

Steve Anderson's "Refinement and Repetition" Opens a Niche

REVIEW BY ROBIN TAYLOR, USPSA
STAFF, TY-19724

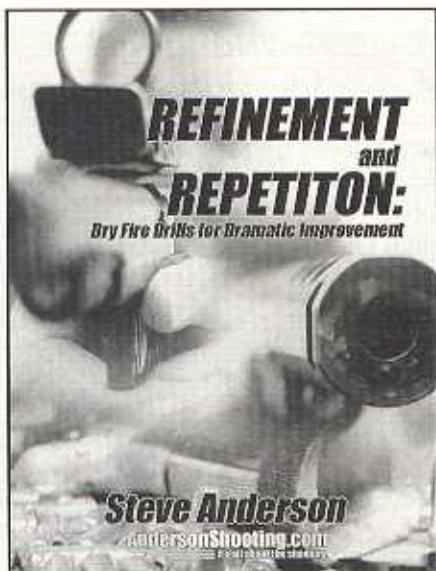
The last several years have brought plenty of new books on practical shooting technique. Each brings something new to the table, Brian Enos brought a new focus on the mental game, Matt Burkett brought excellent video how-to in a DVD format, while Sam Conway and Saul Kirsch have opened the door on how to practice.

Steve Anderson's workbook flows from the new "how to practice" school, yet he too brings something new to the table.

Instead of emphasizing range time (an expensive commodity for most), Anderson's book explains what to do AT HOME to practice. He analyzes the home training environment, spelling out exercises and things to look for when doing them. His entire book focuses on dry firing at distances of 20 to 30 feet, using a timer, some paper targets, and a little piece of floor. You'll have to move to the living room to practice the movement exercises, but you won't need much more distance than the length of the couch. Anderson's creative use of par times eliminates the need for the timer to "hear" your shots, and he has an exercise to polish most every basic technique. Live fire times are sought and discussed along the way, but what sets Anderson's workbook apart is the emphasis on dry fire.

Format-wise, Anderson's book is pretty plain. Plain white paper showing through a clear plastic cover with a plastic comb binding make Anderson's book look like a term paper. I can imagine him writing this up to help new shooters at his local club, then photocopying it for the likes of us.

His book offers no photographs,



and very little direct discussion of technique. Each exercise has an explanatory paragraph, but that's it. Anderson assumes you know how to load, how to aim, and how to move — he just points out some details to watch for as you practice.

Though it isn't fancy, Anderson's book is abundantly usable. It's intended as a workbook, so when the comb binding lays flat, you can easily record data in the supplied locations. Each of 38 little micro-courses revolves around achieving a par time, so you'll need a timer.

Get a copy of this thing, and leave it out on your workbench for the winter. As time allows, retire to your garage/basement/back room when you can, and work an exercise while your spouse watches a rerun on the tube. You'll get in an effective, short training time, without being gone so long the family will wonder what happened.

Where To Get It:

Send \$25 to Steve Anderson at 6398 Fountain View Court, Grove City, OH 43123. You may also want to reach him by e-mail at mr.anderson@prodigy.net, or through his website at www.andersonshooting.com.

