

## **A: One draw, one shot, X3, consistency**

Focus should be on purchase grip from the holster, building your support hand grip, high straight presentation under dominant eye, Trigger pressure begins when both hands join, Trigger breaks when extension is complete, not necessarily completely extended.

## **B: One draw, one shot, X1, Height over bore test.**

Focus should be on the perfect sight alignment, All three sights level and touching the line. Lean left on left angle, lean right for right angle to understand use of cover and concealment later. Red dots should touch the line.

## **C: One draw, one shot, X2, Confirmation test and confidence builder.**

This test is meant to boost morale. It confirms that with the knowledge and skills developed above, student can achieve anything. Students who get even 2 shots on target become determined to get all 10 the next time. Regardless of how well they perform it establishes goals. Each goal must be achieved with each line in order to proceed. 5-10 is OUTSTANDING!

## **D: Cadence drill. Use the metronome app on your phone.**

Focus should be on trigger control, sight reset and test relation to cadence. 5 rounds ea. May be done multiple times.

Box 1: 1 shot per second 60 beats per minute

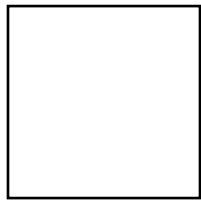
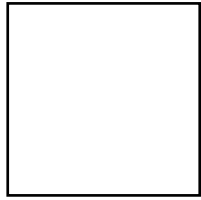
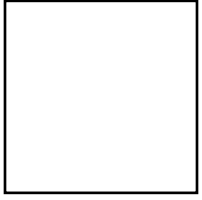
Box 2: 2 shots per second 120 beats per minute

Box 3: 3 shots per second 180 beats per minute

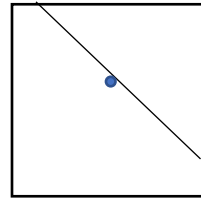
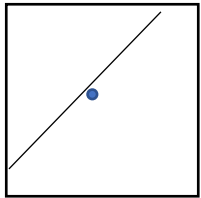
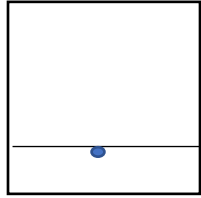
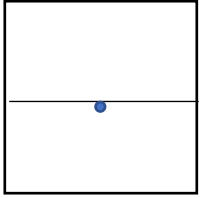
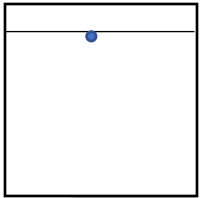
Box 4: 4 shots per second 240 beats per minute

Box 5: Is one full magazine starting slow and gradually increase speed to as fast as you can safely go and get your hits. This helps students loosen up and prove to themselves that they can go fast and control it.

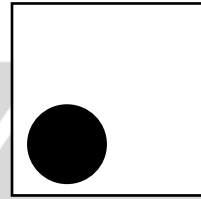
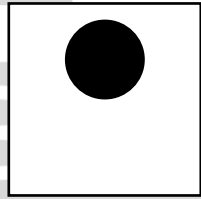
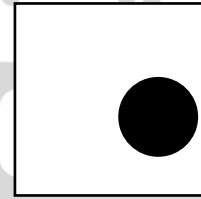
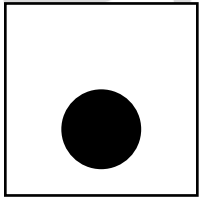
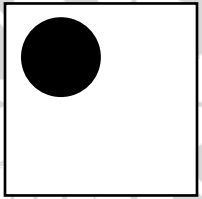
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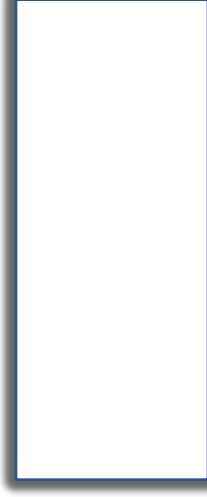
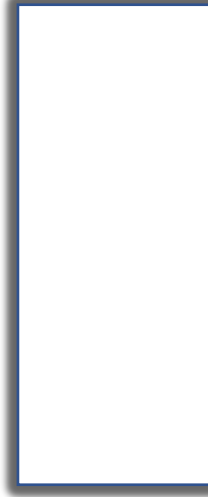
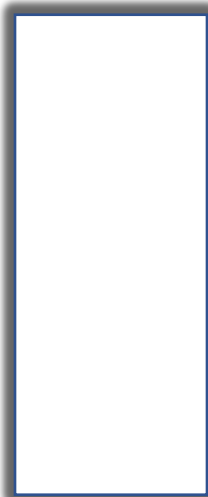
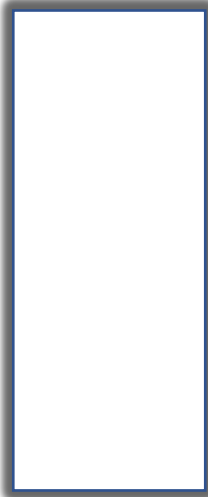
B



C



D



DYNAMIC

COGNITIVE

EFFECTIVE TRAINING FOR A DYNAMIC WORLD