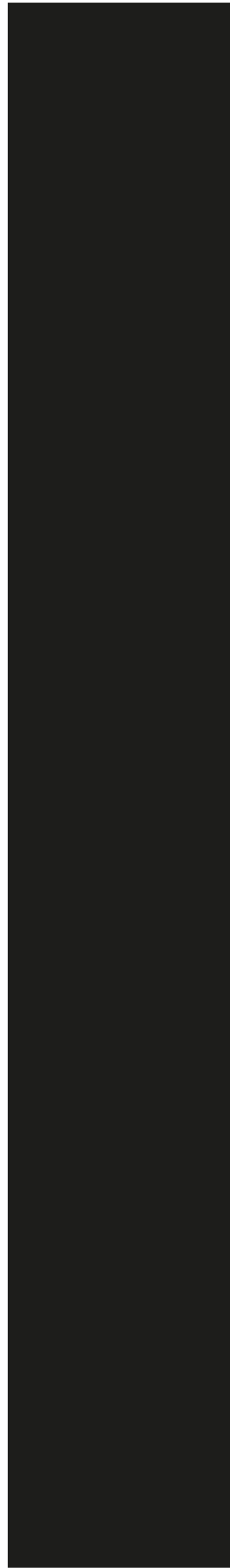


20 Shots

Fundamentals training.

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



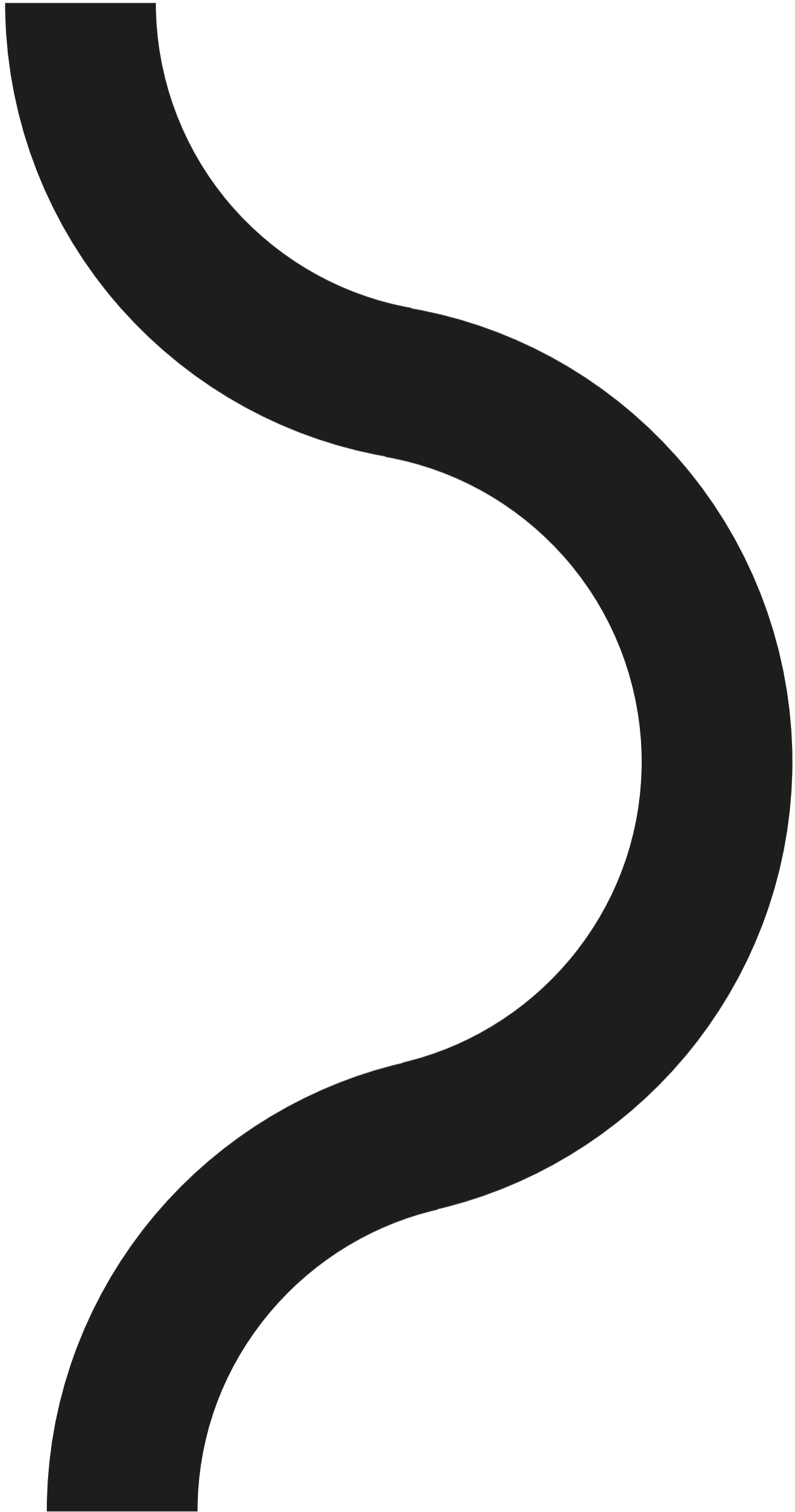


20 Shots

Axial Drill

Use this target to perform 10 rounds inside the vertical one and 10 rounds inside the horizontal line. Try to stay inside the line. If not, verify your grip and trigger control.



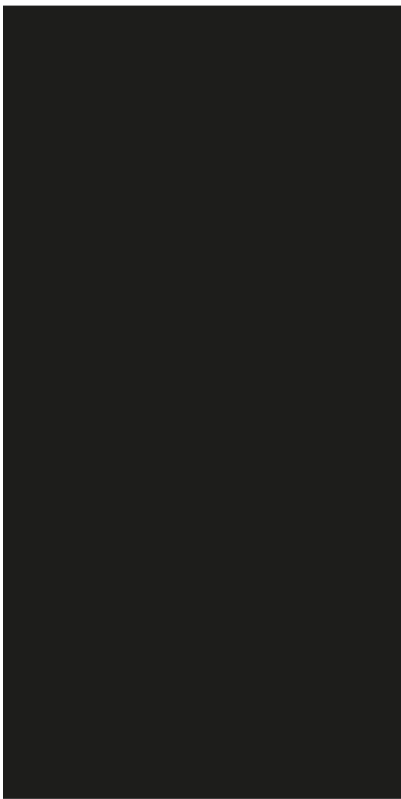


20 Shots

Snake Drill

Put, fast as you can, 20 rounds inside the line. Follow the curve trying not to leave the line.





40 Shots

Cognitive Skills

Download target and image from www.cognitiveskills.it/targets and perform the training with "Form" exercise.

