

Dear

Thank you for giving me the opportunity to work on a training program for you.

Firstly, I feel that I have to tell you a few things, which hopefully, will help you to go on with the program.

Shooting well is like every other successful venture: 10% preparation and 90% perspiration. The aim is to learn how to use the 90% to good effect.

The carrying out of a number of smoothly connected skills is known as the athlete's **TECHNIQUE**: To develop a technique, athletes first need to acquire the skills and then learn how to connect them in a set **SEQUENCE**.

Successful shooters know that the most important part of their performance is the SEQUENTIAL carrying out of the technique in a **CONSISTENT** way.

To get full benefit for your efforts there needs to be structure and planning. It is essential to have a Training Diary and Training Sheets. Recording of data will help make you aware of what your skills and techniques are. That in turn will enable you to selectively reinforce the good traits and identify those areas, which need change.

Tests have to be done to find out how well you can hold and what your group size capability is **NOW**. From there, if the exercises are done frequently and systematically, improvement will show on your current levels of ability.

So I'll start with the tests. *See notes for exercises.*

### TEST 1 - HOLDING

#### a) **HORIZONTAL CAPABILITY**

To determine your staring width for this test, use the back of an air pistol target with a 20mm wide vertical black strip. Make sure you have at least six to seven metres distance. If not, reduce the strip to a corresponding width.

Time how long you can hold one of the vertical edges of the foresight in the strip.

If in two out of three attempts, you are able to hold for more than six seconds, narrow the strip by 5mm and repeat.

Continue this procedure until the holding time for two out of three trials is less than six seconds.

Record the width in millimetres of the vertical black strip.

Using the test sheet, do 10 holds. Write down the time in seconds and work out the time average.

Do this exercise for the next four weeks. The aim is to increase the length of time you can hold for in that width strip. At the end of the four weeks assess your improvement. If you succeed in

holding more than six seconds for two times out of every three before the four weeks are over do not alter the width of strip. Just record the time and keep working out the averages. Make copies of Test Sheet and use one for every session.

b) **VERTICAL CAPABILITY**

Repeat the entire procedure but this time hold the top edge of the foresight in a horizontal black strip. Record the height in millimeters of the horizontal black strip. You can use black electrical tape to make it easy to reduce or add to it.

**TEST 2 - STABILITY**

Use an air pistol target and set it up between seven to eight metres away, or use the scaled-down targets, get a clear, well aligned sight picture in your usual aiming area and close your eyes. Count five seconds and open them.

On the test sheet I send you, mark the position of the top of the front sight as you saw it on opening your eyes. Do this 10 times. Disregarding the three widest marks, join the two most spaced remaining marks with a straight line.

The goal over the next four weeks is to shorten the line and bring it closer to the normal aiming area.

If you find that the arm falls away from the target completely, close up the distance until you can register the positions on the target.

I would prefer though, that you try and control the movement so as to be able to do it at 7 metres.

At the range for the next four weeks don't do anything else than what you have in your program.

**TEST 3 - ACCEPTABILITY GROUP**

Fire 20 shots as you would in a competition. Once you start, do not adjust the sights.

Now using the back of the target, patch out the six widest shots of the group and measure the diameter of the remaining 14 shots.

Relate the measurement to the scoring rings of a precision target, by putting your target back to front on top of another one and mark through the holes of your group perimeter with white out.

This then becomes your area of acceptability of all shots fired by you at this distance for the next four weeks. Shots outside that diameter/shot value are unacceptable relative to your established ability. You can do this test for both air pistol and precision of sport pistol. See the Test Sheet.

# NOTES FOR TRAINING EXERCISES

Exercises to do at home or work when you can with a small weight or pistol (.22).

## 1.

a) Hold the pistol barrel against the side of something stable (or you can use your fist as if you are holding a pistol). Keep the wrist firm and notice which parts of the arm are involved in resisting. Hold for a count of 10, then change by pressing against the resistance in another direction. Do this with both arms.

b) Support the forearm horizontally and lift and lower the pistol or weight 10 times at the wrist. Stop at each of three positions (down, level and up). Change hands and the planes of the wrist (wrist vertical, facing down and facing up).

## 2. HOLDING

a) Horizontal - as for test 1. Do these with both arms.

b) Vertical - as for test 1. Again, use both arms.

## 3. STABILITY

This is the same as Test 2, but should be done using both arms.

