

Correct Design and  
Perfect Execution

S-P

# Sample Training Program-(USPSA/IDPA Handgun Skills)

## **Greetings from Shooting-Performance!**

After a year of feedback, I have produced a revised sample IPSC/IPDA training program that will hopefully help guide you toward your goals of increased skill in whatever type of shooting you choose to do. This training program is but a small example of what you would get with a full coaching package from Shooting-Performance.

This program is broken down into four sections:

1. **Section I Program Principles.** This section will give you some thoughts on your current skill level, and goals. It will address as much detail as you put into the form!
2. **Section II Training Plan Information.** This section will educate you about the overall training plan, including the mental, physical, and firearms manipulation and marksmanship training sections.
3. **Section III Training Matrix.** This section will give you an overview of the details about the type and frequency of training you will be doing.
4. **Section IV Training Drills.** This section will describe each drill you will be doing.

Some other key details:

1. **The Book:** I am working diligently on one of the most comprehensive sources of training information on the market. (<http://www.shooting-performance.com/73.html>). Available sometime soon, it will be entirely devoted to breaking down and teaching you the material you will need to know to train yourselves to success. Look forward to a release later in 2009 or early 2010!
2. Videos and other training drills can be found on the Shooting-Performance website.
3. Questions can be emailed to me at any time!

I hope you enjoy and find use in the following free training program! Please contact me with questions. Shooting-Performance does not advertise, so if you enjoy what you see, and would like to spread the word about what we offer, please do!

Mike seeklander

**Shooting-Performance**

## Section I Program Principles

1. **DESIGN AND EXECUTION:** This is your key to success! Before you begin ANY training program, make sure it is designed to produce the skills you need, and that when you execute (do) the drills you do them perfectly! Make sure you pay attention to this!
2. **SET PROPER GOALS:** This is the area that we normally make mistakes first. If we do not know how to set proper goals, we may move backward rather than forward! Setting goals that are not actually within our control (such as “to win a certain match”) is a big mistake. In reality, we only control ourselves, which is why measurable goals allow an athlete to truly measure his or her progress along the way. When these measurable goals are met, and the athlete will accomplish his real goal by default (improved performance = winning that match)!
3. **MEASURE YOUR CURRENT SKILLS:** If you have not taken the Shooting-Performance skills test (<http://www.shooting-performance.com/73.html>), then you are missing out on a critical piece of your training program. Take the test and use them to measure your baseline (send me a copy when you are done!). How will you ever know how far you have progressed if you have not established a baseline. If you don’t like mine, create your own, but do measure your initial skills!
4. **PICK A TARGET DATE OR TIMEFRAME:** This must always be a well thought out plan with enough time to accomplish the goal. It is generally accepted that it takes dozens of hours to learn a skill, hundreds to get good at it, and a minimum of 10,000 hours to master something!
5. **LOG YOUR TRAINING:** You HAVE to keep track of your training sessions. Your training log notes are a critical component in measuring your success. If you don’t have a logbook, you can use my forms found here: [http://www.shooting-performance.com/forms\\_25.html](http://www.shooting-performance.com/forms_25.html). Download them and modify them if you wish!
6. **GET INSTRUCTION:** Unfortunately, this program will not ensure you have good technique. You need a good instructor for that. It is always recommended to get professional instruction to increase the ability to train “correctly”.
7. **LEVEL OF DESIRE:** I always look for a 10 here! If you don’t have the desire, you will never get the results. Find ways to motivate yourself if necessary such as writing down what you will gain from reaching your goal!
8. **CHANGE YOUR THOUGHT PROCESS:** Take action on these things! Everything in this program consists of stuff I *know* will help you improve. I don’t simply think so; I have validated it over years of experience and working with students/athletes wishing to perform!
9. **GENERAL DETAILS:** The following program will break down several factors including frequency (how often), duration (how long), and the purpose of each drill or guideline. Don’t forget that it is a sample program designed to get you started. If you are less or more skilled, you may have to do some

different drills or modify the ones I have provided a bit. Feel free to experiment, and remember, always keep notes on your testing! You must ensure that you utilize resources on [www.shooting-performance.com](http://www.shooting-performance.com), or a good reference person or material to ensure that you are performing the mechanical training repetitions correctly.

## Section II Training Plan Information

**General Information:** This section will give guidelines and general recommendations about the training plan. It is broken down into mental, physical, and live and dry fire training sessions.

**The Drills:** Following the training matrix which give an at a glance view of the entire program, you will see the individual drills.

- √ Each drill is simple, yet effective if the critical and visual points are focused on during each repetition.
- √ Portions of drills may be combined, and of course each may be modified slightly to suit the shooters needs.
- √ There are only about 20 drills total that I may recommend, as I do not believe most athletes get much from doing different drills just for the sake of doing something "new". Ultimately, we are and probably always have been trying to get faster, or more accurate, or a combination of the two.

