U.S. MARINE CORPS PISTOL TEAM
***MODIFIED* PROGRAM WORKBOOK**

INTRODUCTION:

WE HAVE OFTEN HEARD THE SAYING, "PRACTICE MAKES PERFECT". THIS IS NOT ALWAYS TRUE. IF YOU PRACTICE SOMETHING INCORRECTLY IT WILL NEVER BE PERFECT NOR WILL YOU EVER IMPROVE. THE SAYING SHOULD BE, "PERFECT PRACTICE MAKES PERFECT".

THIS GUIDE IS DESIGNED TO ASSIST AN INDIVIDUAL IN DEVELOPING HIS/HER SKILL IN THE 3 GUN SHOOTING ARENA. IN ORDER TO INSURE THAT ALL TASKS/EXERCISES ARE EASILY UNDERSTOOD, IT IS ASSUMED THAT THE READER HAS LITTLE OR NO COMPETITIVE SHOOTING EXPERIENCE. READ AND ACCOMPLISH EACH TASK/EXERCISE AS WRITTEN. MANY OF THEM CONTAIN MENTAL TRAINING WHICH MAY NOT BE IMMEDIATELY APPARENT.

FIFTY-EIGHT PERCENT OF THE TASKS IN THIS GUIDE ARE FIRED ON EITHER BLANK OR PRACTICE (NO SCORING RINGS) CENTERS. THIS PLACES EMPHASIS ON GROUPS AND CENTERED SHOTS RATHER THAN ON SCORE. IF THE GROUP IS TIGHT AND CENTERED THE SCORE WILL TAKE CARE OF ITSELF.

EXPERIENCE HAS SHOWN THAT THE MOST RAPID DEVELOPMENT WILL BE ACHIEVED WHEN A SHOOTER BOTH PRACTICES AND SHOOTS A MATCH WITH A SPECIFIC GOAL IN MIND. IT IS ALSO UNDERSTOOD THAT NO TWO INDIVIDUALS ARE EXACTLY ALIKE SO THAT SOME WILL LEARN AND PROGRESS FASTER THAN OTHERS. FOR THESE REASONS THIS GUIDE IS DESIGNED TO BE GOAL ORIENTED AND SELF-PACED. AS EACH GOAL IS ACCOMPLISHED, THE MENTAL AND PHYSICAL SKILLS THAT ARE LEARNED OR REFINED WILL BE EMPLOYED IN LATER GOALS AND THE SHOOTER'S ABILITY WILL AUTOMATICALLY IMPROVE.

TWO-THIRDS OF 3-GUN SHOOTING IS DONE AT THE 25-YARD LINE IN EITHER TIMED OR RAPID FIRE. SHOOTING EXPERIENCE OFTEN PROVES THAT, "A PISTOL MATCH IS WON AT THE 50 YARD LINE AND LOST DURING RAPID FIRE." THEREFORE, A PRINCIPLE ASSUMPTION IN THIS GUIDE IS THAT THE 25-YARD LINE MUST BE MASTERED BEFORE TIME IS SPENT SHOOTING THE 50-YARD SLOW FIRE.

IT IS OFTEN SAID THAT A WINNER IS AN EXCEPTIONALLY GIFTED OR EXTRAORDINARY INDIVIDUAL. WHILE THERE ARE SOME PEOPLE WHO FIT THIS DEFINITION, WE HAVE BASED THIS TRAINING PROGRAM ON THE BELIEF THAT A WINNER IS AN ORDINARY INDIVIDUAL WITH EXTRAORDINARY DETERMINATION TO BE THE BEST. TO PUT THIS ANOTHER WAY, HE OR SHE HAS AN ALL-CONSUMING DESIRE TO WIN!

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CHAPTER 1 **.22 CALIBER GUIDE**

PAGE		TOTAL # OF RDS TO COMPLETION
1-3	BASIC ZERO & GROUP SHOOTING	_____
1-5	SLOW FIRE GROUP SHOOTING	_____
1-7	BASIC MARKSMANSHIP TEST	_____
1-9	MENTAL PROGRAM (BASIC)	_____
1-11	TIMED FIRE GROUP SHOOTING	_____
1-13	TIMED FIRE ONE SHOT DRILLS	_____
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1-17	TIMED FIRE MATCH SIMULATION	_____
1-19	TEST: TIMED FIRE MATCH	_____
1-21	RAPID FIRE GROUP SHOOTING	_____
1-23	RAPID FIRE ONE SHOT DRILLS	_____
1-25	RAPID FIRE GROUP SHOOTING	_____
1-27	RAPID FIRE MATCH SIMULATION	_____
1-29	TEST: RAPID FIRE MATCH	_____
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1-35	SLOW FIRE MATCH SIMULATION	_____
1-37	TEST: SLOW FIRE MATCH	_____
1-39	900 AGGREGATE MATCH SIMULATION	_____

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.22 CALIBER PISTOL: BASIC ZERO AND GROUP SHOOTING

PURPOSE: DEMONSTRATE AN UNDERSTANDING OF BASIC MARKSMANSHIP FUNDAMENTALS.

