

## SHARPENING THE BLADE

We have now covered the fundamentals and are moving into sharpening and maintaining our skillset. These workouts encompass many different skills that apply to both competitive and defensive shooting, however there are some workouts and techniques that may apply more-so to only one of the disciplines.

It is encouraged to complete these workouts even if they are of no interest to your discipline, as they can open up different thinking which could modify your current platform for the better.

These workouts are structured in a way that you are not repeating a workout type day after day. There is a constant focus on sharpening the core fundamentals and an intermittent focus on more unique skills that need to be maintained.

The make-up days are used for a missed workout or day to focus on issues that came up throughout the previous week. If you're on track, these can also be used as a rest day. The workouts range from 10-15 minutes each day, with the exception of full-body workouts which may push to 20-25 minutes. It is encouraged to take more time on a difficult techniques in make-up days.

Some par times and target directions have been included in the workout directions; however, it is paramount that you scale your targets and par times to a level of difficulty that encourages growth in the skillset.

When you reach the end of Day 70 and complete the live-fire Metrics Test, you should see your total time decreasing from when you ran it on Day 35. Continue to work on your speed and accuracy by maintaining daily focus on these workouts. Sometimes this daily work will be a struggle or feel like a chore. Push through these days to maintain the habit of daily practice, regardless of how insignificant it feels.

When you're ready, adding a modifier (found on Page 10) is a good way to bring some new life into the workouts. Now, lets get to work sharpening the blade.

**By wisdom and effort.**

*Par times:  
A: Advanced  
B: Intermediate  
C: Beginner*

	WORK	NOTES
DAY 36	<b>BENCHMARKS</b> Using 1/6 scale A-zone target at 3.5ft: DRAW (1rd to A-zone) (Reps: 10) 1R3 (Draw - 1rd – reload – 3rd) (Reps: 10) BILL DRILL (Draw - 6rds to A-zone) (Reps: 10)	Record your average time on each of the benchmark drills.  DRAW Par: <b>A: &lt;1.0sec B: 1.5sec C: 2.0sec</b> 1R3 Par: <b>A: &lt;2.5sec B: 3.0sec C: 4.0sec</b> BILL Par: <b>A: &lt;2.0sec B: 2.5sec C: 3.5sec</b>
DAY 37	<b>TRANSITIONS – 1.0</b> Using Metric’s target at 2 meters: From draw: 2 rounds ALPHA – 1 round HOTEL (Reps: 10) 1 round FOXTROT - 1 round ECHO (Reps: 10)	Focus on defeating the deadspace quickly even when the targets are small and require precise trigger control. Get there sooner to allow more time on target.
DAY 38	<b>ACCURACY – 1.0</b> Using 1/6 scale B8 target: From high-ready: 10 rds both hands 10 rds strong hand 10 rds weak hand REPEAT x3	<b>DUMB-DUMB SLOW day</b>  Focus on feeling the trigger and hitting that “90%” on the trigger before a conscious commitment to the trigger break. Reset the trigger and return to high-ready between reps.
DAY 39	<b>RELOADS – 1.0 (SPEED)</b> From sight picture – reload – 1 rd on A zone (Reps: 10) (To determine average time) From sight picture – reload – 1 rd on A zone (Reps: 20) at STUPID FAST goal time From sight picture – reload – 1 rd on A zone (Reps: 10) (return to original average time)  (Par time: <b>A: &lt;1.2sec B: 1.5sec C: 2.5sec</b> )	To set STUPID FAST goal time: Set par timer at minimum of -30% of your average recorded time of 10 reps.  Example:  2 sec average reload time after 10 reps means STUPID FAST goal time = 1.40 sec
DAY 40	<b>SUPPORT SIDE – 1.0</b> Using 1/6 scale B-8 target: Draw strong side and then adopt weak side grip on firearm with two hands. If necessary at first, close one eye to obtain sight picture and then open both to break the shot.  Repeat - (Reps: 20)	Focus on creating a solid grip on the weak side by applying the same principles of a strong-side grip. This will build a deeper understanding and connection of the fundamentals as they are re-applied on your weak side. Restart from the draw on every rep.

