



Static vs Dynamic

At ISP we use the “Crawl, Walk, Run” method of teaching. When you are very young you must learn to crawl in order to move about your given space. After you learn and master how to crawl, you learn to walk. After you master walking, running becomes an easy and natural progression. This is what we mean by Static vs Dynamic.

When you first start out, we are going to have you practice each skill-set in a static manner. As you progress through this training we will begin to “stack” things that you learn in order to make them dynamic. If you follow our process, and do the homework, you will have an effective and intuitive pistol skill-set before you know it. So, trust the process and do the reps.



NOTES: