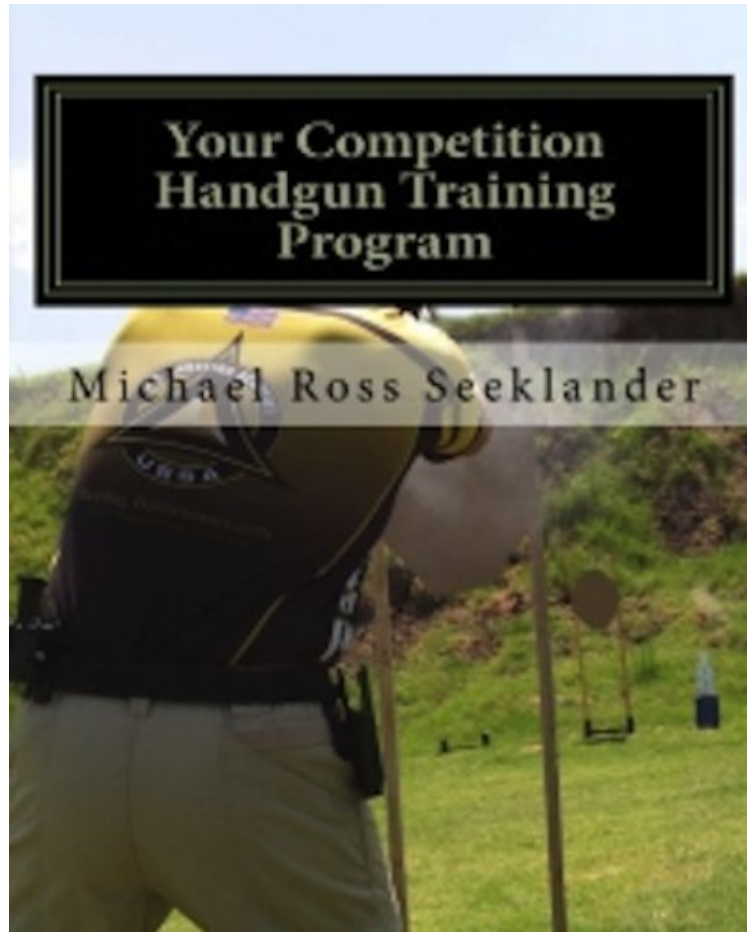


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Your Competition Handgun Training Program (English Edition)

Von Michael Seeklander

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Von Michael Seeklander : Your Competition Handgun Training Program (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Your Competition Handgun Training Program (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Your Competition Handgun Training ProgramVon Walter BeckKlar aufgebauter Kurs, der Zielbungen und, besonders wichtig fr das dynamische Schieen (IPSC), Bewegungsablufe beinhaltet. Es gibt bungen fr zu Hause und den Schiestand, so dass die Biometrie auch munitionsfrei eingebt werden kann.0 von 0 Kunden fanden die folgende Rezension hilfreich. Trainingsaufbau und Ablufe super erklrt.Von Gerhard SchifferGut gegliedert, sehr verstdlich erklrt, schade dass mein Englisch nicht besser ist, aber da kann das Buch nix dafr. Die Skizzen und Beispiele sind jedoch auch in diesem Fall hilfreich.

Kurzbeschreibung This book will give you a complete practical handgun training program designed to increase your skill and take you as far as you want to go. It is a comprehensive program that contains planning/goal setting concepts, mental training routines, physical fitness tips, live and dry fire training drills, visual training exercises, and a complete program to tie it all together.

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ber den Autor und weitere Mitwirkende Currently Mike Seeklander is owner of Shooting-Performance LLC (www.shooting-performance.com), a full service training company. Mike is also the co-host of The Best Defense, the Outdoor Channels leading self-defense and firearm instruction show. Previously, Mike was Chief Operating Officer, Director of Training, and a Senior Instructor at the U.S. Shooting Academy in Tulsa, OK. He was directly responsible for the development of more than fifty firearm-training programs. Prior to that, as an employee of the federal government, Mike had served as the Branch Chief and Lead Instructor for the Firearms division with the Federal Air Marshal Service as well as a Senior Instructor at the Federal Law Enforcement Training Center (F.L.E.T.C.). He has extensive formal training and experience in all phases of military and law enforcement training. Mike is a highly sought after defensive and competitive trainer as well as a high level performer on the competition handgun circuit. Currently a nationally ranked competitor on the practical handgun competition circuit, Seeklander has produced instructional books, DVDs and has developed hundreds of lesson plans specifically related to both basic and advanced firearms training. Mike is the recipient of numerous awards and honors in the law enforcement community, and as a semi-professional shooter. Mike is the current I.D.P.A. BUG (Back up Gun) national champion and winner of the 2011 Steel Challenge World Speed Shooting Championships production division title. The United States Practical Shooting Association currently ranks Mike as a Grandmaster. Having competed in the shooting sports nationally, Mike adds to this experience with more than 15 years of experience in various martial arts holding multiple ranks including a Black Belt in Okinawan Freestyle Karate.