



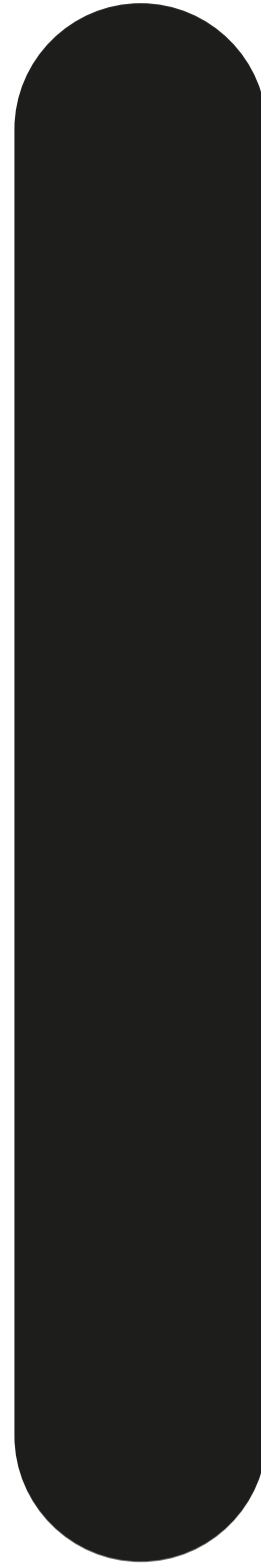
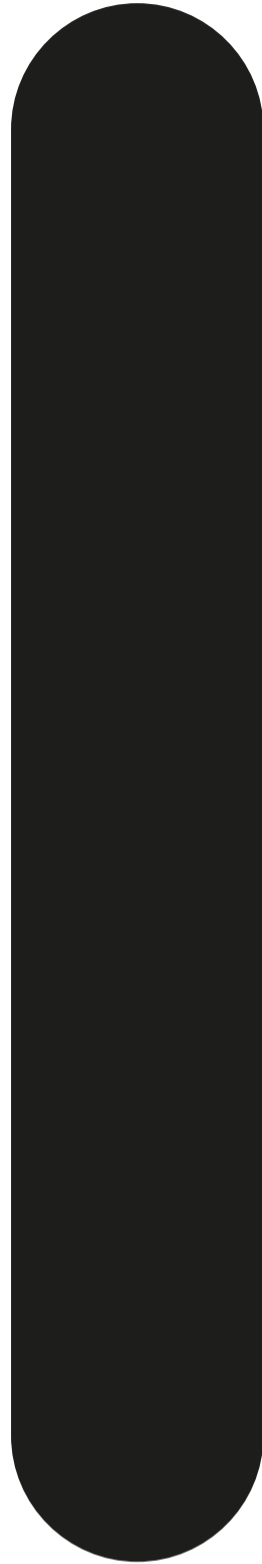
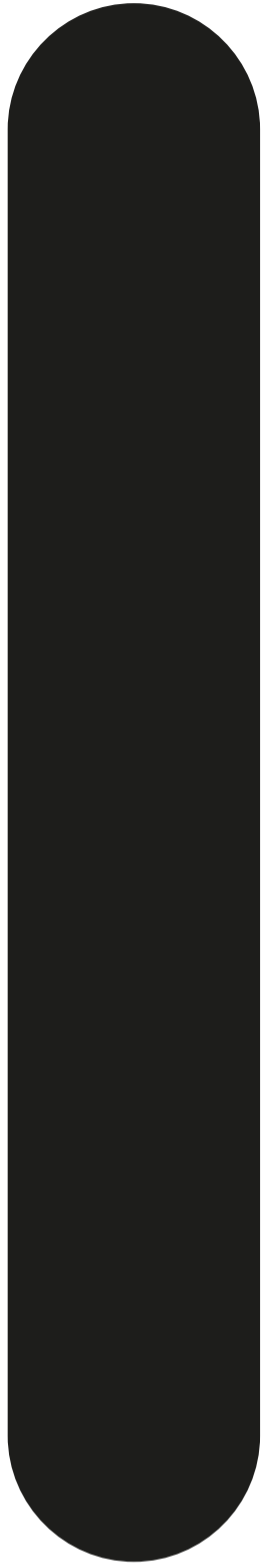
1. Stance
2. Grip
3. Draw / Presentation
4. Sight Alignment and Sight Picture
5. Trigger Management
6. Breathing
7. Follow Through
8. Recovery

8M

20 rounds with extraction.

Take care of all the fundamentals. Don't worry about the target, look at yourself.