TASK DESCRIPTION: FIRE AT A BLANK TARGET, NO TIME LIMIT, TARGETS POSITIONED AT 25 YARDS. FIRE 10-RD STRING. MEASURE GROUP AND REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL MASTERED.

STANDARD:

1.	GROUP SIZE:	5 1/4 INCHES MAXIMUM DIAMETER, L-9.
2.	TIME LIMIT:	NONE
3.	TEST CONDITIONS:	ASSIGNED COACH WILL WATCH AND EVALUATE
4.	DIFFICULTY LEVEL:	TWO CONSECUTIVE 10-RD L-9 GROUPS

COACH'S NOTES/COMMENTS: GROUPS MUST BE ROUND. ELONGATED GROUP INDICATES THAT THE COMPETITOR IS LOOKING DOWN RANGE, TRYING TO PICK AN AIMING POINT.

SHOOTER'S NOTES: (WHAT DID I LEARN? WHAT DID I DO RIGHT? WHAT PROBLEMS AM I LOOKING FOR A SOLUTION TO?)

DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

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.22 CALIBER PISTOL: SLOW FIRE GROUP SHOOTING

PURPOSE: OBTAIN A 25 YD ZERO. CONTINUE TO DEMONSTRATE BASIC UNDERSTANDING OF THE MARKSMANSHIP PRINCIPLES.

TASK DESCRIPTION: FIRE AT 25 YARDS ON A SMALL TRAINING TARGET, NO TIME LIMIT. FIRE 10 SHOTS AND OBSERVE GROUP, CONTINUE TO FIRE 5 RD STRINGS UNTIL 10 HITS ARE ACCUMULATED IN THE BLACK OF THE TRAINING TARGET. REPAIR WITH ANOTHER TRAINING TARGET AND REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

1.	GROUP SIZE:	WITHIN THE TRAINING TARGET BLACK
2.	TIME LIMIT:	NONE
3.	TEST CONDITIONS:	ASSIGNED COACH WILL WATCH AND EVALUATE
4.	DIFFICULTY LEVEL:	TWO CONSECUTIVE 10 ROUND SERIES WITH ALL SHOTS IN THE BLACK.

COACH'S NOTES/COMMENTS: BLACK CENTER IS A DISTRACTION TO THE MARKSMAN. GROUPS SHOULD REMAIN ROUND. THE REQUIREMENT TO DUPLICATE OR BETTER THE SHOT GROUP TESTS THE MARKSMAN'S ABILITY TO HANDLE STRESS.

SHOOTER'S NOTES: (WHAT DID I LEARN? WHAT DID I DO RIGHT? WHAT PROBLEMS AM I LOOKING FOR A SOLUTION TO?)

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DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

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.22 CALIBER PISTOL: BASIC MARKSMANSHIP TEST

PURPOSE: TO PROVE TO THE MARKSMAN THAT HE/SHE CAN UPON DEMAND PRODUCE 10'S AT 25 YDS. TO BE A WINNER YOU MUST SHOOT 100'S AT THE 25-YARD LINE.

TASK DESCRIPTION: FIRE AT A STANDARD 25 YARD TARGET, NO TIME LIMIT. SHOOT AS MANY ROUNDS AS NECESSARY TO OBTAIN 10 SHOTS IN THE 10 RING. DO NOT REPAIR UNTIL TEN 10'S ARE PRESENT. REPAIR TARGET AND POST A NEW REPAIR CENTER. REPEAT EXERCISE UNTIL DIFFICULTY LEVEL MASTERED.

STANDARD:

1.	GROUP SIZE:	10 RING
2.	TIME LIMIT:	UNLIMITED
3.	TEST CONDITIONS:	ASSIGNED COACH WILL WATCH AND EVALUATE
4.	DIFFICULTY LEVEL:	TWO CONSECUTIVE TARGETS WITH FIRST TEN SHOTS IN THE 10 RING.