## 4. TRIGGER FLEXES - SIGHT RELATIONSHIP

While holding the sights clearly aligned, press the trigger three times to overload and release. Repeat this a total of five times with each hand. Observe and learn to control deviation. You don't have to engage or load.

## 5. SIGHT ALIGNMENT CONCENTRATION

Concentrate on maintaining a sharply defined and aligned sight picture for a count of five.

Keeping the body - arm system still, avert the eyes to a far view and relax while counting to five.

Make sure only the eyes look somewhere else, don't move the head.

Return your attention to the sights, concentrate on a sharp, clear, aligned sight picture for one more count of five and then change hands and do the same.

Do this exercise five times with each hand.

# COMPETITION EXERCISES

## RANGE EXERCISES

### 1. MAINTAINING A RUN

Shoot 20+ shots and record each shot on the sheet.

Shade the bottom section of each box if the shot is in the acceptable area as determined in Test No. 3.

If the 20th shot is acceptable, continue firing as long as the shots are acceptable.

Count the total and the longest string of consecutive shots.

### 2. SCORES ON DEMAND

Begin by shooting the five shot score, according to your acceptability ring. When you get it, go to the four shot one and so on.

Stay on a particular step until the required score is reached.

If more points are lost in less than the allowed number of shots for any step, begin a new series of that step.

Limit yourself to 20 shots.

When you go through the exercise in 15 shots on three consecutive times, promote yourself to the next level.

### 3. GO FOR CONSISTENCY

Shoot 10 shots in pairs, recording them in vertical order.

Circle the higher value shot of each vertical pair.

Add the score of the circled (higher) five shots and compare that to the score of the other (lower value) five shots.

Repeat with another 10 shots and compare. Note the high/low variations. Small differences are an indicator of consistency.

## **SOME THOUGHTS AND EXPLANATIONS**

On each occasion when 10 shots are fired, a 70% diameter group should be recorded and used as an incentive for the next 10.

The intention is to make each shot significant for its own sake, even within the context of five, 10 or 20 shots.

A strong match or competition awareness is maintained by continually referring to records of achievements and expectations.

It is a good idea for you to note down thoughts, which can help you to achieve goals or new standards.

Copy all the exercise sheets and use all the time.

The Range exercises can be done in the air pistol range or 25 metre range.

For the next four weeks the only way to evaluate your progress should be only with the Tests Sheets and Exercise Sheets. No competition scores please - unless you shoot away.

Some cardiovascular activity (walking, swimming, aerobics etc.) should be included in the training program and preferably about four times per week. Minimum 1/2 hour per session.

Many Regards,

Lucky.

E. Anagnostou.

## **NEW SKILL REHEARSAL DRILLS**

### **CENTRE LIFTS - A**

Lift the pistol smoothly up in a straight-line arc to stop in the aiming area while saying **“Lift and stop”**.

There is to be no trigger action. All your attention is to be directed to lifting and sighting.

Change hands after five lifts. Repeat this for total ten lifts with each hand.

### **CENTRE LIFTS - B**

The procedure for this is the same as described above in CENTRE LIFTS - A.

There are two differences. One is that the new commands are **“close, lift, open”**.

The other difference is that the eyes are closed at the start of the lift and opened at the instant of stopping.

Change hands after five lifts. Repeat this for a total of ten lifts with each hand and record the results

As for exercise # 3.

### **CENTRE LIFTS - C**

Use the same procedure as for CENTRE LIFTS - A and CENTRE LIFTS - B.

This time however, while saying **“pull, two, three”**, lift and operate the trigger smoothly to overload.

Change hands after five lifts and repeat for a total of ten lifts with each hand.

## **NEW COMPETITION ACTIVITIES**

### **COMMITMENT AND BOLDNESS**

Using the procedure detailed in the CENTRE LIFT exercises, load and fire five rounds.

Repeat the procedure in rehearsal format with the non-shooting hand.

Alternate hands, shooting and rehearsing.

Record the 70% spread at the end of ten shots.

Repeat for a total of twenty fired shots.

### **QUALITY PAYS**

Put out twenty rounds in two side by side piles of ten rounds each.

Fire one round from the left hand pile.

If the shot is in the “acceptable” area, transfer a round from the right hand pile into the left hand one.

Conversely, if the shot is outside the acceptable area, transfer a round from the left-hand side pile to the right hand one.

Continue until all the rounds in the left-hand pile have been fired.

The activity may finish before twenty shots are fired.

