

Practice, Challenges & Competition

Some thoughts regarding the CMP Ladder and Defensive challenges that the local CMP Chapter 24952 operates for 2nd Amendment individuals.

"There is no question that shooting skills are quickly diminishing skills. Simply put, if you don't practice, you lose the edge."* Competition can help shooters identify areas for improvement and learn to develop the best shooting position.

The pressure of performing in front of others can also help shooters learn to set aside fears and emotions and focus on what they are doing, which is an essential skill for performing well in competition. Competition can help shooters identify areas for improvement and learn to develop the best shooting position.

Match nerves never go away! You simply learn to control them. This is one that prevents many people from shooting a match or considering it. Just think of nervousness as a rush instead of something negative!

One thing that may surprise you is that you may not be able to perform to the same level in a real competition as you do in practice. Don't let this discourage you though, because while you may not be able to replicate the skills you demonstrate in practice at the match, as long as your skill is improving in practice it will carry over to competition.

"Short sessions, where I really focus, seem to be the most productive."* Adding the pressure of competition is a way to help with your focus.

"It has been my observation, over the years, that folks generally find the time and means to do the things that they really want to do. The serious defensive shooter makes the time to practice, period."*

If there is a huge difference in your ability in practice and a match, then consider this an indication that you might not be as strong mentally as you need to be.

Mike Seeklander** once said in regards to shooting, We are all student of the game.

* Quotes from Sheriff Jim Wilson - Sheriff Jim Wilson was a Texas peace officer. He's contributed to every major firearms magazine, is a country western performer, and a legend of the great American southwest.

** M. Seeklander - Mike Seeklander is the owner of Shooting-Performance LLC (www.shooting-performance.com), a full-service training company and co-owner of the [American Warrior Society](#). Mike was Chief Operating Officer, Director of Training, and a Senior Instructor at the U.S. Shooting Academy in Tulsa, Ok. 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 (FLETC).