

U.S. MARINE CORPS PISTOL TEAM

***MODIFIED* PROGRAM WORKBOOK**

***NOTE:** THIS WORKBOOK IS BASED ON THE ORIGINAL U.S. MARINE CORPS PISTOL TEAM WORKBOOK. THIS COPY WAS RETYPED FROM A HARD COPY. SOME MODIFICATIONS (INTENDED OR OTHERWISE) HAVE BEEN MADE TO THIS VERSION OF THE WORKBOOK. THE READER SHOULD THEREFORE BE AWARE THAT THIS VERSION OF THE WORKBOOK DOES NOT COMPLETELY MATCH THE ORIGINAL.

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INTRODUCTION:

WE HAVE OFTEN HEARD THE SAYING, "PRACTICE MAKES PERFECT". THIS IS NOT ALWAYS TRUE. IF YOU PRACTICE SOMETHING INCORRECTLY IT WILL NEVER BE PERFECT NOR WILL YOU EVER IMPROVE. THE SAYING SHOULD BE, "PERFECT PRACTICE MAKES PERFECT".

THIS GUIDE IS DESIGNED TO ASSIST AN INDIVIDUAL IN DEVELOPING HIS/HER SKILL IN THE 3 GUN SHOOTING ARENA. IN ORDER TO INSURE THAT ALL TASKS/EXERCISES ARE EASILY UNDERSTOOD, IT IS ASSUMED THAT THE READER HAS LITTLE OR NO COMPETITIVE SHOOTING EXPERIENCE. READ AND ACCOMPLISH EACH TASK/EXERCISE AS WRITTEN. MANY OF THEM CONTAIN MENTAL TRAINING WHICH MAY NOT BE IMMEDIATELY APPARENT.

FIFTY-EIGHT PERCENT OF THE TASKS IN THIS GUIDE ARE FIRED ON EITHER BLANK OR PRACTICE (NO SCORING RINGS) CENTERS. THIS PLACES EMPHASIS ON GROUPS AND CENTERED SHOTS RATHER THAN ON SCORE. IF THE GROUP IS TIGHT AND CENTERED THE SCORE WILL TAKE CARE OF ITSELF.

EXPERIENCE HAS SHOWN THAT THE MOST RAPID DEVELOPMENT WILL BE ACHIEVED WHEN A SHOOTER BOTH PRACTICES AND SHOOTS A MATCH WITH A SPECIFIC GOAL IN MIND. IT IS ALSO UNDERSTOOD THAT NO TWO INDIVIDUALS ARE EXACTLY ALIKE SO THAT SOME WILL LEARN AND PROGRESS FASTER THAN OTHERS. FOR THESE REASONS THIS GUIDE IS DESIGNED TO BE GOAL ORIENTED AND SELF-PACED. AS EACH GOAL IS ACCOMPLISHED, THE MENTAL AND PHYSICAL SKILLS THAT ARE LEARNED OR REFINED WILL BE EMPLOYED IN LATER GOALS AND THE SHOOTER'S ABILITY WILL AUTOMATICALLY IMPROVE.

TWO-THIRDS OF 3-GUN SHOOTING IS DONE AT THE 25-YARD LINE IN EITHER TIMED OR RAPID FIRE. SHOOTING EXPERIENCE OFTEN PROVES THAT, "A PISTOL MATCH IS WON AT THE 50 YARD LINE AND LOST DURING RAPID FIRE." THEREFORE, A PRINCIPLE ASSUMPTION IN THIS GUIDE IS THAT THE 25-YARD LINE MUST BE MASTERED BEFORE TIME IS SPENT SHOOTING THE 50-YARD SLOW FIRE.

IT IS OFTEN SAID THAT A WINNER IS AN EXCEPTIONALLY GIFTED OR EXTRAORDINARY INDIVIDUAL. WHILE THERE ARE SOME PEOPLE WHO FIT THIS DEFINITION, WE HAVE BASED THIS TRAINING PROGRAM ON THE BELIEF THAT A WINNER IS AN ORDINARY INDIVIDUAL WITH EXTRAORDINARY DETERMINATION TO BE THE BEST. TO PUT THIS ANOTHER WAY, HE OR SHE HAS AN ALL-CONSUMING DESIRE TO WIN!

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GLOSSARY OF TERMS

AIMING BLACK	THAT PORTION OF THE TARGET COLORED BLACK.
BLANK TARGET	A TARGET THAT PRESENTS A PLAIN WHITE FACE TO THE MARKSMAN. NO BULLSEYE OR OTHER DISTRACTION IS PRESENTED. USED WITHIN THE CONTEXT OF THIS PROGRAM TO EMPHASIZE SIGHT ALIGNMENT AND TRIGGER CONTROL. NOTE: MARKSMAN USING THE STANDARD 6 O'CLOCK SIGHT PICTURE WILL NORMALLY GROUP HIGH. GROUP WILL REMAIN ROUND WHEN TOTAL CONCENTRATION IS ON SIGHT ALIGNMENT.
CENTER FIRE PISTOL	A WEAPON DEFINED BY THE NRA AS .32 CALIBER OR LARGER.
DRY FIRE	MENTAL AND PHYSICAL SHOOTING PRACTICE THAT DOES NOT REQUIRE AMMUNITION OR TARGET. ACCOMPLISHED WITH A SPECIFIC GOAL (# OF PERFECT SHOTS). ALL MENTAL AND PHYSICAL STEPS OF LIVE FIRE FOLLOWED. FOCUS OF ATTENTION ON SIGHT ALIGNMENT AT THE INSTANT HAMMER FALLS.
GROUP SHOOTING	THE SECOND TYPE OF BULLSEYE TRAINING. THE FIRING OF A SERIES OF SHOTS WITHOUT OBSERVING THE LOCATION OF EACH HIT. SIGHT SETTINGS ARE NOT CHANGED WITHIN A SHOT SERIES OR SHOT STRING. USED IN THE CONTEXT OF THIS PROGRAM TO DEVELOP THE CONFIDENCE TO ACCEPT AN AIMING AREA.
L-8	A CIRCULAR AREA THE SIZE OF THE 8-RING.
L-9	A CIRCULAR AREA THE SIZE OF THE 9-RING.
MATCH SIMULATION	THE THIRD TYPE OF BULLSEYE TRAINING. FIRING A SHOT OR SERIES OF SHOTS UNDER THE SAME CONDITIONS EXPERIENCED DURING A MATCH. NORMALLY EACH SLOW FIRE SHOT OR SHOT STRING IS OBSERVED AND SIGHT CORRECTIONS MADE WHEN REQUIRED.
NEW SHOOTER	A FIRST YEAR MARKSMAN. NOT BEEN A MEMBER OF THE MARINE CORPS TEAM. NOT CLASSIFIED 2600.

OLD SHOOTER	ANY MARKSMAN NOT MEETING THE DEFINITION OF A NEW SHOOTER, OR AS DIRECTED BY THE TEAM CAPTAIN.
ONE SHOT DRILLS	A SINGLE SHOT FIRED WITHIN A SPECIFIED TIME LIMIT. SIMILAR TO THE BOBBING TARGET, OR QUICK REACTION DRILLS OF THE QUALIFICATION COURSE. THE LINE COMMANDS WILL BE GIVEN FOR EACH SHOT USED IN THE SCOPE OF THIS PROGRAM TO DEVELOP THE INDIVIDUAL MARKSMAN'S MENTAL PROGRAM AND FIRST SHOT DELIVERY FOR TIMED AND RAPID FIRE STRINGS.
RAPID FIRE	TWO 5 ROUND STRINGS FIRED WITHIN 10 SECONDS PER STRING.
RECOVERY	THE MENTAL AND PHYSICAL STEPS TAKEN DURING RECOIL TO RETURN THE WEAPON TO THE AIMING AREA AND REALIGN THE SIGHTS.
SIGHT ALIGNMENT	THE PHYSICAL RELATIONSHIP OF THE FRONT AND REAR SIGHTS IN RELATIONSHIP WITH THE EYE.
SLOW FIRE	10 ROUNDS/10 MINUTES. SHOTS MAY BE DELIVERED SINGLE OR IN STRINGS AT THE DISCRETION OF THE MARKSMAN.
TIMED FIRE	TWO 5 ROUND STRINGS FIRED WITHIN 20 SECONDS PER STRING.
TRAINING TARGET	SMALL - A PLAIN BLACK CIRCLE THE SAME SIZE AS THE STANDARD 9-RING. LARGE - A PLAIN BLACK CIRCLE THE SAME SIZE AS THE STANDARD 8-RING.
TRIGGER CONTROL	MANIPULATION OF THE TRIGGER IN SUCH A MANNER AS TO ASSIST IN OBTAINING AND REFINING SHOT ALIGNMENT.

1 CHAPTER ONE
THE .22 CALIBER PISTOL

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CHAPTER 1

.22 CALIBER GUIDE

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1-5	SLOW FIRE GROUP SHOOTING	_____
1-7	BASIC MARKSMANSHIP TEST	_____
1-9	MENTAL PROGRAM (BASIC)	_____
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.22 CALIBER PISTOL: BASIC ZERO AND GROUP SHOOTING

PURPOSE: DEMONSTRATE AN UNDERSTANDING OF BASIC MARKSMANSHIP FUNDAMENTALS.

TASK DESCRIPTION: FIRE AT A BLANK TARGET, NO TIME LIMIT, TARGETS POSITIONED AT 25 YARDS. FIRE 10-RD STRING. MEASURE GROUP AND REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL MASTERED.

STANDARD:

- 1. GROUP SIZE: 5 1/4 INCHES MAXIMUM DIAMETER, L-9.
- 2. TIME LIMIT: NONE
- 3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
- 4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD L-9 GROUPS

COACH'S NOTES/COMMENTS: GROUPS MUST BE ROUND. ELONGATED GROUP INDICATES THAT THE COMPETITOR IS LOOKING DOWN RANGE, TRYING TO PICK AN AIMING POINT.

SHOOTER'S NOTES: (WHAT DID I LEARN? WHAT DID I DO RIGHT? WHAT PROBLEMS AM I LOOKING FOR A SOLUTION TO?)

Lined area for notes.

DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

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.22 CALIBER PISTOL: SLOW FIRE GROUP SHOOTING

PURPOSE: OBTAIN A 25 YD ZERO. CONTINUE TO DEMONSTRATE BASIC UNDERSTANDING OF THE MARKSMANSHIP PRINCIPLES.

TASK DESCRIPTION: FIRE AT 25 YARDS ON A SMALL TRAINING TARGET, NO TIME LIMIT. FIRE 10 SHOTS AND OBSERVE GROUP, CONTINUE TO FIRE 5 RD STRINGS UNTIL 10 HITS ARE ACCUMULATED IN THE BLACK OF THE TRAINING TARGET. REPAIR WITH ANOTHER TRAINING TARGET AND REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

- | | |
|----------------------|---------------------------------------------------------------------|
| 1. GROUP SIZE: | WITHIN THE TRAINING TARGET BLACK |
| 2. TIME LIMIT: | NONE |
| 3. TEST CONDITIONS: | ASSIGNED COACH WILL WATCH AND EVALUATE |
| 4. DIFFICULTY LEVEL: | TWO <u>CONSECUTIVE</u> 10 ROUND SERIES WITH ALL SHOTS IN THE BLACK. |

COACH'S NOTES/COMMENTS: BLACK CENTER IS A DISTRACTION TO THE MARKSMAN. GROUPS SHOULD REMAIN ROUND. THE REQUIREMENT TO DUPLICATE OR BETTER THE SHOT GROUP TESTS THE MARKSMAN'S ABILITY TO HANDLE STRESS.

SHOOTER'S NOTES: (WHAT DID I LEARN? WHAT DID I DO RIGHT? WHAT PROBLEMS AM I LOOKING FOR A SOLUTION TO?)

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.22 CALIBER PISTOL: BASIC MARKSMANSHIP TEST

PURPOSE: TO PROVE TO THE MARKSMAN THAT HE/SHE CAN UPON DEMAND PRODUCE 10'S AT 25 YDS. TO BE A WINNER YOU MUST SHOOT 100'S AT THE 25-YARD LINE.

TASK DESCRIPTION: FIRE AT A STANDARD 25 YARD TARGET, NO TIME LIMIT. SHOOT AS MANY ROUNDS AS NECESSARY TO OBTAIN 10 SHOTS IN THE 10 RING. DO NOT REPAIR UNTIL TEN 10'S ARE PRESENT. REPAIR TARGET AND POST A NEW REPAIR CENTER. REPEAT EXERCISE UNTIL DIFFICULTY LEVEL MASTERED.

