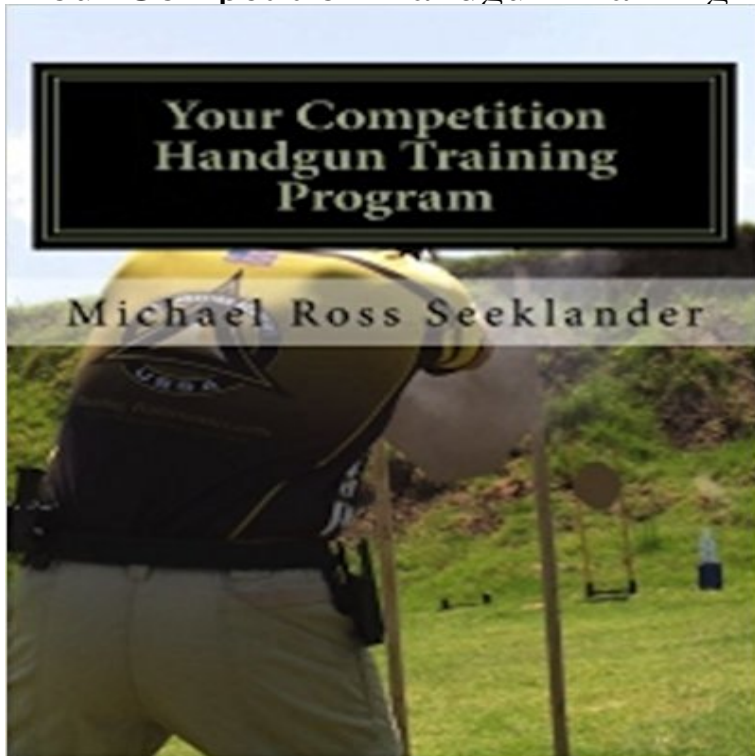


# Your Competition Handgun Training Program



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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