

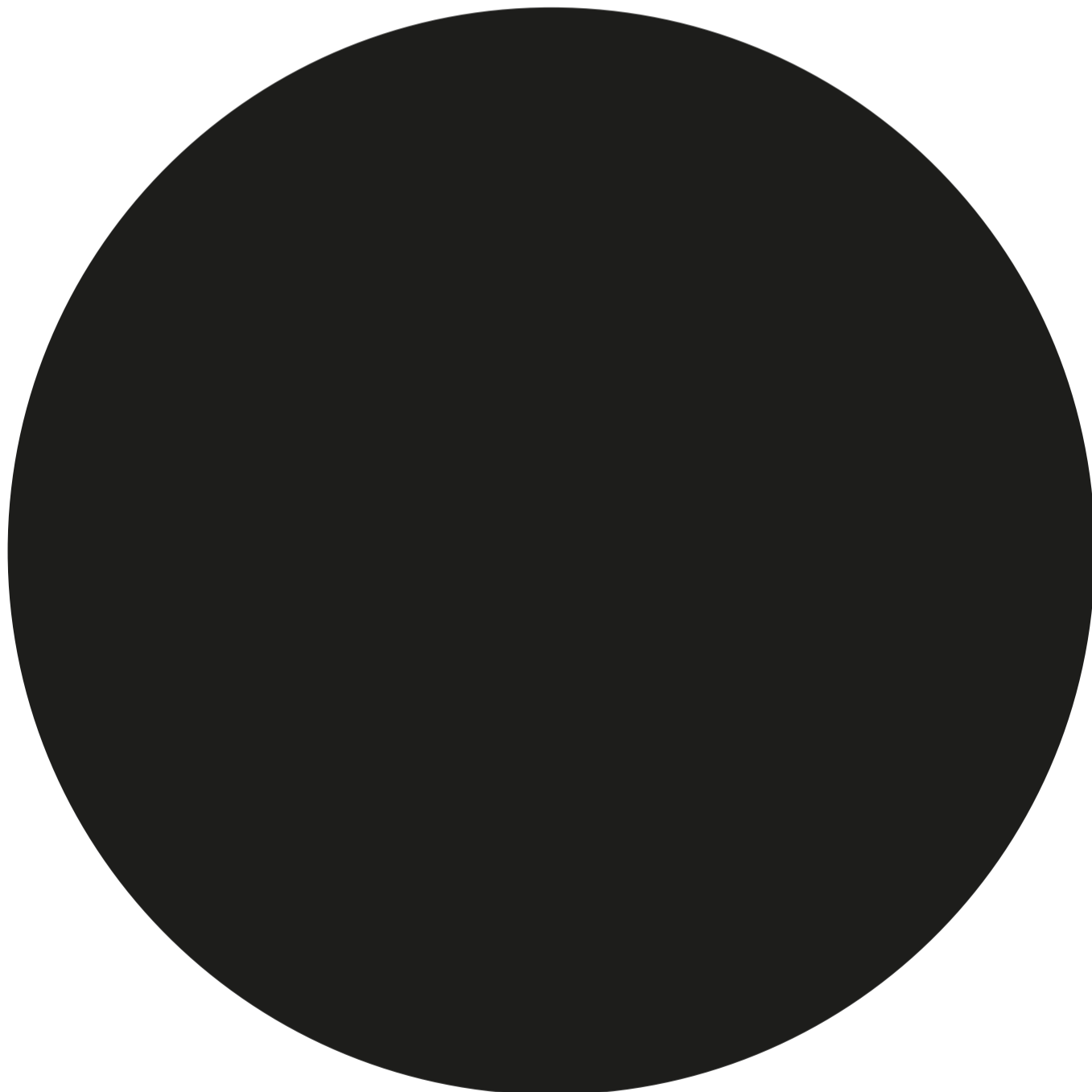
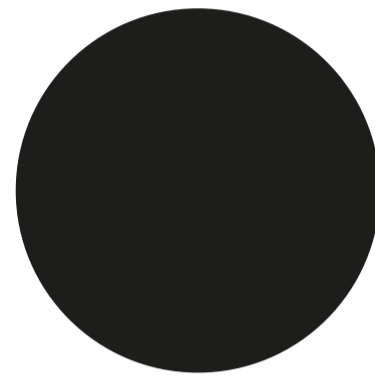
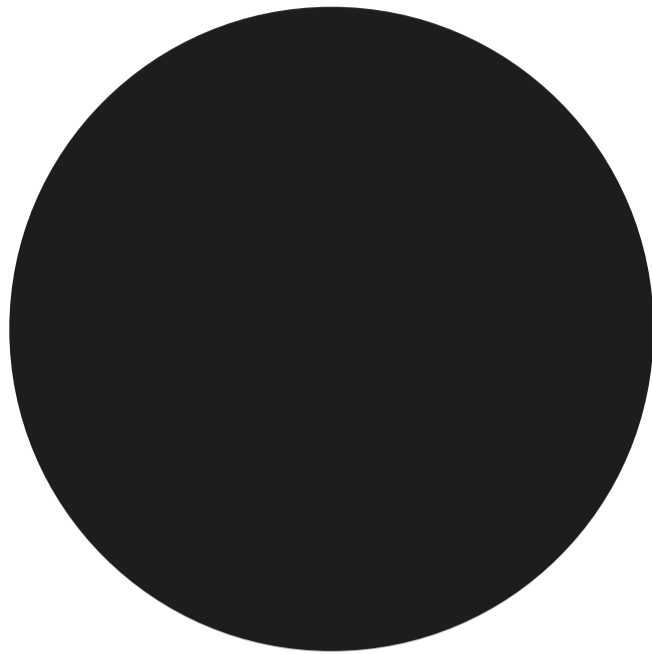
20 Shots

