U.S. MARINE CORPS PISTOL TEAM

MODIFIED PROGRAM WORKBOOK

*NOTE: THIS WORKBOOK IS BASED ON THE ORIGINAL U.S. MARINE CORPS PISTOL TEAM WORKBOOK. THIS COPY WAS RETYPED FROM A HARD COPY. SOME MODIFICATIONS (INTENDED OR OTHERWISE) HAVE BEEN MADE TO THIS VERSION OF THE WORKBOOK. THE READER SHOULD THEREFORE BE AWARE THAT THIS VERSION OF THE WORKBOOK DOES NOT COMPLETELY MATCH THE ORIGINAL.

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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!

GLOSSARY OF TERMS

AIMING BLACK THAT PORTION OF THE TARGET COLORED BLACK.

BLANK TARGET A TARGET THAT PRESENTS A PLAIN WHITE FACE TO

THE MARKSMAN. NO BULLSEYE OR OTHER

DISTRACTION IS PRESENTED. USED WITHIN THE CONTEXT OF THIS PROGRAM TO EMPHASIZE SIGHT

ALIGNMENT AND TRIGGER CONTROL.

NOTE: MARKSMAN USING THE STANDARD 6 0'CLOCK

SIGHT PICTURE WILL NORMALLY GROUP HIGH.

GROUP WILL REMAIN ROUND WHEN TOTAL CONCENTRATION IS ON SIGHT ALIGNMENT.

CENTER FIRE PISTOL A WEAPON DEFINED BY THE NRA AS .32 CALIBER

OR LARGER.

DRY FIRE MENTAL AND PHYSICAL SHOOTING PRACTICE THAT

DOES NOT REQUIRE AMMUNITION OR TARGET.
ACCOMPLISHED WITH A SPECIFIC GOAL (# OF
PERFECT SHOTS). ALL MENTAL AND PHYSICAL
STEPS OF LIVE FIRE FOLLOWED. FOCUS OF

ATTENTION ON SIGHT ALIGNMENT AT THE INSTANT

HAMMER FALLS.

GROUP SHOOTING THE SECOND TYPE OF BULLSEYE TRAINING. THE

FIRING OF A SERIES OF SHOTS WITHOUT

OBSERVING THE LOCATION OF EACH HIT. SIGHT

SETTINGS ARE NOT CHANGED WITHIN A SHOT

SERIES OR SHOT STRING. USED IN THE CONTEXT OF THIS PROGRAM TO DEVELOP THE CONFIDENCE TO

ACCEPT AN AIMING AREA.

L-8 A CIRCULAR AREA THE SIZE OF THE 8-RING.

L-9 A CIRCULAR AREA THE SIZE OF THE 9-RING.

MATCH SIMULATION THE THIRD TYPE OF BULLSEYE TRAINING. FIRING

A SHOT OR SERIES OF SHOTS UNDER THE SAME CONDITIONS EXPERIENCED DURING A MATCH.

NORMALLY EACH SLOW FIRE SHOT OR SHOT STRING IS OBSERVED AND SIGHT CORRECTIONS MADE WHEN

REQUIRED.

NEW SHOOTER A FIRST YEAR MARKSMAN. NOT BEEN A MEMBER OF

THE MARINE CORPS TEAM. NOT CLASSIFIED 2600.

OLD SHOOTER ANY MARKSMAN NOT MEETING THE DEFINITION OF A NEW SHOOTER, OR AS DIRECTED BY THE TEAM

CAPTAIN.

ONE SHOT DRILLS A SINGLE SHOT FIRED WITHIN A SPECIFIED TIME

LIMIT. SIMILAR TO THE BOBBING TARGET, OR QUICK REACTION DRILLS OF THE QUALIFICATION COURSE. THE LINE COMMANDS WILL BE GIVEN FOR EACH SHOT USED IN THE SCOPE OF THIS PROGRAM TO DEVELOP THE INDIVIDUAL MARKSMAN'S MENTAL PROGRAM AND FIRST SHOT DELIVERY FOR TIMED

AND RAPID FIRE STRINGS.

RAPID FIRE TWO 5 ROUND STRINGS FIRED WITHIN 10 SECONDS

PER STRING.

RECOVERY THE MENTAL AND PHYSICAL STEPS TAKEN DURING

RECOIL TO RETURN THE WEAPON TO THE AIMING

AREA AND REALIGN THE SIGHTS.

SIGHT ALIGNMENT THE PHYSICAL RELATIONSHIP OF THE FRONT AND

REAR SIGHTS IN RELATIONSHIP WITH THE EYE.

SLOW FIRE 10 ROUNDS/10 MINUTES. SHOTS MAY BE

DELIVERED SINGLE OR IN STRINGS AT THE

DISCRETION OF THE MARKSMAN.

TIMED FIRE TWO 5 ROUND STRINGS FIRED WITHIN 20 SECONDS

PER STRING.

TRAINING TARGET SMALL - A PLAIN BLACK CIRCLE THE SAME SIZE

AS THE STANDARD 9-RING.

LARGE - A PLAIN BLACK CIRCLE THE SAME SIZE

AS THE STANDARD 8-RING.

TRIGGER CONTROL MANIPULATION OF THE TRIGGER IN SUCH A MANNER

AS TO ASSIST IN OBTAINING AND REFINING SHOT

ALIGNMENT.

1 CHAPTER ONE

THE .22 CALIBER PISTOL

U.S. MARINE CORPS
PISTOL TEAM
MODIFIED PROGRAM WORKBOOK

CHAPTER 1 .22 CALIBER GUIDE

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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.

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: TOTAL # OF RDS FIRED:	
·	

.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 N	TOI	ES:	(WE	I TAI	DID	I	LEARN?	WHAT	DID	Ι	DO	RIGHT?	TAHW
PROBLEMS AM	I	LOC	KING	FOF	2 A	S	NOITULC	TO?)					
										,			

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF DOS FIDED.	

.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:

GROUP SIZE:
 TIME LIMIT:
 UNLIMITED

2. TIME LIMIT:

3. TEST CONDITIONS:
ASSIGNED COACH WILL WATCH AND EVALUATE
TWO CONSECUTIVE TARGETS WITH FIRST TEN

SHOTS IN THE 10 RING.

COACH'S NOTES/COM	MENTS:
SHOOTER'S NOTES:	25 YD ZERO MARKED WITH PAINT PEN ON SIGHTS EL WIND

TOTAL # OF RDS FIRED:	
DATE ACCOMPLISHED:	COACH'S INITIALS:

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:

POINT:				
1.	VISUALIZE PERFECT PERFORMANC	CE OF UPCOMING STAGE.		
2.	"LOAD"	LOAD/VERIFY N.P.A.		
3.	"IS THE LINE READY?"	RESTATE STAGE - i.eRAPID 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:				

TOTAL # OF RDS FIRED:	
DATE ACCOMPLISHED:	COACH'S INITIALS:

.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:		

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF DDS FIDED:	

.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:

DIA	NDAKD.	
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:				

TOTAL # OF RDS FIRED:	
DATE ACCOMPLISHED:	COACH'S INITIALS:

.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:

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF PDS FIRED:	

.22 CALIBER PISTOL: TIMED FIRE MATCH SIMULATION

PURPOSE: TO DEVELOP THE MENTAL ATTITUDE, CONFIDENCE LEVEL, AND SELF-IMAGE IN THE SHOOTER THAT MAKES HIM/HER BELIEVE: "UPON DEMAND, I CAN SHOOT TEN 10'S TIMED FIRE AT 25 YARDS".

TASK DESCRIPTION: FIRE AT A STANDARD 25-YARD TARGET. TIMED FIRE CADENCE. OBSERVE GROUP AFTER 10-RDS. CONTINUE WITH 5-RD STRINGS UNTIL 10 HITS HAVE ACCUMULATED IN THE 10 RING. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

1. GROUP SIZE: 10 RING
2. TIME LIMIT: 5 RDS/20 SEC

3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE

4. DIFFICULTY LEVEL: TEN 10'S WITHIN 10 SHOTS

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES:		

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF DDS FIDED:	

.22 CALIBER PISTOL: TEST: TIMED FIRE MATCH

PURPOSE: 1. TO TEST THE SHOOTER'S KNOWLEDGE AND SKILLS.

2. ATTAIN THE MINIMUM PERFORMANCE REQUIRED TO PROGRESS TO THE NEXT LEVEL OF TRAINING.

TASK DESCRIPTION: TIMED FIRE MATCH FOR SCORE. MATCH SIMULATION. FIRE A 10 RD SERIES AT A STANDARD 25 YARD TARGET. TIMED FIRE. SCORE AND REPAIR TARGET. FIRE A SECOND 10-RD SERIES AND SCORE TARGET. COMBINE SCORES AND COMPARE TO STANDARD.

