

Welcome and Introduction:

Thank you for purchasing this logbook. This logbook is designed to be used in conjunction with (or by itself) my book “Your Competition Handgun Training Program”, a training program designed for practical shooters (IDPA and IPSC/USPSA). This logbook will allow you to document and track your metrics (training, match, and other skills) and document your successes and learning points. The book has several sections, starting with some education and reminders about training, and followed by the logbook pages that will allow you to log all of your training sessions, as well as events that you compete in.

Special thanks go to several people who have specifically helped me with this logbook and the training program that accompanies it:

➤ *John Hill- editing, ideas, and reality checks.*

To order “Your Competition Handgun Training Program”, please visit my website: www.shooting-performance.com

Mike Seeklander Biography

Most people know me as a nationally ranked competitor on the practical handgun competition circuit, but fail to realize that I have extensive formal training and experience in the military and law enforcement, as an operational police officer, U.S. Marine, Federal Air Marshal, and Federal firearm instructor. I also have formal training in delivering instruction as well as in all phases of training development. I actually began my competitive shooting training to increase my skill level for a future fight with a handgun or rifle. After getting my feet wet at a few competitions, I found myself training to win national competitions, while analyzing and applying those performance facilitators in my self defense training to prepare for a fight. During this time I found myself drawing more and more on my training notes, which eventually led me to develop this logbook for my own personal use during training sessions.



I am the recipient of numerous awards and honors in the law enforcement community, and on the competitive shooting circuit. While training part time, I have placed highly in every major practical type championship on the circuit and have more than a dozen titles at major matches including state and area matches in IPSC and IDPA style matches including a second place finish at the 2007 European Handgun Championships, and top 5 finishes at the U.S. Nationals, the World Speed Shooting championships and NRA Action Pistol championships. I am currently ranked as a Grandmaster (the highest rank obtainable) by the United States Practical Shooting Association. Shooting has not been my only passion, and I have more than 15 years of experience in various martial arts holding multiple ranks including a Black Belt in Okinawan Freestyle Karate.

As the Director of Training at the U.S. Shooting Academy my primary focus is instructor training, curriculum development, and specialized instruction. I have developed lesson plans, curriculum and specialize in teaching the following:

- One Handed Survival Shooting Techniques
- Vehicle Tactics
- Close Quarters/ Extreme Close Quarters Shooting Techniques
- High Performance Handgun Techniques (combative application of competitive technique)
- High Performance Rifle Techniques (translating the performance side of competitive shooting to the combative arena)
- Intermediate and Advanced Competitive Handgun Shooting Techniques

A bit about Shooting-Performance, my consulting/training company-

- I began Shooting-Performance (www.shooting-performance.com) as a free information sight where I could share my thoughts and lessons learned with whoever landed on the site. That evolved into some consulting, coaching, and some published material in the form of this logbook, and a couple other books (that are being finalized as I write this), as well as numerous articles. My original interest and passion lay not in teaching specific technique (as I believe it should always evolve), but in getting shooters from all walks of life to understand how to make their training more effective. Most of my students ask a common question, even after they have a good grasp of how to perform the techniques taught in a class, and that is: How should I train? My answer is often short due to time but in reality I understand and try to promote the fact that how you train will dictate how you perform, and proper design and execution of training sessions is critical.
- There is tons of useful information in the form of web pages, documents, and some video and you will also find a question form that will allow you to send me a question and get answers. Please visit my website, and drop me a line if you have a shooting comment, question, or revelation!

Remember, amateurs train until they get it right, professionals train until they can't get it wrong...AND they log their successes!

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Six Principles of an Effective Training Program

“Relentlessly pursue your preparation, like your life depended on it.”

The Six Principles of effective training: In order for a training program to be effective, it must follow certain principles. Failure to contain or follow even one of these principles will render a program ineffective. Pay attention and validate your program by comparing it against these principles on a regular basis. Let’s break each one down.

- ***Training sessions must be designed correctly.*** This is the first validation of your program. It could not be simpler, but this is often the area that I see wrong with most programs/drills that I have come across during my career. The learning goals must be thought out and defined and then applied throughout the drills that are used. Even programs developed with the best intent will be problematic if you don’t pay attention to design. I will expand on this in the “Training Design Cycle” section. The two key areas you should validate in the design of your program are:
 - Skills developed must be applicable with the key factors desired (environment, gear, dynamics).
 - Skills developed must replicate the actual key skills needed. (This is an area that some really good athletes/operators argue about, because everyone has a slightly different idea about techniques and tactics.)
- ***Training repetitions must be executed perfectly.*** I will expand on this one in the “Training Design Cycle” section so I will be brief here. This principle is simple, and is a key component to success.
- ***Training sessions must be at regular intervals.*** In order to develop skill (purpose of training), the brain and neuromuscular system must be exposed to developmental sessions on a regular basis. How often is very much debated, and will generally depend on the goal, but across the board almost all of the experts agree that development must take place a minimum of two times or more every week during the initial learning phase, and then one time per week to maintain skill. (We will expand more on this later.)
- ***Training sessions must be documented.*** In order to reflect on the program’s success, training programs must be documented. Key metrics should be written down for future reference, and you will use this data to modify the program as you go.