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**Fundamentals training.**

Work slowly. Check it out your stance, grip, breathing, sight alignment, trigger control follow through.





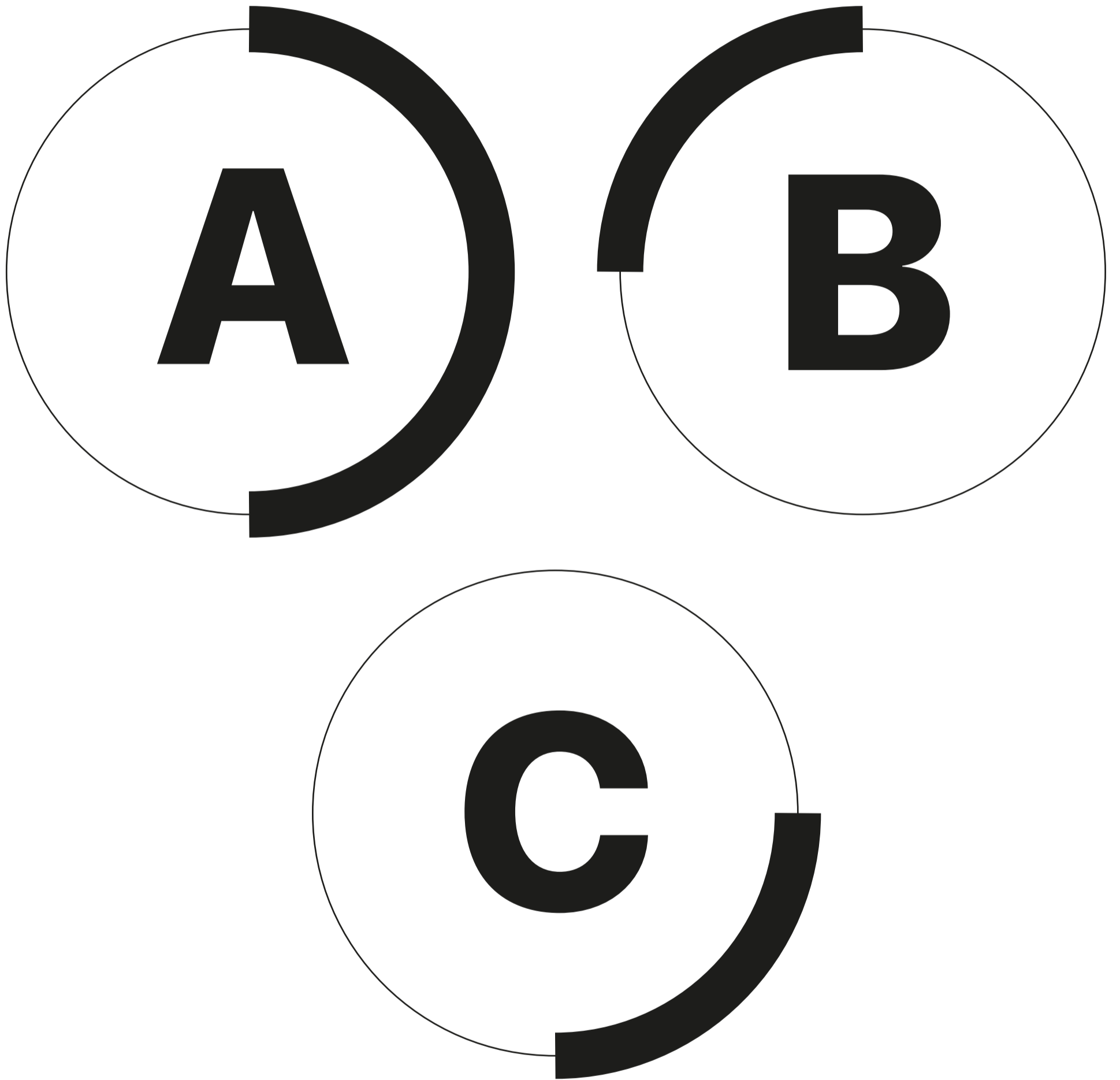
**40 Shots**

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**Consistency Drill**

Use the dots of three different sizes to practice three shooting speeds. Slow, medium and fast. If you miss the dots, slow down the speed.





40 Shots

## Cognitive Skills

Download target and image from [www.cognitiveskills.it/targets](http://www.cognitiveskills.it/targets) and perform the training with "Form" exercise.