STANDARD:

- | | |
|----------------------|---------------------------------------------------------------------|
| 1. GROUP SIZE: | 10 RING |
| 2. TIME LIMIT: | UNLIMITED |
| 3. TEST CONDITIONS: | ASSIGNED COACH WILL WATCH AND EVALUATE |
| 4. DIFFICULTY LEVEL: | TWO <u>CONSECUTIVE</u> TARGETS WITH FIRST TEN SHOTS IN THE 10 RING. |

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES: 25 YD ZERO MARKED WITH PAINT PEN ON SIGHTS
EL _____ WIND _____

DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

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MENTAL PROGRAM (BASIC)

PURPOSE: TO DEVELOP A SERIES OF MENTAL STEPS TO FOCUS SHOOTER'S CONCENTRATION ON CONSISTENT SHOT DELIVERY.

TASK: WRITE MENTAL CONCENTRATION STEPS.

EXAMPLE: ONCE EQUIPMENT IS ARRANGED ON BENCH, AT SHOOTING POINT:

1. VISUALIZE PERFECT PERFORMANCE OF UPCOMING STAGE.
2. "LOAD" LOAD/VERIFY N.P.A.
3. "IS THE LINE READY?" RESTATE STAGE - i.e....RAPID FIRE
4. "THE LINE IS READY" START BREATHING CYCLE
5. "READY ON THE RIGHT" RAISE GUN, IMAGE OF PERFECT SIGHTS, CONTINUE BREATHING CYCLE
6. "READY ON THE LEFT" LET GUN/BODY SETTLE, IMAGE OF CENTERED SHOT GROUP.
7. "READY ON THE FIRING LINE" START TRIGGER PRESSURE, FOCUS ON SIGHTS, PATIENCE
8. TARGET TURNS LET FIRST SHOT BREAK, RECOVER AND CONTINUE STRING.

COACH'S NOTES/COMMENTS: ENSURE EACH MARINE DEVELOPS MENTAL PROGRAM. POST MENTAL PROGRAM IN SHOOTING BOX. STRESS COMMITMENT TO PROGRAM FOR EACH AND EVERY SHOT/STRING.

SHOOTER'S NOTES:

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.22 CALIBER PISTOL: TIMED FIRE GROUP SHOOTING

- PURPOSE:**
1. TO CONTINUE TO REENFORCE BASIC MARKSMANSHIP SKILLS WHILE EMPHASIZING TRIGGER CONTROL, SIGHT ALIGNMENT, AND RECOVERY.
 2. TO REENFORCE THE SHOOTER'S CONFIDENCE IN HIS/HER ABILITY TO FIRE A TIMED FIRE GROUP THE SIZE OF THE 9-RING OR SMALLER.

TASK DESCRIPTION: FIRE AT A BLANK TARGET POSITIONED AT 25 YARDS. TIMED FIRE CADENCE. MEASURE GROUP AFTER 10-RDS. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

1. GROUP SIZE: 5 1/2 INCHES MAXIMUM DIAMETER, L-9
2. TIME LIMIT: 5 RDS/20 SEC
3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD L-9 GROUPS

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES:

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.22 CALIBER PISTOL: TIMED FIRE ONE SHOT DRILLS

PURPOSE: ESTABLISH MENTAL PROGRAM AND DEVELOP A ROUTINE INVOLVING THE LINE COMMANDS. DELIVER THE FIRST SHOT OF A 5-SHOT STRING IN A TIMELY AND ACCURATE MANNER.

TASK DESCRIPTION: FIRE AT A SMALL TRAINING TARGET POSITIONED AT 25 YARDS. SHOOT ONE SHOT DRILLS. ONE SHOT AND RECOVER EACH TIME TARGET IS PRESENTED. TARGET VISIBLE FOR 3 SECONDS PER DRILL. LINE COMMAND GIVEN FOR EACH DRILL. OBSERVE GROUP AFTER 10-RDS. FIRE ADDITIONAL DRILLS UNTIL 10 HITS HAVE ACCUMULATED IN THE BLACK. REPEAT EXERCISE UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

- 1. GROUP SIZE: 5 1/2 INCHES MAXIMUM DIAMETER, L-9
- 2. TIME LIMIT: 3 SEC DRILLS
- 3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
- 4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD TARGETS WITH ALL SHOTS IN THE BLACK.

COACH'S NOTES/COMMENTS: ATTENTION SHOULD BE PAID TO THE SHOOTER'S RECOVERY AFTER EACH SHOT.

SHOOTER'S NOTES:

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DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

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.22 CALIBER PISTOL: TIMED FIRE MATCH SIMULATION

PURPOSE: TO DEVELOP THE MENTAL ATTITUDE, CONFIDENCE LEVEL, AND SELF-IMAGE IN THE SHOOTER THAT MAKES HIM/HER BELIEVE: "UPON DEMAND, I CAN SHOOT TEN 10'S TIMED FIRE AT 25 YARDS".

TASK DESCRIPTION: FIRE AT A STANDARD 25-YARD TARGET. TIMED FIRE CADENCE. OBSERVE GROUP AFTER 10-RDS. CONTINUE WITH 5-RD STRINGS UNTIL 10 HITS HAVE ACCUMULATED IN THE 10 RING. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

- 1. GROUP SIZE: 10 RING
- 2. TIME LIMIT: 5 RDS/20 SEC
- 3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
- 4. DIFFICULTY LEVEL: TEN 10'S WITHIN 10 SHOTS

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES:

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.22 CALIBER PISTOL: RAPID FIRE GROUP SHOOTING

PURPOSE: TO PLACE EMPHASIS ON TRIGGER CONTROL, AND SIGHT ALIGNMENT.

TASK DESCRIPTION: FIRE AT A BLANK TARGET POSITIONED AT 25 YARDS. RAPID FIRE CADENCE. MEASURE GROUP AFTER 10-RDS. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

- 1. GROUP SIZE: 5 1/2 INCHES MAXIMUM DIAMETER, L-9
- 2. TIME LIMIT: 5 RDS/10 SEC
- 3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
- 4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD L-9 GROUPS

COACH'S NOTES/COMMENTS: ATTENTION SHOULD BE PAID TO SHOOTER'S STANCE AND BODY WEIGHT DISTRIBUTION TO AID HIM/HER IN RECOVERY AFTER EACH SHOT.

SHOOTER'S NOTES:

Lined writing area with horizontal lines.

DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

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.22 CALIBER PISTOL: RAPID FIRE MATCH SIMULATION

PURPOSE: TO DEVELOP THE MENTAL ATTITUDE, CONFIDENCE LEVEL, AND SELF-IMAGE IN THE SHOOTER THAT MAKES HIM/HER BELIEVE: "UPON DEMAND, I CAN SHOOT TEN 10'S RAPID FIRE AT 25 YARDS".

TASK DESCRIPTION: FIRE AT A STANDARD 25-YARD TARGET. RAPID FIRE CADENCE. OBSERVE GROUP AFTER 10-RDS. CONTINUE WITH 5-RD STRINGS UNTIL 10 HITS HAVE ACCUMULATED IN THE 10 RING. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

- 1. GROUP SIZE: 10 RING
- 2. TIME LIMIT: 5 RDS/10 SEC
- 3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
- 4. DIFFICULTY LEVEL: TEN 10'S WITHIN 10 SHOTS

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES:

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.22 CALIBER PISTOL: TEST: RAPID FIRE MATCH

- PURPOSE:**
1. TO TEST THE SHOOTER'S KNOWLEDGE AND SKILLS.
 2. ATTAIN THE MINIMUM PERFORMANCE REQUIRED TO PROGRESS TO THE NEXT LEVEL OF TRAINING.

TASK DESCRIPTION: RAPID FIRE MATCH FOR SCORE. MATCH SIMULATION. FIRE A 10 RD SERIES AT A STANDARD 25 YARD TARGET. TIMED FIRE. SCORE AND REPAIR TARGET. FIRE A SECOND 10-RD SERIES AND SCORE TARGET. COMBINE SCORES AND COMPARE TO STANDARD.

STANDARD:

1. GROUP SIZE: SCORED
2. TIME LIMIT: 5 RDS/10 SEC
3. TEST CONDITIONS: NO ASSISTANCE
4. DIFFICULTY LEVEL: NEW SHOOTER: 196
OLD SHOOTER: 198

UPON COMPLETION OF THE TEST, FOLLOW THE STEPS INDICATED BELOW:

1. DIFFICULTY LEVEL MASTERED
- CONTINUE PROGRAM -
2. DIFFICULTY LEVEL NOT MASTERED
- RETURN TO RAPID FIRE MATCH SIMULATION PAGE AND START AGAIN -

SHOOTER'S NOTES:

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.22 CALIBER PISTOL: SLOW FIRE GROUP SHOOTING

- PURPOSE:**
1. TO REFINE BODY ALIGNMENT, REPEATABLE GRIP, AND STANCE THAT ALLOWS THE SIGHTS TO SETTLE NATURALLY ON THE TARGET THE SAME WAY EACH TIME.
 2. TO PERFECT CONCENTRATION/FOCUS ON THE MENTAL PROGRAM. DEVELOP TRIGGER CONTROL NECESSARY TO DELIVER A WELL-AIMED SHOT WITH A TRAINING TARGET AS DISTRACTOR.

TASK DESCRIPTION: FIRE AT A LARGE TRAINING TARGET, NO TIME LIMIT, TARGETS POSITIONED AT 50 YARDS. OBSERVE GROUP AFTER 10-RDS, CONTINUE WITH 5-RD STRINGS UNTIL 10 HITS ACCUMULATE IN THE BLACK OF THE TRAINING TARGET. REPAIR WITH A LARGE TRAINING TARGET. REPEAT UNTIL DIFFICULTY LEVEL MASTERED.

STANDARD:

1. GROUP SIZE: 7 3/4 INCH DIAMETER, L-8
2. TIME LIMIT: NONE
3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD TARGETS WITH ALL SHOTS IN THE BLACK.

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES:

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DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

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.22 CALIBER PISTOL: SLOW FIRE MATCH SIMULATION

- PURPOSE:**
1. TO DEMONSTRATE MARKSMANSHIP SKILLS DURING MATCH SIMULATION
 2. TO FURTHER DEVELOP AND REFINE THE MENTAL PROGRAM AND TRIGGER CONTROL NECESSARY TO DELIVER WELL-AIMED, 10-RING SHOTS AT 50 YARDS.
 3. TO INSTILL THE CONFIDENCE IN THE SHOOTER THAT IT IS POSSIBLE TO FIRE 10'S CONSISTENTLY AND DELIBERATELY AT 50 YARDS.

TASK DESCRIPTION: FIRE AT A STANDARD 50 YARD TARGET, NO TIME LIMIT. SHOOT AS MANY ROUNDS AS NECESSARY TO OBTAIN 10 SHOTS IN THE TEN RING. NOTE NUMBER OF SHOTS REQUIRED. REPAIR TARGET AND POST A NEW REPAIR CENTER. REPEAT EXERCISE, NOTING NUMBER OF SHOTS REQUIRED EACH DRILL, UNTIL 20 OR LESS SHOTS ARE REQUIRED.

STANDARD:

1. GROUP SIZE: 10 RING
2. TIME LIMIT: NONE
3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
4. DIFFICULTY LEVEL: TEN 10'S ARE ACCUMULATED WITHIN 20 SHOTS

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES: 50 YD ZERO: EL _____ WIND _____

1. # SHOT: _____ 2. # SHOT: _____ 3. # SHOT: _____ 4. # SHOT: _____
5. # SHOT: _____ 6. # SHOT: _____ 7. # SHOT: _____ 8. # SHOT: _____

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.22 CALIBER PISTOL: TEST: SLOW FIRE MATCH

- PURPOSE:**
1. TO TEST THE SHOOTER'S KNOWLEDGE AND PROFICIENCY UNDER SIMULATED MATCH CONDITIONS.
 2. ATTAIN THE MINIMUM PERFORMANCE REQUIRED TO PROGRESS TO THE NEXT LEVEL OF TRAINING.

TASK DESCRIPTION: SLOW FIRE MATCH FOR SCORE: MATCH SIMULATION. FIRE 10-RDS WITHIN TEN MINUTES ON A STANDARD 50 YARD TARGET. SCORE AND REPAIR TARGET. REPEAT FOR SECOND 10-RD STRING. SCORE SECOND TARGET. COMBINE TWO SCORES, COMPARE TO DIFFICULTY LEVEL.