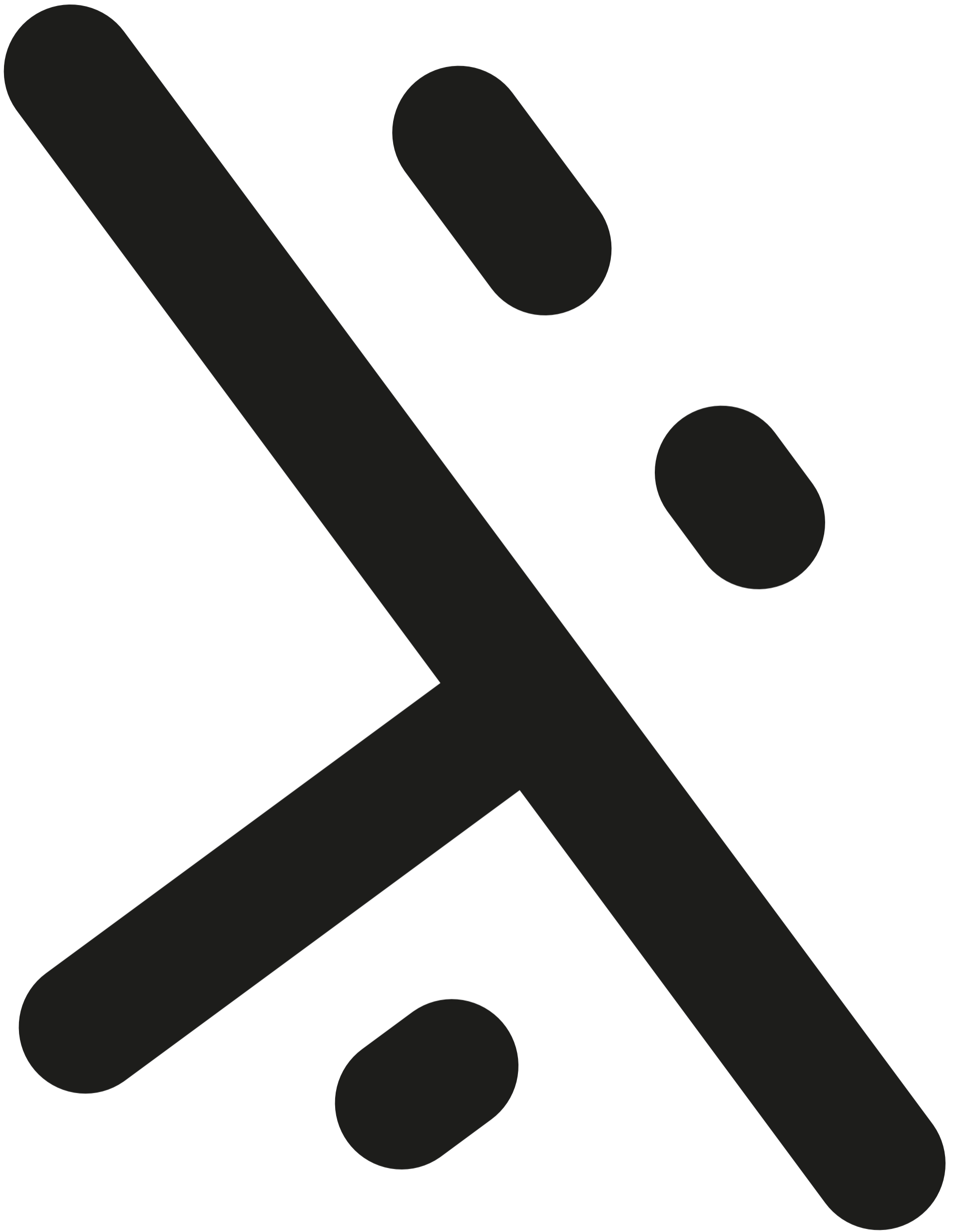




8M

10 continuous shots on the horizontal axis.
10 continuous shots on the vertical axis.
Take care of grip balance between right and left hand. Pay attention at trigger control.





