

Training Regimen!



Creating a training plan with a purpose!

#1 You should always have a purpose to your training.

#2 Understand what you are doing completely!

#3 Don't cheat to make it easy!

#4 Your training plan should be unique to you, NOT be what "everyone else is doing!"

#5 Training MUST BE realistic and consistent with your lifestyle!

#6 If possible, get off the square range!

#7 Document your training!

Let's break down the training components!



#1 You should always have a purpose to your training.

This is the why you are training area, what are you looking to do? This is a tricky area, a training regimen can have multiple sections with different purposes on each section. Example: Stance, Presentation, Grip, Sights, movement , etc... Training time is limited and cost money, if there is no real purpose to it, then get rid of it.

#2 Understand what you are doing completely!

Make sure you “UNDERSTAND” the drills that you implement into your training regimen! If you don't, you may be employing bad habits and hurting your goals! Here's an example: are the drills for self-defense or bull's-eye practice. Big difference between the two. Lets discuss self defense, here you are getting the firearm in to action as quick as possible and time is NOT on your side. Plus you want to achieve hits that will make a difference! There is nothing wrong with a shot pattern that is 6” to 8” in diameter in the upper chest area (Thoracic Cavity) of a target. Your goal is to severely limit your attackers ability to get to you as quick as possible! With realistic dynamic movement, you will not keep a 1” grouping at all.

#2 Understand what you are doing completely! Continued...

With Bulls-eye shooting, time is on your side, and you are focused on getting all the elements of shooting in perfect alignment! Stress is minimal too. With this type of training, your chances of surviving a gunfight are significantly lower! Remember, you will not pick the time or place for the fight, someone else will!

#3 Don't cheat to make it easy!

When deciding on training drills, don't make them easy. Make them realistic and relevant to you! Don't train to "Be good enough", train to improve! Train till you fail, figure out why and fix it! Do the drills are they are supposed to be done! Again, keep the drills realistic to an actual incident!

Here's a thought, if you can, video yourself doing drills. Go back and watch them, you may see something you don't like and want to fix it! I do.

#4 Your training plan should be unique to you, NOT be what “everyone else is doing!”

Don't pick a drill because others are doing it, most certainly don't pick them because they are “cool”! The drill should have a useful challenging goal and be interesting to you! When picking a drill, make sure you will get out of it what you are trying to achieve. Are you trying to survive a gunfight or just be in a gunfight??? Drills don't always have to contain shot being fired, they can be a no shoot drill too! As I said, train realistically and relevant to your world/lifestyle! Drills can be altered to fit you, meaning, do you have a medical issue that prevents you from doing things (kneeling or even running). There are many reasons drills can be altered.

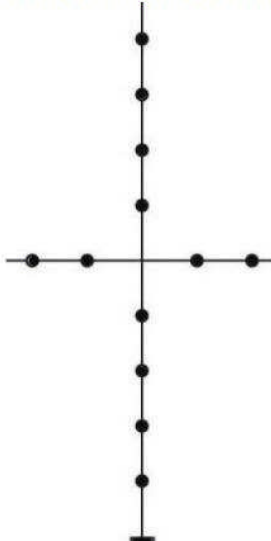



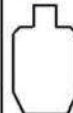

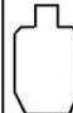

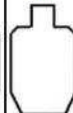
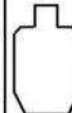

#5 Training MUST BE realistic and consistent with your lifestyle!

Why train in a military method when that may NOT be suitable to your requirements. Collateral damage is acceptable in military terms. In civilian terms, that most likely get you arrested and/or sued in court. Here is another thing I see when people train, they come to classes dressed like military commandos (vest, knee/elbow pads, open carry and not concealed like they actually carry on a daily basis, etc..)! People don't carry they way they train. Train like you carry on a daily basis! If you train differently than the way you carry, more than likely, you setting yourself up for failure!

#6 If possible, get off the square range!

Square ranges (these are ranges like Ben Avery, Joe Foss and such, they are designed for safe bulls-eye type shooting, not really self defense oriented) is where training complacency is bred! If at all possible, get away from them, they breed false confidence by the truck loads! You can not draw from a holster or even move and shoot. Do any of that and you will be thrown out real quick! Even multiple target drills are forbidden on square ranges... If you can find an open area that you can legally shoot, do so! Your training proficiency will be even better and you will see what you can actually do! Your shooting experience will be greatly enhanced by getting off the boring square range!

#7 Document your training!

HANDGUN	Ammunition	Date	Conditions	Angle to Target									
5 Rounds Trigger Press/Reset 	Distance												
	Rounds												
	Position												
	Body/Head												
	HOLSTER	1	2	3	4	5	6	7	8	9	10		
	READY POSITION												
	Remarks												

#7 Document your training!

If you are not documenting your training, you have nothing to gauge your improvement on.

Documenting is important so you can see your improvement and see area(s) where you need to improve on. I created my own log book and have a couple different layouts to reflect the drills or targets I use. Like the IDPA or TQ-21 targets and relevant to handgun or rifle training! See the photo on the previous page.

Conclusion...

If you notice, all the topics have some common traits..... Most notably is “the training should be realistic to what YOU would use in your daily life!”

Many people have ingrained “False Confidence” and don’t even realize it until they start training realistically.

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