STANDARD:

- | | |
|----------------------|--------------------------------------|
| 1. GROUP SIZE: | SCORED |
| 2. TIME LIMIT: | 10 RDS/10 MINUTES |
| 3. TEST CONDITIONS: | NO ASSISTANCE |
| 4. DIFFICULTY LEVEL: | NEW SHOOTER: 182
OLD SHOOTER: 184 |

UPON COMPLETION OF THE TEST FOLLOW THE STEPS INDICATED BELOW:

1. DIFFICULTY LEVEL MASTERED
- CONTINUE PROGRAM -

2. DIFFICULTY LEVEL NOT MASTERED
- RETURN TO SLOW FIRE MATCH SIMULATION PAGE AND START AGAIN -

SHOOTER'S NOTES:

Lined writing area consisting of 25 horizontal lines.

DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

.22 CALIBER PISTOL: 900 AGGREGATE MATCH SIMULATION

- PURPOSE:**
1. MARKSMANSHIP LEVEL TEST UNDER MATCH CONDITIONS.
 2. EXPERIENCE AND OVERCOME MATCH/PERFORMANCE PRESSURE.

TASK DESCRIPTION: UNDER MATCH CONDITIONS, FIRE A 900 POINT AGGREGATE MATCH.

STANDARD:

1. GROUP SIZE: SCORED
2. TIME LIMIT: SLOW FIRE, TIMED FIRE, RAPID FIRE
3. TEST CONDITIONS: NO ASSISTANCE
4. DIFFICULTY LEVEL:

	ORIGINAL WORKBOOK	*MODIFIED* WORKBOOK
NEW SHOOTER:	SLOW FIRE - 91 AVG	SLOW FIRE - 91 AVG
	TIMED FIRE - 99 AVG	TIMED FIRE - 98 AVG
	RAPID FIRE - 99 AVG	RAPID FIRE - 98 AVG
	AGG ----- 860	AGG ----- 861

	ORIGINAL WORKBOOK	*MODIFIED* WORKBOOK
OLD SHOOTER:	SLOW FIRE - 92 AVG	SLOW FIRE - 92 AVG
	TIMED FIRE - 99 AVG	TIMED FIRE - 99 AVG
	RAPID FIRE - 98 AVG	RAPID FIRE - 99 AVG
	AGG ----- 870	AGG ----- 870

UPON COMPLETION OF THE TEST FOLLOW THE STEPS INDICATED BELOW:

1. DIFFICULTY LEVEL MASTERED
- CONTINUE PROGRAM -

2. DIFFICULTY LEVEL NOT MASTERED
- RETURN AND REPEAT MATCH SIMULATION STAGES:
 1. SLOW FIRE MATCH SIMULATION
 2. TIMED FIRE MATCH SIMULATION
 3. RAPID FIRE MATCH SIMULATION
 4. REPEAT 900 AGGREGATE AFTER ABOVE STAGES ARE MASTERED

SHOOTER'S NOTES:

2 CHAPTER TWO
THE CENTER FIRE PISTOL

U.S. MARINE CORPS
PISTOL TEAM
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**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

CHAPTER 2

CENTER FIRE GUIDE

PAGE		TOTAL # OF RDS TO COMPLETION
2-3	BASIC ZERO & GROUP SHOOTING	_____
2-5	SLOW FIRE GROUP SHOOTING	_____
2-7	BASIC MARKSMANSHIP TEST	_____
2-9	REFINE MENTAL PROGRAM (BASIC)	_____
2-11	TIMED FIRE GROUP SHOOTING	_____
2-13	TIMED FIRE ONE SHOT DRILLS	_____
2-15	TIMED FIRE GROUP SHOOTING	_____
2-17	TIMED FIRE MATCH SIMULATION	_____
2-19	TEST: TIMED FIRE MATCH	_____
2-21	RAPID FIRE GROUP SHOOTING	_____
2-23	RAPID FIRE ONE SHOT DRILLS	_____
2-25	RAPID FIRE GROUP SHOOTING	_____
2-27	RAPID FIRE MATCH SIMULATION	_____
2-29	TEST: RAPID FIRE MATCH	_____
2-31	SLOW FIRE GROUP SHOOTING	_____
2-33	SLOW FIRE GROUP SHOOTING	_____
2-35	SLOW FIRE MATCH SIMULATION	_____
2-37	TEST: SLOW FIRE MATCH	_____
2-39	900 AGGREGATE MATCH SIMULATION	_____

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

CENTER FIRE PISTOL: BASIC ZERO AND GROUP SHOOTING

PURPOSE: DEMONSTRATE AN UNDERSTANDING OF BASIC MARKSMANSHIP FUNDAMENTALS.

TASK DESCRIPTION: FIRE AT A BLANK TARGET, NO TIME LIMIT, TARGETS POSITIONED AT 25 YARDS. FIRE 10-RD STRING. MEASURE GROUP AND REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL MASTERED.

STANDARD:

- 1. GROUP SIZE: 5 1/4 INCHES MAXIMUM DIAMETER, L-9.
- 2. TIME LIMIT: NONE
- 3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
- 4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD L-9 GROUPS

COACH'S NOTES/COMMENTS: GROUPS MUST BE ROUND. ELONGATED GROUP INDICATES THAT THE COMPETITOR IS LOOKING DOWN RANGE, TRYING TO PICK AN AIMING POINT.

SHOOTER'S NOTES: (WHAT DID I LEARN? WHAT DID I DO RIGHT? WHAT PROBLEMS AM I LOOKING FOR A SOLUTION TO?)

U.S. MARINE CORPS PISTOL TEAM
***MODIFIED* PROGRAM WORKBOOK**

CENTER FIRE PISTOL: SLOW FIRE GROUP SHOOTING

PURPOSE: OBTAIN A 25 YD ZERO. CONTINUE TO DEMONSTRATE BASIC UNDERSTANDING OF THE MARKSMANSHIP PRINCIPLES.

TASK DESCRIPTION: FIRE AT 25 YARDS ON A SMALL TRAINING TARGET, NO TIME LIMIT. FIRE 10 SHOTS AND OBSERVE GROUP, CONTINUE TO FIRE 5 RD STRINGS UNTIL 10 HITS ARE ACCUMULATED IN THE BLACK OF THE TRAINING TARGET. REPAIR WITH ANOTHER TRAINING TARGET AND REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

- 1. GROUP SIZE: WITHIN THE TRAINING TARGET BLACK
- 2. TIME LIMIT: NONE
- 3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
- 4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10 ROUND SERIES WITH ALL SHOTS IN THE BLACK.

COACH'S NOTES/COMMENTS: BLACK CENTER IS A DISTRACTION TO THE MARKSMAN. GROUPS SHOULD REMAIN ROUND. THE REQUIREMENT TO DUPLICATE OR BETTER THE SHOT GROUP TESTS THE MARKSMAN'S ABILITY TO HANDLE STRESS.

SHOOTER'S NOTES: (WHAT DID I LEARN? WHAT DID I DO RIGHT? WHAT PROBLEMS AM I LOOKING FOR A SOLUTION TO?)

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

CENTER FIRE PISTOL: BASIC MARKSMANSHIP TEST

PURPOSE: TO PROVE TO THE MARKSMAN THAT HE/SHE CAN UPON DEMAND PRODUCE 10'S AT 25 YDS. TO BE A WINNER YOU MUST SHOOT 100'S AT THE 25-YARD LINE.

TASK DESCRIPTION: FIRE AT A STANDARD 25 YARD TARGET, NO TIME LIMIT. SHOOT AS MANY ROUNDS AS NECESSARY TO OBTAIN 10 SHOTS IN THE 10 RING. DO NOT REPAIR UNTIL TEN 10'S ARE PRESENT. REPAIR TARGET AND POST A NEW REPAIR CENTER. REPEAT EXERCISE UNTIL DIFFICULTY LEVEL MASTERED.

STANDARD:

- | | |
|----------------------|---------------------------------------------------------------------|
| 1. GROUP SIZE: | 10 RING |
| 2. TIME LIMIT: | UNLIMITED |
| 3. TEST CONDITIONS: | ASSIGNED COACH WILL WATCH AND EVALUATE |
| 4. DIFFICULTY LEVEL: | TWO <u>CONSECUTIVE</u> TARGETS WITH FIRST TEN SHOTS IN THE 10 RING. |

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES: 25 YD ZERO MARKED WITH PAINT PEN ON SIGHTS
EL _____ WIND _____

U.S. MARINE CORPS PISTOL TEAM
***MODIFIED* PROGRAM WORKBOOK**

REFINE MENTAL PROGRAM (BASIC)

PURPOSE: TO DEVELOP A SERIES OF MENTAL STEPS TO FOCUS SHOOTER'S CONCENTRATION ON CONSISTENT SHOT DELIVERY.

TASK: WRITE MENTAL CONCENTRATION STEPS.

EXAMPLE: ONCE EQUIPMENT IS ARRANGED ON BENCH, AT SHOOTING POINT:

1. VISUALIZE PERFECT PERFORMANCE OF UPCOMING STAGE.

2. "LOAD" LOAD/VERIFY N.P.A.

3. "IS THE LINE READY?" RESTATE STAGE - i.e....RAPID FIRE

4. "THE LINE IS READY" START BREATHING CYCLE

5. "READY ON THE RIGHT" RAISE GUN, IMAGE OF PERFECT SIGHTS, CONTINUE BREATHING CYCLE

6. "READY ON THE LEFT" LET GUN/BODY SETTLE, IMAGE OF CENTERED SHOT GROUP.

7. "READY ON THE FIRING LINE" START TRIGGER PRESSURE, FOCUS ON SIGHTS, PATIENCE

8. TARGET TURNS LET FIRST SHOT BREAK, RECOVER AND CONTINUE STRING.

COACH'S NOTES/COMMENTS: ENSURE EACH MARINE DEVELOPS MENTAL PROGRAM. POST MENTAL PROGRAM IN SHOOTING BOX. STRESS COMMITMENT TO PROGRAM FOR EACH AND EVERY SHOT/STRING.

SHOOTER'S NOTES:

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

CENTER FIRE PISTOL: TIMED FIRE GROUP SHOOTING

- PURPOSE:**
1. TO CONTINUE TO REENFORCE BASIC MARKSMANSHIP SKILLS WHILE EMPHASIZING TRIGGER CONTROL, SIGHT ALIGNMENT, AND RECOVERY.
 2. TO REENFORCE THE SHOOTER'S CONFIDENCE IN HIS/HER ABILITY TO FIRE A TIMED FIRE GROUP THE SIZE OF THE 9-RING OR SMALLER.

TASK DESCRIPTION: FIRE AT A BLANK TARGET POSITIONED AT 25 YARDS. TIMED FIRE CADENCE. MEASURE GROUP AFTER 10-RDS. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

- | | |
|----------------------|-----------------------------------------|
| 1. GROUP SIZE: | 5 1/2 INCHES MAXIMUM DIAMETER, L-9 |
| 2. TIME LIMIT: | 5 RDS/20 SEC |
| 3. TEST CONDITIONS: | ASSIGNED COACH WILL WATCH AND EVALUATE |
| 4. DIFFICULTY LEVEL: | TWO <u>CONSECUTIVE</u> 10-RD L-9 GROUPS |

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES:

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

CENTER FIRE PISTOL: TIMED FIRE ONE SHOT DRILLS

PURPOSE: ESTABLISH MENTAL PROGRAM AND DEVELOP A ROUTINE INVOLVING THE LINE COMMANDS. DELIVER THE FIRST SHOT OF A 5-SHOT STRING IN A TIMELY AND ACCURATE MANNER.

TASK DESCRIPTION: FIRE AT A SMALL TRAINING TARGET POSITIONED AT 25 YARDS. SHOOT ONE SHOT DRILLS. ONE SHOT AND RECOVER EACH TIME TARGET IS PRESENTED. TARGET VISIBLE FOR 3 SECONDS PER DRILL. LINE COMMAND GIVEN FOR EACH DRILL. OBSERVE GROUP AFTER 10-RDS. FIRE ADDITIONAL DRILLS UNTIL 10 HITS HAVE ACCUMULATED IN THE BLACK. REPEAT EXERCISE UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

1. GROUP SIZE: 5 1/2 INCHES MAXIMUM DIAMETER, L-9
2. TIME LIMIT: 3 SEC DRILLS
3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD TARGETS WITH ALL SHOTS IN THE BLACK.