**The Schedule:** I have recommended (on the training matrix) that you train a certain number of days per week. Of course, more or less desire to excel, or your personal goals will effect how frequently you train. I recommend you schedule weekly sessions, and stick to the schedule. It is important to schedule and plan the actual day you can make it to the range, and stick to that scheduled day as often as possible.

**A Logbook:** Keep a logbook, whether simple or detailed, but make yourself keep one. Record anything pertinent to your session. See the forms I use at: ([http://www.shooting-performance.com/forms\\_25.html](http://www.shooting-performance.com/forms_25.html))

**Speed/Drill times:** None of the training drills will have a goal time set, because I place a huge amount of emphasis on the quality of the repetition. For IPSC targets/matches I call this "aggressive A's" a term I stole from one of my co-workers. You should always execute the drill as fast as you can while maintaining the level of accuracy we want (90% A's, no D's, or center hits if we are using non-IPSC type targets)

## MENTAL TRAINING

**Purpose:** This area of the training plan is designed to improve the athlete's ability to mentally focus during training sessions and matches.

**Frequency:** You should be performing active visualization during every training session and passive visualization several times per week before falling asleep or as you go through your general day.

**Duration:** The entire live fire training session (active visualization), or for a few minutes when before falling asleep or during any other time of your day. (Passive visualization)

### Exercises:

**Active Visualization:** Active visualization will be used during actual training sessions. The athlete must prepare his mind by using this tool during his practice sessions, including dry fire sessions. When performing each training repetition (such as the draw, reload, etc.) it is important to picture the details of the move, and ensure that he is connecting the mental to the physical. Integrating the mind during practice sessions will allow the athlete to use the same skill during a match. Eventually, the brain will be able to "run" the program visualized exactly as it is done.

**Relaxed Visualization:** During this type of visualization (that must take place during relaxed moments) the athlete will visualize performing under match conditions. If the athlete is training for a local match at the Palmetto gun club, then the visualization must contain as many details as possible. The athlete **MUST** visualize him/herself performing the techniques perfectly.

## PHYSICAL TRAINING

**Purpose:** This area of the training plan is designed to improve overall fitness.

**Frequency:** 3-5 times per week

**Duration:** 30-45 minutes

**Exercises:** Cardiovascular exercise followed by a proper stretching program. Strength training, plyometrics, and speed/agility training can also be done, but this sample training program is too limited in scope to go into those details. Athletes in the full coaching program will receive more detailed recommendations.

*Coaching Note:* I strongly believe in the relationship of physical fitness and performing at your best. Since this is a firearms training plan solicited at a shooting website, I won't go into the details. Please take the time to research and commit to a physical fitness program that will keep you fit enough to perform well.

## DRY FIRE TRAINING

**Purpose:** You should build 90% or more of your "manipulation" and "movement" skill during dry fire. This includes drawing, reloading, gun transfers, acquisitions, positions, and all of these things while moving in any manner you may encounter in a match. You should NOT waste your precious time and ammunition working on stuff you can perfect with dry-fire practice.

**General Guidelines:** Dry fire sessions are where almost ALL IPSC related skills should be trained to a high level of skill. Dry fire time is the most beneficial training method that can be found. Each dryfire drill should be done with a electronic timer with par time set as follows:

- √ Start with 5-10 repetitions at 75-100% of your available (perfect technique) speed.
- √ Then drop the time down every 3 or so reps after that finishing at least 5 perfect reps at 100% of your available speed.
- √ Now drop the timer in .10 increments at that time, attempting to "catch" the timer. (Make the time with a correct repetition)
- √ As soon as you "catch" the timer, drop the time again.

**Frequency:** See Training Matrix

**Duration:** 10-15 minutes

**Skill Trained/drills:**

- √ Draw-
  - *Static*-Work on index points, prepping and pressing the trigger. Run touch trigger mental program. IF you don't know what this is, see: (<http://www.shooting-performance.com/75.html>).
  - *Clock Drill, Pivoting turns*- Stand in the center of an imaginary clock, and start facing 1 o'clock, with your target at 12 o'clock. When the timer goes off, pivot to face the target and dryfire one shot. Work your way around the clock. You should practice one turn left, and one turn right when you are at the six o'clock position (to work turning both directions). Working on smoothing out the turn, stopping the gun, seeing the sights, and staying low (corkscrew down).
  - *Clock Drill, Stepping to a position*- Start in the center of an imaginary clock. Select either your left or right leg as your stepping leg. When the timer goes off, step to 12 o'clock and dryfire one shot. Restart at the center position again and work your way around the clock to each position. Once done, start at the center again and do it again stepping

off with your other foot. Some steps may be crossover steps (when stepping to the left side of the clock with the right foot for example). Work on staying low, and extending the gun before the lead foot hits the ground.