STANDARD:

1. GROUP SIZE: SCORED

2. TIME LIMIT: 5 RDS/20 SEC3. TEST CONDITIONS: NO ASSISTANCE

4. DIFFICULTY LEVEL: NEW SHOOTER: 196

OLD SHOOTER: 198

UPON COMPLETION OF THE TEST, FOLLOW THE STEPS INDICATED BELOW:

- 1. DIFFICULTY LEVEL MASTERED
 - CONTINUE PROGRAM -
- 2. DIFFICULTY LEVEL NOT MASTERED
 - RETURN TO TIMED FIRE MATCH SIMULATION PAGE AND START AGAIN -

SHOOTER'S NOTES:		

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF PDS FIRED:	-
TOTAL # 110 DINC BIDBIN	

.22 CALIBER PISTOL: RAPID FIRE GROUP SHOOTING

PURPOSE: TO PLACE EMPHASIS ON TRIGGER CONTROL, AND SIGHT

ALIGNMENT.

TASK DESCRIPTION: FIRE AT A BLANK TARGET POSITIONED AT 25 YARDS. RAPID 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/10 SEC
3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE

4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD L-9 GROUPS

COACH'S NOTES/COMMENTS: ATTENTION SHOULD BE PAID TO SHOOTER'S STANCE AND BODY WEIGHT DISTRIBUTION TO AID HIM/HER IN RECOVERY AFTER EACH SHOT.

SHOOTER'S NOTES:		

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF DDS FIDED:	

.22 CALIBER PISTOL: RAPID FIRE ONE SHOT DRILLS

PURPOSE: ESTABLISH MENTAL PROGRAM AND DEVELOP A ROUTINE

INVOLVING THE LINE COMMANDS AND DELIVERY THE FIRST

SHOT.

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 2 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	9
--	----	-------	-------	---	---	-----	--------	---------	-----------	------	-----	---

2. TIME LIMIT: 2 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 NOTE	S:		

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF PDS FIRED:	-
TOTAL # 110 DINC BIDBIN	

.22 CALIBER PISTOL: RAPID 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

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:

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF POS FIRED.	

.22 CALIBER PISTOL: RAPID FIRE MATCH SIMULATION

PURPOSE: TO DEVELOP THE MENTAL ATTITUDE, CONFIDENCE LEVEL, AND SELF-IMAGE IN THE SHOOTER THAT MAKES HIM/HER BELIEVE: "UPON DEMAND, I CAN SHOOT TEN 10'S RAPID FIRE AT 25 YARDS".

TASK DESCRIPTION: FIRE AT A STANDARD 25-YARD TARGET. RAPID FIRE CADENCE. OBSERVE GROUP AFTER 10-RDS. CONTINUE WITH 5-RD STRINGS UNTIL 10 HITS HAVE ACCUMULATED IN THE 10 RING. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

1. GROUP SIZE: 10 RING
2. TIME LIMIT: 5 RDS/10 SEC

3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE

4. DIFFICULTY LEVEL: TEN 10'S WITHIN 10 SHOTS

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES:	

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF PDS FIRED:	

.22 CALIBER PISTOL: TEST: RAPID FIRE MATCH

PURPOSE: 1. TO TEST THE SHOOTER'S KNOWLEDGE AND SKILLS.

2. ATTAIN THE MINIMUM PERFORMANCE REQUIRED TO PROGRESS TO THE NEXT LEVEL OF TRAINING.

TASK DESCRIPTION: RAPID FIRE MATCH FOR SCORE. MATCH SIMULATION. FIRE A 10 RD SERIES AT A STANDARD 25 YARD TARGET. TIMED FIRE. SCORE AND REPAIR TARGET. FIRE A SECOND 10-RD SERIES AND SCORE TARGET. COMBINE SCORES AND COMPARE TO STANDARD.

STANDARD:

1. GROUP SIZE: SCORED

2. TIME LIMIT: 5 RDS/10 SEC3. TEST CONDITIONS: NO ASSISTANCE

4. DIFFICULTY LEVEL: NEW SHOOTER: 196

OLD SHOOTER: 198

UPON COMPLETION OF THE TEST, FOLLOW THE STEPS INDICATED BELOW:

- 1. DIFFICULTY LEVEL MASTERED
 - CONTINUE PROGRAM -
- 2. DIFFICULTY LEVEL NOT MASTERED
 - RETURN TO RAPID FIRE MATCH SIMULATION PAGE AND START AGAIN -

SHOOTER'S NOTES:		

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF DDS FIDED:	

.22 CALIBER PISTOL: SLOW FIRE GROUP SHOOTING

PURPOSE: 1. TO DEVELOP A MENTAL PROGRAM AND TRIGGER CONTROL THAT WILL ENABLE THE SHOOTER TO DELIVER A WELL-AIMED SHOT EACH TIME.

> 2. TO DEVELOP AND DEMONSTRATE THE MARKSMANSHIP SKILLS AND SELF CONFIDENCE TO FIRE 10 SLOW FIRE SHOTS IN AN L-8 GROUP.

TASK DESCRIPTION: FIRE AT A BLANK TARGET, NO TIME LIMIT, TARGETS POSITIONED AT 50 YARDS. MEASURE GROUP AND REPAIR TARGET AFTER EACH 10-RD STRING. REPEAT UNTIL DIFFICULTY LEVEL MASTERED.

STANDARD:

- 1. GROUP SIZE: 7 3/4 INCH DIAMETER, L-8
- 2. TIME LIMIT: NONE
- ASSIGNED COACH WILL WATCH AND EVALUATE
- 3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVA.
 4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD, L-8 GROUPS

SHOOTER'S	NOTES:			

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF DDS FIDED:	

.22 CALIBER PISTOL: SLOW FIRE GROUP SHOOTING

PURPOSE: 1. TO REFINE BODY ALIGNMENT, REPEATABLE GRIP, AND STANCE THAT ALLOWS THE SIGHTS TO SETTLE NATURALLY ON THE TARGET THE SAME WAY EACH TIME.

2. TO PERFECT CONCENTRATION/FOCUS ON THE MENTAL PROGRAM. DEVELOP TRIGGER CONTROL NECESSARY TO DELIVER A WELL-AIMED SHOT WITH A TRAINING TARGET AS DISTRACTOR.

TASK DESCRIPTION: FIRE AT A LARGE TRAINING TARGET, NO TIME LIMIT, TARGETS POSITIONED AT 50 YARDS. OBSERVE GROUP AFTER 10-RDS, CONTINUE WITH 5-RD STRINGS UNTIL 10 HITS ACCUMULATE IN THE BLACK OF THE TRAINING TARGET. REPAIR WITH A LARGE TRAINING TARGET. REPEAT UNTIL DIFFICULTY LEVEL MASTERED.

STANDARD:

1. GROUP SIZE: 7 3/4 INCH DIAMETER, L-8

2. TIME LIMIT: NONE

3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD TARGETS WITH ALL SHOTS IN THE BLACK.

SHOOTER'S NOTES:		

TOTAL # OF RDS FIRED:	
DATE ACCOMPLISHED:	COACH'S INITIALS:

.22 CALIBER PISTOL: SLOW FIRE MATCH SIMULATION

PURPOSE: 1. TO DEMONSTRATE MARKSMANSHIP SKILLS DURING MATCH SIMULATION

- 2. TO FURTHER DEVELOP AND REFINE THE MENTAL PROGRAM AND TRIGGER CONTROL NECESSARY TO DELIVER WELL-AIMED, 10-RING SHOTS AT 50 YARDS.
- 3. TO INSTILL THE CONFIDENCE IN THE SHOOTER THAT IT IS POSSIBLE TO FIRE 10'S CONSISTENTLY AND DELIBERATELY AT 50 YARDS.

TASK DESCRIPTION: FIRE AT A STANDARD 50 YARD TARGET, NO TIME LIMIT. SHOOT AS MANY ROUNDS AS NECESSARY TO OBTAIN 10 SHOTS IN THE TEN RING. NOTE NUMBER OF SHOTS REQUIRED. REPAIR TARGET AND POST A NEW REPAIR CENTER. REPEAT EXERCISE, NOTING NUMBER OF SHOTS REQUIRED EACH DRILL, UNTIL 20 OR LESS SHOTS ARE REQUIRED.