COACH'S NOTES/COMMENTS:

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SHOOTER'S NOTES: 25 YD ZERO MARKED WITH PAINT PEN ON SIGHTS
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DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

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MENTAL PROGRAM (BASIC)

PURPOSE: TO DEVELOP A SERIES OF MENTAL STEPS TO FOCUS SHOOTER'S CONCENTRATION ON CONSISTENT SHOT DELIVERY.

TASK: WRITE MENTAL CONCENTRATION STEPS.

EXAMPLE: ONCE EQUIPMENT IS ARRANGED ON BENCH, AT SHOOTING POINT:

1. VISUALIZE PERFECT PERFORMANCE OF UPCOMING STAGE.

2.	"LOAD"	LOAD/VERIFY N.P.A.
3.	"IS THE LINE READY?"	RESTATE STAGE – i.e.…RAPID FIRE
4.	"THE LINE IS READY"	START BREATHING CYCLE
5.	"READY ON THE RIGHT"	RAISE GUN, IMAGE OF PERFECT SIGHTS, CONTINUE BREATHING CYCLE
6.	"READY ON THE LEFT"	LET GUN/BODY SETTLE, IMAGE OF CENTERED SHOT GROUP.
7.	"READY ON THE FIRING LINE"	START TRIGGER PRESSURE, FOCUS ON SIGHTS, PATIENCE
8.	TARGET TURNS	LET FIRST SHOT BREAK, RECOVER AND CONTINUE STRING.

COACH'S NOTES/COMMENTS: ENSURE EACH MARINE DEVELOPS MENTAL PROGRAM. POST MENTAL PROGRAM IN SHOOTING BOX. STRESS COMMITMENT TO PROGRAM FOR EACH AND EVERY SHOT/STRING.

SHOOTER'S NOTES:

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DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

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.22 CALIBER PISTOL: TIMED FIRE GROUP SHOOTING

PURPOSE:
1. TO CONTINUE TO REENFORCE BASIC MARKSMANSHIP SKILLS WHILE EMPHASIZING TRIGGER CONTROL, SIGHT ALIGNMENT, AND RECOVERY.
2. TO REENFORCE THE SHOOTER'S CONFIDENCE IN HIS/HER ABILITY TO FIRE A TIMED FIRE GROUP THE SIZE OF THE 9-RING OR SMALLER.

TASK DESCRIPTION: FIRE AT A BLANK TARGET POSITIONED AT 25 YARDS. TIMED FIRE CADENCE. MEASURE GROUP AFTER 10-RDS. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

1.	GROUP SIZE:	5 1/2 INCHES MAXIMUM DIAMETER, L-9
2.	TIME LIMIT:	5 RDS/20 SEC
3.	TEST CONDITIONS:	ASSIGNED COACH WILL WATCH AND EVALUATE
4.	DIFFICULTY LEVEL:	TWO CONSECUTIVE 10-RD L-9 GROUPS

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES:

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DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

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.22 CALIBER PISTOL: TIMED FIRE ONE SHOT DRILLS

PURPOSE: ESTABLISH MENTAL PROGRAM AND DEVELOP A ROUTINE INVOLVING THE LINE COMMANDS. DELIVER THE FIRST SHOT OF A 5-SHOT STRING IN A TIMELY AND ACCURATE MANNER.

TASK DESCRIPTION: FIRE AT A SMALL TRAINING TARGET POSITIONED AT 25 YARDS. SHOOT ONE SHOT DRILLS. ONE SHOT AND RECOVER EACH TIME TARGET IS PRESENTED. TARGET VISIBLE FOR 3 SECONDS PER DRILL. LINE COMMAND GIVEN FOR EACH DRILL. OBSERVE GROUP AFTER 10-RDS. FIRE ADDITIONAL DRILLS UNTIL 10 HITS HAVE ACCUMULATED IN THE BLACK. REPEAT EXERCISE UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

1.	GROUP SIZE:	5 1/2 INCHES MAXIMUM DIAMETER, L-9
2.	TIME LIMIT:	3 SEC DRILLS
3.	TEST CONDITIONS:	ASSIGNED COACH WILL WATCH AND EVALUATE
4.	DIFFICULTY LEVEL:	TWO CONSECUTIVE 10-RD TARGETS WITH ALL SHOTS IN THE BLACK.

COACH'S NOTES/COMMENTS: ATTENTION SHOULD BE PAID TO THE SHOOTER'S RECOVERY AFTER EACH SHOT.