- ***Skills and abilities developed must be measured.*** Simply “feeling” that you are improving is a dead end road. Take the time to measure your skills on a regular basis. Someone once said that something that can be measured can be improved. Measure your skills or the skills of your group regularly to guide you through the program modification phase.
- ***Must be modified based on results (game day).*** A good training program **MUST** be modified. If not, results will stagnate and skills will remain in one place. Unless you desire this (not likely), you will need to reflect on your training logs and modify your program to continue your evolution.

The Design and Execution Cycle (see figure 1): How do the best shooters constantly push themselves to the next level? They constantly modify their training to meet their goals, and they constantly set the bar higher each time they accomplish a goal. Now that you understand what training design and execution are, I will attempt to describe the “Training Design and Execution Cycle” and offer what it will do for you. What is this cycle? To put it bluntly, it is the cycle that **MUST** be gone through to continue to evolve to the next level. Most people go through this cycle without even knowing it, but without understanding our training cannot possibly evolve. All too often I hear from someone who does not understand how to design their own training program, or that they must react to their failures (or successes) and constantly re-design their program in order to be successful.

Some Basics About Documentation

“Fail to document, and you will never see your failure”

Purpose of Documentation. Documentation of training sessions and game day is probably the single most important thing you can do to increase the effectiveness of your training program. I have made the huge error in failing to do this in the past and have regretted not having the ability to look back at my notes and use them to increase the effectiveness of my training program. One thing that really stands out is, other than my match finishes and some random times on the PACT timer I use to train, I really had no way of knowing if I was improving once I reached a certain skill level. I thought my training sessions were effective, but did I have the proof? I have since started logging all training sessions and matches just like I am outlining in this section and I have found this to be extremely valuable and usable information when I review it later.

Types of Documentation. When documenting your training sessions and events (game day), you will have a couple options. The first is good ‘ole fashioned pen and paper and is the primary method we need to document. The second is video and/or audio documentation of your sessions. I STRONGLY recommend BOTH when you are documenting, because each has a different use when reviewing data and improving your training processes. If you are a trainer that trains large groups, I recommend that you issue and mandate training logs to all of your students. Make them document their training so they have a reference later on. In the Marine Corps, we had little logbooks issued in boot camp and we used them to log every range session we attended.

Written Logs. Written training and event logs are the simplest and easiest way to document your training sessions. Your written logs should capture a lot of critical data. The logs in this book are pre-designed to make your job of documenting easy and fast. There are adequate logs in this book to capture all of your dry fire and live fire sessions if you are doing the 16-week program in my book “Your Competition Handgun Training Program”, and then some extras to allow you to log your training for an entire season.

Video. Video is the wave of the future. There is nothing comparable to it in terms of having true documentation of what you actually did during a drill or event. In your written documentation you can capture your metrics and how you felt during the performance of your drills, but you don’t always get the whole picture.

I can't tell you how many times I have seen myself on video and noticed something that I had no idea I was doing. I have also used video to show countless students small things that they are doing wrong, especially when they don't believe they are doing it. I use a tripod and a small, cheap camera to capture my training session drills. If you are really cool, you can spend some money on a camera with a remote, but I have been told that these are hard to find these days (not sure why). This will allow you to set up the camera and then start and stop it with the remote. I set my camera up in a position so I can see as much as possible during the drill. I normally set my gear bag up near the camera so I can get my gun ready and prepare my magazines with ammunition, and then I start the camera and walk out to my shooting spot where I am going to do the drill. You will probably want to mark the spot you are shooting from (or set up a shooting box) so you know you will be centered in the video when you are doing your drill. I don't video my entire sessions, but I do video critical drills that I might be having trouble with.

Analysis of Documentation. O.K., so you are documenting like crazy with written and video logs. You're done with the hard part right? Not so fast. Now You have to use that information that was painstakingly recorded during training sessions and events. When you review your logs it is important you analyze them correctly, and in a certain order. I will break this down by timeline.

- **Post session review.** This review and analysis is done right after our session, or as soon after our session as possible. You should review your video first (normally you probably won't view the video on the range, but you can), because what you see may need to be logged into your session or event notes. If you see yourself doing something wrong on the video, enter it in your “need solution to” written log section. Now review all other notes, and take a moment to transfer key items to the next log you will use. You probably have your future session planned, but your notes from this session will affect some of the things you will work on during the next one. If you write down notes on your future log reminding you of some things you want to work on, this will make your next session more effective. Each training log should affect

your next session, even if just to validate what you are doing (because it is working).

- **Pre session review.** This review will be done right before you begin your training session. Look at the last session notes, and also at what you carried over from your last session. You might look at some of your key metrics (times and points) from drills you did so you have some idea of where your metrics should be during this session. Take a moment and glance at your goal statement so you know why you are going through all of this work! Extra motivation is always a good thing.