STANDARD:

1. GROUP SIZE: 10 RING 2. TIME LIMIT: NONE

3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE 4. DIFFICULTY LEVEL: TEN 10'S ARE ACCUMULATED WITHIN 20

SHOTS

SHOOTER'S NOTES:	50	YD ZERO:	EL	WIND
1. # SHOT:	2. #	SHOT:	3. # SHOT:_	4. # SHOT:
5. # SHOT:	5. #	SHOT:	7. # SHOT:_	8. # SHOT:

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF DDS FIDED:	

.22 CALIBER PISTOL: TEST: SLOW FIRE MATCH

PURPOSE: 1. TO TEST THE SHOOTER'S KNOWLEDGE AND PROFICIENCY UNDER SIMULATED MATCH CONDITIONS.

2. ATTAIN THE MINIMUM PERFORMANCE REQUIRED TO PROGRESS TO THE NEXT LEVEL OF TRAINING.

TASK DESCRIPTION: SLOW FIRE MATCH FOR SCORE: MATCH SIMULATION. FIRE 10-RDS WITHIN TEN MINUTES ON A STANDARD 50 YARD TARGET. SCORE AND REPAIR TARGET. REPEAT FOR SECOND 10-RD STRING. SCORE SECOND TARGET. COMBINE TWO SCORES, COMPARE TO DIFFICULTY LEVEL.

STANDARD:

1. GROUP SIZE: SCORED

2. TIME LIMIT: 10 RDS/10 MINUTES

3. TEST CONDITIONS: NO ASSISTANCE

4. DIFFICULTY LEVEL: NEW SHOOTER: 182

OLD SHOOTER: 184

UPON COMPLETION OF THE TEST FOLLOW THE STEPS INDICATED BELOW:

- 1. DIFFICULTY LEVEL MASTERED
 - CONTINUE PROGRAM -
- 2. DIFFICULTY LEVEL NOT MASTERED
 - RETURN TO SLOW FIRE MATCH SIMULATION PAGE AND START AGAIN -

SHOOTER'S N	OTES:			

TOTAL # OF RDS FIRED:	
DATE ACCOMPLISHED:	COACH'S INITIALS:

.22 CALIBER PISTOL: 900 AGGREGATE MATCH SIMULATION

PURPOSE: 1. MARKSMANSHIP LEVEL TEST UNDER MATCH CONDITIONS.

2. EXPERIENCE AND OVERCOME MATCH/PERFORMANCE

PRESSURE.

TASK DESCRIPTION: UNDER MATCH CONDITIONS, FIRE A 900 POINT AGGREGATE MATCH.

STANDARD:

2. TIME LIMIT: STOW FT SLOW FIRE, TIMED FIRE, RAPID FIRE

3. TEST CONDITIONS: NO ASSISTANCE

4. DIFFICULTY LEVEL:

NEW SHOOTER:	*ORIGINAL* WORKBOOK SLOW FIRE - 91 AVG TIMED FIRE - 99 AVG RAPID FIRE - 99 AVG AGG 860	*MODIFIED* WORKBOOK SLOW FIRE - 91 AVG TIMED FIRE - 98 AVG RAPID FIRE - 98 AVG AGG 861
OLD SHOOTER:	*ORIGINAL* WORKBOOK SLOW FIRE - 92 AVG TIMED FIRE - 99 AVG RAPID FIRE - 98 AVG AGG 870	*MODIFIED* WORKBOOK SLOW FIRE - 92 AVG TIMED FIRE - 99 AVG RAPID FIRE - 99 AVG AGG 870

UPON COMPLETION OF THE TEST FOLLOW THE STEPS INDICATED BELOW:

- 1. DIFFICULTY LEVEL MASTERED
 - CONTINUE PROGRAM -
- 2. DIFFICULTY LEVEL NOT MASTERED
 - RETURN AND REPEAT MATCH SIMULATION STAGES:
 - 1. SLOW FIRE MATCH SIMULATION
 - 2. TIMED FIRE MATCH SIMULATION
 - 3. RAPID FIRE MATCH SIMULATION
 - 4. REPEAT 900 AGGREGATE AFTER ABOVE STAGES ARE MASTERED

SHOOTER'S NOTES	5 :		

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF DDS FIDED:	

2 CHAPTER TWO

THE CENTER FIRE PISTOL

U.S. MARINE CORPS
PISTOL TEAM
MODIFIED PROGRAM WORKBOOK

CHAPTER 2 CENTER FIRE GUIDE PAGE TOTAL # OF RDS TO COMPLETION 2-3 BASIC ZERO & GROUP SHOOTING 2-5 SLOW FIRE GROUP SHOOTING 2-7 BASIC MARKSMANSHIP TEST 2-9 REFINE MENTAL PROGRAM (BASIC) 2-11 TIMED FIRE GROUP SHOOTING 2-13 TIMED FIRE ONE SHOT DRILLS 2-15 TIMED FIRE GROUP SHOOTING 2-17 TIMED FIRE MATCH SIMULATION 2-19 TEST: TIMED FIRE MATCH 2-21 RAPID FIRE GROUP SHOOTING 2-23 RAPID FIRE ONE SHOT DRILLS 2-25 RAPID FIRE GROUP SHOOTING 2-27 RAPID FIRE MATCH SIMULATION 2-29 TEST: RAPID FIRE MATCH 2-31 SLOW FIRE GROUP SHOOTING 2-33 SLOW FIRE GROUP SHOOTING 2-35 SLOW FIRE MATCH SIMULATION 2-37 TEST: SLOW FIRE MATCH 2-39 900 AGGREGATE MATCH SIMULATION

CENTER FIRE 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?)	GROUP AND MASTERED.		TARGET.	REPEAT	r UNTI	L DIFFI	CULTY :	LEVEL	
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	1. GROUP 2. TIME 3. TEST	SIZE: LIMIT: CONDITIO	ons:	NONE ASSIGNE	ED COA	CH WILL	WATCH	AND EV	ALUATE
·	INDICATES	THAT TH	HE COMPET						
			•				ID I DO	O RIGHT	? WHA'

-	
DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF DDC FIDED.	

CENTER FIRE 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 N	OT:	ES:	(WE	IAT I	DID	I	LEARN?	WHAT	DID	I	DO	RIGHT?	TAHW
PROBLEMS AM	ΙI	LOC)KING	FOF	8 A	S	OLUTION	TO?)					

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF PDS FIRED:	

CENTER FIRE 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. TARGET AND POST A NEW REPAIR CENTER. REPEAT EXERCISE UNTIL DIFFICULTY LEVEL MASTERED.

STANDARD:

1. GROUP SIZE: 10 RING 2. TIME LIMIT: UNLIMITED

2. TIME LIMIT:

3. TEST CONDITIONS:

ASSIGNED COACH WILL WATCH AND EVALUATE

CONCERNMENT TARGETS WITH FIRST TEN 4. DIFFICULTY LEVEL: TWO CONSECUTIVE TARGETS WITH FIRST TEN

SHOTS IN THE 10 RING.

COACH'S NOTES/COM	MENTS:
SHOOTER'S NOTES:	25 YD ZERO MARKED WITH PAINT PEN ON SIGHTS EL WIND

TOTAL # OF RDS FIRED:	_
DATE ACCOMPLISHED:	_ COACH'S INITIALS:

REFINE 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:

POINT:				
1.	VISUALIZE PERFECT PERFORMANC	CE OF UPCOMING STAGE.		
2.	"LOAD"	LOAD/VERIFY N.P.A.		
3.	"IS THE LINE READY?"	RESTATE STAGE - i.eRAPID 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:				

TOTAL # OF RDS FIRED:	
DATE ACCOMPLISHED:	COACH'S INITIALS:
,	
,	

CENTER FIRE 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

SHOOTER'S NOTES:				

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF DDS FIDED:	

CENTER FIRE 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:

DIA	INDAKD.	
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:		

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF DDS FIDED:	

CENTER FIRE 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:

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF DDS FIDED:	

CENTER FIRE PISTOL: TIMED FIRE MATCH SIMULATION

PURPOSE: TO DEVELOP THE MENTAL ATTITUDE, CONFIDENCE LEVEL, AND SELF-IMAGE IN THE SHOOTER THAT MAKES HIM/HER BELIEVE: "UPON DEMAND, I CAN SHOOT TEN 10'S TIMED FIRE AT 25 YARDS".