COACH'S NOTES/COMMENTS: ATTENTION SHOULD BE PAID TO THE SHOOTER'S RECOVERY AFTER EACH SHOT.

SHOOTER'S NOTES:

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

CENTER FIRE PISTOL: TIMED FIRE GROUP SHOOTING

- PURPOSE:**
1. TO CONTINUE TO REFINE BODY ALIGNMENT, GRIP, RECOVERY, TRIGGER CONTROL, AND SIGHT ALIGNMENT.
 2. TO FURTHER ENHANCE SHOOTER'S CONFIDENCE IN HIS/HER ABILITY TO FIRE L-9 GROUPS WHILE MAINTAINING A TIMED FIRE CADENCE.

TASK DESCRIPTION: FIRE AT A SMALL TRAINING TARGET POSITIONED AT 25 YARDS. TIMED FIRE CADENCE. OBSERVE GROUP AFTER 10-RDS. FIRE ADDITIONAL 5-RD STRINGS UNTIL 10 HITS HAVE ACCUMULATED IN THE BLACK. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

1. GROUP SIZE: 5 1/2 INCHES MAXIMUM DIAMETER, L-9
2. TIME LIMIT: 5 RDS/20 SEC
3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD TARGETS WITH ALL SHOTS IN THE BLACK

COACH'S NOTES/COMMENTS: BLACK CENTER ON TRAINING TARGET MAY DISTRACT SOME COMPETITORS FROM TOTAL CONCENTRATION ON TRIGGER/SIGHTS.

SHOOTER'S NOTES:

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

CENTER FIRE PISTOL: TIMED FIRE MATCH SIMULATION

PURPOSE: TO DEVELOP THE MENTAL ATTITUDE, CONFIDENCE LEVEL, AND SELF-IMAGE IN THE SHOOTER THAT MAKES HIM/HER BELIEVE: "UPON DEMAND, I CAN SHOOT TEN 10'S TIMED FIRE AT 25 YARDS".

TASK DESCRIPTION: FIRE AT A STANDARD 25-YARD TARGET. TIMED FIRE CADENCE. OBSERVE GROUP AFTER 10-RDS. CONTINUE WITH 5-RD STRINGS UNTIL 10 HITS HAVE ACCUMULATED IN THE 10 RING. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

1. GROUP SIZE: 10 RING
2. TIME LIMIT: 5 RDS/20 SEC
3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
4. DIFFICULTY LEVEL: TEN 10'S WITHIN 10 SHOTS

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES:

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

CENTER FIRE PISTOL: TEST: TIMED FIRE MATCH

- PURPOSE:**
- 1. TO TEST THE SHOOTER'S KNOWLEDGE AND SKILLS.
 - 2. ATTAIN THE MINIMUM PERFORMANCE REQUIRED TO PROGRESS TO THE NEXT LEVEL OF TRAINING.

TASK DESCRIPTION: TIMED FIRE MATCH FOR SCORE. MATCH SIMULATION. FIRE A 10 RD SERIES AT A STANDARD 25 YARD TARGET. TIMED FIRE. SCORE AND REPAIR TARGET. FIRE A SECOND 10-RD SERIES AND SCORE TARGET. COMBINE SCORES AND COMPARE TO STANDARD.

STANDARD:

- 1. GROUP SIZE: SCORED
- 2. TIME LIMIT: 5 RDS/20 SEC
- 3. TEST CONDITIONS: NO ASSISTANCE
- 4. DIFFICULTY LEVEL: NEW SHOOTER: 196
 OLD SHOOTER: 198

UPON COMPLETION OF THE TEST, FOLLOW THE STEPS INDICATED BELOW:

- 1. DIFFICULTY LEVEL MASTERED
 - CONTINUE PROGRAM -

- 2. DIFFICULTY LEVEL NOT MASTERED
 - RETURN TO TIMED FIRE MATCH SIMULATION PAGE AND START AGAIN -

SHOOTER'S NOTES:

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

CENTER FIRE PISTOL: RAPID FIRE GROUP SHOOTING

PURPOSE: TO PLACE EMPHASIS ON TRIGGER CONTROL, AND SIGHT ALIGNMENT.

TASK DESCRIPTION: FIRE AT A BLANK TARGET POSITIONED AT 25 YARDS. RAPID FIRE CADENCE. MEASURE GROUP AFTER 10-RDS. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

- 1. GROUP SIZE: 5 1/2 INCHES MAXIMUM DIAMETER, L-9
- 2. TIME LIMIT: 5 RDS/10 SEC
- 3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
- 4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD L-9 GROUPS

COACH'S NOTES/COMMENTS: ATTENTION SHOULD BE PAID TO SHOOTER'S STANCE AND BODY WEIGHT DISTRIBUTION TO AID HIM/HER IN RECOVERY AFTER EACH SHOT.

SHOOTER'S NOTES:

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

CENTER FIRE PISTOL: RAPID FIRE ONE SHOT DRILLS

PURPOSE: ESTABLISH MENTAL PROGRAM AND DEVELOP A ROUTINE INVOLVING THE LINE COMMANDS AND DELIVERY THE FIRST SHOT.

TASK DESCRIPTION: FIRE AT A SMALL TRAINING TARGET POSITIONED AT 25 YARDS. SHOOT ONE SHOT DRILLS. ONE SHOT AND RECOVER EACH TIME TARGET IS PRESENTED. TARGET VISIBLE FOR 2 SECONDS PER DRILL. LINE COMMAND GIVEN FOR EACH DRILL. OBSERVE GROUP AFTER 10-RDS. FIRE ADDITIONAL DRILLS UNTIL 10 HITS HAVE ACCUMULATED IN THE BLACK. REPEAT EXERCISE UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

- 1. GROUP SIZE: 5 1/2 INCHES MAXIMUM DIAMETER, L-9
- 2. TIME LIMIT: 2 SEC DRILLS
- 3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
- 4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD TARGETS WITH ALL SHOTS IN THE BLACK.

COACH'S NOTES/COMMENTS: ATTENTION SHOULD BE PAID TO THE SHOOTER'S RECOVERY AFTER EACH SHOT.

SHOOTER'S NOTES:

U.S. MARINE CORPS PISTOL TEAM
***MODIFIED* PROGRAM WORKBOOK**

CENTER FIRE PISTOL: RAPID FIRE MATCH SIMULATION

PURPOSE: TO DEVELOP THE MENTAL ATTITUDE, CONFIDENCE LEVEL, AND SELF-IMAGE IN THE SHOOTER THAT MAKES HIM/HER BELIEVE: "UPON DEMAND, I CAN SHOOT TEN 10'S RAPID FIRE AT 25 YARDS".

TASK DESCRIPTION: FIRE AT A STANDARD 25-YARD TARGET. RAPID FIRE CADENCE. OBSERVE GROUP AFTER 10-RDS. CONTINUE WITH 5-RD STRINGS UNTIL 10 HITS HAVE ACCUMULATED IN THE 10 RING. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

- 1. GROUP SIZE: 10 RING
- 2. TIME LIMIT: 5 RDS/10 SEC
- 3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
- 4. DIFFICULTY LEVEL: TEN 10'S WITHIN 10 SHOTS

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES:

DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

CENTER FIRE PISTOL: TEST: RAPID FIRE MATCH

PURPOSE: 1. TO TEST THE SHOOTER'S KNOWLEDGE AND SKILLS.
2. ATTAIN THE MINIMUM PERFORMANCE REQUIRED TO
PROGRESS TO THE NEXT LEVEL OF TRAINING.

TASK DESCRIPTION: RAPID FIRE MATCH FOR SCORE. MATCH SIMULATION. FIRE A 10 RD SERIES AT A STANDARD 25 YARD TARGET. TIMED FIRE. SCORE AND REPAIR TARGET. FIRE A SECOND 10-RD SERIES AND SCORE TARGET. COMBINE SCORES AND COMPARE TO STANDARD.

STANDARD:

- 1. GROUP SIZE: SCORED
- 2. TIME LIMIT: 5 RDS/10 SEC
- 3. TEST CONDITIONS: NO ASSISTANCE
- 4. DIFFICULTY LEVEL: NEW SHOOTER: 196
OLD SHOOTER: 198

UPON COMPLETION OF THE TEST, FOLLOW THE STEPS INDICATED BELOW:

- 1. DIFFICULTY LEVEL MASTERED
- CONTINUE PROGRAM -
- 2. DIFFICULTY LEVEL NOT MASTERED
- RETURN TO RAPID FIRE MATCH SIMULATION PAGE AND START AGAIN -

SHOOTER'S NOTES:

Blank lined area for notes or data entry.

DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

U.S. MARINE CORPS PISTOL TEAM
***MODIFIED* PROGRAM WORKBOOK**

CENTER FIRE PISTOL: SLOW FIRE GROUP SHOOTING

- PURPOSE:** 1. TO DEVELOP A MENTAL PROGRAM AND TRIGGER CONTROL THAT WILL ENABLE THE SHOOTER TO DELIVER A WELL-AIMED SHOT EACH TIME.
2. TO DEVELOP AND DEMONSTRATE THE MARKSMANSHIP SKILLS AND SELF CONFIDENCE TO FIRE 10 SLOW FIRE SHOTS IN AN L-8 GROUP.

TASK DESCRIPTION: FIRE AT A BLANK TARGET, NO TIME LIMIT, TARGETS POSITIONED AT 50 YARDS. MEASURE GROUP AND REPAIR TARGET AFTER EACH 10-RD STRING. REPEAT UNTIL DIFFICULTY LEVEL MASTERED.

- STANDARD:**
- 1. GROUP SIZE: 7 3/4 INCH DIAMETER, L-8
 - 2. TIME LIMIT: NONE
 - 3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
 - 4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD, L-8 GROUPS

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES:

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***MODIFIED* PROGRAM WORKBOOK**

CENTER FIRE PISTOL: SLOW FIRE GROUP SHOOTING

- PURPOSE:**
1. TO REFINE BODY ALIGNMENT, REPEATABLE GRIP, AND STANCE THAT ALLOWS THE SIGHTS TO SETTLE NATURALLY ON THE TARGET THE SAME WAY EACH TIME.
 2. TO PERFECT CONCENTRATION/FOCUS ON THE MENTAL PROGRAM. DEVELOP TRIGGER CONTROL NECESSARY TO DELIVER A WELL-AIMED SHOT WITH A TRAINING TARGET AS DISTRACTOR.

TASK DESCRIPTION: FIRE AT A LARGE TRAINING TARGET, NO TIME LIMIT, TARGETS POSITIONED AT 50 YARDS. OBSERVE GROUP AFTER 10-RDS, CONTINUE WITH 5-RD STRINGS UNTIL 10 HITS ACCUMULATE IN THE BLACK OF THE TRAINING TARGET. REPEAT WITH A LARGE TRAINING TARGET. REPEAT UNTIL DIFFICULTY LEVEL MASTERED.

STANDARD:

1. GROUP SIZE: 7 3/4 INCH DIAMETER, L-8
2. TIME LIMIT: NONE
3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD TARGETS WITH ALL SHOTS IN THE BLACK.

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES:

A series of horizontal lines for writing notes, consisting of 25 parallel lines.

DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

U.S. MARINE CORPS PISTOL TEAM
***MODIFIED* PROGRAM WORKBOOK**

CENTER FIRE PISTOL: SLOW FIRE MATCH SIMULATION

- PURPOSE:**
1. TO DEMONSTRATE MARKSMANSHIP SKILLS DURING MATCH SIMULATION
 2. TO FURTHER DEVELOP AND REFINE THE MENTAL PROGRAM AND TRIGGER CONTROL NECESSARY TO DELIVER WELL-AIMED, 10-RING SHOTS AT 50 YARDS.
 3. TO INSTILL THE CONFIDENCE IN THE SHOOTER THAT IT IS POSSIBLE TO FIRE 10'S CONSISTENTLY AND DELIBERATELY AT 50 YARDS.

TASK DESCRIPTION: FIRE AT A STANDARD 50 YARD TARGET, NO TIME LIMIT. SHOOT AS MANY ROUNDS AS NECESSARY TO OBTAIN 10 SHOTS IN THE TEN RING. NOTE NUMBER OF SHOTS REQUIRED. REPAIR TARGET AND POST A NEW REPAIR CENTER. REPEAT EXERCISE, NOTING NUMBER OF SHOTS REQUIRED EACH DRILL, UNTIL 20 OR LESS SHOTS ARE REQUIRED.

