**Peripheral Vision**

Questions

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| 1.Name the two types of vision we have. | 2.What is peripheral vision for. |
| A. | A. |
| B. |  |
| 3.How do you test peripheral vision? | 4.How do you practise peripheral vision |
| A. | A. |
| 5.What effect does adrenaline have on peripheral vison? | 6.How can use your peripheral vision to your advantage in self-defence |
| A. | A. |
| 7. How wide is the average adult’s peripheral vision? |  |
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Please hand to your coach, or photograph / scan and email it to; [info@LeicesterJuJitsu.co.uk](mailto:info@LeicesterJuJitsu.co.uk)