
Contents

Introduction	1
 Part I: The Basics of Practical Shooting	
Elements of Practical Shooting	4
Accuracy in Pistol Shooting	8
Accuracy in high speed shooting	16
Calling your shots	17
Recoil Control in High Speed Shooting	19
Improving your recoil control	20
Reducing sight picture recognition time	26
Reducing triggering time	27
Understanding IPSC Scoring	29
Scoring terms	29
The advantages of understanding scoring	31
 Part II: Mental Aspects of Practical Shooting	
The Mental Process of Performance	36
Improving subconscious skills	41
Improving conscious skills	43
Building a stronger self-image	52
The Champion's Attitude	57
The Power of Visualization	61
Visualization in preparation for a match goal	61
Visualization in preparation for a stage	62
Managing Match Stress	67
Reducing your stress level on demand	68
The mental and physical connection	70
Increasing your stress level on demand	74

The Mental Games We Play	76
The games	76
Defend yourself	78

Part III: Preparation

Goal Setting	82
Choosing the right shooting goal for you	82
Types of goals	85
Building a Training Program for Practical Shooting	87
Principles of a comprehensive training program	87
Steps to building a training program	90
Deciding what to practice	92
The training load	96
The Shooting Diary	100
Perfect Practice	104
Guidelines to quality training	104
Your “bank of information”	110
How to Use Published Stage Designs	112
The do’s	112
The don’ts	115
Match Preparation	117
The month before your big match	117
The week before your big match	119
The day before your big match	121
The morning of your big match	123
Physical Training for Practical Shooters	126
The elements of general physical training	127
Building your physical training program	131
Specific physical needs for Practical shooting	132

Preparing Your Gear for Competition	136
Gun maintenance	137
Magazine maintenance	140
Ammunition	141
Cleaning tools and spare parts	143
Other items of equipment	144

Part IV: Match Day Performance

Preparing for a Great Stage Performance	148
Chipping Away at Stage Times	155
Tactical Stage Analysis	161
Recognizing the options	161
Weighing the alternatives	165
Making your decision	168
IPSC Match Tactics	170
Should you know the score?	171
Aggressive or defensive stage tactics	173
IPSC risk management	174
Match Day Nutrition	176
Hydration – your first concern	176
Smart eating	178
Interacting with Range Officials	182

Part V: In Closing

Shooting Swingers (Bobbbers)	190
Understanding the motion of the target	190
Planning your tactics	195
Practicing swingers	196
The Secret of Successful Practical Shooting	202
Final Thoughts	204