



INTERMEDIATE COMPETITION PISTOL

6 HOURS

PRICE

\$300

In the next steps towards performance, we will learn and build upon the fundamentals of the Intro class. Learning to self-diagnose and enhance students' training. We will be diving deeper in pillars of training Encompassing: Movement, Vision, Mental Performance/Execution, and Live-fire/Dry-fire integrations.

Materials Required to Participate:

- Round count 400-500 (more preferable)
- Pistol
- Belt
 - 3-4 Mag Pouches
 - Holster required
- Eye Protection
- Ear protection (electronic if possible)
- No open toed shoes or sandals

Recommended Items:

- Water ,Gatorade , lunch and snacks.
- Sunblock and /Or bug spray

& As Always, Bring an Open Mind