- **Monthly review.** I like to take my training session notes out and lay them in order and look for trends on a monthly basis. This will only take a moment, but is really a great way to see if you have some good or bad trends happening. You will also be able to compare your metrics and hopefully see them improving across a month's time. Seeing improvement is a big key to your success! Look for gear and gun issues that seem to be recurring, and any other things that stand out when you look at a month's worth of data. Make sure to take a couple notes on your monthly review and what you found so you can plug that stuff into future sessions. I don't normally recommend changing your program with just one month's data.

Cycle or Yearly review. I tend to train in 6-12 week cycles. This data review is where you will look for trends that will influence your decision to change your training program. Once again lay all of your data out and take notes on good or bad trends, as well as your performance metrics. You should see some distinct improvement in them after you have been through a complete training cycle, and if not you will want to look hard at your drills and how you are training. No improvement can be a result of many different things, like poor drill design, lack of frequency (you're not training enough), lack of duration (you're not training long enough), etc. The notes from this review will be what you use to modify your program.

General Planning Forms

“Fail to plan, plan to fail”

Instructions: These planning forms are designed to allow you to plan your training year and also break down and roughly schedule your monthly training sessions. You will need to do this so that you when you begin your training plan you peak when you need to and don't burn yourself out. Some of you will have multiple events you will be training for and competing in and this makes it even more important to plan your year out and know what training sessions and drills you will be doing when. I have certain timeframes that I need to prepare myself for a major match, and it has taken me several years to figure this out. Your timeframes might be completely different than mine and this is something you will have to experiment with and log. Some of you will just train when you can for an event, and this is okay too, but it is still a good idea to plan your year, and even more important to develop your monthly matrix so you can plug all of your different training sessions into it and make sure it all fits. You will also begin to write down your goals in this section. Here are some guidelines for each form:

- **Yearly Training Plan.** This is normally reserved for labeling the session you did. In my book, “Your Practical Handgun Training Program”, I give several different sessions. If you do not follow them, then simply label the session you did by key details, such as: “IDPA general”, or “Steel Challenge prep” etc.
- **Monthly Training Matrix.** Document what you are preparing for here, which will help you make more sense of why you might be doing certain drills.
- **Goal Setting Worksheets.** This is where you will build your future. They are the most important part of the performance process. The goal setting worksheet is your next priority.

Goal Setting Worksheet-

Instructions: This worksheet will guide allow you to set your goals and have them in your logbook for your weekly review. Instructions and a detailed explanation of the goal setting process can be found in my book "Your Competition Handgun Training Program", which I strongly recommend you purchasing if you have not already.

1. End Goal (written in first person, and should have a target date):

2. Performance Goals (these are the performance factors that will allow you to meet your end goal):

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. _____
- i. _____
- j. _____

- 3. Enabling Goals (these are the actually enabling actions that you will have to follow to develop the performance required in your performance goals).
Simply copy your performance goals into the main section of this table, then write the actions required to meet those goals below them:**

Performance Goal	Actions needed to accomplish (be detailed)

Performance Goal	Actions needed to accomplish (be detailed)

1. **Scheduling:** Now take the enabling goals written above, and begin to plug them into the yearly, and monthly planning forms below, as well as your calendar if you have one that you use on your phone or computer. I recommend that you schedule your action like you would schedule an appointment for a job or someone else (like it is a formal date to do something).
2. **Print, Copy and Review:** Your goals MUST be reviewed regularly. Print them on a computer, or make copies of what you just developed and hang them in critical areas. Also, since you have your goals written in this logbook, make sure you read them at least weekly (beginning of the week is best).

Second End Goal Worksheet (if you have ore than two, email me printable goal setting form):

1. End Goal (written in first person, and should have a target date):

2. Performance Goals (these are the performance factors that will allow you to meet your end goal):

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. _____
- i. _____
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Mike's Sample Yearly Training Plan

2010 Competitive Season				
Dates and events		Key Dates Training Program Modules		
<i>Month</i>	<i>Major Events/dates</i>	<u>Live Fire</u>	<u>Dry Fire</u>	<u>Physical Fitness</u>
<i>January</i>	Base fitness, general skills	01/02	01/02	Begin 12-week fitness program 01/02. Begin dry fire skill program 01/02.
<i>February</i>	USPSA skills Florida Open		02/18	Begin 12-week USPSA skills program 02/01.
<i>March</i>	USPSA skills			End 12-week fitness program, maintenance program. Begin 12-week USPSA program 03/01
<i>April</i>	USPSA skills	Single Stack Nationals	04/02	
<i>May</i>	Bianchi skills (NRA Action)	Bianchi Cup	05/15	
<i>June</i>				
<i>July</i>	Steel Challenge skills			Begin Steel challenge program
<i>August</i>	Steel Challenge skills	Steel Challenge	08/23	
<i>September</i>				Begin USPSA skills program 09/01
<i>October</i>				
<i>November</i>				End Season Review

