

Dry Fire Training For The Practical Pistol Shooter

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Shoot to Win - Chris Cheng 2014-10-14

Chris Cheng won the title of "Top Shot," a \$100,000 cash prize, and a professional marksman contract with the show sponsor, Bass Pro Shops. How did a tech support guy who didn't shoot a lot of guns beat out seventeen other competitors—including seasoned military veterans, law enforcement officers, and pro marksmen—in History Channel's Top Shot season 4? An excellent guide for beginning shooters, Cheng focuses on the basics and ammunition of pistols, rifles, and shotguns, marksmanship fundamentals, and buying a firearm. Other chapters include: Dry Fire Practice Firearm Accessories Safely Storing Your Firearm Cleaning and Maintaining Your Guns And much more! Additionally, Cheng covers his approach to staying calm under pressure, teamwork, sportsmanship, and leadership. These traits contributed to his coming out on top and staying above the fray. With a foreword written by Top Shot season 3 champion Dustin Ellermann and an afterword written by the original Top Shot champion Iain Harrison, Shoot to Win is sure to please shooters of all stripes, but especially fans of History Channel's program Top Shot. Skyhorse Publishing is proud to publish a broad range of books for hunters and firearms enthusiasts. We publish books about shotguns, rifles, handguns, target shooting, gun collecting, self-defense, archery, ammunition, knives, gunsmithing, gun repair, and wilderness survival.

We publish books on deer hunting, big game hunting, small game hunting, wing shooting, turkey hunting, deer stands, duck blinds, bowhunting, wing shooting, hunting dogs, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

Navy SEAL Shooting - Chris Sajnog 2016-06-06

Learn to shoot safely and effectively at home to protect yourself or your family. With easy-to-follow, step-by-step instructions and 385 illustrations, learn to plan your training, improve your accuracy and speed, shoot while moving, and clear malfunctions. Plus every manipulation needed for any semi-automatic pistol or rifle.

Defensive Handgun Training Drills - Michael Seeklander 2012-11-01

Another excellent performance training product from www.shooting-performance.com, this book "Defensive Handgun Training Drills" contains the drills (and ONLY the drills) found in the training program in my other book "Your Defensive Handgun Training Program". These drills are designed to teach the shooter the critical skills necessary to survive a defensive handgun encounter. It is meant to be used as a range guide for those that do not want to print the drills, or by shooters

that want to use the drills to design their own program. The full training program is recommended for those wishing to really excel. If you have this book, and are interested in the full program, please visit www.shooting-performance.com to purchase it or other books and DVD's. Thanks for your interest in Shooting-Performance!

The Practical Guide to Guns and Shooting, Handgun Edition: What You Need to Know to Choose, Buy, Shoot, and Maintain a Handgun. - Tom McHale 2021-11-02

If you're thinking about buying a gun, are new to shooting, or maybe you just aren't as comfortable with the topic as you'd like, we can help you get up to speed quickly and easily. Like any new endeavor, learning the ropes of selecting and buying guns, ammunition, and accessories can be intimidating. We'll walk you through everything you need to know to shoot correctly and safely.

Practical Pistol - Ben Stoeger 2013-02-04

This is a straightforward, no-nonsense instructional book on pistolshooting; specifically competition practical pistol-shooting. Its take-no prisoners style holds nothing back, and eliminates any guess-work related to which techniques work and which ones are outdated. The best way to shoot is using the Isosceles Stance, fact or myth? What about the press-out technique? According to Professor Roger H. Lincoln, there are two rules for success in life: 1. Never tell everything you know. 2. Never tell everything all at once. In this book, Ben Stoeger laughs in the face of this great entrepreneur. Top shooters share a common knowledge which they have collected over the years from a plethora of sources; a knowledge that, in its whole, is far from common to the average shooter in that it is scattered. In this book, the top shooters such as Bob Vogel, Dave Sevigny, and Matt Mink collaborate with the author, Ben Stoeger, to compile the so-called "Grand Master secrets" into one location. The knowledge spans from marksmanship fundamentals to shooting on the move, and competition skills such as stage breakdown and managing match pressure. Finally, this book contains many little tips, drills, and exercises to help you improve your shooting.