TASK DESCRIPTION: FIRE AT A STANDARD 25-YARD TARGET. TIMED FIRE CADENCE. OBSERVE GROUP AFTER 10-RDS. CONTINUE WITH 5-RD STRINGS UNTIL 10 HITS HAVE ACCUMULATED IN THE 10 RING. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

1. GROUP SIZE: 10 RING

2. TIME LIMIT: 5 RDS/20 SEC

3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE

4. DIFFICULTY LEVEL: TEN 10'S WITHIN 10 SHOTS

SHOOTER'S	NOTES:		

TOTAL # OF RDS FIRED:	
DATE ACCOMPLISHED:	COACH'S INITIALS:

CENTER FIRE PISTOL: TEST: TIMED FIRE MATCH

PURPOSE: 1. TO TEST THE SHOOTER'S KNOWLEDGE AND SKILLS.

2. ATTAIN THE MINIMUM PERFORMANCE REQUIRED TO PROGRESS TO THE NEXT LEVEL OF TRAINING.

TASK DESCRIPTION: TIMED FIRE MATCH FOR SCORE. MATCH SIMULATION. FIRE A 10 RD SERIES AT A STANDARD 25 YARD TARGET. TIMED FIRE. SCORE AND REPAIR TARGET. FIRE A SECOND 10-RD SERIES AND SCORE TARGET. COMBINE SCORES AND COMPARE TO STANDARD.

STANDARD:

1. GROUP SIZE: SCORED

2. TIME LIMIT: 5 RDS/20 SEC3. TEST CONDITIONS: NO ASSISTANCE

4. DIFFICULTY LEVEL: NEW SHOOTER: 196

OLD SHOOTER: 198

UPON COMPLETION OF THE TEST, FOLLOW THE STEPS INDICATED BELOW:

- 1. DIFFICULTY LEVEL MASTERED
 - CONTINUE PROGRAM -
- 2. DIFFICULTY LEVEL NOT MASTERED
 - RETURN TO TIMED FIRE MATCH SIMULATION PAGE AND START AGAIN -

SHOOTER'S NOTES:		

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF DDS FIDED:	

CENTER FIRE PISTOL: RAPID FIRE GROUP SHOOTING

PURPOSE: TO PLACE EMPHASIS ON TRIGGER CONTROL, AND SIGHT

ALIGNMENT.

TASK DESCRIPTION: FIRE AT A BLANK TARGET POSITIONED AT 25 YARDS. RAPID 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/10 SEC
3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE

4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD L-9 GROUPS

COACH'S NOTES/COMMENTS: ATTENTION SHOULD BE PAID TO SHOOTER'S STANCE AND BODY WEIGHT DISTRIBUTION TO AID HIM/HER IN RECOVERY AFTER EACH SHOT.

SHOOTER'S NOTES:		

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF DDS FIDED:	

CENTER FIRE PISTOL: RAPID FIRE ONE SHOT DRILLS

PURPOSE: ESTABLISH MENTAL PROGRAM AND DEVELOP A ROUTINE

INVOLVING THE LINE COMMANDS AND DELIVERY THE FIRST

SHOT.

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 2 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:

CITOOMEDIC MOMECA

L.	GROUP	SIZE:	5	1/2	INCHES	MAXIMUM	DIAMETER	, L-	. 9
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2. TIME LIMIT: 2 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 NOT	E5:		

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF PDS FIRED:	
# 118 0115 610611:	

CENTER FIRE PISTOL: RAPID 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:			
· 				
· 				

DATE ACCOMPLISHED:	COACUIC INTERICE
DATE ACCOMPTIBILED.	COACH S INTITALS.
TOTAL # OF PDC FIRED:	

CENTER FIRE PISTOL: RAPID FIRE MATCH SIMULATION

PURPOSE: TO DEVELOP THE MENTAL ATTITUDE, CONFIDENCE LEVEL, AND SELF-IMAGE IN THE SHOOTER THAT MAKES HIM/HER BELIEVE: "UPON DEMAND, I CAN SHOOT TEN 10'S RAPID FIRE AT 25 YARDS".

TASK DESCRIPTION: FIRE AT A STANDARD 25-YARD TARGET. RAPID FIRE CADENCE. OBSERVE GROUP AFTER 10-RDS. CONTINUE WITH 5-RD STRINGS UNTIL 10 HITS HAVE ACCUMULATED IN THE 10 RING. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

1. GROUP SIZE: 10 RING
2. TIME LIMIT: 5 RDS/10 SEC

3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE

4. DIFFICULTY LEVEL: TEN 10'S WITHIN 10 SHOTS

SHOOTER'S NOTES:

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF PDC FIPFD:	

CENTER FIRE PISTOL: TEST: RAPID FIRE MATCH

PURPOSE: 1. TO TEST THE SHOOTER'S KNOWLEDGE AND SKILLS.

2. ATTAIN THE MINIMUM PERFORMANCE REQUIRED TO PROGRESS TO THE NEXT LEVEL OF TRAINING.

TASK DESCRIPTION: RAPID FIRE MATCH FOR SCORE. MATCH SIMULATION. FIRE A 10 RD SERIES AT A STANDARD 25 YARD TARGET. TIMED FIRE. SCORE AND REPAIR TARGET. FIRE A SECOND 10-RD SERIES AND SCORE TARGET. COMBINE SCORES AND COMPARE TO STANDARD.

STANDARD:

1. GROUP SIZE: SCORED

2. TIME LIMIT: 5 RDS/10 SEC3. TEST CONDITIONS: NO ASSISTANCE

4. DIFFICULTY LEVEL: NEW SHOOTER: 196

OLD SHOOTER: 198

UPON COMPLETION OF THE TEST, FOLLOW THE STEPS INDICATED BELOW:

- 1. DIFFICULTY LEVEL MASTERED
 - CONTINUE PROGRAM -
- 2. DIFFICULTY LEVEL NOT MASTERED
 - RETURN TO RAPID FIRE MATCH SIMULATION PAGE AND START AGAIN -

SHOOTER'S NOTES:			

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF DDS FIDED:	

CENTER FIRE PISTOL: SLOW FIRE GROUP SHOOTING

- PURPOSE: 1. TO DEVELOP A MENTAL PROGRAM AND TRIGGER CONTROL THAT WILL ENABLE THE SHOOTER TO DELIVER A WELL-AIMED SHOT EACH TIME.
 - 2. TO DEVELOP AND DEMONSTRATE THE MARKSMANSHIP SKILLS AND SELF CONFIDENCE TO FIRE 10 SLOW FIRE SHOTS IN AN L-8 GROUP.

TASK DESCRIPTION: FIRE AT A BLANK TARGET, NO TIME LIMIT, TARGETS POSITIONED AT 50 YARDS. MEASURE GROUP AND REPAIR TARGET AFTER EACH 10-RD STRING. REPEAT UNTIL DIFFICULTY LEVEL MASTERED.

STANDARD:

- 1. GROUP SIZE: 7 3/4 INCH DIAMETER, L-8
- 2. TIME LIMIT: NONE
- 3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE 4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD, L-8 GROUPS

SHOOTER'S	NOTES:			

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF PDS FIRED:	

CENTER FIRE PISTOL: SLOW FIRE GROUP SHOOTING

PURPOSE: 1. TO REFINE BODY ALIGNMENT, REPEATABLE GRIP, AND STANCE THAT ALLOWS THE SIGHTS TO SETTLE NATURALLY ON THE TARGET THE SAME WAY EACH TIME.

2. TO PERFECT CONCENTRATION/FOCUS ON THE MENTAL PROGRAM. DEVELOP TRIGGER CONTROL NECESSARY TO DELIVER A WELL-AIMED SHOT WITH A TRAINING TARGET AS DISTRACTOR.

TASK DESCRIPTION: FIRE AT A LARGE TRAINING TARGET, NO TIME LIMIT, TARGETS POSITIONED AT 50 YARDS. OBSERVE GROUP AFTER 10-RDS, CONTINUE WITH 5-RD STRINGS UNTIL 10 HITS ACCUMULATE IN THE BLACK OF THE TRAINING TARGET. REPAIR WITH A LARGE TRAINING TARGET. REPEAT UNTIL DIFFICULTY LEVEL MASTERED.

STANDARD:

1. GROUP SIZE: 7 3/4 INCH DIAMETER, L-8

2. TIME LIMIT: NONE

3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD TARGETS WITH ALL

SHOTS IN THE BLACK.