Your Yearly Plan

_____Competitive Season				
MONTHS AND EVENTS		KEY DATES TO BEGIN TRAINING MODULES		
<i>Month</i>	<i>Major Events/dates</i>	<u>Begin Live fire Training</u>	<u>Begin Dry Fire Training</u>	<u>Physical Fitness</u>
<i>January</i>				
<i>February</i>				
<i>March</i>				
<i>April</i>				
<i>May</i>				
<i>June</i>				
<i>July</i>				
<i>August</i>				
<i>September</i>				
<i>October</i>				
<i>November</i>				
<i>December</i>				

Mike’s Sample Monthly Training Matrix (this was one of my actual plans)

Training Type	Frequency (How often)	Duration (length)	Days/Times (When)	Purpose/Notes:
Live Fire Practice (may also be supplemented with .22 practice)	3 times weekly	1.5 hours	Mon, Wed, Friday 0830-0930	Three separate sessions, each focusing on a certain area.
Dry Fire Practice (may be supplemented with air soft practice)	5 times weekly	15 minutes	Monday-Friday After 1800 (6 p.m.)	Per my dry fire training drills.
Mental Training (MUST be integrated in all live and dry sessions!)	3-5 times weekly	N/A	Active- Each practice Passive- Every night before bed	Passive visualization will be done on the upcoming performance. Active, every time I touch the gun.
Physical Training	3 times weekly	1-1.5 hours	Mon, Tue, Thurs, Fri 0600-0730	P90X modified program
Visual Training	2 times weekly	10 minutes	Wed and Sat	7 exercise program
Game Day (this might be a match or anything else you are training for [the test])	1 time monthly (minimum)	N/A	Monthly 4 th Sunday (USSA IPSC match)	ALL matches should be treated the same. Never place more emphasis on one over another in your mind. “I need to shoot good because this is the big match” (Not good)

Your Monthly Training Matrix

Training Type	Frequency (How often)	Duration (length)	Days/Times (When)	Purpose/Notes:
<i>Live Fire Practice (may also be supplemented with .22 practice)</i>				
<i>Dry Fire Practice (may be supplemented with air soft practice)</i>				
<i>Mental Training (MUST be integrated in all live and dry sessions)</i>				
<i>Physical Training</i>				
<i>Visual Training</i>				
<i>Game Day (this might be a match or anything else you are training for [the test])</i>				

Mental Routine Worksheet:

1. **Focus Breath** (write what length your focus breath will be, and what actions if any that you will do while going through the breath):

2. **Performance Statement** (short, powerful statement that will keep you in the present and remind you of what you have to do to succeed):

3. **Self Image Booster** (a future statement outlining something you are going to do):

Active Visualization Video (this is your internal video you will run in your head before training sessions):

- a. **First 60 seconds:**

- b. **Second 60 seconds:**

- c. **Third 60 seconds:**

4. **Index cards and implementation:** Now take your mental routine and copy it onto at least two index cards, for your shooting bag, and dry fire area. Now you will have three copies, including this logbook. Ensure you review, and utilize your mental routine each time.

Dry Fire Performance Logs

"Drills build skills....and dry fire is the key"

Instructions: These training session log sheets are general in design and will allow you to record your training sessions, and all critical and relevant information. Each section has a specific purpose, and here are some guidelines for each section:

- **Training session name.** This is normally reserved for labeling the session you did. In my book, “Your Competition Handgun Training Program”, I assign several different sessions. If you do own that book and follow them, simply label the session you did by key details, such as: “IDPA general”, or “Steel Challenge preparation” etc.
- **Preparing for.** Document what you are preparing for, which will help you make more sense of why you might be doing certain drills.
- **Gun/Gear.** It is important that you can look back and check what your MTTs times are for each set of gear you train with. While I recommend sticking with one thing, those of us who train for multiple sports do not have that luxury. Also, some of you might be dry firing for combative purposes, and you might have two carry methods (again not recommended, but realistic for extreme climates).
- **Dry Fire Drill.** Document the specific drill you are doing here. I design and use the exact same drills each time, so that I can track my progress and improvement.
- **Beginning MTTs PAR Time.** This is the PAR time you started the drill with (usually the last time you accomplished in the last session, or a bit slower).
- **Ending MTTs PAR Time.** This is the time you worked your way down to. Initially this time should always be lower (faster), but as you reach higher levels you will see less improvement.
- **Today’s Goal Statement.** I like to write a short paragraph or sentence about where I want to go, (and end goal), in a positive first person type statement. Get creative here, and use it to boost your confidence.
- **Notes.** Anything else you want to remember should be written here. If you performed poorly or great does not really matter in the long run, unless you can begin to understand the factors that cause those performances.

There are 10 lines for drills, so you can do and document 10 different drills in each dry fire session. If you are doing more than that, you are either VERY motivated, or possibly

www.shooting-performance.com “Correct Design and Perfect Execution”

not paying attention to detail and doing deliberate practice. I recommend less time with increased focus and intensity to keep you interested and learning.

