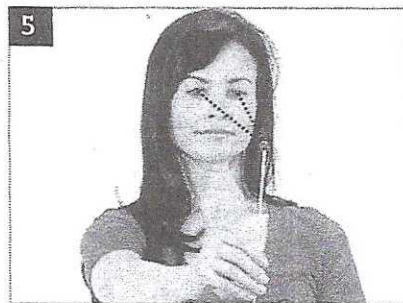
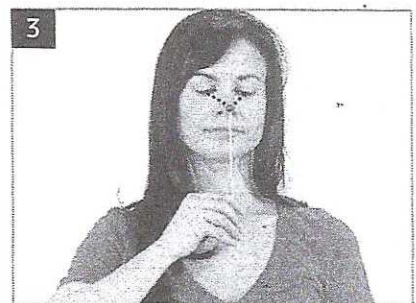
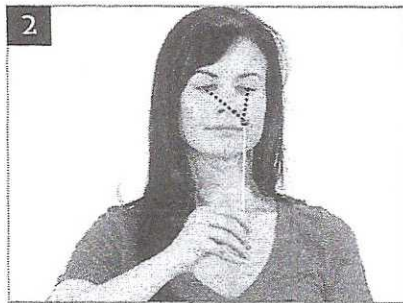
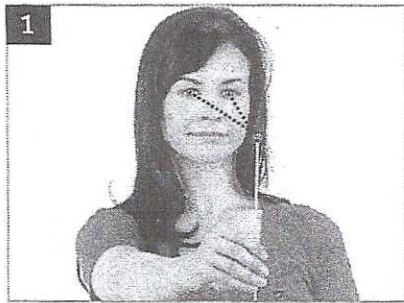


Pencil Pushup #1 - Standard Version

This drill purposefully practices the eye teaming necessary to clearly see and track objects that are near to you, and is especially important for reading.

1. Stand in a comfortable position, feeling balanced and relaxed.
2. Hold a pencil or pen with the tip pointed toward the ceiling at arm's length in front of your nose.
3. Focus on the tip and slowly bring the pencil in toward your nose.
4. Stop once the pencil tip doubles or you reach the tip of your nose.
5. While maintaining focus follow the pencil back out to the original starting position.
6. Do 3 to 5 repetitions with each hand.



CONTD >>>

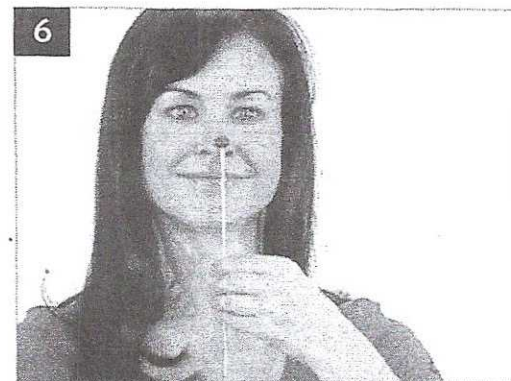
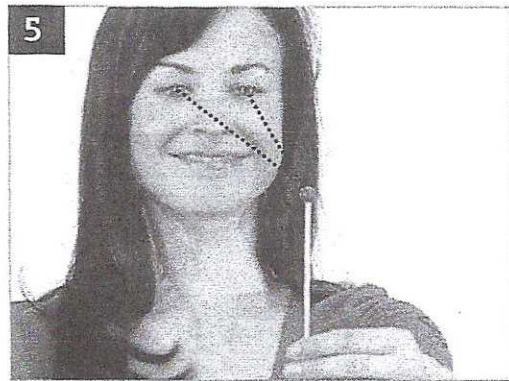
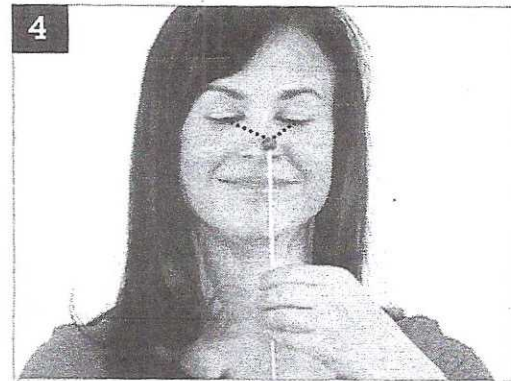
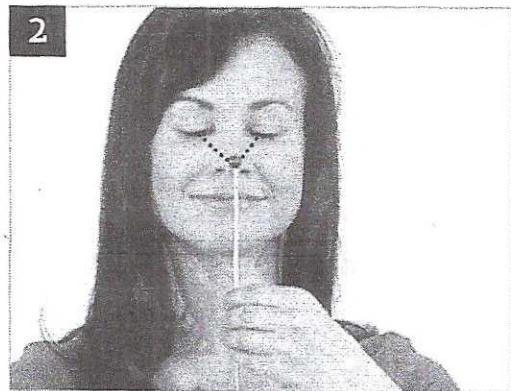
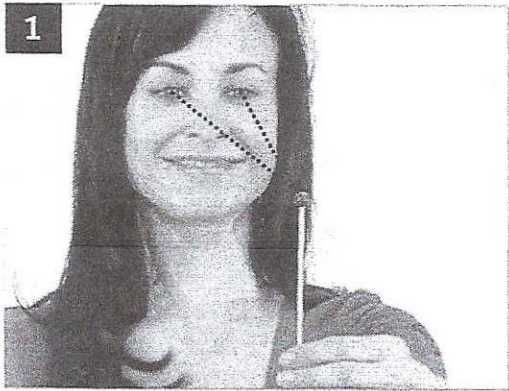