SHOOTER'S NOTES:

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DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

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.22 CALIBER PISTOL: TIMED FIRE GROUP SHOOTING

PURPOSE:
1. TO CONTINUE TO REFINE BODY ALIGNMENT, GRIP, RECOVERY, TRIGGER CONTROL, AND SIGHT ALIGNMENT.
2. TO FURTHER ENHANCE SHOOTER'S CONFIDENCE IN HIS/HER ABILITY TO FIRE L-9 GROUPS WHILE MAINTAINING A TIMED FIRE CADENCE.

TASK DESCRIPTION: FIRE AT A SMALL TRAINING TARGET POSITIONED AT 25 YARDS. TIMED FIRE CADENCE. OBSERVE GROUP AFTER 10-RDS. FIRE ADDITIONAL 5-RD STRINGS UNTIL 10 HITS HAVE ACCUMULATED IN THE BLACK. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

1.	GROUP SIZE:	5 1/2 INCHES MAXIMUM DIAMETER, L-9
2.	TIME LIMIT:	5 RDS/20 SEC
3.	TEST CONDITIONS:	ASSIGNED COACH WILL WATCH AND EVALUATE
4.	DIFFICULTY LEVEL:	TWO CONSECUTIVE 10-RD TARGETS WITH ALL SHOTS IN THE BLACK

COACH'S NOTES/COMMENTS: BLACK CENTER ON TRAINING TARGET MAY DISTRACT SOME COMPETITORS FROM TOTAL CONCENTRATION ON TRIGGER/SIGHTS.

SHOOTER'S NOTES:

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DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