Don't forget:

- **Go through your *Focus Breath and Success Visualization Video***
- **Review your *Performance Statement* and use it before repetitions**
- **Review your *Self Image Booster***
- **Stay mentally connected**

Now go dry fire, log your improvement, and work your way to the goals you have set!!

Session (A, B, C, D, Other): _____ **Date:** _____

MTTS: Maximum Technical Training Speed (100% of your potential speed, while doing the technique completely correct).

Before you begin:

- Focus Breath (key touch point and 4-4-4 or 6-2-6)
- Run your visualization video (passive, personal success video)
- Use Active visualization in between your drills, see yourself do it and then do it.
- Use your *performance statement* and read your *self image booster* (should be on a 3x5 index card in your shooting bag)

Preparing for:		
Gun/Gear (IDPA, USPSA, Etc.):		
Dry Fire Drill	Beginning MTTS PAR Time	Ending MTTS PAR Time

Today’s goal statement: (Where I want to go) _____

Notes: (Anything else) _____

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Gun/Gear (IDPA, USPSA, Etc.):		
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Preparing for:		
Gun/Gear (IDPA, USPSA, Etc.):		
Dry Fire Drill	Beginning MTTS PAR Time	Ending MTTS PAR Time

Today's goal statement: (Where I want to go) _____

Notes: (Anything else) _____

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Live Fire Training Session Logs

“When shooting is simplified, all that exists is the firing cycle. Attempt to improve it during each session!”

Instructions: These training session log sheets are general in design and will allow you to record your training sessions, and all critical and relevant information. Each section has a specific purpose, and here are some guidelines for each section:

- **General Details.** This section should be self-explanatory. It is formatted so you can quickly jot down the details that will be important to you later on. Circle the appropriate answers, or write in the details.
- **Drill.** List the name of the drill you did here.
- **Times.** I have placed 10 blocks in a table format for you to list the times on 10 repetitions of whatever drill you did.
- **Points.** You can list this each time you shoot the drill (if you want to walk down and score the target), or you can list N/A here and count the total points after you are done with your 10 training sets. (FYI, a “set” is defined as doing the drill one time)
- **Totals.** List the total time and points here. I use this as a general measurement tool so I can figure out one hit factor for the entire drill. If you choose not to do this then use the space for whatever purpose you want!
- **Key Notes.** List anything else that stood out about the drill here. Try to think in terms of what you need to improve upon because of a weakness, so you can try to correct that item during your next training session.

Don't forget:

- **Go through your *Focus Breath and Success Visualization Video***
- **Review your *Performance Statement* and use it before repetitions**
- **Review your *Self Image Booster***
- **Stay mentally connected**

General Details

****DID YOU REVIEW YOUR LAST TRAINING LOG FOR KEY INFORMATION BEFORE BEGINNING??****

Session: _____ Date: _____ Weather: Sunny Cloudy Rain Snow Windy
Temp: _____

Gun: _____ Problems: Y N Ammo: _____ Holster/Rig: IPSC - IDPA - Carry

Video Taken: Y N Emotional Control Zone (overall): 1 - 2 - 3 Did Active Visualization? Yes - No

Today I felt: Great Good Mediocre Sick

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Points										
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Temp: _____

Gun: _____ Problems: Y N Ammo: _____ Holster/Rig: IPSC - IDPA - Carry

Video Taken: Y N Emotional Control Zone (overall): 1 - 2 - 3 Did Active Visualization? Yes - No

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Match/Event Logs

“Treat every [game] as preparation for the next one”

Instructions: These Match/Event log sheets are general in design and will allow you to record your training sessions, and all critical and relevant information. You can either take your logbook to the match with you and log each stage as you shoot it, or take notes on your match booklet and transfer them later. Either way, make sure you take detailed notes at some point that will allow you to learn and make changes to your training program. Each section has a specific purpose, and here are some guidelines for each section:

- **General Details.** This section should be self-explanatory. It is formatted so you can quickly jot down the details that will be important to you later on. Circle the appropriate answers, or write in the details.
- **Performance Metrics.** This section starts with a table that will allow you to log the stage details (for 10 stages) in one area, for quick review later. The table includes:
 - *Stage:* write the stage number or name down here.
 - *Time:* Write your time here, if N/A, write that.
 - *Points:* Write your stage points here.
 - *Penalties:* Write your total penalties here.
 - *Hit Factor:* Figure out the hit factor or final score (IPDA) for the stage after penalties.
 - *%/Finish:* Write down your finish and % of the stage winners here.
- **Stage Analysis:** These sections will allow you to write some more details down for each stage, and includes the following:
 - *Stage:* List the stage name.
 - *Finish:* List your overall finish on that stage.
 - *Time:* This is self-explanatory.
 - *Points:* This is self-explanatory.
 - *Penalties:* List your total penalties here (you can list # of penalties, or total points, whatever your preference).
 - *Control Zone:* I break down control zones and circle what zone I shot the stage in. Zone 1 is a speed zone where I am shooting very slow and controlled, and so much so that I am giving away time. When in zone 1, I

am in control, but have more control than I need. Zone 2 is where I want to be when I am at a practical type match, and it is a zone where speed and points are both equally relevant yet I am in control and feel that way. Zone 3 is the redline zone, and is a zone that we should rarely if ever be in. If I am deliberately in zone 3, it is a match situation where I need it to try to win, and have accepted the potential risk.