STANDARD:

1. GROUP SIZE: 10 RING
2. TIME LIMIT: NONE
3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
4. DIFFICULTY LEVEL: TEN 10'S ARE ACCUMULATED WITHIN 20 SHOTS

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES: 50 YD ZERO: EL _____ WIND _____

1. # SHOT: _____ 2. # SHOT: _____ 3. # SHOT: _____ 4. # SHOT: _____
5. # SHOT: _____ 6. # SHOT: _____ 7. # SHOT: _____ 8. # SHOT: _____

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

CENTER FIRE PISTOL: TEST: SLOW FIRE MATCH

- PURPOSE:**
1. TO TEST THE SHOOTER'S KNOWLEDGE AND PROFICIENCY UNDER SIMULATED MATCH CONDITIONS.
 2. ATTAIN THE MINIMUM PERFORMANCE REQUIRED TO PROGRESS TO THE NEXT LEVEL OF TRAINING.

TASK DESCRIPTION: SLOW FIRE MATCH FOR SCORE: MATCH SIMULATION. FIRE 10-RDS WITHIN TEN MINUTES ON A STANDARD 50 YARD TARGET. SCORE AND REPAIR TARGET. REPEAT FOR SECOND 10-RD STRING. SCORE SECOND TARGET. COMBINE TWO SCORES, COMPARE TO DIFFICULTY LEVEL.

STANDARD:

- | | |
|----------------------|-------------------|
| 1. GROUP SIZE: | SCORED |
| 2. TIME LIMIT: | 10 RDS/10 MINUTES |
| 3. TEST CONDITIONS: | NO ASSISTANCE |
| 4. DIFFICULTY LEVEL: | NEW SHOOTER: 180 |
| | OLD SHOOTER: 184 |

UPON COMPLETION OF THE TEST FOLLOW THE STEPS INDICATED BELOW:

1. DIFFICULTY LEVEL MASTERED
- CONTINUE PROGRAM -
2. DIFFICULTY LEVEL NOT MASTERED
- RETURN TO SLOW FIRE MATCH SIMULATION PAGE AND START AGAIN -

SHOOTER'S NOTES:

Lined writing area with 30 horizontal lines.

DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

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***MODIFIED* PROGRAM WORKBOOK**

CENTER FIRE PISTOL: 900 AGGREGATE MATCH SIMULATION

PURPOSE: 1. MARKSMANSHIP LEVEL TEST UNDER MATCH CONDITIONS.
2. EXPERIENCE AND OVERCOME MATCH/PERFORMANCE PRESSURE.

TASK DESCRIPTION: UNDER MATCH CONDITIONS, FIRE A 900 POINT AGGREGATE MATCH.

STANDARD:

- 1. GROUP SIZE: SCORED
- 2. TIME LIMIT: SLOW FIRE, TIMED FIRE, RAPID FIRE
- 3. TEST CONDITIONS: NO ASSISTANCE
- 4. DIFFICULTY LEVEL:

	ORIGINAL WORKBOOK	*MODIFIED* WORKBOOK
NEW SHOOTER:	SLOW FIRE - 90 AVG	SLOW FIRE - 90 AVG
	TIMED FIRE - 98 AVG	TIMED FIRE - 98 AVG
	RAPID FIRE - 97 AVG	RAPID FIRE - 98 AVG
	AGG ----- 855	AGG ----- 858

	ORIGINAL WORKBOOK	*MODIFIED* WORKBOOK
OLD SHOOTER:	SLOW FIRE - 91 AVG	SLOW FIRE - 92 AVG
	TIMED FIRE - 99 AVG	TIMED FIRE - 99 AVG
	RAPID FIRE - 98 AVG	RAPID FIRE - 99 AVG
	AGG ----- 860	AGG ----- 870

UPON COMPLETION OF THE TEST FOLLOW THE STEPS INDICATED BELOW:

- 1. DIFFICULTY LEVEL MASTERED
- CONTINUE PROGRAM -

- 2. DIFFICULTY LEVEL NOT MASTERED
- RETURN AND REPEAT MATCH SIMULATION STAGES:
 - 1. SLOW FIRE MATCH SIMULATION
 - 2. TIMED FIRE MATCH SIMULATION
 - 3. RAPID FIRE MATCH SIMULATION
 - 4. REPEAT 900 AGGREGATE AFTER ABOVE STAGES ARE MASTERED

SHOOTER'S NOTES:

3 CHAPTER THREE

THE SERVICE PISTOL

U.S. MARINE CORPS
PISTOL TEAM
MODIFIED PROGRAM WORKBOOK

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

CHAPTER 3

SERVICE PISTOL GUIDE

PAGE		TOTAL # OF RDS TO COMPLETION
3-3	BASIC ZERO & GROUP SHOOTING	_____
3-5	SLOW FIRE GROUP SHOOTING	_____
3-7	BASIC MARKSMANSHIP TEST	_____
3-9	REFINE MENTAL PROGRAM	_____
3-11	TIMED FIRE GROUP SHOOTING	_____
3-13	TIMED FIRE ONE SHOT DRILLS	_____
3-15	TIMED FIRE GROUP SHOOTING	_____
3-17	TIMED FIRE MATCH SIMULATION	_____
3-19	TEST: TIMED FIRE MATCH	_____
3-21	RAPID FIRE GROUP SHOOTING	_____
3-23	RAPID FIRE ONE SHOT DRILLS	_____
3-25	RAPID FIRE GROUP SHOOTING	_____
3-27	RAPID FIRE MATCH SIMULATION	_____
3-29	TEST: RAPID FIRE MATCH	_____
3-31	SLOW FIRE GROUP SHOOTING	_____
3-33	SLOW FIRE GROUP SHOOTING	_____
3-35	SLOW FIRE MATCH SIMULATION	_____
3-37	TEST: SLOW FIRE MATCH	_____
3-39	900 AGGREGATE MATCH SIMULATION	_____

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

SERVICE PISTOL: BASIC ZERO AND GROUP SHOOTING

PURPOSE: DEMONSTRATE AN UNDERSTANDING OF BASIC MARKSMANSHIP FUNDAMENTALS.

TASK DESCRIPTION: FIRE AT A BLANK TARGET, NO TIME LIMIT, TARGETS POSITIONED AT 25 YARDS. FIRE 10-RD STRING. MEASURE GROUP AND REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL MASTERED.

STANDARD:

1. GROUP SIZE: 5 1/4 INCHES MAXIMUM DIAMETER, L-9.
2. TIME LIMIT: NONE
3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD L-9 GROUPS

COACH'S NOTES/COMMENTS: GROUPS MUST BE ROUND. ELONGATED GROUP INDICATES THAT THE COMPETITOR IS LOOKING DOWN RANGE, TRYING TO PICK AN AIMING POINT.

SHOOTER'S NOTES: (WHAT DID I LEARN? WHAT DID I DO RIGHT? WHAT PROBLEMS AM I LOOKING FOR A SOLUTION TO?)

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SERVICE PISTOL: SLOW FIRE GROUP SHOOTING

PURPOSE: OBTAIN A 25 YD ZERO. CONTINUE TO DEMONSTRATE BASIC UNDERSTANDING OF THE MARKSMANSHIP PRINCIPLES.

TASK DESCRIPTION: FIRE AT 25 YARDS ON A SMALL TRAINING TARGET, NO TIME LIMIT. FIRE 10 SHOTS AND OBSERVE GROUP, CONTINUE TO FIRE 5 RD STRINGS UNTIL 10 HITS ARE ACCUMULATED IN THE BLACK OF THE TRAINING TARGET. REPAIR WITH ANOTHER TRAINING TARGET AND REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

- | | |
|----------------------|---------------------------------------------------------------------|
| 1. GROUP SIZE: | WITHIN THE TRAINING TARGET BLACK |
| 2. TIME LIMIT: | NONE |
| 3. TEST CONDITIONS: | ASSIGNED COACH WILL WATCH AND EVALUATE |
| 4. DIFFICULTY LEVEL: | TWO <u>CONSECUTIVE</u> 10 ROUND SERIES WITH ALL SHOTS IN THE BLACK. |

COACH'S NOTES/COMMENTS: BLACK CENTER IS A DISTRACTION TO THE MARKSMAN. GROUPS SHOULD REMAIN ROUND. THE REQUIREMENT TO DUPLICATE OR BETTER THE SHOT GROUP TESTS THE MARKSMAN'S ABILITY TO HANDLE STRESS.

SHOOTER'S NOTES: (WHAT DID I LEARN? WHAT DID I DO RIGHT? WHAT PROBLEMS AM I LOOKING FOR A SOLUTION TO?)

Lined area for notes or observations.

DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

SERVICE PISTOL: BASIC MARKSMANSHIP TEST

PURPOSE: TO PROVE TO THE MARKSMAN THAT HE/SHE CAN UPON DEMAND PRODUCE 10'S AT 25 YDS. TO BE A WINNER YOU MUST SHOOT 100'S AT THE 25-YARD LINE.

TASK DESCRIPTION: FIRE AT A STANDARD 25 YARD TARGET, NO TIME LIMIT. SHOOT AS MANY ROUNDS AS NECESSARY TO OBTAIN 10 SHOTS IN THE 10 RING. DO NOT REPAIR UNTIL TEN 10'S ARE PRESENT. REPAIR TARGET AND POST A NEW REPAIR CENTER. REPEAT EXERCISE UNTIL DIFFICULTY LEVEL MASTERED.

STANDARD:

- 1. GROUP SIZE: 10 RING
- 2. TIME LIMIT: UNLIMITED
- 3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
- 4. DIFFICULTY LEVEL: TWO CONSECUTIVE TARGETS WITH FIRST TEN SHOTS IN THE 10 RING.

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES: 25 YD ZERO MARKED WITH PAINT PEN ON SIGHTS
EL _____ WIND _____

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REFINE MENTAL PROGRAM

PURPOSE: TO DEVELOP A SERIES OF MENTAL STEPS TO FOCUS SHOOTER'S CONCENTRATION ON CONSISTENT SHOT DELIVERY.

TASK: WRITE MENTAL CONCENTRATION STEPS.

EXAMPLE: ONCE EQUIPMENT IS ARRANGED ON BENCH, AT SHOOTING POINT:

- | | | |
|----|--------------------------------------------------|--------------------------------------------------------------|
| 1. | VISUALIZE PERFECT PERFORMANCE OF UPCOMING STAGE. | |
| 2. | "LOAD" | LOAD/VERIFY N.P.A. |
| 3. | "IS THE LINE READY?" | RESTATE STAGE - i.e...RAPID FIRE |
| 4. | "THE LINE IS READY" | START BREATHING CYCLE |
| 5. | "READY ON THE RIGHT" | RAISE GUN, IMAGE OF PERFECT SIGHTS, CONTINUE BREATHING CYCLE |
| 6. | "READY ON THE LEFT" | LET GUN/BODY SETTLE, IMAGE OF CENTERED SHOT GROUP. |
| 7. | "READY ON THE FIRING LINE" | START TRIGGER PRESSURE, FOCUS ON SIGHTS, PATIENCE |
| 8. | TARGET TURNS | LET FIRST SHOT BREAK, RECOVER AND CONTINUE STRING. |

COACH'S NOTES/COMMENTS: ENSURE EACH MARINE DEVELOPS MENTAL PROGRAM. POST MENTAL PROGRAM IN SHOOTING BOX. STRESS COMMITMENT TO PROGRAM FOR EACH AND EVERY SHOT/STRING.

SHOOTER'S NOTES:

Lined writing area with 26 horizontal lines.

DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

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SERVICE PISTOL: TIMED FIRE GROUP SHOOTING

- PURPOSE:**
1. TO CONTINUE TO REENFORCE BASIC MARKSMANSHIP SKILLS WHILE EMPHASIZING TRIGGER CONTROL, SIGHT ALIGNMENT, AND RECOVERY.
 2. TO REENFORCE THE SHOOTER'S CONFIDENCE IN HIS/HER ABILITY TO FIRE A TIMED FIRE GROUP THE SIZE OF THE 9-RING OR SMALLER.

TASK DESCRIPTION: FIRE AT A BLANK TARGET POSITIONED AT 25 YARDS. TIMED FIRE CADENCE. MEASURE GROUP AFTER 10-RDS. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

1. GROUP SIZE: 5 1/2 INCHES MAXIMUM DIAMETER, L-9
2. TIME LIMIT: 5 RDS/20 SEC
3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD L-9 GROUPS

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES:

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

SERVICE PISTOL: TIMED FIRE ONE SHOT DRILLS

PURPOSE: ESTABLISH MENTAL PROGRAM AND DEVELOP A ROUTINE INVOLVING THE LINE COMMANDS. DELIVER THE FIRST SHOT OF A 5-SHOT STRING IN A TIMELY AND ACCURATE MANNER.

