

Bass Reeves Gun Club

Marksmanship Proficiency Assessment (MPA)

Quick Reference

Revision 4 – Nov 2021

TASK 1 Recite Safety Fundamentals	TASK 2 Recite Marksmanship Fundamentals	TASK 3 Complete Course Of Fire	RATING STRUCTURE
1. Treat all firearms as if they are loaded.	1. Proper grip.	1. Fire 7 rounds from 10 feet. (Outer Ring)	NOVICE: Complete tasks 1, 2 & 3 with NO SAFETY VIOLATIONS.
2. Keep finger off the trigger until ready to fire.	2. Proper stance.	2. Fire 7 rounds from 10' @ simulated 25' distance. (2nd Ring)	INTERMEDIATE: Meet novice criteria & score at least 16 hits on target.
3. Keep firearm pointed in a safe direction at all times.	3. Proper sight picture.	3. Fire 7 rounds from 10' @ simulated 30' distance. (Inner Ring)	ADVANCED: Meet criteria & score 21 hits on target.
4. Know your target & what's around it.	4. Breath control.		
5. Never try to catch a falling firearm.	5. Trigger control.		

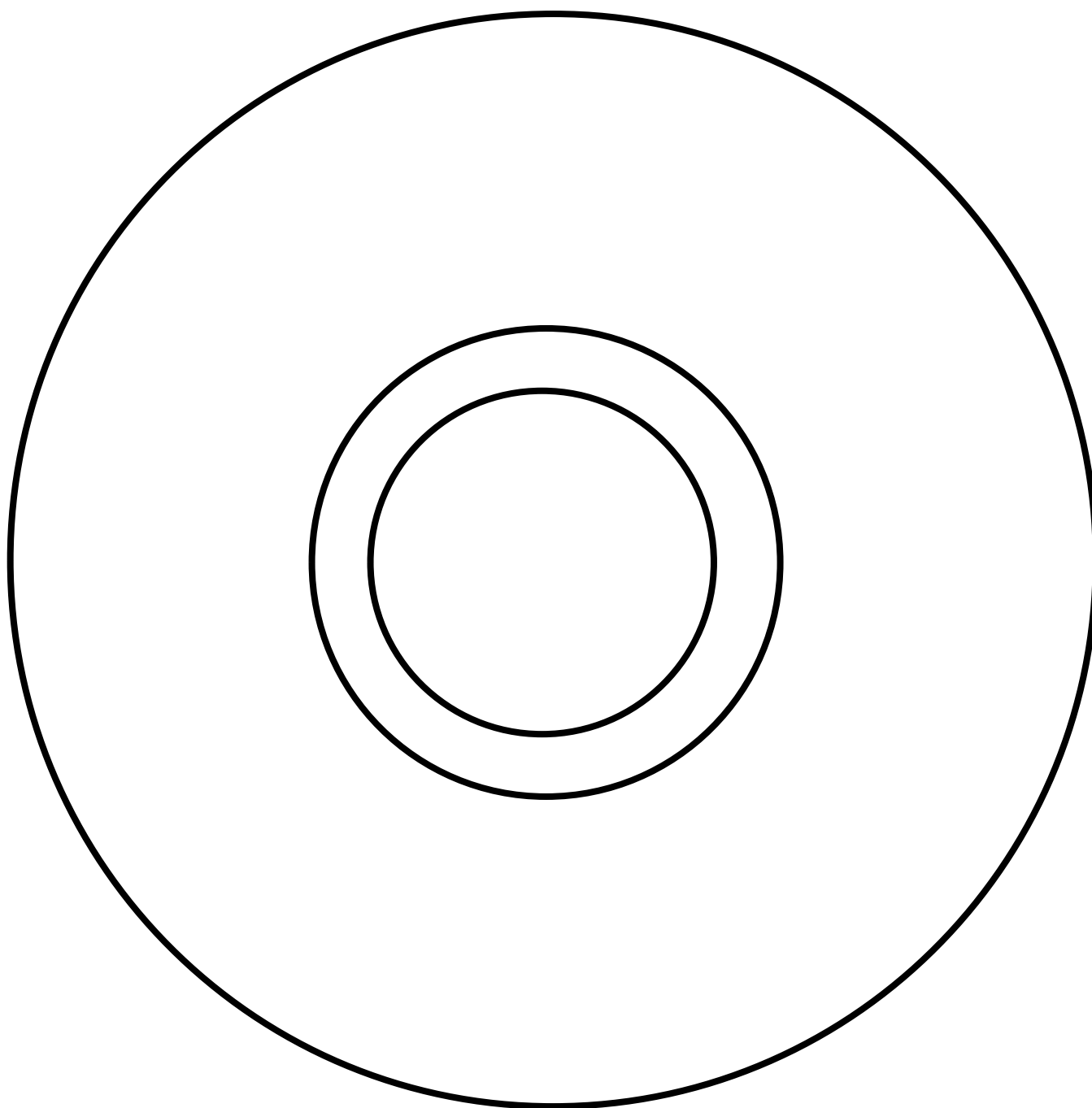