- *Varied hand position*- Work on surrender, hands flat on wall, manipulating a door, etc.
- *Pick Up*- Work on picking the gun up from a flat position.

√ Reloads

- *Speed or slide lock*- Work on grabbing and indexing the magazine properly, re-indexing the gun and prepping and pressing the trigger.
- *Reload to a position several steps away*- Work the clock concept here again, starting in the center and moving to all positions
- *Reload moving the gun*- Use half of the clock, reload with the gun pointing at 9 o'clock and ending at 3 o'clock. Work all numbers in between (8 to 2, 10 to 1) and then work reloads in the opposite direction (3 o'clock to 9 o'clock).

√ Target acquisition (practice resetting and prepping the trigger on the way to the target) Make sure to see the sights and stop the gun. I recommend just picking a medium to long distance swing and driving the gun while prepping the trigger when you are entering the target area (edge of the target).

√ Strong and Support hand manipulation

- *Draw and transfer*- Work on a safe and smooth transfer. The transfer should happen just below eye level.
- *Grip and Lock*- Work on gripping and locking the wrist tendons when shooting with one hand.
- *Isolation of the trigger finger*- While gripping and locking, work on manipulating the trigger WITHOUT moving the other four fingers.

## LIVE FIRE TRAINING

**Purpose:** To work on maximizing recoil control, as well as perfecting the elements of the firing cycle. Calling shots by learning how to identify correct sight pictures for all distances is a critical skill.

**Frequency:** See training Matrix

**Duration:** 1.5 hours-2.0 hours, approximately 250-300 rounds per session.

### Breakdown of skill trained/drills:

#### √ General Guidelines

- Each repetition must be performed absolutely correctly.
- Each drill or repetition should be preceded by a bit of active visualization, where the athlete sees herself performing the skill perfectly, and then executes that skill.
- Training improperly is a critical mistake; pay particular attention to actively concentrating during the entire session.

#### √ Skill Areas you will train

- Firing cycle/Draw and reload (see drill sheets)
- Firing cycle/Strong and Weak hand drill (see drill sheet)
- Movement (30-45 minutes): This area of the training is designed to improve basic movement skills used in USPSA/IDPA competitions.
- Shooting on the move forward/reverse drill
- Shooting on the move multi-directional (barrel) drill
- Target Acquisitions: This area of the training is designed to improve the ability to acquire and move the gun to the next target.

Conclusion: Training MUST be performed correctly! Training must be done on a regular basis; skipping sessions will not result in meeting your goal. Shooting-Performance also offers coaching packages for those who would like to have a professional coach who will do all of the following: Perform a complete assessment of current skills; instruct and integrate the 25 critical movements found in practical shooting in yearly training visits; communicate weekly via email and phone conversations about the athletes training plan, and results.

For more detail, contact me at [mikeseeklander@shooting-performance.com](mailto:mikeseeklander@shooting-performance.com)

Until then, train hard!

## Section III Training Matrix

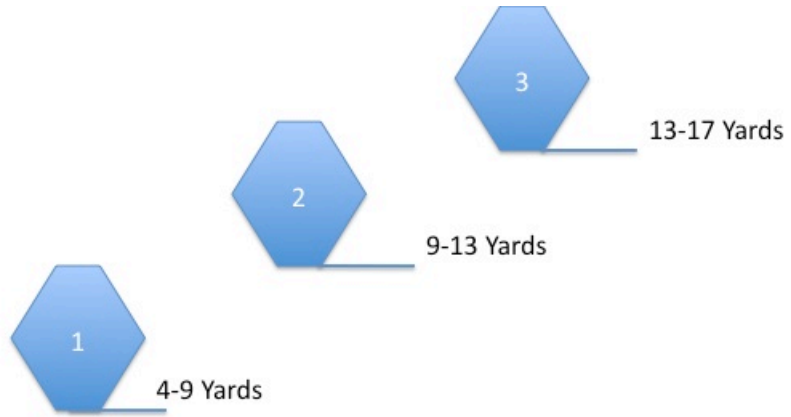
### Training Matrix (big picture of your training)

<b>Training Type</b>	<b>Frequency (How often)</b>	<b>Duration (length)</b>	<b>Purpose</b>	<b>Notes:</b>
<i>Live Fire Practice (may also be supplemented with .22 practice)</i>	3 times weekly	1.5 hours	Each drill is designed to increase the athlete's ability to control recoil and shoot faster. Some include movement.	Each session requires the athlete to attempt to increase speed while shooting A's.
<i>Dry Fire Practice</i>	5 times weekly	15 minutes	To train the manipulation and movement skills so those skills do not have to be trained in live fire.	Ensure that perfect repetitions are utilized.
<i>Mental Practice</i>	3-5 times weekly	N/A	To help learn control and to build a strong self-image.	Active visualization should be used in each practice session, and passive visualization should be done regularly!
<i>Matches (the test)</i>	1 time monthly (minimum)	N/A	To test the skills trained to help us review and modify our training program and to gain an understanding of breaking down stages (match tactics).	ALL matches should be treated the same. Never place more emphasis on one over another in your mind. "I need to shoot good because this is the big match"! (Not good!)