CONTD >>> **Pencil Pushup #2 – Near/Far Version**

This version of the pencil pushup is very similar to the first version with one important distinction.

1. Stand in a comfortable position, feeling balanced and relaxed.
2. Hold a pencil or pen with the tip pointed toward the ceiling at arm's length in front of your nose.
3. Focus on the tip and slowly bring the pencil in toward your nose.
4. Stop once the pencil tip doubles or you reach the tip of your nose.
5. Now, look away from the tip of the pencil and focus on a target out in the distance as far away as you can see clearly.
6. Return your focus to the pencil tip.
7. While maintaining focus follow the pencil back out to the original starting position.
8. Do 3 to 5 repetitions with each hand.



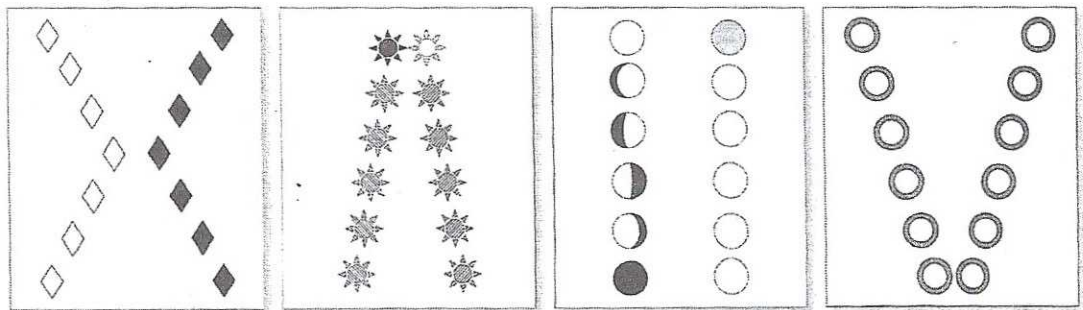




Convergence

Convergence is the simultaneous movement (teaming) of your eyes inward/towards each other.

1. Choose one of the several convergence charts you downloaded and printed from the online version, or one provided with your DVD.
2. Hold the chart at a normal reading distance, but at a height that is level with your eyes.
3. Begin with the closest set of objects on the chart and converge your eyes (cross your eyes slightly) to bring the two objects towards each other until they overlap/merge in the middle. When you do this correctly, it will create a 3-D image in the center.
4. Once you find your converged focus point with the merged 3-D image, relax, breathe and maintain the convergence and image clarity.
5. After you can accomplish this with the closest objects, work your way up the chart. The drill becomes more difficult as the distance between the two objects increases.
6. Practice this process for 1 minute.
7. Give yourself time and permission to get better at this skill. It takes practice!



▲ Convergence and Divergence charts