Notes

1. Read the entire event announcement as it contains information not contained here.
2. Bring a serviceable handgun, ammo (21 rounds), ear & eye protection.
3. Arrive on time. The time will be stated in the event announcement
4. Complete all required waivers before arrival at the range & bring with you.
- 5. Memorize the safety & marksmanship fundamentals (tasks 1 & 2 above).**
6. A practice target & diagnostics are provided below for your convenience.

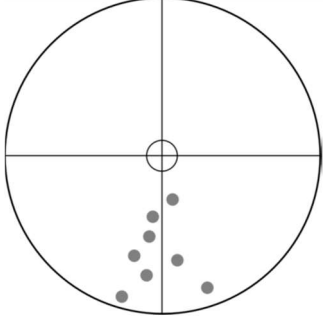
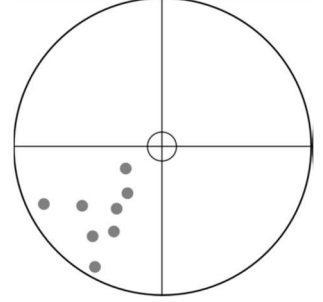
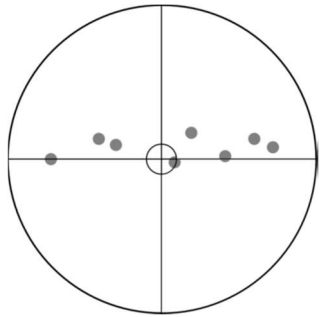
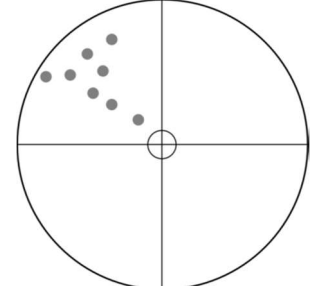
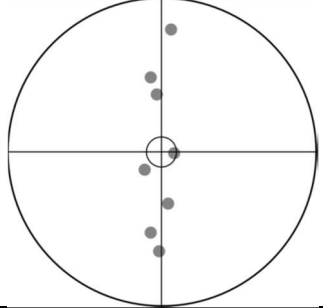
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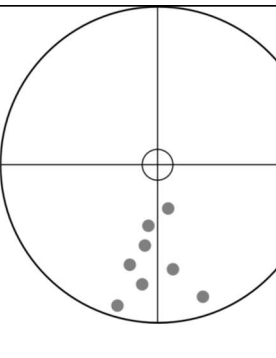
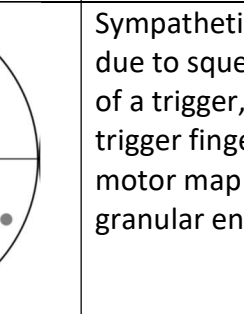
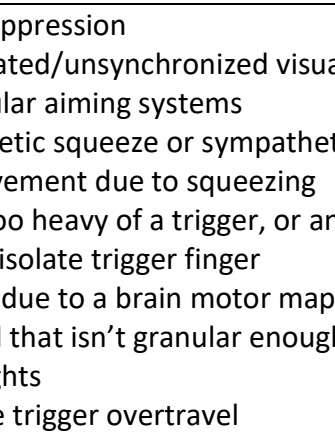
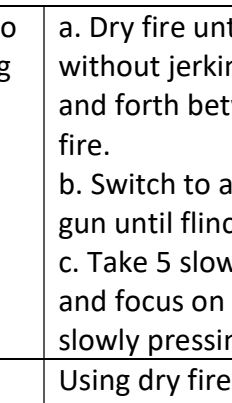
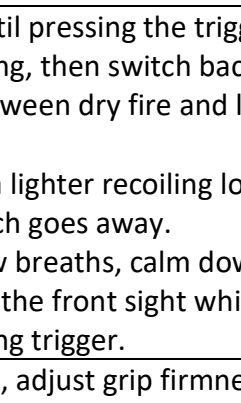
Practice Target