## Section IV Training Drills

### Firing Cycle, Draw and Reload

12 rounds	3 repetitions	36 rounds total	Goal: 33 A's, no D's
<p><b>Purpose:</b> To work on the important points of the firing cycle and all fundamental aspects of marksmanship, for more information on the firing cycle, see: <a href="http://www.shooting-performance.com/57.html">www.shooting-performance.com/57.html</a></p> <p><b>To get Coaching or Instruction on these techniques, email:</b> <a href="mailto:mikeseeklander@shooting-performance.com">mikeseeklander@shooting-performance.com</a></p>			
<ol style="list-style-type: none"><li>1. Start Position: ½ will be done with hands relaxed at sides, ½ at the surrender position (hand position may be modified if desired)</li><li>2. Target Setup: 3 IPSC, set at 4, 9, and 13 (left to right) yards directly in front of the shooter with 1.5 yards between targets. (Shooters may use partials if desired)</li><li>3. Actions: Starting from a loaded position, with hands relaxed at sides or in surrender, draw and fire 2 rounds on each target (alternate by starting on the close target first, and then on the far target first). Perform a speed (competition) reload and fire two rounds on each target. Call each shot.</li><li>4. Note: after this drill can be done with 90% A's in the goal time (see below), start performing the reloads between boxes about 3-4 feet apart.</li></ol> <p>Reinforce the process by utilizing active visualization prior to each repetition.</p>			
<p><b>Critical Points:</b> Strong and support index the gun properly. Prep the trigger at ¾ extension, build a touch trigger mental program (prep, see sights, verify they are there, finish pulling trigger). Reset the trigger during recoil. Get off it, and re-prep prior to returning the gun from recoil. Drive the gun hard between targets (move it fast).</p> <p><b>Visual Cues:</b> Sight focus should change slightly from the close target to the far target. Use a quick sight picture and remember you don't have to have a perfect sight picture and alignment at most IPSC distances. Focus on seeing the front sight through the rear sight window quickly.</p>			
<p><b>Challenge 1:</b> Increase distance to 8, 13, and 17, same accuracy.</p> <p><b>Challenge 2:</b> Increase distance <i>and</i> shoot a clean.</p> <p><b>Challenge 3:</b> Add hard cover painted targets.</p>			



Start  
box

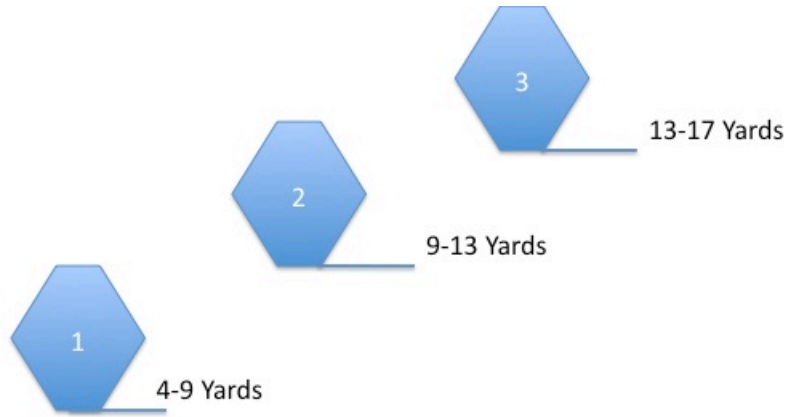
Firing cycle, draw and reload

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**Notes**

**Firing Cycle, Strong and Support (weak)**

12 rounds	3 repetitions	36 rounds total	Goal: 33 A's, no D's
<p><b>Purpose:</b> To work on the important points of the firing cycle specifically the strong and support hand. This practice will increase two handed shooting skills:</p> <p><a href="http://www.shooting-performance.com/57.html">www.shooting-performance.com/57.html</a></p> <p><b>To get Coaching or Instruction on these techniques, email:</b> <a href="mailto:mikeseeklander@shooting-performance.com">mikeseeklander@shooting-performance.com</a></p>			
<ol style="list-style-type: none"><li>1. Start Position: ½ will be done with hands relaxed at sides, ½ at the surrender position (hand position may be modified if desired)</li><li>2. Target Setup: 3 IPSC, set at 4, 9, and 13 yards (left to right), with 1.5 yards between them directly in front of the shooter.</li><li>3. Actions: Starting from a loaded position, with hands relaxed at sides or in surrender, draw and fire 2 rounds on each target strong hand only (alternate by starting on the close target first, and then on the far target first). Perform a speed (competition) reload, transfer and fire two rounds on each target support hand only. Call each shot.</li></ol> <p>Reinforce the process by utilizing active visualization prior to each repetition.</p>			
<p><b>Critical Points:</b></p> <p>Strong and support index the gun properly, Prep the trigger at ¾ extension, build a touch trigger mental program (prep, see sights, verify they are there, finish pulling trigger). Reset during recoil. Get off it, and re-prep prior to returning the gun from recoil.</p> <p><b>Visual Cues:</b> Sight focus should change slightly from the close target to the far target. Use a quick sight picture and remember you don't have to have a perfect sight picture and alignment at most IPSC distance. Focus on seeing the front sight through the rear sight window quickly.</p>			
<p><b>Challenge 1:</b> Increase distance to 8, 13, and 17, same accuracy.</p> <p><b>Challenge 2:</b> Increase distance <i>and</i> shoot a clean run in less than 10.0 seconds.</p>			