Skills and Drills - Ben Stoeger 2013-12-09

This book contains the live fire training methods of Ben Stoeger. Drawing on his experience at the top levels of competition and his experience teaching others, he has refined his methodology for years. This book is the culmination of those ideas and experiences. This is the most detailed and involved live-fire training manual ever produced for the USPSA/ISPC competitor. This book contains: -A detailed set of drills and concepts to help you take your shooting to the next level -Practice tips to help you get the most out of every single session -A section designed to explain how you are doing it wrong and how to do it better -A series of benchmarks to get you to the top level of shooting -Advice on how to document your progress -Insight on what it takes to train and compete on the super squad -and much more!

The Summer My Father Died - dit Kiss 2012-09-03

dit Kiss grew up a communist in Budapest, soaking up her father's ideology unquestioningly. As a child she is puzzled when others refer to her as Jewish; she only knows that her family doesn't believe in God. How can they? As her father lies dying, dit tries to understand the enigma surrounding his life. Where does his unshakeable communist conviction come from? Why doesn't he have relatives? As she digs deeper into his tragic history, dit is forced to confront the contradictions and lies woven into the life of her family - and her country - through the dramatic twists of twentieth century Hungary. 'Lyrical and poetic The Summer My Father Died is a powerful memoir. In this remarkable memoir, dit Kiss uncovers the paternal history that shaped her own, even while she was unaware of it ... the journey is riveting.' Lisa Appignanesi 'It shook me profoundly ... not only the richness of the relationship between father and daughter, but the internal development of the narrator also had a deep impact on me.' István Szabó, director of Mephisto and Being Julia.

Dry-Fire Training - Ben Stoeger 2014-03-11

"Dry-Fire Training - For the Practical Pistol Shooter" is an at home training manual designed to complement the live-fire manual "Skills and Drills." This manual gives you a comprehensive set of drills to take your skills to the next level. The drills and associated goal times are tailored for people looking to be pushed to get better. This book has extensive

drill commentary, where specific information on the focal points and goals of each individual drill are explained in detail. There is enough information here so you have the ability to act as your own coach. This book is self-contained, but it works best if you are using it in conjunction with "Skills and Drills" or have already taken a class with Ben. This book contains:-A brand new set of "Learning Drills" designed to get your gun handling up to speed-A set of field course focused drills-Extensive drill commentary-Tips on danger areas to watch out for-and much more!

The Modern Day Gunslinger - Don Mann 2010-08-01

"Serves the needs of the gun owner; the experienced shooter; those who own a weapon strictly for home-and self-defense; the military member who wants to become a better shooter in defense of our country; the law enforcement officer who risks his or her life going against the thugs of our society; and anyone interested in learning the defensive and tactical training techniques from some of the best and most experienced shooters in the world." -- Cover, p. [4]

The Dry Fire Primer - Annette Evans 2018-01-16

Dry fire - practicing without live ammunition - is an essential tool for every gun owner who wants to learn how to handle their firearms more proficiently. It saves time and money while remaining an effective training method whether you are interested in guns for a hobby, for self-defense, or for competition. While there are many books that describe specific dry fire regimens, they don't always give you the information you need to use them best. That's where The Dry Fire Primer comes in. It bridges the gap between "I've heard of dry fire" and "I'm going to be a dry fire maniac and use it to its greatest potential." Whether you're brand-new to dry fire or just feel like you could be getting a bit more out of it, this book is for you.

Pistol and revolver firing - Siegfried Fock 2020-01-09

Pistol and revolver firing Who is this book for? If you are a new sporting big bore shooter or you want to continuously improve your shooting performance, you will find the right approach in this book. The book can also be used to train beginner shooters, guest shooters or for recapitulation the techniques after a training break. In detail it

concerns... -The standing position -Gripping the pistol -Firing the revolver -Aiming with the open sight -The trigger finger and prep the trigger -Breath control and aiming -Firing a shot -Bullet placement analysis To fire a handgun it requires a few things that need to be observed. It begins at first with a safe and competent handling of the weapon. This is followed by the shooting technique and the optimization of the shooting results. To understand the crucial things for shooting and training they're presented in a structured and easy way. The steps for precise shooting are complementary and can be successively followed, combined and trained. Thus a continuous shooting result is ensured. It's presented in a compact and practical way and can be used for self-studying or to support the training. In addition, there is a short overview for a quick repetition, to cut out and take along. In a big bore discipline, with a maximum of 400 points, 280 up to 320 points can be reached easily. With regular training the result can be increased further. 44 pages, 37 illustrations, format 22 cm x 15.5 cm