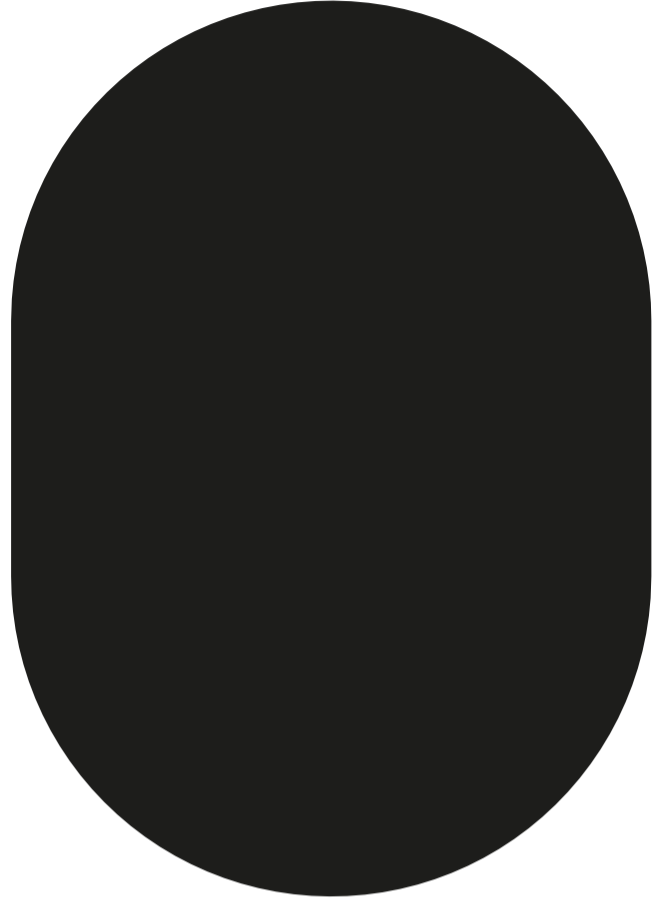
8M 20 shots distributed following the diagonals.
Increase and decrease the rate according to the length (short / slow long / fast).