- *Key Notes:* Write the key details about what happened to you on the stage here. Keep it short and relevant for future use in training program modification, or match preparation.
- **Training Program addition/modification:** This section will be used to document needs in your training program, such as skills or areas that you were not comfortable with during the event. This is what you will reflect upon before your next training session. Make sure to transfer this information to your next training log, as a reminder to modify or add a drill to build whatever skill you were lacking in.
- **Success Analysis:** This section will give you a chance to reinforce positive actions and performances. Take some time to list all of the things you did really well, and why you did them well here.
- **Gear:** Use this section to critique your gear and how it performed (or failed to!). Ammunition power factor (if they chronoed at the match), as well as other key details about how your ammunition performed is also a good thing to note, for future reference.

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 Today I felt: Great Good Mediocre Sick Overall Finish: _____ Accuracy %: _____ Penalties: _____
 GM/Professionals at match (to help track my finish against them):

Performance Metrics

Training Program addition/modification: (drills I need to add or modify based on analysis above) _____

Success Analysis: (What I did really well, I can minimize training in these areas) _____

Gear: (How my gear did) _____

Stage Overview:

<i>Stage</i>	<i>Time</i>	<i>Points</i>	<i>Penalties</i>	<i>Hit factor</i>	<i>%/Finish</i>

Stage:							Finish:
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<i>Key Notes</i>							
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 GM/Professionals at match (to help track my finish against them):

Performance Metrics

Training Program addition/modification: (drills I need to add or modify based on analysis above) _____

Success Analysis: (What I did really well, I can minimize training in these areas) _____

Gear: (How my gear did) _____

Stage Overview:

<i>Stage</i>	<i>Time</i>	<i>Points</i>	<i>Penalties</i>	<i>Hit factor</i>	<i>%/Finish</i>

Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							

General Details

Event: _____ Date: _____ Weather: Sunny Cloudy Rain Snow Windy Temp: _____
 Gun: _____ Problems: Y N Ammo: _____ Holster/Rig: IPSC - IDPA - Carry
 Video Taken: Y N Emotional Control Zone (overall): 1 - 2 - 3 Did Active Visualization? Yes - No
 Today I felt: Great Good Mediocre Sick Overall Finish: _____ Accuracy %: _____ Penalties: _____
 GM/Professionals at match (to help track my finish against them):

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Stage Overview:

<i>Stage</i>	<i>Time</i>	<i>Points</i>	<i>Penalties</i>	<i>Hit factor</i>	<i>%/Finish</i>

Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							

General Details

Event: _____ Date: _____ Weather: Sunny Cloudy Rain Snow Windy Temp: _____
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Performance Metrics

Training Program addition/modification: (drills I need to add or modify based on analysis above) _____

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Stage Overview:

<i>Stage</i>	<i>Time</i>	<i>Points</i>	<i>Penalties</i>	<i>Hit factor</i>	<i>%/Finish</i>

Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							

General Details

Event: _____ Date: _____ Weather: Sunny Cloudy Rain Snow Windy Temp: _____
 Gun: _____ Problems: Y N Ammo: _____ Holster/Rig: IPSC - IDPA - Carry
 Video Taken: Y N Emotional Control Zone (overall): 1 - 2 - 3 Did Active Visualization? Yes - No
 Today I felt: Great Good Mediocre Sick Overall Finish: _____ Accuracy %: _____ Penalties: _____
 GM/Professionals at match (to help track my finish against them):

Performance Metrics

Training Program addition/modification: (drills I need to add or modify based on analysis above) _____

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Stage Overview:

<i>Stage</i>	<i>Time</i>	<i>Points</i>	<i>Penalties</i>	<i>Hit factor</i>	<i>%/Finish</i>

Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							
Stage:							Finish:
<i>Time</i>		<i>Points</i>		<i>Penalties</i>		<i>Control Zone</i>	
<i>Key Notes</i>							

Skills Test

Instructions: This skills test will be a base test that will allow you to test your marksmanship and manipulation skills at the current time. It will be invaluable when you want to see how much you are improving in the future, as well as for use on stages requiring you to know your times for one reason or another (like a stage with a swinger that you are trying to figure out how many static targets you can engage before you get back to the swinger).

There are two complete skills tests below, one to start with, and one to record times as you get through one of your many training cycles. I recommend the second one be shot at the end of the season, so you can compare times and see your improvement.