Dryfire Reloaded - Ben Stoeger 2017-01-31

"Dry-Fire Reloaded" is an at home training manual for Practical Shooting competitors. This manual gives you a comprehensive set of drills to take your skills to the next level. This book has extensive drill commentary, where specific information on the focal points and goals of each individual drill are explained in detail. There is enough information here so you have the ability to act as your own coach. There are log sheets included in the book so you can track your progress. This book is self-contained, but it works best if you are using it in conjunction with "Skills and Drills" or have already taken a class with Ben. This book contains: -A brand new set of "Elements" designed to get your gun handling up to speed -Log Sheets to track your progress -Extensive drill commentary - Tips on danger areas to watch out for -and much more!

30-10 Pistol Training - Chris Graham 2014-10-28

These are secrets that go beyond what's taught in weekend firearms courses, aren't taught in self-defense courses, and are beyond the time and budget limitations of most police departments. The best part is, you don't even need to fire live rounds to accomplish this! We can PERFECT

each of the micro-skills you need dry...in the COMFORT and PRIVACY of your own home and only later, head to the range to confirm what you already know how to do... All you need... is the ability to safely handle and legally possess a pistol to start... and then just pour on the 15 minute per day, 30 day training sequence I lay out here with YOUR PISTOL, holster, magazines, some cheap dummy training rounds and a properly setup (using commonly available household items) environment to practice! We start at square one and rebuild your skills from the ground up. You will MASTER a few basic micro-skills each day. Before you know it, you will be combining them to outperform veteran shooters. And After 30 days of short, enjoyable training sessions YOU WILL BE in the top 10 % of ALL SHOOTERS IN THE WORLD! In the 30-10 Pistol Training System, you'll discover the high-leverage secrets that most other trainers even refuse to admit are as important as they really are! But most importantly we chunk it down to manageable bites-we even train some key skills in reverse sequence for a very important reason that few instructors understand.

The New Rules of Marksmanship - Chris Sajnog 2017-12-11

A science-based approach to learning how to shoot developed and tested by retired Navy SEAL Sniper Instructor, Chris Sajnog.

Shooting to Live with the One-Hand Gun - CAPT WILLIAM. A SYKES E FAIRBAIRN (CAPT ERIC.) 2018-08-14

Shooting to Live describes methods developed and practiced during an eventful quarter of a century and adopted by numerous police organization in the Far East and elsewhere. It covers everything from the purpose of the pistol, to selection, training, advance methods and more! This book was the first time that fighting with firearms was clearly and explicitly disassociated from classical target/range shooting. The proven techniques displayed have spawned most modern pistol techniques because of their simplicity and effectiveness. It is written as instruction to police forces in the methods of shooting (reflexive/instinctive) and training (realistic/challenging) that the author developed over two decades active service in Shanghai.

Shoot to Win - Chris Cheng 2018-05-01

A surprising journey from tech support to professional marksman in front of the cameras. Chris Cheng won the title of "Top Shot," a \$100,000 cash prize, and a professional marksman contract with the show sponsor, Bass Pro Shops. How did a tech support guy who didn't shoot a lot of guns beat out seventeen other competitors—including seasoned military veterans, law enforcement officers, and pro marksmen—in History Channel's Top Shot season 4? An excellent guide for beginning shooters, Cheng focuses on the basics and ammunition of pistols, rifles, and shotguns, marksmanship fundamentals, and buying a firearm. Other chapters include: Dry Fire Practice Firearm Accessories Safely Storing Your Firearm Cleaning and Maintaining Your Guns And much more! Additionally, Cheng covers his approach to staying calm under pressure, teamwork, sportsmanship, and leadership. These traits contributed to his coming out on top and staying above the fray. With a foreword written by Top Shot season 3 champion Dustin Ellermann and an afterword written by the original Top Shot champion Iain Harrison, Shoot to Win is sure to please shooters of all stripes, but especially fans of History Channel's program Top Shot. Skyhorse Publishing is proud to publish a broad range of books for hunters and firearms enthusiasts. We publish books about shotguns, rifles, handguns, target shooting, gun collecting, self-defense, archery, ammunition, knives, gunsmithing, gun repair, and wilderness survival. We publish books on deer hunting, big game hunting, small game hunting, wing shooting, turkey hunting, deer stands, duck blinds, bowhunting, wing shooting, hunting dogs, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

The Complete Book Of Combat Handgunning - Chuck Taylor 1996-12-01

All aspects of combat handguns and their use are covered in this complete manual. Hundreds of photos show the proper use of handguns, preparing the handgun for combat, caring for handguns and handgun stopping power. An important firearms book for combat handgun

owners.

