

Peripheral Vision

Questions

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 vision?	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?	

Please hand to your coach, or photograph / scan and email it to; info@LeicesterJujitsu.co.uk