<p>Day 41</p>	<p><b>FULL BODY DAY – 1.0</b> Using Metric’s target at 2m:</p> <p>BILL DRILL into JULIET x 5 reps</p> <p>Draw and engage ALPHA from squat position RELOAD (from squat position) Draw and engage FOXTROT from prone position RELOAD (from prone position) Draw and engage JULIET from kneeling position RELOAD (from kneeling position) Draw and engage CHARLIE from supine position RELOAD (from supine position)</p> <p>TURNING LEFT (180 degrees) RELOAD x3 reps TURNING RIGHT (180 degrees) RELOAD x3 reps</p> <p>Transition: CHARLIE – ECHO - JULIET (Then reverse) x5 1rd 1rd 3rd</p> <p>PRIMARY MALFUNCTION x2 reps SECONDARY MALFUNCTION x2 reps</p> <p>1R3 FROM DRAW into ALPHA x5 reps</p> <p>10 trigger presses (Looking at trigger)</p>	<p>Focus on running these drills at an urgent speed as if this were a competition. This workout goes through a large array of pistol skills which can lead to some confusion for the body when ran at speed. Try to run through the whole workout without practicing any of the movements mentally or physically prior to running them at speed. This will provide you with a more honest view of how you are able to complete seemingly random and unique tasks as if they were presented to you in a real world or competition context. Even if you stumble, fix your mistake and continue moving through the drill urgently. This will provide you with a movement that may require extra work to get to an unconscious competence level in the future days.</p>
<p>DAY 42</p>	<p style="text-align: center;"><b>MAKE-UP DAY</b></p>	<p>If you have simply missed a day, make it up here. If you are struggling with a technique, spend more time on it before progressing into the next day’s work.</p>
<p>DAY 43</p>	<p><b>RELOADS – 2.0</b> <b>DUMB-DUMB SLOW</b> From draw: 1 rd to A zone – slide-forward reload – 1 rd to A zone (Reps: 10) 1 rd to A zone – slide-lock reload – 1 rd to A zone (Reps: 10)</p>	<p>Focus on smooth and slow practice, but with no pause between breaking the first shot and moving immediately into the reload. Once the magazine is inserted in one slow and fluid motion, re-establish grip precisely and finish with one accurate round.</p>
<p>DAY 44</p>	<p><b>PRESENTATIONS</b> Using 1/6 scale IPSC target at 3.5ft:</p> <p>From high-ready – 1rd (Reps: 10) From low-ready – 1rd (Reps: 10) From tuck/compressed-ready – 1rd (Reps: 10)</p>	<p>Focus on quick movement up to full extension and smoothly entering your sight picture for the trigger break. These should ideally be completed under 0.75 sec.</p>

DAY 45	<p><b>MOVEMENT -- 1.0</b></p> <p>A zone target in middle of two firing zones between 3-5m apart. Moving horizontally. 1 rd from left side – then move to right side and 1 rd. Repeat moving back to left side. (Reps: 10)</p> <p>A zone target. Firing zones between 3-5m apart moving front and back from the target. 1 rd from close – then move to far and 1 rd. 1 rd from far – then move to close and 1 rd. (Reps: 10)</p>	<p>Focus on pre-aiming and firing sooner when getting into position. This can be accomplished by bursting quickly from the initial shooting position and then hitting the brakes early to smoothly enter the new position with the sight picture already formed on target. The positions can be varied from horizontal to diagonal to run between. With your eyes, spot your spot to move, then shoot your shot.</p>
DAY 46	<p><b>RELOADS – 3.0</b></p> <p>Blind reloads (eyes closed) – no timer (Reps: 10)</p> <p>Blind reloads (eyes closed) – set goal time at minus 10% of your average reload speed (Reps: 10)</p> <p>Reload (eyes OPEN!) – same par time (Reps: 10)</p>	<p>Focus on no breaks in the movement pattern. Slowly complete the reload movement, attempting to insert the magazine smoothly. If you hit the side of the magazine well, do not restart, simply adjust and continue forward motion with the reload.</p>
DAY 47	<p><b>DRAWS – 1.0 (SPEED)</b></p> <p>Using 1/6 scale IPSC / UPSPA target A zone:</p> <p>10 x Draws to determine average          20 x Draws AT STUPID FAST SPEED          10 x Draws with original average as par time (Try to nail 100% of these last reps)</p> <p>(Par time: <b>A:</b> &lt;1.0sec <b>B:</b> 1.5sec <b>C:</b> 2.0sec)</p>	<p>To set STUPID FAST goal time:          Set par timer at minimum of -30% of your average recorded time of 10 reps.</p> <p>Example:</p> <p>1 sec average draw time after 10 reps means STUPID FAST goal time = 0.70 sec</p>
DAY 48	<p><b>MOVEMENT – 2.0</b></p> <p>Using 1/6 scale A-zone target:          180 degree turns          Start with your back turned to the target. Draw and engage A-zone. (Reps: 10)          90 turns – Left (Reps: 10)          90 degree turns – Right (Reps: 10)</p>	<p>Remember – eyes to target first, then body and gun! Focus on maintaining a safe line of fire on the draw. The gun should be coming up in the same line (as if you were not conducting a turn) and not be flagging any part of your body or area outside of the direct line to the target. The 180 turn usually adds ~0.20s to your standard draw time.</p>
DAY 49	<p><b>MAKE-UP DAY</b></p>	<p>If you have simply missed a day, make it up here. If you are struggling with a technique, spend more time on it before progressing into the next day's work.</p>