SHOOTER'S	NOTES:	

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF PDS FIRED:	-
TOTAL # 110 DINC BIDBIN	

CENTER FIRE PISTOL: SLOW FIRE MATCH SIMULATION

PURPOSE: 1. TO DEMONSTRATE MARKSMANSHIP SKILLS DURING MATCH SIMULATION

- 2. TO FURTHER DEVELOP AND REFINE THE MENTAL PROGRAM AND TRIGGER CONTROL NECESSARY TO DELIVER WELL-AIMED, 10-RING SHOTS AT 50 YARDS.
- 3. TO INSTILL THE CONFIDENCE IN THE SHOOTER THAT IT IS POSSIBLE TO FIRE 10'S CONSISTENTLY AND DELIBERATELY AT 50 YARDS.

TASK DESCRIPTION: FIRE AT A STANDARD 50 YARD TARGET, NO TIME LIMIT. SHOOT AS MANY ROUNDS AS NECESSARY TO OBTAIN 10 SHOTS IN THE TEN RING. NOTE NUMBER OF SHOTS REQUIRED. REPAIR TARGET AND POST A NEW REPAIR CENTER. REPEAT EXERCISE, NOTING NUMBER OF SHOTS REQUIRED EACH DRILL, UNTIL 20 OR LESS SHOTS ARE REQUIRED.

STANDARD:

1. GROUP SIZE: 10 RING 2. TIME LIMIT: NONE

3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE 4. DIFFICULTY LEVEL: TEN 10'S ARE ACCUMULATED WITHIN 20

SHOTS

SHOOTER'S NOTES:	50 YD	ZERO:	EL		WIND _		
1. # SHOT: 2.	. # SH	OT:	3. #	SHOT:_	4	1. #	SHOT:
5. # SHOT: 6.	. # SH	OT:	7. #	SHOT:_	8	3. #	SHOT:

TOTAL # OF RDS FIRED:	
DATE ACCOMPLISHED:	COACH'S INITIALS:

CENTER FIRE PISTOL: TEST: SLOW FIRE MATCH

PURPOSE: 1. TO TEST THE SHOOTER'S KNOWLEDGE AND PROFICIENCY UNDER SIMULATED MATCH CONDITIONS.

2. ATTAIN THE MINIMUM PERFORMANCE REQUIRED TO PROGRESS TO THE NEXT LEVEL OF TRAINING.

TASK DESCRIPTION: SLOW FIRE MATCH FOR SCORE: MATCH SIMULATION. FIRE 10-RDS WITHIN TEN MINUTES ON A STANDARD 50 YARD TARGET. SCORE AND REPAIR TARGET. REPEAT FOR SECOND 10-RD STRING. SCORE SECOND TARGET. COMBINE TWO SCORES, COMPARE TO DIFFICULTY LEVEL.

STANDARD:

1. GROUP SIZE: SCORED

2. TIME LIMIT: 10 RDS/10 MINUTES

3. TEST CONDITIONS: NO ASSISTANCE

4. DIFFICULTY LEVEL: NEW SHOOTER: 180

OLD SHOOTER: 184

UPON COMPLETION OF THE TEST FOLLOW THE STEPS INDICATED BELOW:

- 1. DIFFICULTY LEVEL MASTERED
 - CONTINUE PROGRAM -
- 2. DIFFICULTY LEVEL NOT MASTERED
 - RETURN TO SLOW FIRE MATCH SIMULATION PAGE AND START AGAIN -

SHOOTER'S NO	OTES:			

TOTAL # OF RDS FIRED:	_
DATE ACCOMPLISHED:	_ COACH'S INITIALS:

CENTER FIRE PISTOL: 900 AGGREGATE MATCH SIMULATION

PURPOSE: 1. MARKSMANSHIP LEVEL TEST UNDER MATCH CONDITIONS.

2. EXPERIENCE AND OVERCOME MATCH/PERFORMANCE

PRESSURE.

TASK DESCRIPTION: UNDER MATCH CONDITIONS, FIRE A 900 POINT AGGREGATE MATCH.

STANDARD:

2. TIME LIMIT: SCORED SLOW FIRE, TIMED FIRE, RAPID FIRE

3. TEST CONDITIONS: NO ASSISTANCE

4. DIFFICULTY LEVEL:

NEW	SHOOTER:	*ORIGINAL* WORKBOOK SLOW FIRE - 90 AVG TIMED FIRE - 98 AVG RAPID FIRE - 97 AVG AGG 855	*MODIFIED* WORKBOOK SLOW FIRE - 90 AVG TIMED FIRE - 98 AVG RAPID FIRE - 98 AVG AGG 858
OLD	SHOOTER:	*ORIGINAL* WORKBOOK SLOW FIRE - 91 AVG TIMED FIRE - 99 AVG RAPID FIRE - 98 AVG AGG 860	*MODIFIED* WORKBOOK SLOW FIRE - 92 AVG TIMED FIRE - 99 AVG RAPID FIRE - 99 AVG AGG 870

UPON COMPLETION OF THE TEST FOLLOW THE STEPS INDICATED BELOW:

- 1. DIFFICULTY LEVEL MASTERED
 - CONTINUE PROGRAM -
- 2. DIFFICULTY LEVEL NOT MASTERED
 - RETURN AND REPEAT MATCH SIMULATION STAGES:
 - 1. SLOW FIRE MATCH SIMULATION
 - 2. TIMED FIRE MATCH SIMULATION
 - 3. RAPID FIRE MATCH SIMULATION

	4.	REPEAT	900	AGGREGATE	AFTER	ABOVE	STAGES	ARE	MASTERED
SHOOTER	'S N	OTES:							

 	
DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF RDS FIRED:	
TO TILL H OF KDO LIKED.	

3 CHAPTER THREE

THE SERVICE PISTOL

U.S. MARINE CORPS
PISTOL TEAM
MODIFIED PROGRAM WORKBOOK

CHAPTER 3 SERVICE PISTOL GUIDE

PAGE		TOTAL # OF RDS TO COMPLETION
3-3	BASIC ZERO & GROUP SHOOTING	
3-5	SLOW FIRE GROUP SHOOTING	
3-7	BASIC MARKSMANSHIP TEST	
3-9	REFINE MENTAL PROGRAM	
3-11	TIMED FIRE GROUP SHOOTING	
3-13	TIMED FIRE ONE SHOT DRILLS	
3-15	TIMED FIRE GROUP SHOOTING	
3-17	TIMED FIRE MATCH SIMULATION	
3-19	TEST: TIMED FIRE MATCH	
3-21	RAPID FIRE GROUP SHOOTING	
3-23	RAPID FIRE ONE SHOT DRILLS	
3-25	RAPID FIRE GROUP SHOOTING	
3-27	RAPID FIRE MATCH SIMULATION	
3-29	TEST: RAPID FIRE MATCH	
3-31	SLOW FIRE GROUP SHOOTING	
3-33	SLOW FIRE GROUP SHOOTING	
3-35	SLOW FIRE MATCH SIMULATION	
3-37	TEST: SLOW FIRE MATCH	
3-39	900 AGGREGATE MATCH SIMULATION	

SERVICE PISTOL: BASIC ZERO AND GROUP SHOOTING

STANDARD:

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.

1.	GROUP SIZE:	5 1/4 INCHES MAXIMUM DIAMETER, L-9
2.	TIME LIMIT:	NONE
3.	TEST CONDITIONS:	ASSIGNED COACH WILL WATCH AND EVALU

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 No	OT:	ES:	(WH	AT D	ID	I	LEARN	13	WHAT	DID	I	DO	RIGHT?	TAHW
PROBLEMS	AM	I	LOC	KING	FOR	Α	SC	LUTIC	NC	TO?)					
							,								

, 	
,	
DATE ACCOMPLISHED:	COACH'S INTTIALS:
	COLICII D INTITADD.
TOTAL # OF RDS FIRED:	

SERVICE 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 N	OT:	ES:	(WE	IAT I	DID	I	LEARN?	WHAT	DID	I	DO	RIGHT?	TAHW
PROBLEMS AM	ΙI	LOC)KING	FOF	8 A	S	OLUTION	TO?)					

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF PDS FIRED:	

SERVICE 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

2. TIME LIMIT:

3. TEST CONDITIONS:

ASSIGNED COACH WILL WATCH AND EVALUATE

CONCERNMENT TARGETS WITH FIRST TEN 4. DIFFICULTY LEVEL: TWO CONSECUTIVE TARGETS WITH FIRST TEN

SHOTS IN THE 10 RING.