Test One

General Data

Date: _____

Name (only first name is required): _____

USPSA or IDPA division (check one)

Current Classification Level/s: (please list all classifications)

USPSA- GM M A B C D UN

or

IDPA- MA EX SS MM UN

Division/s shot during this test (what gear you used)

USPSA- Limited Production Open Limited -10 Single Stack Revolver

IDPA- CDP ESP SSP SSR ESR BUG

Physical Limitations: _____

Firearm Model/Type (in the test): _____ Caliber: _____

Holster and Magazine Pouch type: _____

Ammunition Factory Hand loaded

Estimated Power Factor: _____

Skills

Skill: STATIONARY DRAW

Target: IPSC Standard set 5 feet high at the shoulder

Distance: 5, 7, 10, 15, and 25 yards

Start Position: Hands relaxed at sides and surrender position

Skill Details: Draw and fire one shot, and record time. Repeat five times at each distance and record the average time on an unflawed draw by totaling the time and dividing by 5.

Notes: Hits must be done at a speed that is controlled, hits must be A/C's. Perform the skill test at a speed that guarantees an A/C hit.

Times:	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	Total	/5 = average
5							
7							
10							
15							
25							
Surrender draw							
5							
7							
10							
15							
25							

Skill: 90 AND 180-DEGREE TURN AND DRAW

Target: IPSC Standard set 5 feet high at the shoulder

Distance: 10 yards

Start Position: Hands relaxed at sides facing left, right, or uprange.

Skill Details: Record times for the 90 and 180 degree pivot at 5-25 yards. Upon sound of the pact timer, turn and fire one shot, record time. Repeat 5 times for the 90 and 180 turns.

Notes: We will test the 90-degree pivot with the gun side facing the target, and the 180 pivots in the direction you choose to go (fastest).

Times:	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	Total	/5 = average
90 degree							
180 degree							

Skill: WEAK HAND DRAW AND TRANSFER

Target: IPSC Standard set 5 feet high at the shoulder

Distance: 10 yards

Start Position: Hands relaxed at sides

Skill Details: Draw, transfer to the weak hand and fire one shot, and record time. Repeat 5 times and make up flawed draws. Record and average 5 times.

Notes: Please skip this test if you do not know how to safely transfer the gun.

Times:	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	Total	/5 = average

Skill: RELOAD

Target: IPSC Standard set 5 feet high at the shoulder

Distance: 10 yards

Start Position: Hands relaxed at sides

Skill Details: Draw and fire one shot, reload, and fire one shot. Record the split (reload) time. Repeat and record 5 times and average.

Notes: This drill we will measure the speed reload. If you are an IDPA shooter, then test the slidelock reload.

Times:	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	Total	/5 = average

Skill: RECOIL CONTROL (SPLIT TIMES BETWEEN SHOTS)

Target: IPSC Standard set 5 feet high at the shoulder

Distance: 5, 7, 10, 15, and 25 yards

Start Position: Hands relaxed at sides

Skill Details: Draw and fire two shots, and record the split time. Record 5 times for each distance.

Notes: Hits must be done at a speed that is controlled, hits must be A/C's. Perform the skill test at a speed that guarantees an A/C hit.

Times:	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	Total	/5 = average
5							
7							
10							
15							
25							

Skill: TARGET AQUISITION

Target: 2 IPSC Standard targets set 5 feet high at the shoulder. Target should have the following distances between them: 1 Yard, 3 yards, 5 yards, 10 Yards

Distance: 5 and 10 yards

Start Position: Hands relaxed at sides

Skill Details: Draw and fire one shot on the left target, and one on the right target. Record the split time (time transitioning the gun to the next target).

Notes: Record times for targets 1, 3, 5, and 10 yards apart at 5 yards, then at 10 yards.

Yards between targets	Repetitions					Total	/5 = average
Distance: 5 yards							
1							
3							
5							
10							
Distance: 10 yards							
1							
3							
5							
10							

Skill: 6 SHOT DRILL (BILL DRILL)

Target: IPSC Standard set 5 feet high at the shoulder

Distance: 10 yards

Start Position: Hands relaxed at sides

Skill Details: Draw and fire six shots, and record the total time. Record and average 5 times.

Notes: Hits must be done at a speed that is controlled, hits must be A/C's. Perform the skill test at a speed that guarantees an A/C hit.

Times:	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	Total	/5 = average

Skill: EL PRESIDENTE

Target: 3 IPSC Standard set 5 feet high at the shoulder, one yard apart

Distance: 10 yards

Start Position: Wrists above shoulders, facing up range (away from targets)

Skill Details: Turn, draw and fire six shots (two on each target), reload, and fire six shots (two on each target), and record the total time. Record and average 5 times.

Notes: Hits must be done at a speed that is controlled, hits must be A/C's. Perform the skill test at a speed that guarantees an A/C hit.

