

In Extremis Performance 3-Day Pistol & Carbine

Day 1 covers error selfdiagnosis, controlling speed with accuracy, and introducing movement mechanics for live engagements.

Day 2-3 mirrors this structure, adding pistol and rifle-specific drills and live engagement applications. Movement mechanics are woven throughout both days to enhance shooting performance and physical readiness.

This program delivers key insights into self-diagnostics and movement, equipping participants with actionable tools to continue improving.

This course requires shooters to be confident in their shooting and physical abilities.

SCHEDULE OVERVIEW

Day 1:

- 0800-0830: Safety Brief/Intro
- 0830-0900: Shooting Warm-Up (Pistol)
- 0900-0930: Body Mechanics/Grip/Vision (Pistol) 0930-1200: Overspeed Training/Mechanics Refinement (Pistol)
- 1200-1300: Lunch
- 1330-1500: Shooting Warm-Up (Rifle)
- 1500-1530: Body Mechanics/Mount/Vision (Rifle) 1530-1700: Overspeed Training/Mechanics Refinement (Rifle)

Day 2 (Pistol) and Day 3 (Rifle):

- 0800-1000: Movement Fundamentals
- 1000-1200: Advanced Movement Pt. 1
- 1200-1300: Lunch
- 1300-1530: Advanced Movement Pt. 2
- 1530-1700: Culminating Movement Drills

EQUIPMENT NEEDED

- Range Attire
- Belt w/ Holster and Mag Pouches
- Minimum of 3 Mags per Firearm
- Rifle and Pistol (750 Rounds Each)

- Water Bottle

- Lunch

CONTACT INFO

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