Right-Handed Diagnostic Chart

	<p>Emotional anticipation of recoil due to fear, performance anxiety, or wanting to control recoil</p>	<p>a. Dry fire until pressing the trigger without jerking, then switch back and forth between dry fire and live fire. b. Switch to a lighter recoiling load or gun until flinch goes away. c. Take 5 slow breaths, calm down and focus on the front sight while slowly pressing the trigger.</p>
	<p>Sympathetic finger/wrist movement due to squeezing too tight, too heavy of a trigger, or an inability to isolate trigger finger movement due to a brain motor map of the hand that isn't granular enough</p>	<p>Using dry fire, adjust grip firmness until able to move trigger finger without moving other fingers or wrist. If using a heavy trigger, try a lighter trigger. Long term, do grip and trigger finger isolation drills.</p>
	<ol style="list-style-type: none"> 1. Visual Suppression 2. Uncalibrated/unsynchronized visual and vestibular aiming systems 3. Sympathetic squeeze or sympathetic thumb movement due to squeezing too tight, too heavy of a trigger, or an inability to isolate trigger finger movement due to a brain motor map of the hand that isn't granular enough. 4. Loose sights 5. Excessive trigger overtravel 	<ol style="list-style-type: none"> 1. Brock string drills or shut one eye 2. Do visual/vestibular resets 3. Using dry fire, adjust grip firmness until able to move finger without moving other fingers or thumb. If using a heavy trigger, try a lighter trigger. Long term, do grip and trigger finger isolation drills. 4. Verify 5. Verify
	<p>Cross eye dominance combined with visual suppression</p>	<p>"Brock" string drills or shut one eye.</p>
	<ol style="list-style-type: none"> 1. Seeing but not focusing on the front sight. 2. Looking downrange too quickly 3. Hard breathing/holding breath 	<ol style="list-style-type: none"> 1. Pick a detail on the front sight and focus on it as you press the trigger. 2. Watch sights come back into alignment and call where shot went before looking downrange. 3. Slow breathing
<p>No Pattern</p>	<p>Inconsistent/no technique applied.</p>	<p>SLOW down, focus on consistent technique until getting a group.</p>

Left-Handed Diagnostic Chart

	<p>Emotional anticipation of recoil due to fear, performance anxiety, or wanting to control recoil</p>	<p>a. Dry fire until pressing the trigger without jerking, then switch back and forth between dry fire and live fire. b. Switch to a lighter recoiling load or gun until flinch goes away. c. Take 5 slow breaths, calm down, and focus on the front sight while slowly pressing trigger.</p>
	<p>Sympathetic finger/wrist movement due to squeezing too tight, too heavy of a trigger, or an inability to isolate trigger finger movement due to a brain motor map of the hand that isn't granular enough.</p>	<p>Using dry fire, adjust grip firmness until able to move trigger finger without moving other fingers or wrist. If using a heavy trigger, try a lighter trigger. Long term, do grip and trigger finger isolation drills.</p>
	<ol style="list-style-type: none"> 1. Visual Suppression 2. Uncalibrated/unsynchronized visual and vestibular aiming systems 3. Sympathetic squeeze or sympathetic thumb movement due to squeezing too tight, too heavy of a trigger, or an inability to isolate trigger finger movement due to a brain motor map of the hand that isn't granular enough. 4. Loose sights 5. Excessive trigger overtravel 	<ol style="list-style-type: none"> 1. Brock string drills or shut one eye 2. Do visual/vestibular resets 3. Using dry fire, adjust grip firmness until able to move trigger finger without moving other fingers or thumb. If using a heavy trigger, try a lighter trigger. Long term, do grip and trigger finger isolation drills. 4. Verify 5. Verify
	<p>Cross eye dominance combined with visual suppression</p>	<p>"Brock" string drills or shut one eye.</p>
	<ol style="list-style-type: none"> 1. Seeing but not focusing on the front sight. 2. Looking downrange too quickly 3. Hard breathing/holding breath 	<ol style="list-style-type: none"> 1. Pick a detail on the front sight and focus on it as you press the trigger. 2. Watch sights come back into alignment and call where shot went before looking downrange. 3. Slow breathing
<p>No Pattern</p>	<p>Inconsistent/no technique applied.</p>	<p>SLOW down, focus on consistent technique until getting a group.</p>