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GTGConsult IPSC Pistol Course Program

## **GTGConsult IPSC Intermediate Pistol Course**

This course is for IPSC pistol shooters who wants to optimize their technical shooting performance.

Technical shooting performance can be described as 'the interaction between shooter and weapon/gear' and encompasses every aspect of the SHOOTING part of dynamic events like IPSC.

The instruction and exercises will address common shortcomings in technical performance and weapon/body integration, seen across a broad spectrum of shooters.

Participants will experience group work on the line as well as individual feedback and coaching with an offset in their current level, no matter what that level might be.

The course will have 12 participants in order to maximize individual time with the instructor.

Expect to use approx. 800 rounds of ammunition during the course.

Price is EUR €350 and includes 16 hours of instruction and range rental fee.

### **Course Curriculum:**

- Safety Briefing
- Introduction, Mindset – Skills - Focus
- Training/Match Warmup
- Efficient Weapon Manipulation
- Loading- and Preparation Techniques for Training & Match
- How to perform Focused/Deliberate Training & Exercises
- Procedures for making ready
- Drawstroke and presentation
- Body mechanics
- Grip, Grip, Grip
- Trigger manipulation do's and don't's
- Sights – shot calling
- Magazine changes
- Target transitions – cutting down transition times
- Candence shooting as a training tool
- Throttle Control
- One-handed shooting
- Know your level – Shoot your level
- Distance shooting (25-50m)