Breakthrough Marksmanship: The Tools of Practical Shooting - Ben Stoeger 2019-03-26

I have been teaching Practical Shooting for more than a decade. Watching thousands of students fire millions of rounds over the years has taught me quite a lot about shooting. It also taught me how individuals process and obtain an understanding of shooting. I have seen students repeatedly shoot the same patterns over and over again, and I've realized the same drills highlighted the same mistakes. Over time, it has become easy for me to spot these patterns. The difficulty was making the student see and understand what I saw. However, when the student would experience an understanding, they had a breakthrough in their shooting. Over time, I modified drills and created new ones, to highlight the patterns I was seeing so that students would understand what they were doing wrong and comprehend how to fix it. This book is the product of that refinement. It contains a simple set of ideas, techniques, and drills; distilled down to an uncomplicated form. By developing your understanding of the concepts contained in this book, you can achieve your own breakthrough.

Training Shooting Sports - Katrin Barth 2010-10

Training correctly and successfully - but how? You have already learned the basics of shooting sports and now you want to continue to improve? You want to shoot more accurately and with better focus, and you want to be more successful and well prepared when competing at a strenuous competition? Then this book is the perfect training companion for you!

The Brain That Changes Itself - Norman Doidge 2007-03-15

"Fascinating. Doidge's book is a remarkable and hopeful portrait of the endless adaptability of the human brain."—Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat* What is neuroplasticity? Is it possible to change your brain? Norman Doidge's inspiring guide to the new brain science explains all of this and more An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D.,

traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they've transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

Handgun Combatives - 2nd Edition - Dave Spaulding 2010-09-01
Extremely popular and hailed by trainers and officers nationwide as one of the most realistic all-encompassing firearms guides ever published. Handgun Combative overflows with the street-proven wisdom and priceless advice of prominent gun expert Dave Spaulding. Includes insight into weapon, ammo & holster selection, grip tips for better weapon retention, increasing accuracy, skillful firearms use in challenging settings, preparing for quick response and peak performance, and training for weak hand shooting. No officer should be without this book...period.

The Work of the Dead - Thomas W. Laqueur 2015-10-13

The meaning of our concern for mortal remains—from antiquity through the twentieth century The Greek philosopher Diogenes said that when he died his body should be tossed over the city walls for beasts to scavenge. Why should he or anyone else care what became of his corpse? In *The Work of the Dead*, acclaimed cultural historian Thomas Laqueur examines why humanity has universally rejected Diogenes's argument. No culture has been indifferent to mortal remains. Even in our supposedly disenchanted scientific age, the dead body still matters—for individuals, communities, and nations. A remarkably ambitious history, *The Work of the Dead* offers a compelling and richly detailed account of

how and why the living have cared for the dead, from antiquity to the twentieth century. The book draws on a vast range of sources—from mortuary archaeology, medical tracts, letters, songs, poems, and novels to painting and landscapes in order to recover the work that the dead do for the living: making human communities that connect the past and the future. Laqueur shows how the churchyard became the dominant resting place of the dead during the Middle Ages and why the cemetery largely supplanted it during the modern period. He traces how and why since the nineteenth century we have come to gather the names of the dead on great lists and memorials and why being buried without a name has become so disturbing. And finally, he tells how modern cremation, begun as a fantasy of stripping death of its history, ultimately failed—and how even the ashes of the victims of the Holocaust have been preserved in culture. A fascinating chronicle of how we shape the dead and are in turn shaped by them, this is a landmark work of cultural history.

