



## 5 Steps To Level Up Your Gun Training

with Jeff Anderson for [www.ModernCombatAndSurvival.com](http://www.ModernCombatAndSurvival.com)

### 1. Train For Your Destination

Before you can level up your training, you have to know WHAT to train.

- Why do you own a gun? What's your family's biggest threat? Assess your threat matrix and focus on that accordingly.
- Avoid skills you're not actually going to use.
- If you don't carry extra ammo, for example, why are you training for reloads?

### 2. Know Your Current Level

You can't level up if you don't know where you're currently at.

- It's no good to focus on fancy upper-tier skills if you lack a good foundation.
- Basic skills aren't sexy, but they're necessary to everything else.
- If you can't get a bulls-eye shot at 21 yards if you can't even draw your weapon quickly.
- This is HIGHLY relevant to determining which skills to train at the same time (see Tip 5).

### 3. Forget The Live-Fire Range!

So many shooters don't pay attention to dry fire, but it's EXTREMELY important.

- 80% of your training should be done dry fire.
- This is practicing absolutely everything up to the point of firing a live round down range.
- If you can't do those things well, you're going to do the actual live fire part well, either.

### 4. Short Sessions, Higher Frequency

Are you training every day? You should be, even if not for a very long time.

- 5 minutes every day is better than a full day course.
- No more than 20 minutes per session.
- Schedule your practice sessions.
- Like working out, it's best to get this out of the way early to make sure it gets done.
- Have a dedicate space for your practice sessions, even if it's just your bathroom.
- If you can, build your own dry fire/airsoft tactical funhouse at home.

### 5. Train Multiple Skills At The Same Time

Block practice vs. random practice:

- With block practice, you develop skills fast.
- Think of the one day "specific skill" training session or the weekend tactical course.
- By the end of the course, you'll be amazed at the level of proficiency you have.
- Multiple studies have shown that this information is stored in the part of the brain that doesn't store the skill in long-term memory, especially since most people don't train regularly AFTER one of these courses.
- Random training, and training multiple skills at the same time, creates long-term retention in the brain by making problem-solving and situational reactions the connection for retention.
- Block training is beneficial for developing basic skills, however. You have to know how to do the component skills before you can train them randomly and with other skills.
- Foundational skills are best done using short blocks of training.
- There's a way to chain together your practice skills, even as a beginner. We cover them at <http://www.PraxisClass.com>

*Prepare. Train. Survive.*