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L-9

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Large Training Target

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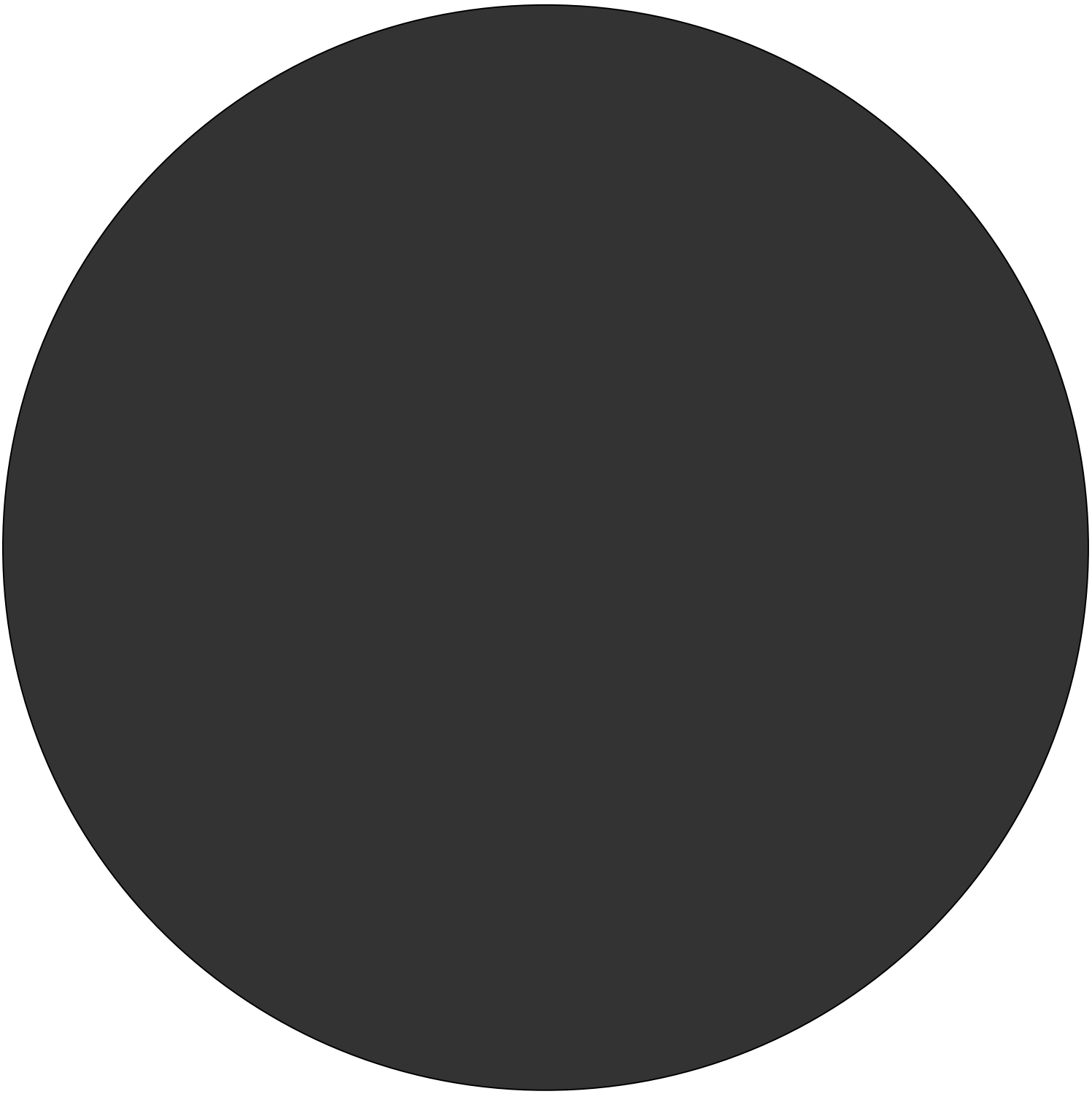
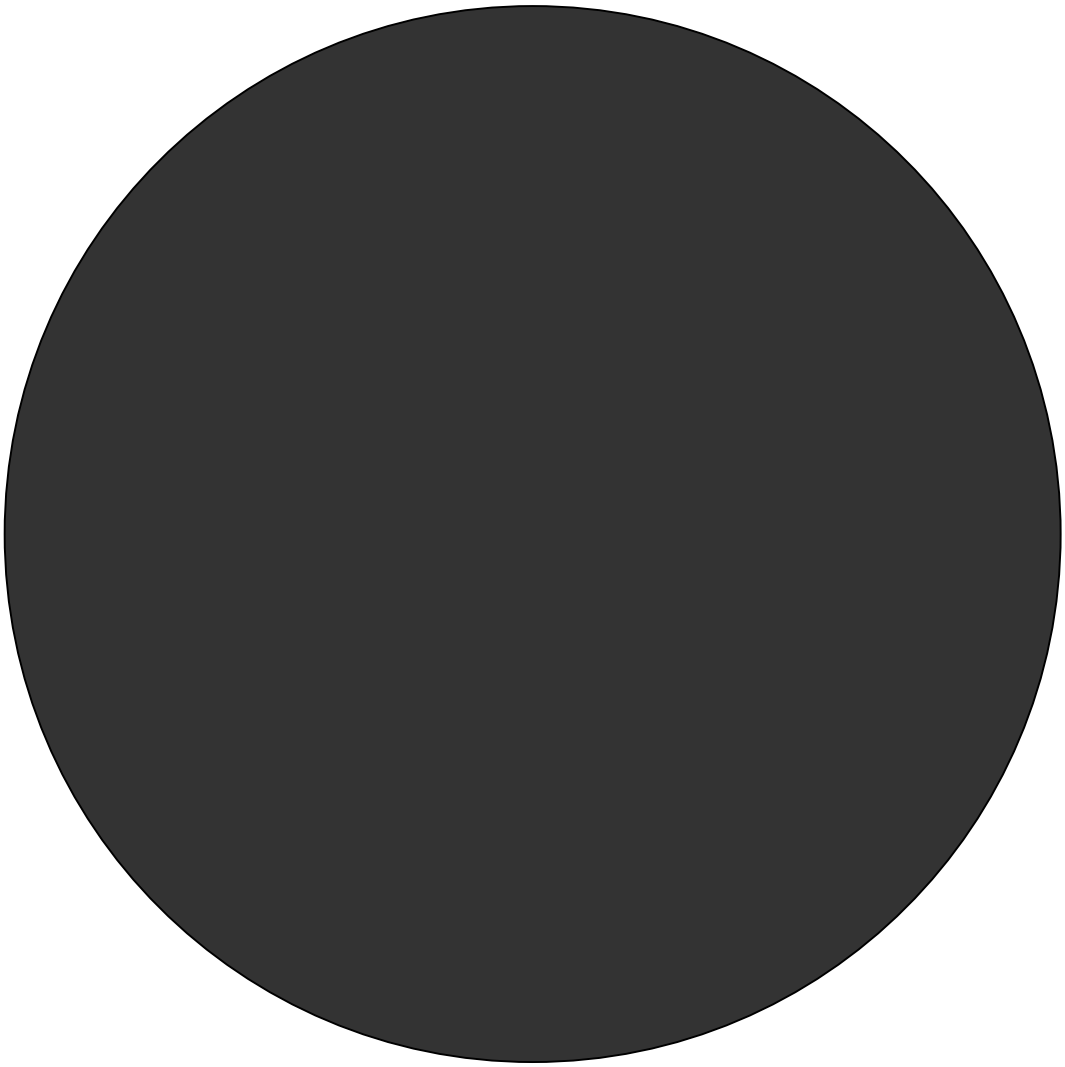


Small Training Target

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