Jelly Bryce - Mike Conti 2014-01-01

Practical Shooting, Beyond Fundamentals - Brian Enos 2012-03-21

Brian Enos's Practical Shooting, Beyond Fundamentals - often considered the competitive shooters bible - includes in-depth coverage of the technical and mental aspects of training and competition, and will offer new insights as you continue to improve. "There is only one person in the world who I would allow to talk to my students, and that is Brian Enos." Rob Leatham, 15+ time National & World IPSC Champion. This isn't just another "how to fire a gun" book. This one talks about shooting.... The keys to consistent, high-speed shooting are within you right now. This book will show you ways to bring them out. Through Brian's advice, you'll learn how to recognize and break down the barriers that are limiting your performance—you may begin to look at shooting in an entirely different way. You'll learn to pressure-proof your match performance, how different types of shooting require different focal points, and you'll see how to develop an attitude that will let you reach beyond what you thought was your potential. You'll find a comprehensive set of exercises that will develop and sharpen your skills. You'll see how it's possible to

drive the gun to wherever your eye can look. You'll discover that everything you need to know about your technique is told by the gun, if you know how to listen to it. And all the challenges and advanced techniques of practical shooting are covered too: prone, barricade, single-hand shooting, multiple targets, reloading, shooting on the move, and much more. You'll also get inside tips on IPSC strategies, steel shooting, shootoff tactics, Bianchi, and more. Chapters include: - Awareness & Focus - Tools of Shooting - Creative Shooting - Specific Challenges - Competition - Development - Shooting Tools - Revolver Shooting - Group Shooting

T.a.p.s. - Patrick McNamara 2008-12

Recognize the void in your tactical training Train like you fight Maintain safety at all times Choose targets that force accountability Develop a series of standards Patrick McNamara spent twenty-two years in the United States Army in a myriad of special operations units. When he worked in the premier special missions unit, he became an impeccable marksman, shooting with accurate, lethal results and tactical effectiveness. McNamara has trained tactical applications of shooting to people of all levels of marksmanship, from varsity level soldiers, U.S. Secret Service agents and police officers who work the streets to civilians with little to no time behind the trigger. His military experience quickly taught him that there is more to tactical marksmanship than merely squeezing the trigger. Utilizing his years of experience, McNamara developed a training methodology that is safe, effective and combat relevant and encourages a continuous thought process. This methodology teaches how to maintain safety at all times and choose targets that force accountability, as well as provides courses covering several categories, including individual, collective, on line and standards. TAPS: Tactical Application of Practical Shooting: Recognize the void in your tactical training will increase the confidence and efficiency in your shooting by providing training tips and courses of fire to help you significantly improve your marksmanship. Utilize his tips and techniques and reap the benefits as you shoot.

Practical Pistol Reloaded - Ben Stoeger 2016-06-04

This book answers the "how to" questions about shooting technique. How do you hold the gun? How do you shoot fast? These questions and many more are answered inside. This material is geared for the USPSA, IPSC, or IDPA action shooting competitor. This is the revision to Ben Stoeger's book "Practical Pistol". This new edition is revised to reflect technique changes that have taken place over the last few years. The sport of Practical Shooting is changing quickly and becoming more competitive every day. This updated version of "Practical Pistol" is a must have for any serious USPSA or IDPA shooter.

The Modern Day Gunslinger - Don Mann 2010-08-01

"Should be read by everyone who owns or is considering owning a firearm . . . the best and most concise compendium on weapons defensive tactics I've seen." —Robert Gormly, Commanding Officer (Ret.), SEAL Team Two and SEAL Team Six This all-encompassing manual addresses safety, equipment, tactics, and the best practices for all gun owners. A result of twelve years of research, *The Modern Day Gunslinger* was written to meet the needs of the experienced shooter, those who own a weapon strictly for home and self-defense, and the military member who wants to become a better shooter in defense of our country. It's also for the law enforcement officer who risks his or her life on the job, and for anyone interested in learning defensive and tactical training techniques from some of the best and most experienced shooters in the world. This comprehensive training manual includes chapters on: Weapons and Range Safety * Dry Fire * Use of Force * Living in a Battlefield * Combat Mindset * Shooting Competence * Handguns * Defensive Handgun Ammunition * Marksmanship * Stance * Basic Kneeling Positions * Ready Positions * The Draw Strokes * Grip and Trigger Control * Visual Techniques and Sight Alignment * Multiple Shots * Follow-Through and Scan * Loading, Reloading, and Unloading * Malfunctions * Low- and No-Light Shooting * Concealed Carry and Holsters * Learning Styles * Training Fundamentals * Shooting Drills Common criminals, terrorists, assailants—the enemy and threat—all will find themselves outgunned in the face of a properly armed and trained gunslinger. Members of the armed services and government and law

enforcement agencies, as well as civilians, will find that the close-range shooting methods addressed in this book can provide a decisive advantage. "This book will save lives." —Dick Conger, USG Senior Weapons and Tactics Instructor

AR-15 Handbook - Erik Lawrence 2015-02-19

The most popular handy to use guide to the particulars of the AR-15 type rifle system. This handbook covers common info, malfunctions, care and maintenance, and training tips for those who use this rifle for fun or protections. Written by two Special Forces instructors with decades of experience with this weapon system. A must have for every range bag!

