



# FIREARMS PRACTICE JOURNAL

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

FIREARM: MAKE: \_\_\_\_\_ MODEL: \_\_\_\_\_ CAL: \_\_\_\_\_

HOLSTER: \_\_\_\_\_ ADD GEAR: \_\_\_\_\_ CLOTHES: \_\_\_\_\_

## SKILLS PRACTICE RECORD

	TYPE:	SPECIFICS:	REPS:	TIME: IN - OUT	
ONE					
TWO					
THREE					

## DRILLS PRACTICE RECORD

	TYPE:	SPECIFICS:	REPS:	TIME: IN - OUT	
ONE					
TWO					
THREE					

**PERFORMANCE NOTES**

**F.A.S.T TRAINING**

FORM ADAPTIVE SELF-DEFENSE TACTICS

A.i.M