<p>DAY 50</p>	<p><b>EL PRESIDENTE</b>          Using THREE 1/6 scale IPSC targets at 5 feet and spaced horizontally by 1 foot:          Start with your hands in surrender position above your head – back turned to target.          On the beep, draw and engage each target twice in the A zone.          RELOAD          Re-engage each target twice in the A zone.          (Reps: 10)</p>	<p>Focus on allowing the eyes to drive the entire drill. On the beep, find the target. Transition your eyes to the next target. On the reload, focus on the magwell briefly and then back up to the next target. Be honest with your shots on target. Were there 12 A zone sight pictures on the trigger breaks? Yes? Then speed up!</p> <p>Par time  <b>A:</b> &lt;5.0sec <b>B:</b> 7sec <b>C:</b> 10sec</p>
<p>DAY 51</p>	<p><b>DRAWS – 2.0</b>          B-8 or 1/6 Scale A-Zone          NPOA:          Draw – 1 rd – (Reps: 10)</p> <p>POINTING:          A-zone targets or objects setup at various heights and distances. Draw to different target on each rep.          Draw – 1rd – (Reps: 20)</p>	<p>Work on obtaining an ability to point your gun where your sights fall into the focus of your vision on full presentation. The ability to point and align your sights outside of your natural point of aim is a skill that requires practice to develop the relationship between your body and gun.</p>
<p>DAY 52</p>	<p><b>MOVEMENT – 2.0 (SHOOT WHILE MOVING)</b>          Using an A zone target in the middle of two indicated firing zones between 3-5m apart moving horizontally.          Start moving horizontally from left to right and fire upon signal. Return right to left.          (Reps: 10)          Then setup firing zones between 3-5m apart moving front and back from the target.          (Reps: 10)</p>	<p>Set a random timer to signal the shots on target. Maintain sight picture while moving and only fire when signal is heard. Focus on smooth movement that allows for the least amount of wobble in your sight picture. You don't know when the beep is coming, so maintain the sights on target during movement as best as you can and be prepared to quickly press the entire trigger.</p>
<p>DAY 53</p>	<p><b>MANIPULATIONS – 1.0</b>          Draw, transition to support hand – 1 rd          (Reps: 10)          Reload one handed          RIGHT HANDED (Reps: 5)          LEFT HANDED (Reps: 5)          Primary malfunction clearance (Reps: 5)          Secondary malfunction clearance (Reps: 5)</p>	<p>If training for competition, you can use both hands to reload the gun and then transition back to one hand and press the shot. For real world application, hold the collar of your shirt with the out-of-play hand.</p>

<p>DAY 54</p>	<p><b>DRAWS – 3.0</b>  A zone  1 rd from draw – starting hand position: surrender (above shoulders)  1 rd from draw – starting hand position: relaxed at sides  1 rd from draw – starting hand position: fighting stance   (Reps: 10)</p>	<p>Focus on obtaining a perfect FFG from each hand position. Move through the hand positions sequentially, until each has been completed 10 times. Do not repeat the same hand position twice. This workout is to enforce that your TRUE starting hand position to begin the draw movement is your FFG on the gun, meaning that your hand position should focus on rapidly getting to your same FFG no matter where the hands come from.</p>
<p>DAY 55</p>	<p><b>ACCURACY – 2.0</b>  <b>PATCH-DRILL</b>  Dry-Fire whole drill (25 patches)  Draw from the holster on each patch</p>	<p>Put 100% of your conscious thought and focus into the fundamental listed on the column you are shooting.   Feel the trigger and learn the break. To mix it up, you can try alternating between quick and precision trigger presses on each column or patch.</p>
<p>DAY 56</p>	<p style="text-align: center;"><b>MAKE-UP DAY</b></p>	<p>If you have simply missed a day, make it up here. If you are struggling with a technique, spend more time on it before progressing into the next day's work.</p>
<p>DAY 57</p>	<p><b>MOVEMENT – 3.0</b>  A zone – 3m  Standing draw and transition to kneeling -1 rd – (Reps: 5)  Standing draw and transition to prone – 1 rd – (Reps: 5)  Standing draw and transition to supine – 1 rd – (Reps: 5)  Standing draw and transition to urban prone – 1rd – (Reps: 5)  Standing draw and transition to urban prone (opposite) – 1rd – (Reps: 5)</p>	<p>Obtain sight picture standing and then transition to the positional shooting to break the shot.   Focus first on obtaining a stable platform in each position, and then speeding up getting into position and obtaining your sights as your abilities increase in these positions.</p>