Note how many shots are fired and measure and record the 70% diameter of completed series of ten shots.

## **GOAL SETTING**

To keep up enthusiasm and maintain momentum, it is necessary to set tangible goals. To be realistic, they must be based on actual tested and proven ability levels.

To do this for yourself, go through your accumulated Training Diary records and find the highest 3 ten-shot scores and the lowest 3 ten-shot scores and work out their averages.

For example:

Highest three scores . . . . 97 + 94 + 94 = 285  $\div$  3 = 95 average of highest

Lowest three scores . . . . 92 + 91 + 90 = 273  $\div$  3 = 91 average of lowest

Total 558  $\div$  6 = 93 overall average

With a high average of 95 and a low average of 91, you can reasonably expect to shot somewhere in between.

Therefor a realistic score of 93 can be expected if you stick to doing your training technique, which, after all did produce those averages.

Having worked all that out, set your own goals, remembering that they will only be realized if you stick to the technique which you have been training.

## **MUSCLES AWARENESS EXERCISES Dry firing at home**



After you apply all the technical elements of executing a good shot (Wear all accessories you usually wear. i.e. muffs, glasses), like proper gripping, proper positioning (stance), proper rise then lowering while breathing properly, lining up the sights coming in to your aiming area, then follows

Exercise 1: When in aiming area, close your eyes! Release the trigger! Follow-through! NOW OPEN your eyes and see where the sights ended up on the scaled-down target. Lower the pistol and enter the position of the sights on the score sheet diagram. Complete 5 single shots on each diagram\* (1,2,3) and repeat for 3 diagrams total 15 shots.

Exercise 2: This is exactly the same as exercise 1 but with the following addition: As the eyes are closed in the aiming area, the hard black foresight lined up perfectly in the notch of the rearsight sitting perfectly in your aiming area under the fuzzy spot on the target, should be seen in your mind (Imagined) and held in correct perspective as you actually release the trigger and follow through! Open your eyes and see where the sights have ended up on the scaled-down target. Lower the pistol and enter the sights position on the score sheet diagram Column B. Complete 5 single shots on each diagram (4,5,6) and repeat for 3 diagrams total 15 shots.

Exercise 3: This practice is similar in content to Exercise 2, but with a prior single shot NOW Match enacted in the mind (again visualisation) BEFORE the actual dry shot is processed - in fact the first stage of 'PROGRAMING' the NOW shot. What has to be done:-

- a. Take a few SLOW SHALLOW BREATHS to relax the Body/Mind.
- b. BLACK the mind by putting the disengaged hand over the eyes.
- c. Now 'SEE IN THE MIND' the EXACTING action necessary to lift and hold the Pistol in the aiming area, right through to the release of the trigger and the follow through.
- d. Open the eyes. Now process the dry shot exactly as for Exercise 2, and enter the final position of the sights for each separate shot on the Diagram Score Sheet - Column 'C' targets 7:8:9. Again a total of 15 shots at any one time.

Exercise 4: The FIRST shot should be processed exactly as Exercise 3, but now the ERROR of this shot (if any) i.e. the DISTANCE and DIRECTION the sights end up from the centre of the AIMING AREA should be assessed and then PUT OUT OF THE MIND COMPLETELY. Now the following should be carried out:-

- a. Take a few SLOW SHALLOW BREATHS to relax the Body/Mind.
- b. BLACK the mind by putting the disengaged hand over the eyes.
- c. SEE IN THE MIND the EXACTING actions necessary to lift and hold the Pistol in the aiming area, right through to the release of the trigger and follow through, with the shot going 'Down Range' and into the EXACT CENTRE of the target (Programing Forward), with the DISTANCE DIRECTION ERROR SHOT POSITION disappearing completely.
- d. Open the eyes. Now process the dry shot exactly as Exercise 2, and enter the final position of the sights for this shot on the Diagram Score Sheet Column 'D' targets 10:11:12. Each subsequent shot should be ERROR CORRECTED and PROGRAMED FORWARD for a 10 in this manner. A total of 15 shots at any one time.

These exercises **should** be done TWICE per day for at least THREE days per week and only if you are in a relaxed calm mood with as clear a mind as you possibly can.

\*

*This refers to small targets which you can make-up yourself so you can register the position of sights.  
Make-up 4 (four) collums marked A, B, C, D by 3 (three) rows of targets on one A4 size papper and mark them 1 to 12 starting from top left going down three then next collum 4, 5, 6, and so on.*