COACH'S NOTES/COMMENTS:								
SHOOTER'S NOTES:	25 YD ZERO MARKED WITH PAINT PEN ON SIGHTS EL WIND							

TOTAL # OF RDS FIRED:	
DATE ACCOMPLISHED:	COACH'S INITIALS:

REFINE MENTAL PROGRAM

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:

POINT:	~	·
1.	VISUALIZE PERFECT PERFORMANC	CE OF UPCOMING STAGE.
2.	"LOAD"	LOAD/VERIFY N.P.A.
3.	"IS THE LINE READY?"	RESTATE STAGE - i.eRAPID 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.
PROGRA COMMIT	S NOTES/COMMENTS: ENSURE EAAM. POST MENTAL PROGRAM IN SOMENT TO PROGRAM FOR EACH AND ER'S NOTES:	HOOTING BOX. STRESS

TOTAL # OF RDS FIRED:	
DATE ACCOMPLISHED:	COACH'S INITIALS:

SERVICE 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

SHOOTER'S	NOTES:		

 	
DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF RDS FIRED:	
TO TILL H OF KDO LIKED.	

SERVICE 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	MUMIXAM	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:		

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF PDS FIRED:	-
TOTAL # 110 DINC BIDBIN	

SERVICE 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

DISTRACT SOME COMPETITORS FROM TOTAL CONCENTRATION ON

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

TRIGGER/SIGHTS.

SHOOTER'S NOTES:				

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF DDS FIDED:	

SERVICE PISTOL: TIMED FIRE MATCH SIMULATION

PURPOSE: TO DEVELOP THE MENTAL ATTITUDE, CONFIDENCE LEVEL, AND SELF-IMAGE IN THE SHOOTER THAT MAKES HIM/HER BELIEVE: "UPON DEMAND, I CAN SHOOT TEN 10'S TIMED FIRE AT 25 YARDS".

TASK DESCRIPTION: FIRE AT A STANDARD 25-YARD TARGET. TIMED FIRE CADENCE. OBSERVE GROUP AFTER 10-RDS. CONTINUE WITH 5-RD STRINGS UNTIL 10 HITS HAVE ACCUMULATED IN THE 10 RING. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

1. GROUP SIZE: 10 RING
2. TIME LIMIT: 5 RDS/20 SEC

3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE

4. DIFFICULTY LEVEL: TEN 10'S WITHIN 10 SHOTS

SHOOTER'S	NOTES:

TOTAL # OF RDS FIRED:	
DATE ACCOMPLISHED:	COACH'S INITIALS:

SERVICE PISTOL: TEST: TIMED FIRE MATCH

PURPOSE: 1. TO TEST THE SHOOTER'S KNOWLEDGE AND SKILLS.

2. ATTAIN THE MINIMUM PERFORMANCE REQUIRED TO PROGRESS TO THE NEXT LEVEL OF TRAINING.

TASK DESCRIPTION: TIMED FIRE MATCH FOR SCORE. MATCH SIMULATION. FIRE A 10 RD SERIES AT A STANDARD 25 YARD TARGET. TIMED FIRE. SCORE AND REPAIR TARGET. FIRE A SECOND 10-RD SERIES AND SCORE TARGET. COMBINE SCORES AND COMPARE TO STANDARD.

STANDARD:

1. GROUP SIZE: SCORED

2. TIME LIMIT: 5 RDS/20 SEC3. TEST CONDITIONS: NO ASSISTANCE

4. DIFFICULTY LEVEL: NEW SHOOTER: 190

OLD SHOOTER: 192

UPON COMPLETION OF THE TEST, FOLLOW THE STEPS INDICATED BELOW:

- 1. DIFFICULTY LEVEL MASTERED
 - CONTINUE PROGRAM -
- 2. DIFFICULTY LEVEL NOT MASTERED
 - RETURN TO TIMED FIRE MATCH SIMULATION PAGE AND START AGAIN -

SHOOTER'S NOTES:		

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF PDS FIRED:	
# 118 0115 610611:	

SERVICE PISTOL: RAPID FIRE GROUP SHOOTING

PURPOSE: TO PLACE EMPHASIS ON TRIGGER CONTROL, AND SIGHT

ALIGNMENT.

TASK DESCRIPTION: FIRE AT A BLANK TARGET POSITIONED AT 25 YARDS. RAPID 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/10 SEC
3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE

4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD L-9 GROUPS

COACH'S NOTES/COMMENTS: ATTENTION SHOULD BE PAID TO SHOOTER'S STANCE AND BODY WEIGHT DISTRIBUTION TO AID HIM/HER IN RECOVERY AFTER EACH SHOT.

SHOOTER'S NOTES:					

TOTAL # OF RDS FIRED:	
DATE ACCOMPLISHED:	COACH'S INITIALS:

SERVICE PISTOL: RAPID FIRE ONE SHOT DRILLS

PURPOSE: ESTABLISH MENTAL PROGRAM AND DEVELOP A ROUTINE

INVOLVING THE LINE COMMANDS AND DELIVERY THE FIRST

SHOT.

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 2 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:

l.	GROUP	SIZE:	5	1,	/ 2	INCHES	MAXIMUM	DIAMETER	, L-	- 9
----	-------	-------	---	----	-----	--------	---------	----------	------	-----

2. TIME LIMIT: 2 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:		

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF PDS FIRED:	-
TOTAL # 110 DINC BIDBIN	

SERVICE PISTOL: RAPID 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

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:

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF DDG FIDED:	

SERVICE PISTOL: RAPID FIRE MATCH SIMULATION

PURPOSE: TO DEVELOP THE MENTAL ATTITUDE, CONFIDENCE LEVEL, AND SELF-IMAGE IN THE SHOOTER THAT MAKES HIM/HER BELIEVE: "UPON DEMAND, I CAN SHOOT TEN 10'S RAPID FIRE AT 25 YARDS".

TASK DESCRIPTION: FIRE AT A STANDARD 25-YARD TARGET. RAPID FIRE CADENCE. OBSERVE GROUP AFTER 10-RDS. CONTINUE WITH 5-RD STRINGS UNTIL 10 HITS HAVE ACCUMULATED IN THE 10 RING. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

1. GROUP SIZE: 10 RING
2. TIME LIMIT: 5 RDS/10 SEC

3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE

4. DIFFICULTY LEVEL: TEN 10'S WITHIN 10 SHOTS

SHOOTER'S	NOTES:		

DATE ACCOMPLISHED:	COACH'S INTTIALS:
DITT ACCOUNTINED.	CONCIL D INTITADD.
TOTAL # OF RDS FIRED:	

SERVICE PISTOL: TEST: RAPID FIRE MATCH

PURPOSE: 1. TO TEST THE SHOOTER'S KNOWLEDGE AND SKILLS.

2. ATTAIN THE MINIMUM PERFORMANCE REQUIRED TO PROGRESS TO THE NEXT LEVEL OF TRAINING.

TASK DESCRIPTION: RAPID FIRE MATCH FOR SCORE. MATCH SIMULATION. FIRE A 10 RD SERIES AT A STANDARD 25 YARD TARGET. TIMED FIRE. SCORE AND REPAIR TARGET. FIRE A SECOND 10-RD SERIES AND SCORE TARGET. COMBINE SCORES AND COMPARE TO STANDARD.

STANDARD:

1. GROUP SIZE: SCORED

2. TIME LIMIT: 5 RDS/10 SEC3. TEST CONDITIONS: NO ASSISTANCE

4. DIFFICULTY LEVEL: NEW SHOOTER: 190

OLD SHOOTER: 192

UPON COMPLETION OF THE TEST, FOLLOW THE STEPS INDICATED BELOW:

- 1. DIFFICULTY LEVEL MASTERED
 - CONTINUE PROGRAM -
- 2. DIFFICULTY LEVEL NOT MASTERED
 - RETURN TO RAPID FIRE MATCH SIMULATION PAGE AND START AGAIN -

SHOOTER'S NOTES:		

TOTAL # OF RDS FIRED:	
DATE ACCOMPLISHED:	COACH'S INITIALS:

SERVICE PISTOL: SLOW FIRE GROUP SHOOTING

PURPOSE: 1. TO DEVELOP A MENTAL PROGRAM AND TRIGGER CONTROL THAT WILL ENABLE THE SHOOTER TO DELIVER A WELL-AIMED SHOT EACH TIME.

> 2. TO DEVELOP AND DEMONSTRATE THE MARKSMANSHIP SKILLS AND SELF CONFIDENCE TO FIRE 10 SLOW FIRE SHOTS IN AN L-8 GROUP.

TASK DESCRIPTION: FIRE AT A BLANK TARGET, NO TIME LIMIT, TARGETS POSITIONED AT 50 YARDS. MEASURE GROUP AND REPAIR TARGET AFTER EACH 10-RD STRING. REPEAT UNTIL DIFFICULTY LEVEL MASTERED.

