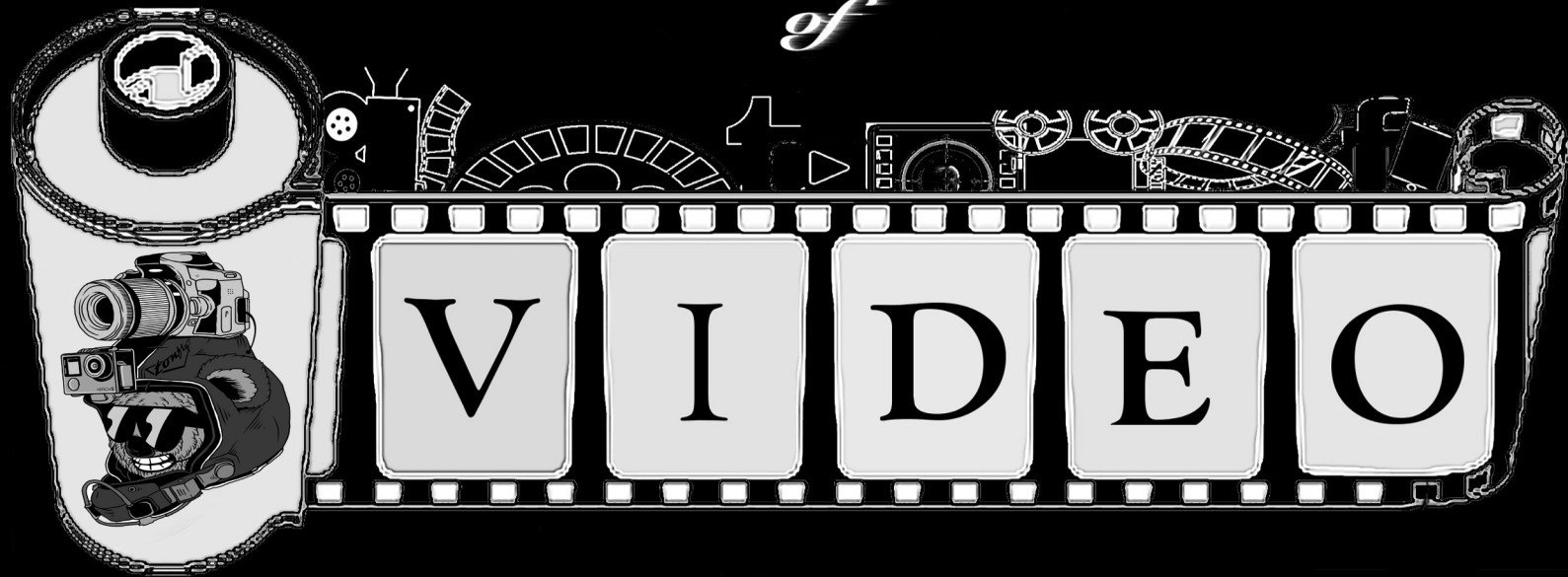


Physiological Aspects of



"Choking"

Choking is performing worse than your skill level dictates or than you have performed in the past because you now find the current situation stressful.

In stressful situations, the ability of working memory to direct attention to what's relevant is compromised. A computer is a good analogy. If you're running lots of programs at once, everything slow down

Cameras are distracting! This is a fact. It is something every skydiver has experienced either before, during or after the jump. The mind struggles to focus on multiple tasks

Take a skydive which we are mentally equipped for. Add video as a high level distraction+ choking. You now start a cocktail for failure. The mind is trying to calculate which is the priority. Video or our overall awareness.

"No matter how many jumps you have. Cameras small or large they are not for everyone."