TASK DESCRIPTION: FIRE AT A SMALL TRAINING TARGET POSITIONED AT 25 YARDS. SHOOT ONE SHOT DRILLS. ONE SHOT AND RECOVER EACH TIME TARGET IS PRESENTED. TARGET VISIBLE FOR 3 SECONDS PER DRILL. LINE COMMAND GIVEN FOR EACH DRILL. OBSERVE GROUP AFTER 10-RDS. FIRE ADDITIONAL DRILLS UNTIL 10 HITS HAVE ACCUMULATED IN THE BLACK. REPEAT EXERCISE UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

- | | |
|----------------------|-------------------------------------------------------------------|
| 1. GROUP SIZE: | 5 1/2 INCHES MAXIMUM DIAMETER, L-9 |
| 2. TIME LIMIT: | 3 SEC DRILLS |
| 3. TEST CONDITIONS: | ASSIGNED COACH WILL WATCH AND EVALUATE |
| 4. DIFFICULTY LEVEL: | TWO <u>CONSECUTIVE</u> 10-RD TARGETS WITH ALL SHOTS IN THE BLACK. |

COACH'S NOTES/COMMENTS: ATTENTION SHOULD BE PAID TO THE SHOOTER'S RECOVERY AFTER EACH SHOT.

SHOOTER'S NOTES:

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***MODIFIED* PROGRAM WORKBOOK**

SERVICE PISTOL: TIMED FIRE GROUP SHOOTING

- PURPOSE:**
1. TO CONTINUE TO REFINE BODY ALIGNMENT, GRIP, RECOVERY, TRIGGER CONTROL, AND SIGHT ALIGNMENT.
 2. TO FURTHER ENHANCE SHOOTER'S CONFIDENCE IN HIS/HER ABILITY TO FIRE L-9 GROUPS WHILE MAINTAINING A TIMED FIRE CADENCE.

TASK DESCRIPTION: FIRE AT A SMALL TRAINING TARGET POSITIONED AT 25 YARDS. TIMED FIRE CADENCE. OBSERVE GROUP AFTER 10-RDS. FIRE ADDITIONAL 5-RD STRINGS UNTIL 10 HITS HAVE ACCUMULATED IN THE BLACK. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

1. GROUP SIZE: 5 1/2 INCHES MAXIMUM DIAMETER, L-9
2. TIME LIMIT: 5 RDS/20 SEC
3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD TARGETS WITH ALL SHOTS IN THE BLACK

COACH'S NOTES/COMMENTS: BLACK CENTER ON TRAINING TARGET MAY DISTRACT SOME COMPETITORS FROM TOTAL CONCENTRATION ON TRIGGER/SIGHTS.

SHOOTER'S NOTES:

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

SERVICE PISTOL: TIMED FIRE MATCH SIMULATION

PURPOSE: TO DEVELOP THE MENTAL ATTITUDE, CONFIDENCE LEVEL, AND SELF-IMAGE IN THE SHOOTER THAT MAKES HIM/HER BELIEVE: "UPON DEMAND, I CAN SHOOT TEN 10'S TIMED FIRE AT 25 YARDS".

TASK DESCRIPTION: FIRE AT A STANDARD 25-YARD TARGET. TIMED FIRE CADENCE. OBSERVE GROUP AFTER 10-RDS. CONTINUE WITH 5-RD STRINGS UNTIL 10 HITS HAVE ACCUMULATED IN THE 10 RING. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

- | | |
|----------------------|----------------------------------------|
| 1. GROUP SIZE: | 10 RING |
| 2. TIME LIMIT: | 5 RDS/20 SEC |
| 3. TEST CONDITIONS: | ASSIGNED COACH WILL WATCH AND EVALUATE |
| 4. DIFFICULTY LEVEL: | TEN 10'S WITHIN 10 SHOTS |

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES:

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

SERVICE PISTOL: TEST: TIMED FIRE MATCH

- PURPOSE:**
- 1. TO TEST THE SHOOTER'S KNOWLEDGE AND SKILLS.
 - 2. ATTAIN THE MINIMUM PERFORMANCE REQUIRED TO PROGRESS TO THE NEXT LEVEL OF TRAINING.

TASK DESCRIPTION: TIMED FIRE MATCH FOR SCORE. MATCH SIMULATION. FIRE A 10 RD SERIES AT A STANDARD 25 YARD TARGET. TIMED FIRE. SCORE AND REPAIR TARGET. FIRE A SECOND 10-RD SERIES AND SCORE TARGET. COMBINE SCORES AND COMPARE TO STANDARD.

STANDARD:

- 1. GROUP SIZE: SCORED
- 2. TIME LIMIT: 5 RDS/20 SEC
- 3. TEST CONDITIONS: NO ASSISTANCE
- 4. DIFFICULTY LEVEL: NEW SHOOTER: 190
OLD SHOOTER: 192

UPON COMPLETION OF THE TEST, FOLLOW THE STEPS INDICATED BELOW:

- 1. DIFFICULTY LEVEL MASTERED
- CONTINUE PROGRAM -

- 2. DIFFICULTY LEVEL NOT MASTERED
- RETURN TO TIMED FIRE MATCH SIMULATION PAGE AND START AGAIN -

SHOOTER'S NOTES:

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

SERVICE PISTOL: RAPID FIRE GROUP SHOOTING

PURPOSE: TO PLACE EMPHASIS ON TRIGGER CONTROL, AND SIGHT ALIGNMENT.

TASK DESCRIPTION: FIRE AT A BLANK TARGET POSITIONED AT 25 YARDS. RAPID FIRE CADENCE. MEASURE GROUP AFTER 10-RDS. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

1. GROUP SIZE: 5 1/2 INCHES MAXIMUM DIAMETER, L-9
2. TIME LIMIT: 5 RDS/10 SEC
3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD L-9 GROUPS

COACH'S NOTES/COMMENTS: ATTENTION SHOULD BE PAID TO SHOOTER'S STANCE AND BODY WEIGHT DISTRIBUTION TO AID HIM/HER IN RECOVERY AFTER EACH SHOT.

SHOOTER'S NOTES:

U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK

SERVICE PISTOL: RAPID FIRE ONE SHOT DRILLS

PURPOSE: ESTABLISH MENTAL PROGRAM AND DEVELOP A ROUTINE INVOLVING THE LINE COMMANDS AND DELIVERY THE FIRST SHOT.

TASK DESCRIPTION: FIRE AT A SMALL TRAINING TARGET POSITIONED AT 25 YARDS. SHOOT ONE SHOT DRILLS. ONE SHOT AND RECOVER EACH TIME TARGET IS PRESENTED. TARGET VISIBLE FOR 2 SECONDS PER DRILL. LINE COMMAND GIVEN FOR EACH DRILL. OBSERVE GROUP AFTER 10-RDS. FIRE ADDITIONAL DRILLS UNTIL 10 HITS HAVE ACCUMULATED IN THE BLACK. REPEAT EXERCISE UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

- 1. GROUP SIZE: 5 1/2 INCHES MAXIMUM DIAMETER, L-9
- 2. TIME LIMIT: 2 SEC DRILLS
- 3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
- 4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD TARGETS WITH ALL SHOTS IN THE BLACK.

COACH'S NOTES/COMMENTS: ATTENTION SHOULD BE PAID TO THE SHOOTER'S RECOVERY AFTER EACH SHOT.

SHOOTER'S NOTES:

U.S. MARINE CORPS PISTOL TEAM
***MODIFIED* PROGRAM WORKBOOK**

SERVICE PISTOL: RAPID FIRE GROUP SHOOTING

- PURPOSE:**
1. TO CONTINUE TO REFINE BODY ALIGNMENT, GRIP, RECOVERY, TRIGGER CONTROL, AND SIGHT ALIGNMENT.
 2. TO FURTHER ENHANCE SHOOTER'S CONFIDENCE IN HIS/HER ABILITY TO FIRE L-9 GROUPS WHILE MAINTAINING A TIMED FIRE CADENCE.

TASK DESCRIPTION: FIRE AT A SMALL TRAINING TARGET POSITIONED AT 25 YARDS. TIMED FIRE CADENCE. OBSERVE GROUP AFTER 10-RDS. FIRE ADDITIONAL 5-RD STRINGS UNTIL 10 HITS HAVE ACCUMULATED IN THE BLACK. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

1. GROUP SIZE: 5 1/2 INCHES MAXIMUM DIAMETER, L-9
2. TIME LIMIT: 5 RDS/20 SEC
3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD TARGETS WITH ALL SHOTS IN THE BLACK

COACH'S NOTES/COMMENTS: BLACK CENTER ON TRAINING TARGET MAY DISTRACT SOME COMPETITORS FROM TOTAL CONCENTRATION ON TRIGGER/SIGHTS.

SHOOTER'S NOTES:

U.S. MARINE CORPS PISTOL TEAM
***MODIFIED* PROGRAM WORKBOOK**

SERVICE PISTOL: RAPID FIRE MATCH SIMULATION

PURPOSE: TO DEVELOP THE MENTAL ATTITUDE, CONFIDENCE LEVEL, AND SELF-IMAGE IN THE SHOOTER THAT MAKES HIM/HER BELIEVE:
"UPON DEMAND, I CAN SHOOT TEN 10'S RAPID FIRE AT 25 YARDS".

TASK DESCRIPTION: FIRE AT A STANDARD 25-YARD TARGET. RAPID FIRE CADENCE. OBSERVE GROUP AFTER 10-RDS. CONTINUE WITH 5-RD STRINGS UNTIL 10 HITS HAVE ACCUMULATED IN THE 10 RING. REPAIR TARGET. REPEAT UNTIL DIFFICULTY LEVEL IS MASTERED.

STANDARD:

- 1. GROUP SIZE: 10 RING
- 2. TIME LIMIT: 5 RDS/10 SEC
- 3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
- 4. DIFFICULTY LEVEL: TEN 10'S WITHIN 10 SHOTS

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES:

U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK

SERVICE PISTOL: TEST: RAPID FIRE MATCH

PURPOSE:

- 1. TO TEST THE SHOOTER'S KNOWLEDGE AND SKILLS.
- 2. ATTAIN THE MINIMUM PERFORMANCE REQUIRED TO PROGRESS TO THE NEXT LEVEL OF TRAINING.

TASK DESCRIPTION: RAPID FIRE MATCH FOR SCORE. MATCH SIMULATION. FIRE A 10 RD SERIES AT A STANDARD 25 YARD TARGET. TIMED FIRE. SCORE AND REPAIR TARGET. FIRE A SECOND 10-RD SERIES AND SCORE TARGET. COMBINE SCORES AND COMPARE TO STANDARD.

STANDARD:

1. GROUP SIZE:	SCORED
2. TIME LIMIT:	5 RDS/10 SEC
3. TEST CONDITIONS:	NO ASSISTANCE
4. DIFFICULTY LEVEL:	NEW SHOOTER: 190
	OLD SHOOTER: 192

UPON COMPLETION OF THE TEST, FOLLOW THE STEPS INDICATED BELOW:

- 1. DIFFICULTY LEVEL MASTERED
 - CONTINUE PROGRAM -
- 2. DIFFICULTY LEVEL NOT MASTERED
 - RETURN TO RAPID FIRE MATCH SIMULATION PAGE AND START AGAIN -

SHOOTER'S NOTES:

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

SERVICE PISTOL: SLOW FIRE GROUP SHOOTING

PURPOSE: 1. TO DEVELOP A MENTAL PROGRAM AND TRIGGER CONTROL THAT WILL ENABLE THE SHOOTER TO DELIVER A WELL-AIMED SHOT EACH TIME.

2. TO DEVELOP AND DEMONSTRATE THE MARKSMANSHIP SKILLS AND SELF CONFIDENCE TO FIRE 10 SLOW FIRE SHOTS IN AN L-8 GROUP.

TASK DESCRIPTION: FIRE AT A BLANK TARGET, NO TIME LIMIT, TARGETS POSITIONED AT 50 YARDS. MEASURE GROUP AND REPAIR TARGET AFTER EACH 10-RD STRING. REPEAT UNTIL DIFFICULTY LEVEL MASTERED.