Start  
box

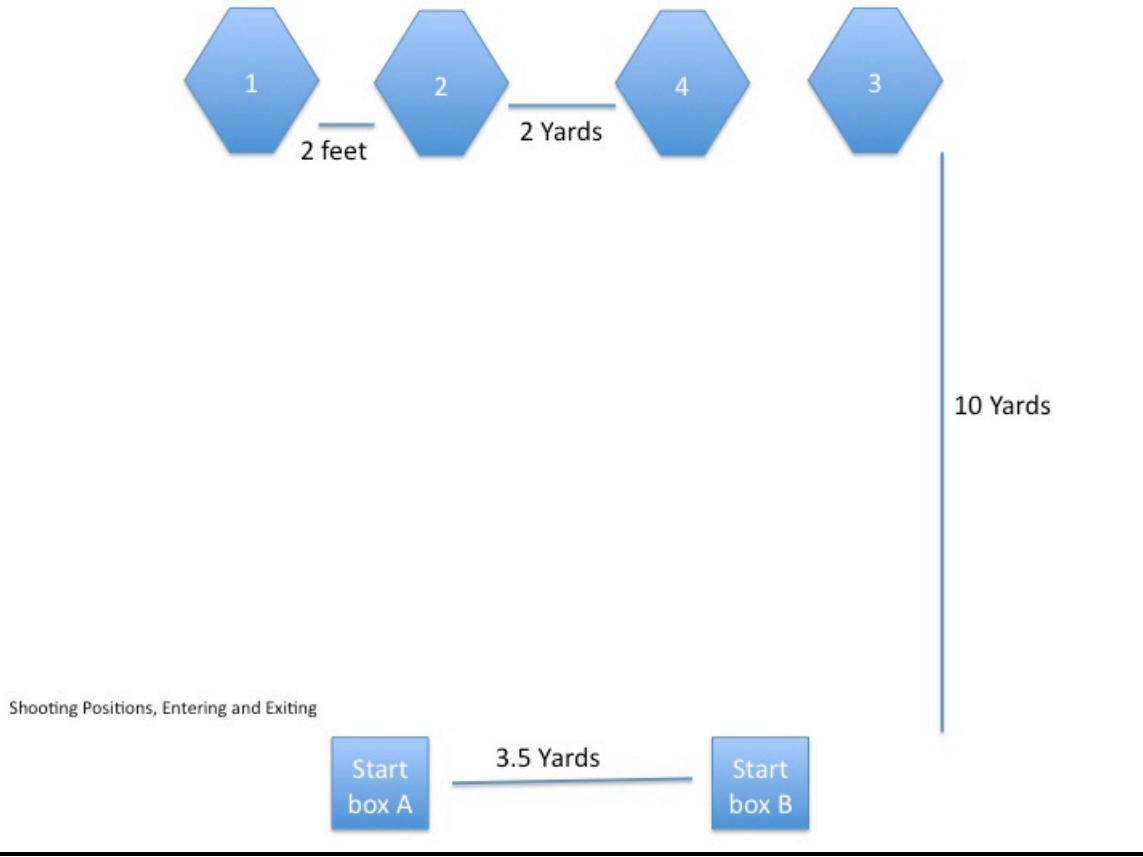
Firing cycle, draw and reload

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**Notes**

### **Shooting Positions, Entering, Exiting**

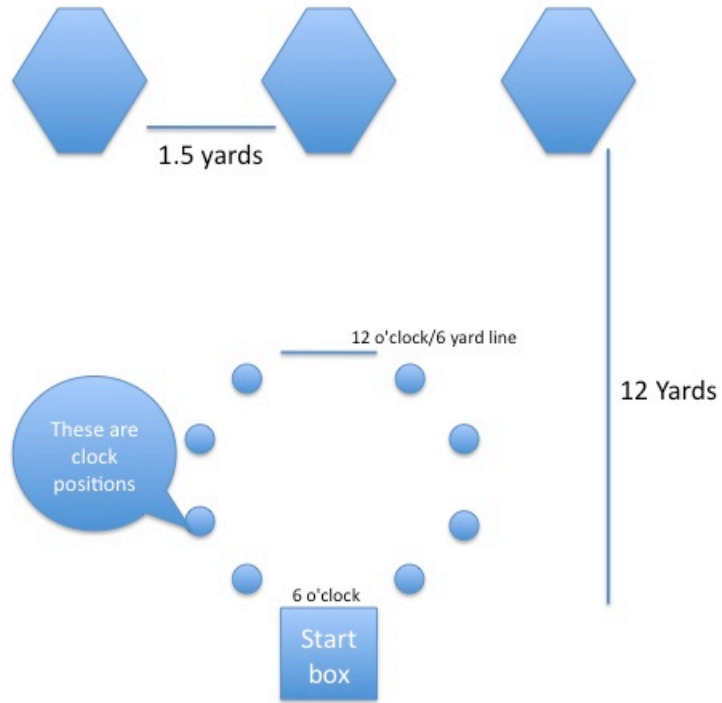
12 rounds	5 repetitions	60 rounds total	Goal: 54 A's, no D's
<p><b>Purpose:</b> To work on the important points of entering and exiting positions, as well as proper body movement in positions.</p> <p><a href="http://www.shooting-performance.com/57.html">www.shooting-performance.com/57.html</a></p> <p><b>To get Coaching or Instruction on these techniques, email:</b> <a href="mailto:mikeseeklander@shooting-performance.com">mikeseeklander@shooting-performance.com</a></p>			
<ol style="list-style-type: none"><li>1. Start Position: Hands relaxed at sides. (Hand position may be modified if desired).</li><li>2. Target Setup: 4 IPSC, 2 sets of 2 at 10 yards with one set directly in front of each shooting box. There should be two feet between the targets, and 2 yards between sets.</li><li>3. Prop Setup: Two shooting boxes set 3.5 yards apart (inner side of the box) with the front edge at 10 yards from the target. The shooting boxes can also be substituted with a wall or barricade that allows the shooter to see the targets from two positions.</li><li>4. Actions: Starting 3 yards in front of the left box, draw (on the buzz of a timer) and explode to the first box. Enter the box with the gun high, and shoot both targets with two shots each <i>starting</i> with the left target. You should be shifting your body weight (toward the next box) as the last target is shot. Explode to the right box, keeping the gun high on entering the box and fire two shots on the right target and then two on the left (working on shifting body weight again back toward the left box). Explode back to the left box keeping the gun high, and fire two shots on the left target and two on the right.</li></ol>			
<p><b>Critical Points:</b></p> <p>Keeping the gun high when entering a position. Work hard on shifting the body weight <i>toward</i> the next position while shooting the last target in the array. Stabilize the gun and press through the trigger when the sights settle (accept some wobble/movement)</p> <p><b>Visual Cues:</b> We must keep the gun high, and wait for the front sight to settle when entering the positions.</p>			