DAY 58	<b>BENCHMARKS</b> Using 1/6 scale A-zone target at 3.5ft: DRAW (1rd to A-zone) (Reps: 10) 1R3 (Draw - 1rd – reload – 3rd) (Reps: 10) BILL DRILL (Draw - 6rds to A-zone) (Reps: 10)	Record your average time on each of the benchmark drills.  DRAW Par: <b>A: &lt;1.0sec B: 1.5sec C: 2.0sec</b> 1R3 Par: <b>A: &lt;2.5sec B: 3.0sec C: 4.0sec)</b> BILL Par: <b>A: &lt;2.0sec B: 2.5sec C: 3.5sec)</b>
DAY 59	<b>MOVEMENT – 4.0</b> Find a corner to peak left and right from and engage an A-zone target on the other side. Right side lean from corner/cover – (Reps: 10) Left side lean from corner/cover – (Reps: 10)	Focus on keeping the gun up prior to peaking from the corner and obtaining a sight picture quickly on target as soon as it is visible.
DAY 60	<b>DRAWS – 4.0</b> Using 1/6 scale A-Zone: RAW DRAW SPEED: On beep – draw and reach full presentation and break shot under 1.00sec par time. Do not obtain a sight picture. (Reps: 10) From high ready – on beep – break shot in A zone under .50sec (Reps: 10) From sights on a target – on beep – break shot in A zone under .30sec (Reps: 10)	The focus is on building speed through each step and culminating these steps into a full draw movement that is fast and efficient.  Refer to “Fast is Fast” Youtube video for demonstration of “RAW DRAW SPEED”.
DAY 61	<b>SUPPORT SIDE – 2.0</b> Using patch drill target: Draw and transition to support side grip (one hand only) and press 1rd on a patch. Re-holster. (Reps: 25)	Try moving your support hand thumb around to different positions on the grip and find a spot that gives you the most confidence in controlling the trigger press and consistent return from recoil.
DAY 62	<b>TRANSITIONS – 2.0</b> Using 1/6 scale IPSC targets – 1 meter apart From high-ready: 1-6 rds – transition left to right – 1-6 rds 1-6 rds – transition right to left – 1-6 rds (Reps: 20)	Try to vary the round counts between 1-6 rds every few reps (1-3, 3-3, 2-4, 1-6). The focus is transitioning quickly through the deadspace, and getting a new sight picture. Keeping the rounds more randomized assists in staying focused on an immediate transition when you are done shooting, instead of creating a habit of 2-2, etc.
DAY 63	<b>MAKE-UP DAY</b>	If you have simply missed a day, make it up here. If you are struggling with a technique, spend more time on it before progressing into the next day’s work.

<p>DAY 64</p>	<p><b>SUPPORT SIDE – 3.0</b>          Using two 1/6 scale A-zone’s split 1m apart:          Draw and transition to support side only grip.          1rd to left target, 1rd to right target.          (Reps: 10)          Draw and transition to support side only grip.          1rd to right target, 1rd to left target.          (Reps: 10)</p>	<p>Remember, move your eyes to the target during the transition and the gun will find its mark. With iron sights, you may need to close one eye or turn your head to accommodate your sight picture when shooting on your support side.</p>
<p>DAY 65</p>	<p><b>MANIPULATIONS – 2.0</b>          Using PATCH DRILL target:          Draw, transition to support hand – 1 rd          Transition back to right hand – 1 rd          (Reps: 10)           Using A zone target:          Primary malfunction clearance x 10 REPS          (Par time: <b>A:</b> 1.0sec <b>B:</b> 1.5sec <b>C:</b> 2.0sec)          Secondary malfunction clearance x 10 REPS          (Par time: <b>A:</b> 3.0sec <b>B:</b> 4.5sec <b>C:</b> 6.0sec)</p>	<p>When transitioning hands, switch to a new PATCH on the PATCH DRILL target for the subsequent trigger press or simulated trigger press.           Malfunctions are timed from full extension. On the beep, complete the clearance and press the shot on the A zone target before the par time.</p>
<p>DAY 66</p>	<p><b>BENCHMARKS</b>          Using 1/6 scale A-zone target at 3.5ft:          DRAW (1rd to A-zone) (Reps: 10)          1R3 (Draw - 1rd – reload – 3rd) (Reps: 10)          BILL DRILL (Draw - 6rds to A-zone) (Reps: 10)</p>	<p>Record your average time on each of the benchmark drills.           DRAW Par:  <b>A:</b> &lt;1.0sec <b>B:</b> 1.5sec <b>C:</b> 2.0sec          1R3 Par:  <b>A:</b> &lt;2.5sec <b>B:</b> 3.0sec <b>C:</b> 4.0sec          BILL Par:  <b>A:</b> &lt;2.0sec <b>B:</b> 2.5sec <b>C:</b> 3.5sec)</p>
<p>DAY 67</p>	<p><b>RHYTHM</b>          Using Metric’s target:           Draw - 4-6rds in ALPHA (Say “con-sis-tent”)          Draw - 4-6rds in BRAVO (Say “com-bat”)          Draw - 4-6rds in INDIA (Say “and”)          Draw - 4-6rds in JULIET           (Reps: 5)</p>	<p>Focus on consistent trigger presses on the number. Ensure your sight picture is falling back inline and is prepared for the next number. Vary the number of shots between 4-6 rounds</p>