STANDARD:

- 1. GROUP SIZE: 7 3/4 INCH DIAMETER, L-8
- 2. TIME LIMIT: NONE
- 3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE 4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD, L-8 GROUPS

SHOOTER'S NOTES:		

TOTAL # OF RDS FIRED:	
DATE ACCOMPLISHED:	COACH'S INITIALS:

SERVICE PISTOL: SLOW FIRE GROUP SHOOTING

PURPOSE: 1. TO REFINE BODY ALIGNMENT, REPEATABLE GRIP, AND STANCE THAT ALLOWS THE SIGHTS TO SETTLE NATURALLY ON THE TARGET THE SAME WAY EACH TIME.

2. TO PERFECT CONCENTRATION/FOCUS ON THE MENTAL PROGRAM. DEVELOP TRIGGER CONTROL NECESSARY TO DELIVER A WELL-AIMED SHOT WITH A TRAINING TARGET AS DISTRACTOR.

TASK DESCRIPTION: FIRE AT A LARGE TRAINING TARGET, NO TIME LIMIT, TARGETS POSITIONED AT 50 YARDS. OBSERVE GROUP AFTER 10-RDS, CONTINUE WITH 5-RD STRINGS UNTIL 10 HITS ACCUMULATE IN THE BLACK OF THE TRAINING TARGET. REPAIR WITH A LARGE TRAINING TARGET. REPEAT UNTIL DIFFICULTY LEVEL MASTERED.

STANDARD:

1. GROUP SIZE: 7 3/4 INCH DIAMETER, L-8

2. TIME LIMIT: NONE

3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD TARGETS WITH ALL SHOTS IN THE BLACK.

SHOOTER'S NOTES:		

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF DDS FIDED:	

SERVICE PISTOL: SLOW FIRE MATCH SIMULATION

PURPOSE: 1. TO DEMONSTRATE MARKSMANSHIP SKILLS DURING MATCH SIMULATION

- 2. TO FURTHER DEVELOP AND REFINE THE MENTAL PROGRAM AND TRIGGER CONTROL NECESSARY TO DELIVER WELL-AIMED, 10-RING SHOTS AT 50 YARDS.
- 3. TO INSTILL THE CONFIDENCE IN THE SHOOTER THAT IT IS POSSIBLE TO FIRE 10'S CONSISTENTLY AND DELIBERATELY AT 50 YARDS.

TASK DESCRIPTION: FIRE AT A STANDARD 50 YARD TARGET, NO TIME LIMIT. SHOOT AS MANY ROUNDS AS NECESSARY TO OBTAIN 10 SHOTS IN THE TEN RING. NOTE NUMBER OF SHOTS REQUIRED. REPAIR TARGET AND POST A NEW REPAIR CENTER. REPEAT EXERCISE, NOTING NUMBER OF SHOTS REQUIRED EACH DRILL, UNTIL 20 OR LESS SHOTS ARE REQUIRED.

STANDARD:

1. GROUP SIZE: 10 RING 2. TIME LIMIT: NONE

3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE 4. DIFFICULTY LEVEL: TEN 10'S ARE ACCUMULATED WITHIN 20

SHOTS

SHOOTER'S NOTES: 50) YD ZERO:	EL WIND	
1. # SHOT: 2. #	\$ SHOT:	3. # SHOT:	4. # SHOT:
5. # SHOT: 6. #	‡ SHOT:	7. # SHOT:	8. # SHOT:
		-	
		·	

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF DDS FIDED:	

SERVICE PISTOL: TEST: SLOW FIRE MATCH

PURPOSE: 1. TO TEST THE SHOOTER'S KNOWLEDGE AND PROFICIENCY UNDER SIMULATED MATCH CONDITIONS.

2. ATTAIN THE MINIMUM PERFORMANCE REQUIRED TO PROGRESS TO THE NEXT LEVEL OF TRAINING.

TASK DESCRIPTION: SLOW FIRE MATCH FOR SCORE: MATCH SIMULATION. FIRE 10-RDS WITHIN TEN MINUTES ON A STANDARD 50 YARD TARGET. SCORE AND REPAIR TARGET. REPEAT FOR SECOND 10-RD STRING. SCORE SECOND TARGET. COMBINE TWO SCORES, COMPARE TO DIFFICULTY LEVEL.

STANDARD:

1. GROUP SIZE: SCORED

2. TIME LIMIT: 10 RDS/10 MINUTES

3. TEST CONDITIONS: NO ASSISTANCE

4. DIFFICULTY LEVEL: NEW SHOOTER: 180

OLD SHOOTER: 184

UPON COMPLETION OF THE TEST FOLLOW THE STEPS INDICATED BELOW:

- 3. DIFFICULTY LEVEL MASTERED
 - CONTINUE PROGRAM -
- 4. DIFFICULTY LEVEL NOT MASTERED
 - RETURN TO SLOW FIRE MATCH SIMULATION PAGE AND START AGAIN -

SHOOTER'	S NOTES:			
		-		

TOTAL # OF RDS FIRED:	
DATE ACCOMPLISHED:	COACH'S INITIALS:
-	

SERVICE PISTOL: 900 AGGREGATE MATCH SIMULATION

PURPOSE: 1. MARKSMANSHIP LEVEL TEST UNDER MATCH CONDITIONS.

2. EXPERIENCE AND OVERCOME MATCH/PERFORMANCE

PRESSURE.

TASK DESCRIPTION: UNDER MATCH CONDITIONS, FIRE A 900 POINT AGGREGATE MATCH.

STANDARD:

2. TIME LIMIT: SCORED SLOW FIRE, TIMED FIRE, RAPID FIRE

3. TEST CONDITIONS: NO ASSISTANCE

4. DIFFICULTY LEVEL:

NEW	SHOOTER:	*ORIGINAL* WORKBOOK SLOW FIRE - 90 AVG TIMED FIRE - 95 AVG RAPID FIRE - 95 AVG AGG 845	*MODIFIED* WORKBOOK SLOW FIRE - 90 AVG TIMED FIRE - 95 AVG RAPID FIRE - 95 AVG AGG 840
OLD	SHOOTER:	*ORIGINAL* WORKBOOK SLOW FIRE - 92 AVG TIMED FIRE - 96 AVG RAPID FIRE - 96 AVG AGG 850	*MODIFIED* WORKBOOK SLOW FIRE - 92 AVG TIMED FIRE - 96 AVG RAPID FIRE - 96 AVG AGG 852

UPON COMPLETION OF THE TEST FOLLOW THE STEPS INDICATED BELOW:

- 1. DIFFICULTY LEVEL MASTERED
 - CONTINUE PROGRAM -
- 2. DIFFICULTY LEVEL NOT MASTERED
 - RETURN AND REPEAT MATCH SIMULATION STAGES:
 - 1. SLOW FIRE MATCH SIMULATION
 - 2. TIMED FIRE MATCH SIMULATION
 - 3. RAPID FIRE MATCH SIMULATION
 - 4. REPEAT 900 AGGREGATE AFTER ABOVE STAGES ARE MASTERED

	-•	1122 2111	200	110011201112	111 111	112012	5111025	
SHOOTER	r's N	IOTES:						

DATE ACCOMPLISHED:	COACH'S INITIALS:
TOTAL # OF DDS FIDED:	

4 CHAPTER FOUR

THE 2700 AGGREGATE

U.S. MARINE CORPS
PISTOL TEAM
MODIFIED PROGRAM WORKBOOK

NRA 2700 AGGREGATE: 3-GUN MATCH SIMULATION

NEW NON DEGENOUS GUED		GINAL* KBOOK		DIFIED* RKBOOK
NEW NON-DISTINGUISHED -				
MINIMUM AGGREGATE	2550	A	AGG 2559	AGG
22 (900 AGGREGATE)	860	A	AGG 861	AGG
CF (900 AGGREGATE)	850	A	AGG 858	AGG
SERVICE (900 AGG)	845	A	AGG 840	AGG
OLD NON-DISTINGUISHED -				
MINIMUM AGGREGATE	2580	A	AGG 2592	AGG
22 (900 AGGREGATE)	870	A	AGG 870	AGG
CF (900 AGGREGATE)	860	A	AGG 870	AGG
SERVICE (900 AGG)	850	A	AGG 852	AGG
OLD DISTINGUISHED -				
MINIMUM AGGREGATE	2590	A	AGG 2600	AGG
22 (900 AGGREGATE)	870	A	AGG 870	AGG
CF (900 AGGREGATE)	860	A	AGG 870	AGG
SERVICE (900 AGG)	860	A	AGG 860	AGG