Get in Trouble - Kelly Link 2015-02-03

FINALIST FOR THE PULITZER PRIZE • NATIONAL BESTSELLER • A bewitching story collection from a writer hailed as "the most darkly playful voice in American fiction" (Michael Chabon) and "a national treasure" (Neil Gaiman). NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BookPage • BuzzFeed • Chicago Tribune • Kirkus Reviews • NPR • San Francisco Chronicle • Slate • Time • Toronto Star • The Washington Post She has been hailed by Michael Chabon as "the most darkly playful voice in American fiction" and by Neil Gaiman as "a national treasure." Now Kelly Link's eagerly awaited new collection—her first for adult readers in a decade—proves indelibly that this bewitchingly original writer is among the finest we have. Link has won an ardent following for her ability, with each new short story, to take readers deeply into an unforgettable, brilliantly constructed fictional universe. The nine exquisite examples in this collection show her in full command of her formidable powers. In "The Summer People," a young girl in rural North Carolina serves as uneasy caretaker to the mysterious, never-quite-glimpsed visitors who inhabit the cottage behind her house. In "I Can See Right Through You," a middle-aged movie star makes a disturbing trip to the Florida swamp where his former on- and off-screen love interest is shooting a ghost-hunting reality show. In "The New Boyfriend," a suburban slumber party takes an unusual turn, and a teenage friendship is tested, when the spoiled birthday girl opens her big present: a life-size animated doll. Hurricanes, astronauts, evil twins,

bootleggers, Ouija boards, iguanas, The Wizard of Oz, superheroes, the Pyramids . . . These are just some of the talismans of an imagination as capacious and as full of wonder as that of any writer today. But as fantastical as these stories can be, they are always grounded by sly humor and an innate generosity of feeling for the frailty—and the hidden strengths—of human beings. In *Get in Trouble*, this one-of-a-kind talent expands the boundaries of what short fiction can do. Praise for *Get in Trouble* “Ridiculously brilliant . . . These stories make you laugh while staring into the void.”—The Boston Globe “When it comes to literary magic, Link is the real deal: clever, surprising, affecting, fluid and funny.”—San Francisco Chronicle

The Perfect Pistol Shot - Albert H. League III 2011-11-01

"You will either master the pistol or the pistol will master you." To fire perfect shots, you must train for perfect shots. But whether you want to shoot squirrels, punch holes in paper targets, or defend your home, there is only one path to achieving consistent accuracy with a handgun: mastering the fundamentals of marksmanship. Written by a former U.S. Marine Corps firearms instructor who has taught more than a thousand law enforcement, military, and security personnel, *The Perfect Pistol Shot* uses succinct lessons, uncommon exercises, and real-world stories to provide a fresh look at a vital topic for all gunmen. It includes: The single most important "trick" to perfecting handgun marksmanship A simple concept for learning how to shoot a gun twice as fast A series of unique "Prove It" exercises that allow you to test the concepts offered without the pressure of actual shooting An entertaining chapter on guns, gun magazines, and gun gurus that will help you make wiser choices about your training Knowing how to engage targets is valuable for the defensive shooter, but if "engaging" doesn't translate into "hitting," what's the point? You must have a solid foundation on which to build tactical skills. Your reward will be conversion from just another hapless shooter into an independent marksman.

NRA Guide Basics of Pistol Shooting - 2014

Tactical Pistol Marksmanship - Gabriel Suarez 2001-11-01

Best-selling author Gabe Suarez provides a graduate-level course in shooting with lightning speed and dead on target during the intensity of an actual gun battle. In *Tactical Pistol Marksmanship*, Suarez revisits some of the topics in the classic book *The Tactical Pistol* and presents even more gun-handling techniques, different twists on basic skills and unique tricks to help fine-tune how you aim and fire a gun under stress. Just some of the topics he covers are the primary requirements for the ideal service pistol according to combat vets; the rule of thumb for choosing a serious combat caliber; the 4 most important fundamentals of combat marksmanship; secrets to shooting in extremely low light situations when even tritium sights are of no use; the solutions to emergency failure-to-stop situations; and practical drills you can perform safely at home.