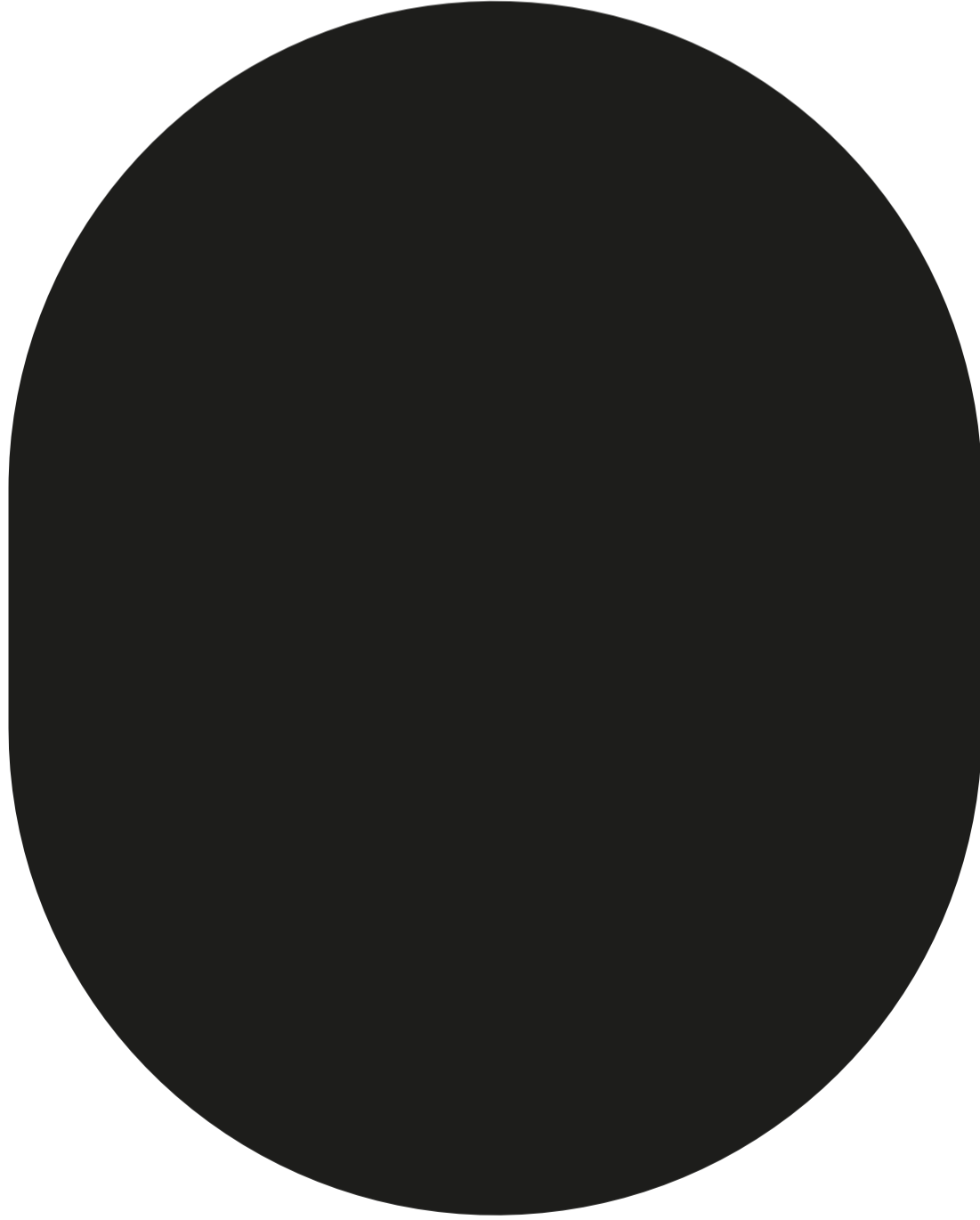
slow and accurate



controlled pair



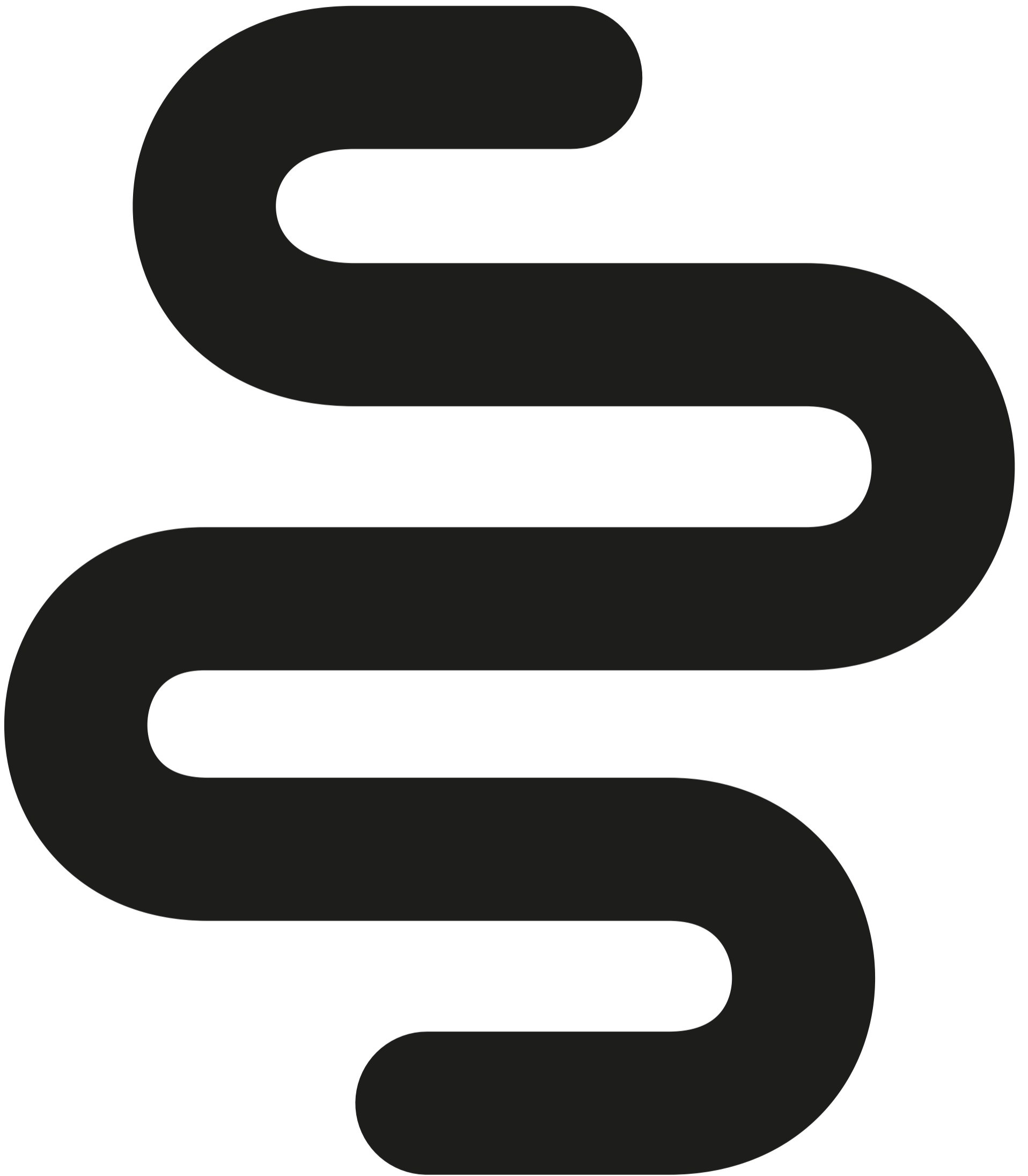
fast and furious



8M

20 shots distributed following the dots.
Increase and decrease the rate according to the size (small / slow large / fast).





8M 20 shots distributed following the line.
Keep rate constant during the journey :-)