UPON COMPLETION OF THE TEST FOLLOW THE STEPS INDICATED BELOW:

- 1. DIFFICULTY LEVEL MASTERED
 - NEW SHOOTER ADVANCE TO OLD SHOOTER CATEGORY AND PROCEED THROUGH COMPLETE GUIDE
 - OLD SHOOTER ESTABLISH NEW PERSONAL GOALS FOR EACH STAGE
 AND GUN. PROCEED THROUGH COMPLETE GUIDE AND
 ATTAIN NEW GOAL
- 2. DIFFICULTY LEVEL NOT MASTERED
 - RETURN AND REPEAT APPROPRIATE INTERMEDIATE STAGE OR STAGES
 - REPEAT MATCH SIMULATION AND GUN AGGREGATE STAGE

SHOOTER'S NOTES:		

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DATE ACCOMPLISHED	·:	COACH'S	INITIALS:
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5 CHAPTER FIVE

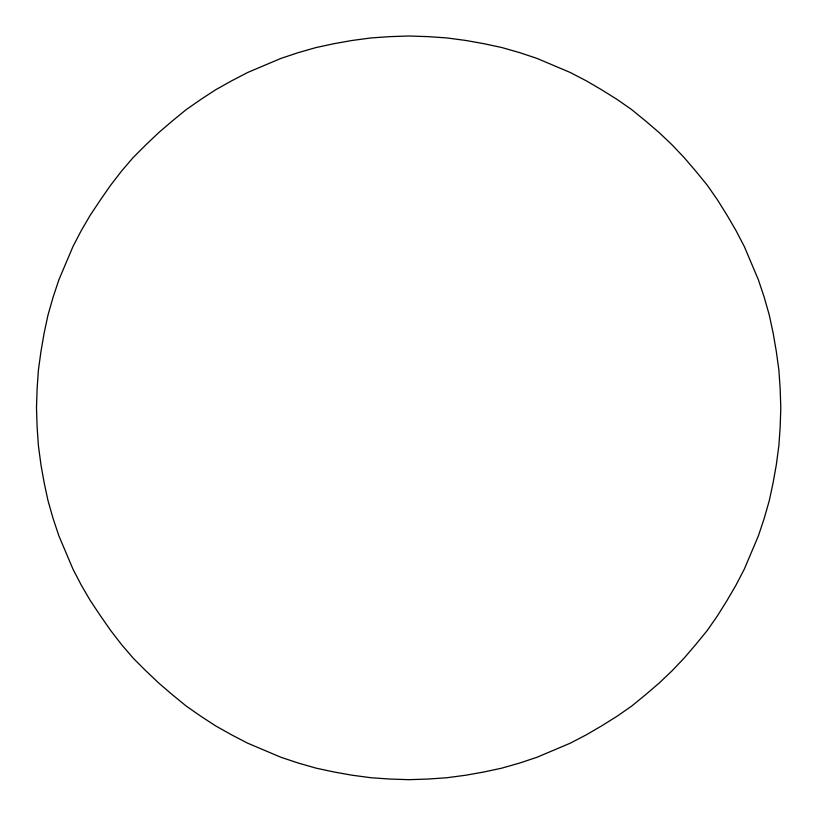
TARGETS

U.S. MARINE CORPS
PISTOL TEAM
MODIFIED PROGRAM WORKBOOK

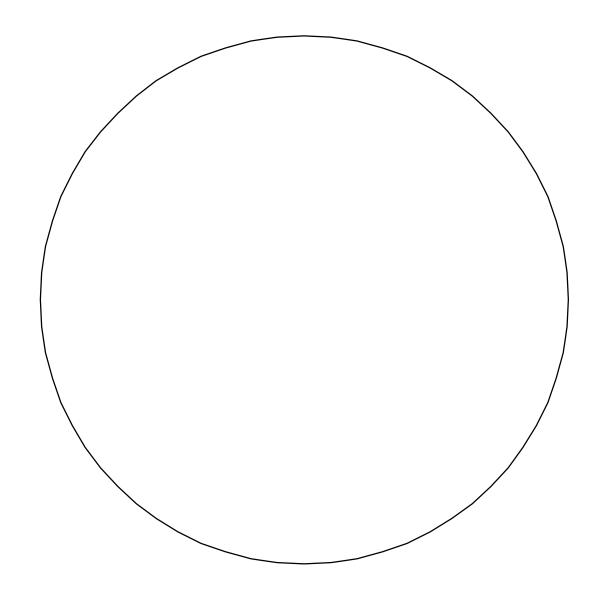
MAKE COPIES OF THE FOLLOWING PAGES AS NEEDED FOR THE L-8, L-9, LARGE TRAINING TARGET, AND SMALL TRAINING TARGET. THESE COPIES CAN BE USED DURING THE TRAINING EXERCISES PRESENTED IN THIS WORKBOOK.

L-8

(MAKE COPIES OF THIS PAGE AS NEEDED)

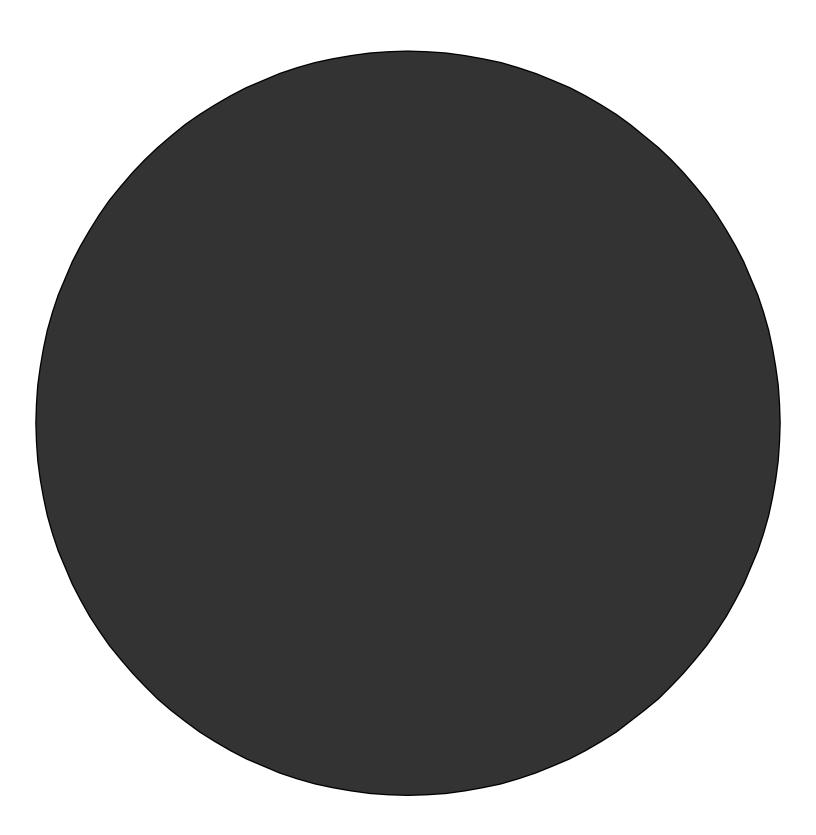


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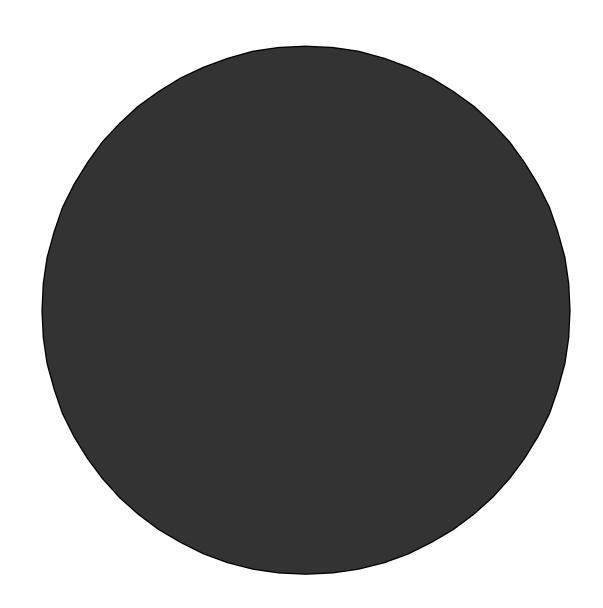
Large Training Target

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Small Training Target

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6 CHAPTER SIX

SHOOTER'S NOTES

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