Skills and Drills Reloaded - Ben Stoeger 2018-02-16

This book contains the live fire training exercises used by IPSC World Champion and USPSA National Champion Ben Stoeger. The drills are put together with material to help you craft your own training routine and take your shooting to the next level. If you compete in Practical Shooting and you want to get better then this book contains the keys to the castle. This is the updated version of the popular "Skills and Drills". Get this book and reload your training!

Match Mentality - Joel Park 2020-02-25

This book isn't about shooting as much as it is about the preparation, complicated feelings, emotions, and physiological changes that will occur when you are in a competition. Your technical training and talent can take you very far in the shooting sports, and it will allow you the opportunity to win matches that matter to you. Your mental fortitude, visualization, and competition mindset are factors that will enable you to carry through and actually win. The simple fact is that practical shooting matches test more than your technical shooting ability. They assess the professionalism of your preparation. At face value, matches test your ability to develop a stage plan, memorize it, and execute it. On a deeper level, matches test your ability to deal with pressure and control yourself. Honing these skills, these "mental game" sorts of things, are

what this book is all about.

Handguns for Self-defence - Gerry Gore 1979

Real World Gunfight Training - Michael Ochsner 2021-11

Champion Shooting: Guaranteed Results in 15 Minutes a Day - Ben Stoeger 2012-12-31

This is Volume 2 in the Champion Shooting book series. The first volume Champion Shooting, a Proven Process For Success at Any Level, sets you on the path to improvement with the greatest impact for the effort you put in. It provides the foundation for a practice regimen and discusses all facets of training. One of the key aspects of practice discussed in the first volume is the notion of dry-fire. So we took this concept and elaborated on it with a focus on how to fit this method of practice into your overall regimen. Whether it's USPSA, IPSC, IDPA or Steel Challenge practical shooters always seem to be talking about dry-fire. It seems to be generally accepted that dry-fire is an important means of improving your shooting technique. There are many schools of thought pertaining to the use of dry-fire techniques as a means of improvement. Just about everyone thinks it is important, but most people do not seem to implement it into their regular training regimen. Many people use dry-fire extensively for a short time and then stop doing it. We are not quite sure why people stop training through dry-fire although there are many thoughts around this - it can be boring, mundane, not realistic, etc. This book will help you gain an understanding of the following myths concerning its use as a training technique: * You have heard that it's boring? This book will disprove that. * You will not learn anything by using it as a practice method, and you won't get any faster even if you do? The drills within this book will disprove that. * You do not know what to practice? This is a book filled with practice concepts.

Practical Shooting Training Journal - T. N. T. Books 2018-10-23

Dry Fire (and live fire) practical shooting training is known to dramatically improve performance. By committing to regular practice you can reach any level you choose, be it Master Grade or even Grand Master. This training journal runs over 150 pages (A5 size) that is easy to carry and take to the range with you. Each section starts with an area for you to write out the drill name, stage start, stage scoring and stage sketch. The following page provides ample space to fill out your results - Date, Division, Dry fire/Live Fire and Time and/or Par. A Famous management thinker, Peter Drucker said, "If you can't measure it, you can't improve it." You can't know whether you are successful or not unless success is defined and tracked. Without clear objectives, you're stuck in a constant state of guessing. This Journal will help you measure your current level of skill and then improve it.

The Cornered Cat - Kathy Jackson 2010

"If you have to fight...fight like a cornered cat." --Cover.

Your Competition Handgun Training Program - Michael Ross Seeklander 2010-11

Another excellent performance training product from Shooting-Performance (www.shooting-performance.com), this book will give you a complete and functional training program designed to introduce and dramatically increase skills needed to perform your best in practical handgun competitions. No matter where you are in your skill level, this book will take you higher. Dozens of competitive shooters have used this program to win their class, division, or regional titles! It is a comprehensive program that contains: * Planning/Goal Setting Concepts* A Full Mental Training Routine* Physical Fitness Guidelines* Firearm Training Drills (including a full week by week training program)* A Vision training section * And more! Don't forget to order the two-volume set of DVD's that compliment this book! (Competition Handgun Training Program Skills and Drills volumes 1 and 2 on Amazon)