes relevant research, statistics and "re-training" techniques. Most sports that require sighting and aiming are dealing with eye dominance in a variety of ways. While billiards certainly falls in that category, we seem to be a little behind in the information arena on this one. Please tell us if you know of any other pool related articles on this topic.