<p><b>Challenges:</b></p>			



**Notes**

### **Shooting and Moving, forward and backward**

12 rounds	5 repetitions	60 rounds	Goal: 54 A's, no D's
<p><b>Purpose:</b> To learn how to correctly perform the firing cycle on the move, stabilizing the gun and calling good shots.</p> <p><a href="http://www.shooting-performance.com/57.html">www.shooting-performance.com/57.html</a></p> <p><b>To get Coaching or Instruction on these techniques, email:</b> <a href="mailto:mikeseeklander@shooting-performance.com">mikeseeklander@shooting-performance.com</a></p>			
<ol style="list-style-type: none"><li>5. Start Position: High ready (meet and greet position when the strong hand meets the support hand in front of the body).</li><li>6. Target Setup: 3 IPSC, set at 12 yards directly in front of the shooter at what would be the 12 o'clock position on a clock (if there was a large clock on the ground) with 2 feet between each target.</li><li>7. Actions: Starting at the 6 o'clock position, with hands relaxed at sides or in surrender, draw and fire 2 rounds on each target while moving forward. Perform a speed (competition) reload and repeat moving to the rear. Call each shot. Force yourself to move at a speed that gets you to within 6 yards of the targets before loading and moving to the rear.</li><li>8. Repeat 4 times: Using a clock as a reference, with the targets at the 12, move- 5 to 11, 7 to 1, 4 to 10, 8 to 2. You will be starting on the first clock number and shooting on the move toward the second one.</li></ol> <p>Reinforce the process by utilizing active visualization prior to each repetition.</p>			
<p><b>Critical Points:</b></p> <p>Heel to toe and toe to heel movement, short steps. Stabilize the gun and press through the trigger when the sights settle (accept some wobble/movement). Pay attention to the mechanics of the firing cycle during the shooting.</p> <p><b>Visual Cues:</b> We must have a very hard focus on the front sight, and should always know where the gun is aligned while moving. The shots should be going off and it is critical to call the shot when the sight or dot lifts.</p>			
<p><b>Challenges:</b> Try this strong hand only!</p>			



