

# S.O.B. Tactical

## 2-Day Pistol (w/Video Diagnostics)

### Owatonna, MN

Welcome to **John McPhee's 2 Day Pistol** in **Owatonna, MN**  
on **May 2-3, 2019!** Start time for this course is **0900** daily.  
This course will be approved for POST credits!



#### The location of this class is at:

20 Rifle & Pistol Club  
1675 NW 50th St  
Medford, MN 55049

#### To Register:

[www.gunfighteru.com](http://www.gunfighteru.com)

[Booking@sobtactical.com](mailto:Booking@sobtactical.com)

#### Cost:

\$850

(50% deposit of \$425 due at booking)

#### AMMO:

300 Rounds ammo minimum.  
Bring more if you want to shoot more.

#### Course Curriculum:

Safety  
Stance  
Grip  
Presentation  
Reload  
Fundamentals of  
Marksmanship  
Anticipation/ Trigger Jerk  
Myths

#### Gear Requirements:

Pistol  
Optic (optional but recommended)  
Ballistic Eye Protection  
Hearing Protection  
4 magazines minimum  
A way to carry 2 mags on your belt  
Kneepads - optional  
Weapon lube/ spare parts  
\*Snacks and water recommended\*

This course is for beginners to advanced shooters. It consists of a MODERN SPORTS COACHING model. All high-level sports are employing this today. Yet, the shooting world is still using a post WWII model of grapevine information. There is some NEUROSCIENCE involved that started from my personal combat experience and now is explained in detail of the WHY and HOW the brain works. Last is the VIDEO TECHNOLOGY to give you a play by play, frame by frame of what is actually happening as it happens. The course is designed to highlight and fix any fundamental or mechanical issues.

On a typical day, the morning starts out slow as I will film you shooting 2 or 4 rounds then replay and analyze the video in slow motion. This will take us to about lunch. Next, I will show you how to self-diagnose and tighten up your shooting, mixed with a few demonstrations, and de-bunking common shooting misconceptions. Lastly, we will start to rebuild with proper technique.

Second day will be fast paced as we will shoot and make more advanced drills and videos. The drills we shoot will be to develop proper mechanics and fundamentals to continue to advance your personal skills. These videos will be a single task and practiced with the goal to be perfect as possible. The videos we make for perfect practice will become your homework to watch practice and apply on your time at your pace.

**Practice doesn't make perfect, Perfect Practice Makes Perfect.**