STANDARD:

- 1. GROUP SIZE: 7 3/4 INCH DIAMETER, L-8
- 2. TIME LIMIT: NONE
- 3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
- 4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD, L-8 GROUPS

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES:

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

SERVICE PISTOL: SLOW FIRE GROUP SHOOTING

- PURPOSE:**
1. TO REFINE BODY ALIGNMENT, REPEATABLE GRIP, AND STANCE THAT ALLOWS THE SIGHTS TO SETTLE NATURALLY ON THE TARGET THE SAME WAY EACH TIME.
 2. TO PERFECT CONCENTRATION/FOCUS ON THE MENTAL PROGRAM. DEVELOP TRIGGER CONTROL NECESSARY TO DELIVER A WELL-AIMED SHOT WITH A TRAINING TARGET AS DISTRACTOR.

TASK DESCRIPTION: FIRE AT A LARGE TRAINING TARGET, NO TIME LIMIT, TARGETS POSITIONED AT 50 YARDS. OBSERVE GROUP AFTER 10-RDS, CONTINUE WITH 5-RD STRINGS UNTIL 10 HITS ACCUMULATE IN THE BLACK OF THE TRAINING TARGET. REPAIR WITH A LARGE TRAINING TARGET. REPEAT UNTIL DIFFICULTY LEVEL MASTERED.

STANDARD:

1. GROUP SIZE: 7 3/4 INCH DIAMETER, L-8
2. TIME LIMIT: NONE
3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
4. DIFFICULTY LEVEL: TWO CONSECUTIVE 10-RD TARGETS WITH ALL SHOTS IN THE BLACK.

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES:

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

SERVICE PISTOL: SLOW FIRE MATCH SIMULATION

- PURPOSE:**
1. TO DEMONSTRATE MARKSMANSHIP SKILLS DURING MATCH SIMULATION
 2. TO FURTHER DEVELOP AND REFINE THE MENTAL PROGRAM AND TRIGGER CONTROL NECESSARY TO DELIVER WELL-AIMED, 10-RING SHOTS AT 50 YARDS.
 3. TO INSTILL THE CONFIDENCE IN THE SHOOTER THAT IT IS POSSIBLE TO FIRE 10'S CONSISTENTLY AND DELIBERATELY AT 50 YARDS.

TASK DESCRIPTION: FIRE AT A STANDARD 50 YARD TARGET, NO TIME LIMIT. SHOOT AS MANY ROUNDS AS NECESSARY TO OBTAIN 10 SHOTS IN THE TEN RING. NOTE NUMBER OF SHOTS REQUIRED. REPAIR TARGET AND POST A NEW REPAIR CENTER. REPEAT EXERCISE, NOTING NUMBER OF SHOTS REQUIRED EACH DRILL, UNTIL 20 OR LESS SHOTS ARE REQUIRED.

STANDARD:

1. GROUP SIZE: 10 RING
2. TIME LIMIT: NONE
3. TEST CONDITIONS: ASSIGNED COACH WILL WATCH AND EVALUATE
4. DIFFICULTY LEVEL: TEN 10'S ARE ACCUMULATED WITHIN 20 SHOTS

COACH'S NOTES/COMMENTS:

SHOOTER'S NOTES: 50 YD ZERO: EL _____ WIND _____

1. # SHOT: _____ 2. # SHOT: _____ 3. # SHOT: _____ 4. # SHOT: _____
5. # SHOT: _____ 6. # SHOT: _____ 7. # SHOT: _____ 8. # SHOT: _____

Lined writing area with horizontal lines.

DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

SERVICE PISTOL: TEST: SLOW FIRE MATCH

- PURPOSE:**
1. TO TEST THE SHOOTER'S KNOWLEDGE AND PROFICIENCY UNDER SIMULATED MATCH CONDITIONS.
 2. ATTAIN THE MINIMUM PERFORMANCE REQUIRED TO PROGRESS TO THE NEXT LEVEL OF TRAINING.

TASK DESCRIPTION: SLOW FIRE MATCH FOR SCORE: MATCH SIMULATION. FIRE 10-RDS WITHIN TEN MINUTES ON A STANDARD 50 YARD TARGET. SCORE AND REPAIR TARGET. REPEAT FOR SECOND 10-RD STRING. SCORE SECOND TARGET. COMBINE TWO SCORES, COMPARE TO DIFFICULTY LEVEL.

STANDARD:

- | | |
|----------------------|--------------------------------------|
| 1. GROUP SIZE: | SCORED |
| 2. TIME LIMIT: | 10 RDS/10 MINUTES |
| 3. TEST CONDITIONS: | NO ASSISTANCE |
| 4. DIFFICULTY LEVEL: | NEW SHOOTER: 180
OLD SHOOTER: 184 |

UPON COMPLETION OF THE TEST FOLLOW THE STEPS INDICATED BELOW:

3. DIFFICULTY LEVEL MASTERED
- CONTINUE PROGRAM -
4. DIFFICULTY LEVEL NOT MASTERED
- RETURN TO SLOW FIRE MATCH SIMULATION PAGE AND START AGAIN -

SHOOTER'S NOTES:

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

SERVICE PISTOL: 900 AGGREGATE MATCH SIMULATION

PURPOSE: 1. MARKSMANSHIP LEVEL TEST UNDER MATCH CONDITIONS.
2. EXPERIENCE AND OVERCOME MATCH/PERFORMANCE PRESSURE.

TASK DESCRIPTION: UNDER MATCH CONDITIONS, FIRE A 900 POINT AGGREGATE MATCH.

STANDARD:

- 1. GROUP SIZE: SCORED
- 2. TIME LIMIT: SLOW FIRE, TIMED FIRE, RAPID FIRE
- 3. TEST CONDITIONS: NO ASSISTANCE
- 4. DIFFICULTY LEVEL:

	ORIGINAL WORKBOOK	*MODIFIED* WORKBOOK
NEW SHOOTER:	SLOW FIRE - 90 AVG	SLOW FIRE - 90 AVG
	TIMED FIRE - 95 AVG	TIMED FIRE - 95 AVG
	RAPID FIRE - 95 AVG	RAPID FIRE - 95 AVG
	AGG ----- 845	AGG ----- 840

	ORIGINAL WORKBOOK	*MODIFIED* WORKBOOK
OLD SHOOTER:	SLOW FIRE - 92 AVG	SLOW FIRE - 92 AVG
	TIMED FIRE - 96 AVG	TIMED FIRE - 96 AVG
	RAPID FIRE - 96 AVG	RAPID FIRE - 96 AVG
	AGG ----- 850	AGG ----- 852

UPON COMPLETION OF THE TEST FOLLOW THE STEPS INDICATED BELOW:

- 1. DIFFICULTY LEVEL MASTERED
- CONTINUE PROGRAM -

- 2. DIFFICULTY LEVEL NOT MASTERED
- RETURN AND REPEAT MATCH SIMULATION STAGES:
 - 1. SLOW FIRE MATCH SIMULATION
 - 2. TIMED FIRE MATCH SIMULATION
 - 3. RAPID FIRE MATCH SIMULATION
 - 4. REPEAT 900 AGGREGATE AFTER ABOVE STAGES ARE MASTERED

SHOOTER'S NOTES:

Lined writing area consisting of 26 horizontal lines.

DATE ACCOMPLISHED: _____ COACH'S INITIALS: _____

TOTAL # OF RDS FIRED: _____

4 CHAPTER FOUR

THE 2700 AGGREGATE

U.S. MARINE CORPS
PISTOL TEAM
MODIFIED PROGRAM WORKBOOK

**U.S. MARINE CORPS PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

NRA 2700 AGGREGATE: 3-GUN MATCH SIMULATION

	ORIGINAL			*MODIFIED*		
	WORKBOOK			WORKBOOK		
NEW NON-DISTINGUISHED -						
MINIMUM AGGREGATE	2550	_____	AGG	2559	_____	AGG
22 (900 AGGREGATE)	860	_____	AGG	861	_____	AGG
CF (900 AGGREGATE)	850	_____	AGG	858	_____	AGG
SERVICE (900 AGG)	845	_____	AGG	840	_____	AGG
OLD NON-DISTINGUISHED -						
MINIMUM AGGREGATE	2580	_____	AGG	2592	_____	AGG
22 (900 AGGREGATE)	870	_____	AGG	870	_____	AGG
CF (900 AGGREGATE)	860	_____	AGG	870	_____	AGG
SERVICE (900 AGG)	850	_____	AGG	852	_____	AGG
OLD DISTINGUISHED -						
MINIMUM AGGREGATE	2590	_____	AGG	2600	_____	AGG
22 (900 AGGREGATE)	870	_____	AGG	870	_____	AGG
CF (900 AGGREGATE)	860	_____	AGG	870	_____	AGG
SERVICE (900 AGG)	860	_____	AGG	860	_____	AGG

UPON COMPLETION OF THE TEST FOLLOW THE STEPS INDICATED BELOW:

1. DIFFICULTY LEVEL MASTERED
 - NEW SHOOTER - ADVANCE TO OLD SHOOTER CATEGORY AND PROCEED THROUGH COMPLETE GUIDE
 -
 - OLD SHOOTER - ESTABLISH NEW PERSONAL GOALS FOR EACH STAGE AND GUN. PROCEED THROUGH COMPLETE GUIDE AND ATTAIN NEW GOAL
2. DIFFICULTY LEVEL NOT MASTERED
 - RETURN AND REPEAT APPROPRIATE INTERMEDIATE STAGE OR STAGES
 - REPEAT MATCH SIMULATION AND GUN AGGREGATE STAGE

SHOOTER'S NOTES:

5 CHAPTER FIVE

TARGETS

**U.S. MARINE CORPS
PISTOL TEAM
MODIFIED PROGRAM WORKBOOK**

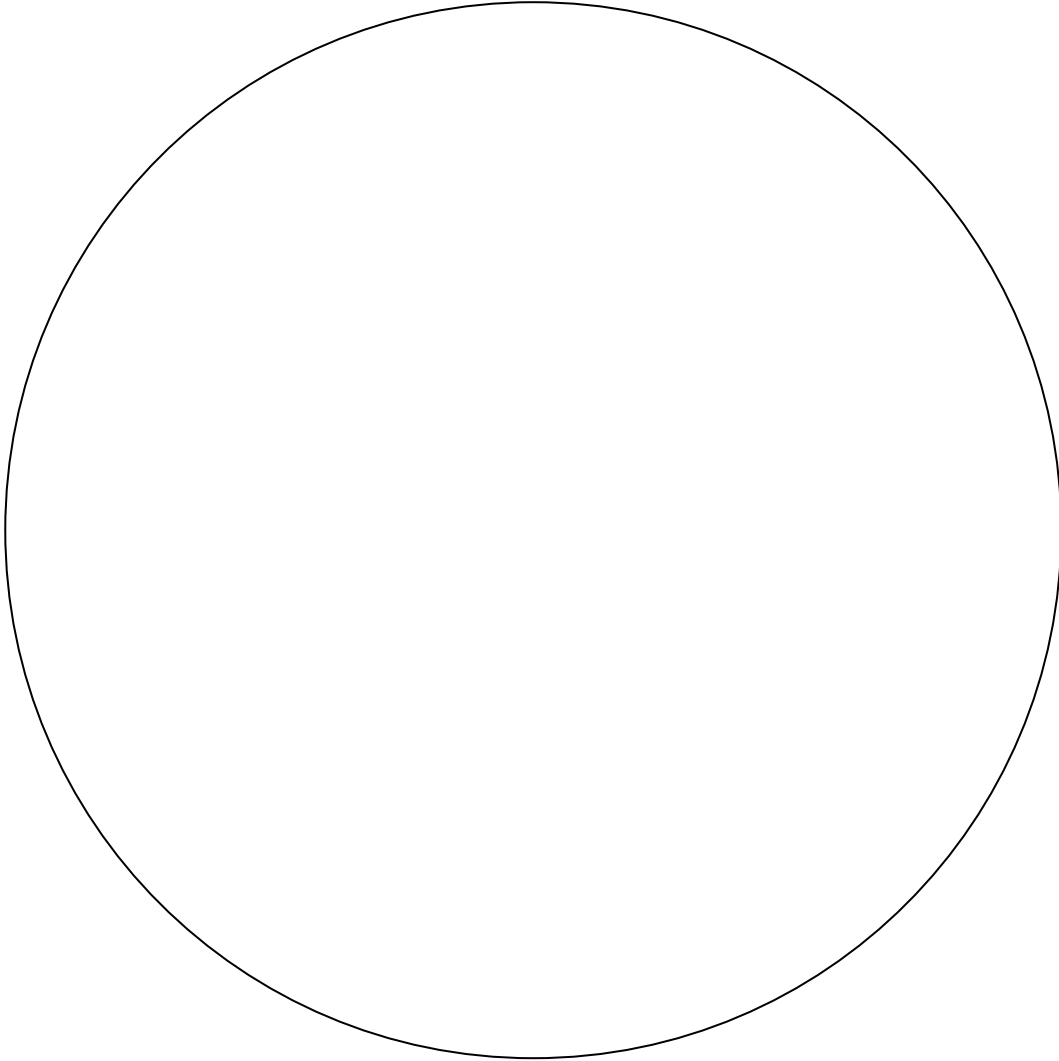
MAKE COPIES OF THE FOLLOWING PAGES AS NEEDED FOR THE L-8, L-9, LARGE TRAINING TARGET, AND SMALL TRAINING TARGET. THESE COPIES CAN BE USED DURING THE TRAINING EXERCISES PRESENTED IN THIS WORKBOOK.