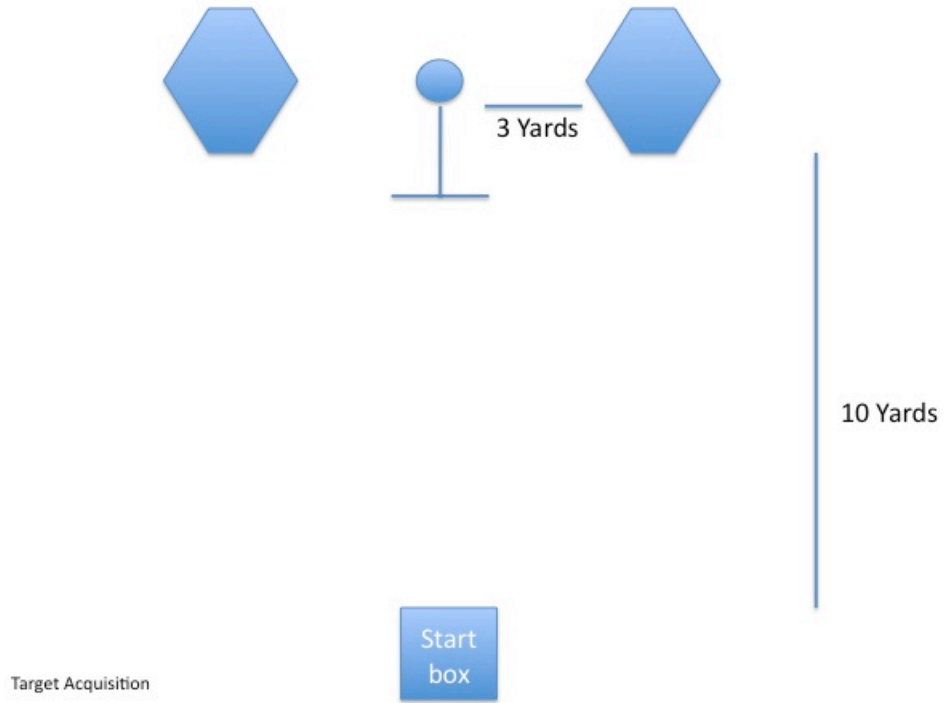
Shooting and Moving, Forward and Backward

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**Notes**

### Target Acquisition

5 rounds	5 repetitions	25 rounds	Goal: 22 A's, no D's
<p><b>Purpose:</b> To learn how to correctly perform the firing cycle during target acquisitions. <a href="http://www.shooting-performance.com/57.html">www.shooting-performance.com/57.html</a> <b>To get Coaching or Instruction on these techniques, email:</b> <a href="mailto:mikeseeklander@shooting-performance.com">mikeseeklander@shooting-performance.com</a></p>			
<ol style="list-style-type: none"><li>1. Start Position: Hands relaxed at sides.</li><li>2. Target Setup: 2 IPSC, one 8 inch plate, or small pepper popper (preferably resetting or non-falling for time sake) with the plate/popper set as the center target at 10 yards directly in front of the shooter. The 2 IPSC targets should be 3 yards on either side of the steel target (this distance can be varied slightly for more or less of a target swing).</li><li>3. Actions: Starting with hands relaxed at sides or in surrender (shooter may also practice pivots or any movements they want), draw and fire 1 round on the plate/popper and 2 on each target alternating which one is shot first (left or right).</li></ol> <p>Reinforce the process by utilizing active visualization prior to each repetition.</p>			
<p><b>Critical Points:</b></p> <p>Stopping and calling a good shot on the first steel target. Prep the trigger as the gun is driven to the next target and enters the target area (not before). Stopping or pausing the gun as much as needed to fire the shot. Drive the gun hard to the next target. Pay attention to the mechanics of the firing cycle during the shooting.</p> <p><b>Visual Cues:</b> Look at the spot we are driving the gun toward. When the front sight/dot touches the aiming area we should be verifying alignment and placement of the sights.</p>			
<p><b>Challenges:</b> Try this strong hand only!</p>			

