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### Refinement and Repetition - Anderson Shooting Dry fire routine for hand gun shooting, focused on SEEING ...

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Refinement and Repetition is made up of 38 dry fire drills, including the exact drills Steve used to achieve the rank of Grand Master in one year after buying his first IPSC Open Pistol. If you've ever wondered, "Well, what should I practice today?"

#### Refinement and Repetition: Dry-fire Drills for Dramatic ...

Refinement and Repetition is an 8 1/2 x 11, spiral-bound book made up of 38 dry fire drills, including the exact drills used to achieve the rank of Grand Master in one year after buying my first Open Gun.

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Steve Anderson is a huge believer in the power of dry fire practice. The goal: To make all of the skills required to fire a pistol accurately at high speed subconsciously controlled. According to Steve: When the basic gunhandling skills are subconsciously controlled, you are no longer drawing, aiming, pulling the trigger and firing the gun.

#### Refinement and Repetition: Dry Fire... book by Steve Anderson

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Steve Anderson's Refinement and Repetition dryfire drills book, in excellent condition (not written in, and sadly, never even read). \$18 [IMG]

#### Sold - Steve Anderson's Refinement and Repetition dryfire ...

• 3 Gun Challenge Dry Fire Drill Chart • Refinement and Repetition Drill Chart • 1/3 IPSC target — Prints on 8.5x11. Most Important Item — Have fun doing this. Most of us will never be Grand Masters or 3 Gun Nation Season Champs. If it is a bore than change it up.

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They're in Refinement and Repetition (his first book). They basically boil down to classifier and general gun handling skills. They include draws to a sight picture, reloads, "shots" on multiple targets, and strong/weak hand work. If you want the details, buy the book. It's worth it. I'd also but Get to Work.

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• Complete Table of Contents for from Refinement and Repetition (see what you are missing) • Precautions for Dry Fire from Steve Anderson • Drills • Sight Picture Confirmation • 10 ...

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Refinement and Repetition, Dry Fire Drills - posted in Training: Has anyone purchased any of Steve Anderson's books? In particular - I'm considering his book Refinement and Repetition, Dry Fire Drills for Dramatic Improvement. As I understand it, it's mainly geared for competition shooting. But isn't the point of competition pistol shooting (USPSA, IDPA) to improve ones defensive shooting? I've ...

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Hey, i need a Dry fire routine which i can do a few times a week for 10minutes or so. The main focus should be on SEEING, especially for fast target aquisition, shooting with both eyes open and transition from target to target....

#### Dry fire routine for hand gun shooting, focused on SEEING ...

Stages for dry fire - posted in Steel Challenge: Being a beginner, Im trying to practice for SCSA (and USPSA) at home, mostly inside. Setting up a stage using scaled targets somewhat cumbersome and requires lots of time and/or space to change stages. So far I heard a recommendation to use some type of screen (e.g. for a projector) to attach scaled targets, but still its really hard to ...

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