L-8

(MAKE COPIES OF THIS PAGE AS NEEDED)

L-9

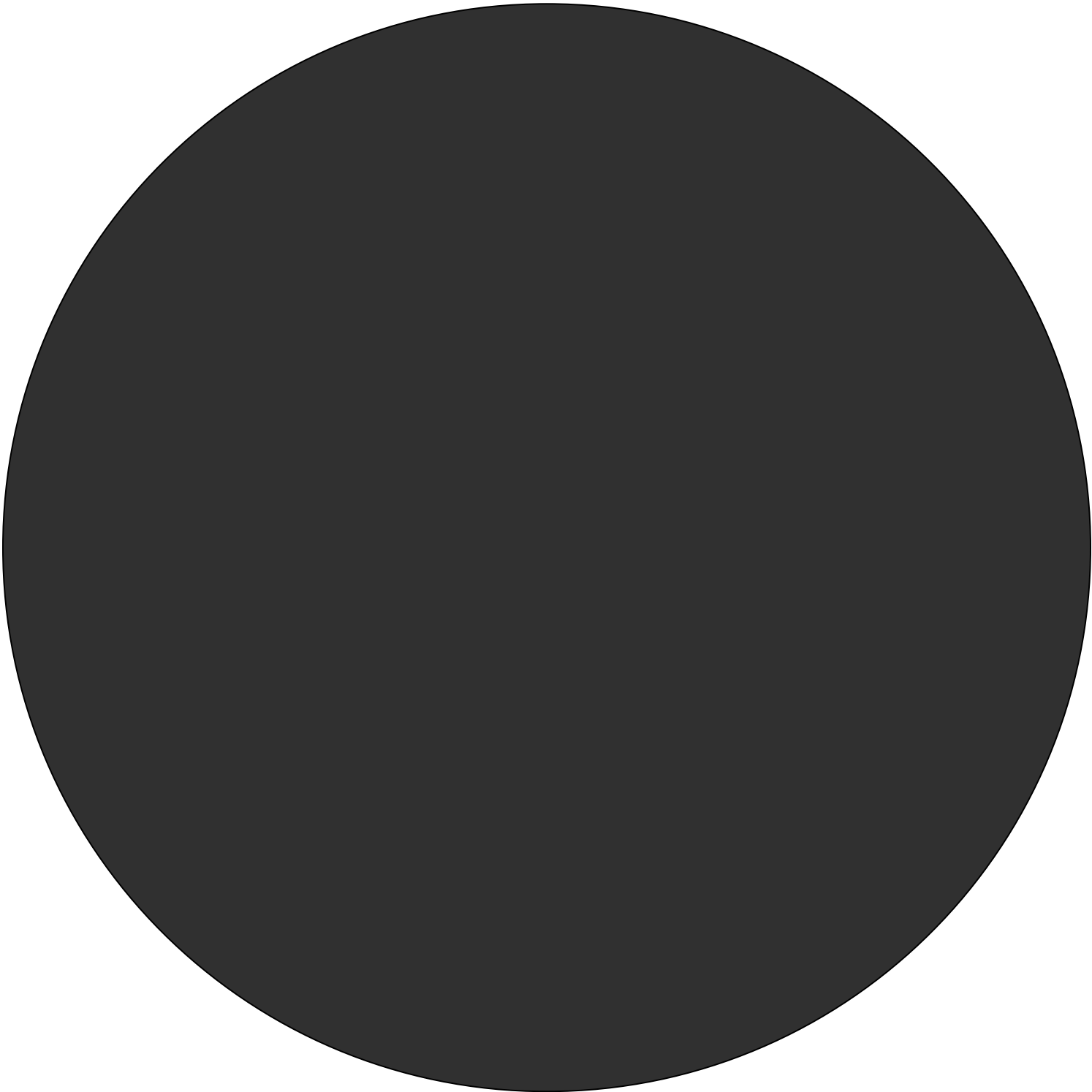
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5-3

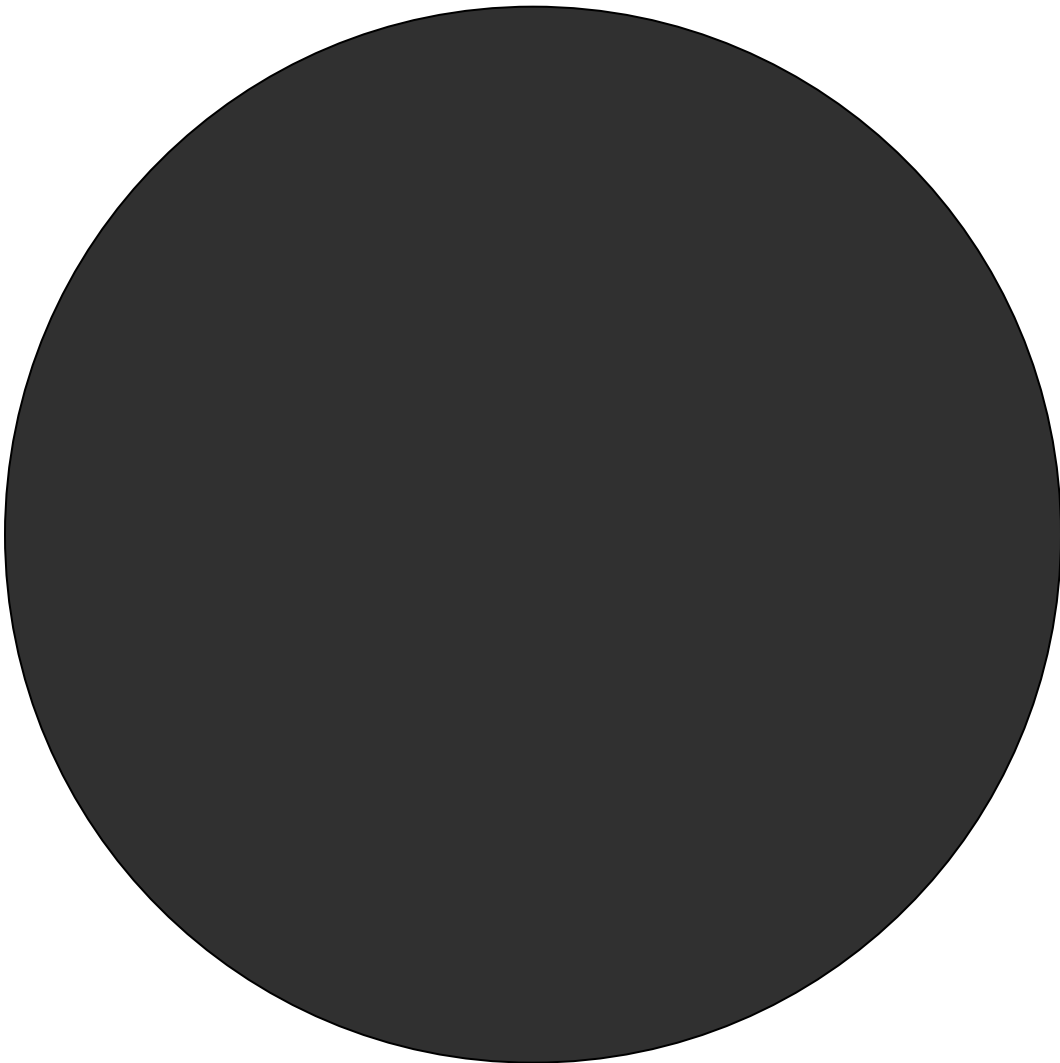
Large Training Target

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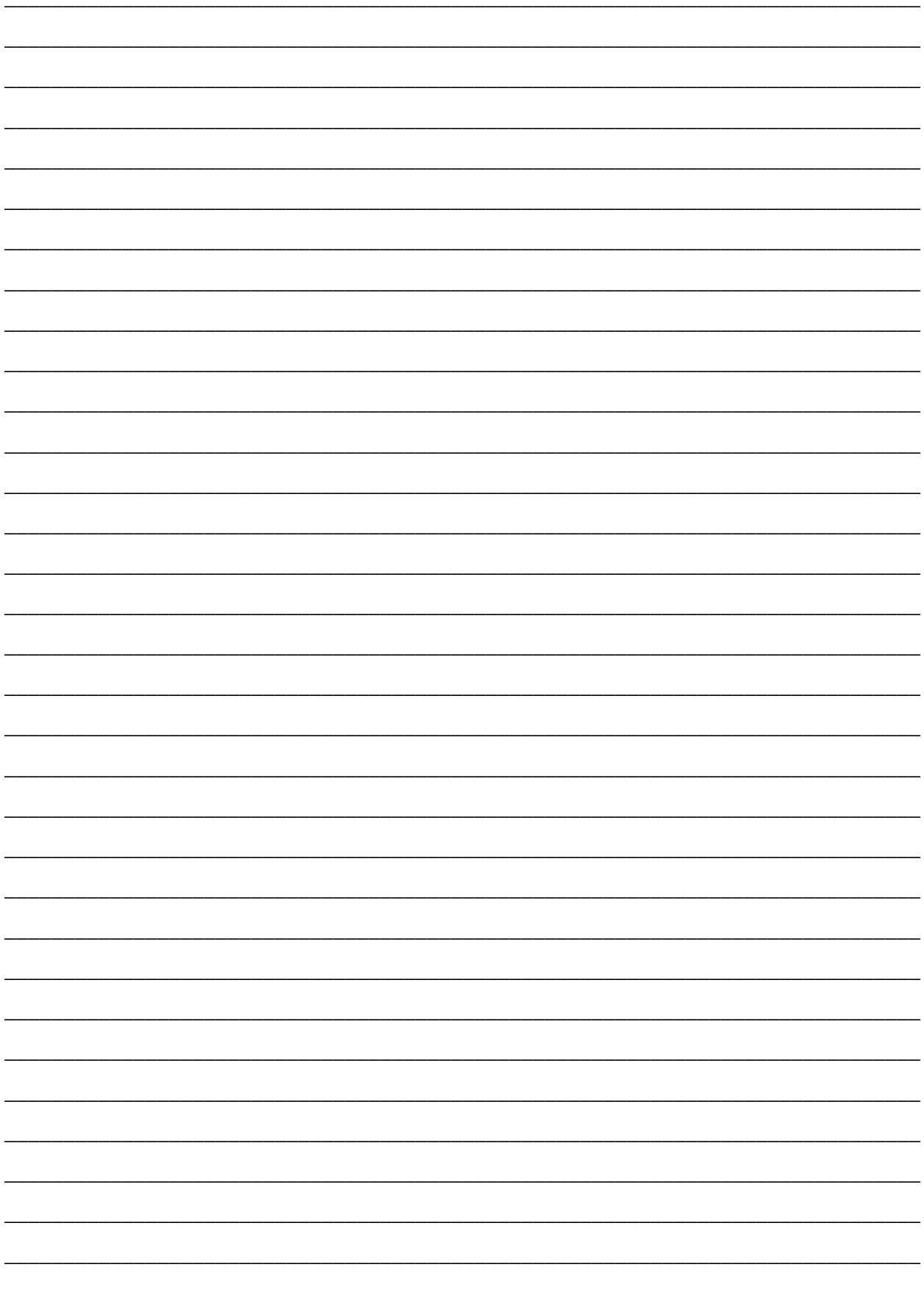
Small Training Target

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Lined writing area consisting of 23 horizontal lines.



Handwriting practice lines consisting of 20 horizontal lines.