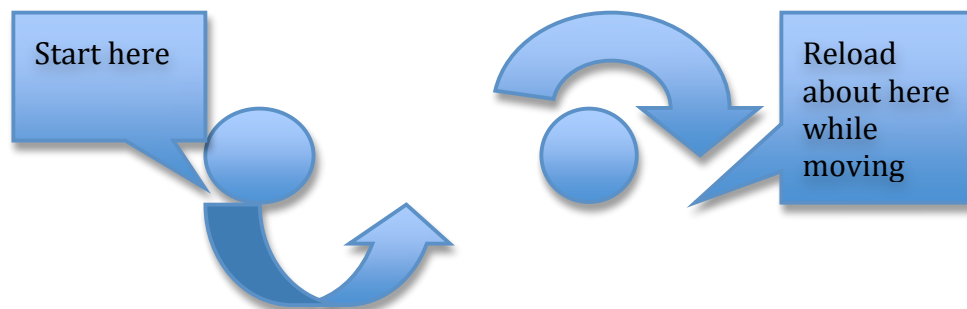


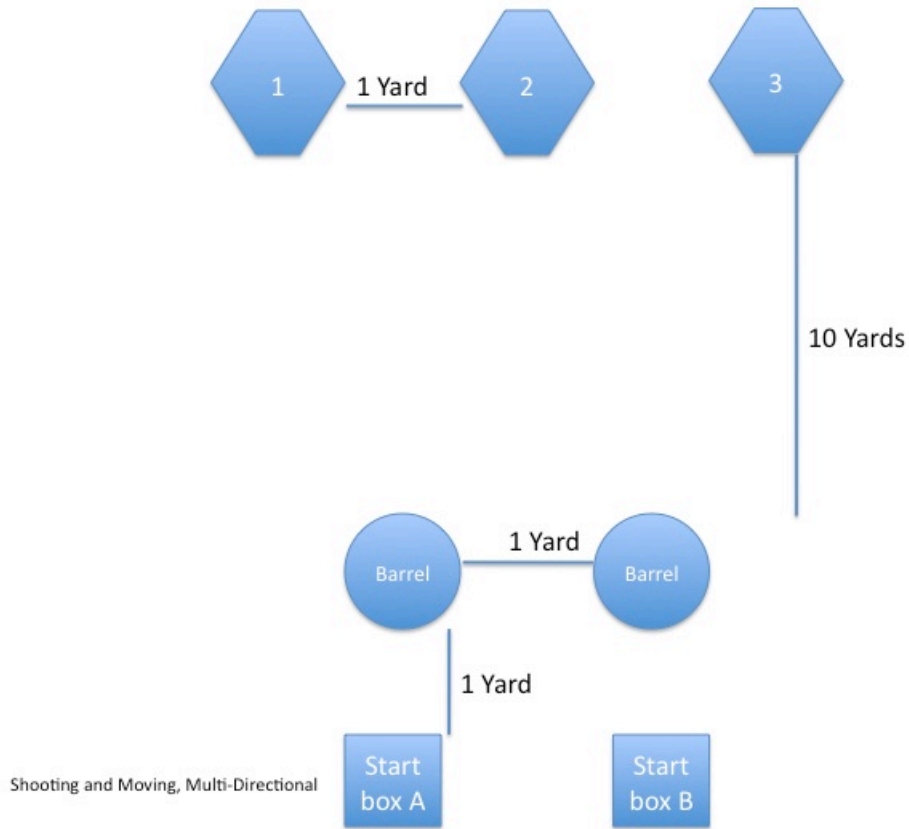
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**Notes**

### Shooting and Moving, Multi-Directional

12 rounds	5 repetitions	60 Rounds	Goal: 54 A's, no D's
<b>Purpose:</b> To work on multi-directional movement: <a href="http://www.shooting-performance.com/57.html">www.shooting-performance.com/57.html</a> <b>To get Coaching or Instruction on these techniques, email:</b> <a href="mailto:mikeseeklander@shooting-performance.com">mikeseeklander@shooting-performance.com</a>			
<ol style="list-style-type: none"><li>1. Start Position: Hands relaxed at sides High ready (meet and greet position when the strong hand meets the support hand in front of the body. Note: Shooter can also start with the gun on top of a barrel to practice table pickups.</li><li>2. Target Setup: 3 IPSC (full or partials when ready to move on), set at 10 yards directly in front of the shooter, with 1 yard between them.</li><li>3. Prop Setup: Two barrels (or something similar, set 10 (front edge) yards from the targets spaced one yard apart.</li><li>4. Actions: Starting from a loaded position, with hands relaxed at sides one yard behind either barrel, draw and fire 2 rounds on each target while moving between the barrels (shooter will make a figure 8 sideways). As the fifth and sixth round is fired, the shooter should be moving to the rear and will perform a speed (competition) reload while continuing to move. Re-enter between the barrels forming a sideways figure 8 and shoot 2 rounds on each target again. Call each shot.</li><li>5. Repeat 4 times through barrel or through all magazines on belt.</li></ol> <p>Reinforce the process by utilizing active visualization prior to each repetition.</p>			
<b>Critical Points:</b> Floating the gun in front of the face, and watching the sights. <b>Visual Cues:</b> We must have a very hard focus on the front sight, and should always know where the gun is aligned while moving. The shots should be going off and it is critical to call the shot when the sight or dot lifts.			
<b>Challenges:</b> Just get your hits on this one!			





**Notes**