<p>DAY 68</p>	<p><b>DRAWS – 5.0</b> Using PATCH DRILL target – 3 meters</p> <p>STEP 1: Obtain FIRST AND FINAL GRIP (Reps: 10)</p> <p>STEP 2: Draw from FFG, obtain sight picture with trigger prepped at 90% (Reps: 10)</p> <p>STEP 3: Full draw to trigger press. (Reps: 20)</p>	<p>Move through the individual patches on each rep. Place conscious effort into making your FFG the same every time. Once on the FFG, rip the gun from the holster in that diagonal line towards your sight picture.</p>
<p>DAY 69</p>	<p><b>FULL BODY DAY – 2.0</b> Using Metric’s target at 2m:</p> <p>DRAW BREAKDOWN: 5x draws/5x FFG/5x draw from FFG/10x draws</p> <p>BILL DRILL into ALPHA x 5 reps</p> <p>Draw and engage ALPHA from squat position Draw and engage FOXTROT from prone position Draw and engage JULIET from kneeling position</p> <p>Transition: ALPHA – CHARLIE - INDIA (Then reverse) x5 reps 2rd x 1rd x 2rd</p> <p>PRIMARY MALFUNCTION x2 reps SECONDARY MALFUNCTION x2 reps</p> <p>3R3 FROM DRAW into ALPHA x5 reps</p> <p>TURNING LEFT (90 degrees) RELOAD x3 reps TURNING RIGHT (90 degrees) RELOAD x3 reps</p> <p>10 trigger presses (Looking at trigger)</p>	<p>Focus on running these drills at an urgent speed as if this were a competition. This workout goes through a large array of pistol skills which can lead to some confusion for the body when ran at speed. Try to run through the whole workout without practicing any of the movements mentally or physically prior to running them at speed. This will provide you with a more honest view of how you are able to complete seemingly random and unique tasks as if they were presented to you in a real world or competition context. Even if you stumble, fix your mistake and continue moving through the drill urgently. This will provide you with a movement that may require extra work to get to an unconscious competence level in the future days.</p>
<p>DAY 70</p>	<p><b>DRY-FIRE:</b> METRICS TEST (Reps: 2)</p>	<p>Go through the entire Metrics test twice in dry-fire to prepare for tomorrow’s live-fire run.</p>
<p>DAY 71</p>	<p><b>LIVE-FIRE: METRICS TEST</b></p>	<p>Focus on accuracy and allow the speed to be what it is. Record your results and share with the community! &lt;3 Now, lets get back to training. Go backwards or start back at day 36 with modifiers!</p>

## MODIFIERS:

Select a modifier to add to your day's workout

OR

Roll two dice and commit to the outcome

1. Complete all reps on one leg (Movement workouts exempt)
2. Complete all reps wearing gloves (try different types: rubber, winter, tactical)
3. Rotate through standing, kneeling, crouch on each rep (Movement workouts exempt)
  4. Complete all reps on your opposite side (Building FFG with weak hand)
5. Start each rep with a different starting hand position (surrender/relaxed/on gun)
  6. Begin all reps with a 180-degree turn
7. Complete all reps from your back / supine (Movement workouts exempt)
  8. Start each rep with your eyes closed and a 360-degree turn
9. Complete all reps in lunge position, switch legs each rep (Movement workouts exempt)
  10. Complete all reps with the firearm starting in low-ready out of the holster
  11. Start each rep with your firearm and magazine on the floor or table nearby
12. Complete all reps in a leaning/barricade position (Movement workouts exempt)
13. Search and destroy. Go shoot all the light switches in your house before your workout.