Times:	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	Total	/5 = average

Test Two

General Data

Date: _____

Name (only first name is required): _____

USPSA or IDPA division (check one)

Current Classification Level/s: (please list all classifications)

USPSA- GM M A B C D UN

or

IDPA- MA EX SS MM UN

Division/s shot during this test (what gear you used)

USPSA- Limited Production Open Limited -10 Single Stack Revolver

IDPA- CDP ESP SSP SSR ESR BUG

Physical Limitations: _____

Firearm Model/Type (in the test): _____ Caliber: _____

Holster and Magazine Pouch type: _____

Ammunition Factory Hand loaded

Estimated Power Factor: _____

Skills

Skill: STATIONARY DRAW

Target: IPSC Standard set 5 feet high at the shoulder

Distance: 5, 7, 10, 15, and 25 yards

Start Position: Hands relaxed at sides and surrender position

Skill Details: Draw and fire one shot, and record time. Repeat five times at each distance and record the average time on an unflawed draw by totaling the time and dividing by 5.

Notes: Hits must be done at a speed that is controlled, hits must be A/C's. Perform the skill test at a speed that guarantees an A/C hit.

Times:	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	Total	/5 = average
5							
7							
10							
15							
25							
Surrender draw							
5							
7							
10							
15							
25							

Skill: 90 AND 180-DEGREE TURN AND DRAW

Target: IPSC Standard set 5 feet high at the shoulder

Distance: 10 yards

Start Position: Hands relaxed at sides facing left, right, or uprange.

Skill Details: Record times for the 90 and 180 degree pivot at 5-25 yards. Upon sound of the pact timer, turn and fire one shot, record time. Repeat 5 times for the 90 and 180 turns.

Notes: We will test the 90-degree pivot with the gun side facing the target, and the 180 pivots in the direction you choose to go (fastest).

Times:	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	Total	/5 = average
90 degree							
180 degree							

Skill: WEAK HAND DRAW AND TRANSFER

Target: IPSC Standard set 5 feet high at the shoulder

Distance: 10 yards

Start Position: Hands relaxed at sides

Skill Details: Draw, transfer to the weak hand and fire one shot, and record time. Repeat 5 times and make up flawed draws. Record and average 5 times.

Notes: Please skip this test if you do not know how to safely transfer the gun.

Times:	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	Total	/5 = average

Skill: RELOAD

Target: IPSC Standard set 5 feet high at the shoulder

Distance: 10 yards

Start Position: Hands relaxed at sides

Skill Details: Draw and fire one shot, reload, and fire one shot. Record the split (reload) time. Repeat and record 5 times and average.

Notes: This drill we will measure the speed reload. If you are an IDPA shooter, then test the slidelock reload.

Times:	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	Total	/5 = average

Skill: RECOIL CONTROL (SPLIT TIMES BETWEEN SHOTS)

Target: IPSC Standard set 5 feet high at the shoulder

Distance: 5, 7, 10, 15, and 25 yards

Start Position: Hands relaxed at sides

Skill Details: Draw and fire two shots, and record the split time. Record 5 times for each distance.

Notes: Hits must be done at a speed that is controlled, hits must be A/C's. Perform the skill test at a speed that guarantees an A/C hit.

Times:	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	Total	/5 = average
5							
7							
10							
15							
25							

Skill: TARGET AQUISITION

Target: 2 IPSC Standard targets set 5 feet high at the shoulder. Target should have the following distances between them: 1 Yard, 3 yards, 5 yards, 10 Yards

Distance: 5 and 10 yards

Start Position: Hands relaxed at sides

Skill Details: Draw and fire one shot on the left target, and one on the right target. Record the split time (time transitioning the gun to the next target).

Notes: Record times for targets 1, 3, 5, and 10 yards apart at 5 yards, then at 10 yards.

Yards between targets	Repetitions					Total	/5 = average
Distance: 5 yards							
1							
3							
5							
10							
Distance: 10 yards							
1							
3							
5							
10							

Skill: 6 SHOT DRILL (BILL DRILL)

Target: IPSC Standard set 5 feet high at the shoulder

Distance: 10 yards

Start Position: Hands relaxed at sides

Skill Details: Draw and fire six shots, and record the total time. Record and average 5 times.

Notes: Hits must be done at a speed that is controlled, hits must be A/C's. Perform the skill test at a speed that guarantees an A/C hit.

Times:	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	Total	/5 = average

Skill: EL PRESIDENTE

Target: 3 IPSC Standard set 5 feet high at the shoulder, one yard apart

Distance: 10 yards

Start Position: Wrists above shoulders, facing up range (away from targets)

Skill Details: Turn, draw and fire six shots (two on each target), reload, and fire six shots (two on each target), and record the total time. Record and average 5 times.

Notes: Hits must be done at a speed that is controlled, hits must be A/C's. Perform the skill test at a speed that guarantees an A/C hit.

Times:	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	Total	/5 = average

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More about Shooting-Performance, (www.shooting-performance.com):

Founded in 2007, Shooting-Performance is a training, consulting, and research company that specializes in performance related firearm instruction and information for use in both combative and competitive environments. Mike Seeklander, owner/founder has extensive experience in and has been a full time instructor since December of 2001. For more information, please visit www.shooting-performance.com.

Thanks for your interest in Shooting-Performance, and taking the time to use this logbook.

Until Then, Train Hard!

Mike Seeklander

To order a copy of this book or other books and DVD's, please visit my website.