

# Missouri Movement Class



Mill Creek Rifle Club,

June 25-26, 2022

**Location:**

Mill Creek Rifle Club

7215 Gardner Rd

De Soto, KS 66018

## Contact Person:

John Morgan, Email: [morganharley@gmail.com](mailto:morganharley@gmail.com)

Kita Busse: [180firearmstraining@gmail.com](mailto:180firearmstraining@gmail.com)

## Payment:

*Class Cost is \$450*

This can be paid via PayPal to [180firearmstraining@gmail.com](mailto:180firearmstraining@gmail.com). Please use the “family and friends” option so I don’t get hit with a fee. Venmo and Zelle are also [180firearmstraining@gmail.com](mailto:180firearmstraining@gmail.com). Please include the class location and your name in the notes to help me keep track of payments. If you don’t have any of these payment options, please email me to work something else out.

Note: Payment reserves your slot and is nonrefundable if the class takes place. The minimum number of students for the class to take place is 5.

## Time:

8 AM-5 PM, we will break for about an hour around noon. No need to be there early. Pack a lunch and snacks for the day and lots of drinks, be sure to include electrolytes such as Gatorade, not just water! Please snack periodically to keep your blood sugar levels up.

## Equipment:

Pistol, back up gun, holster, magazine pouches, ammo, pistol belt, eye protection, hearing protection. Be sure to wear a light-weight shoe with good traction for various terrain, like a trail shoe. Sunscreen, bug spray, weather appropriate clothing, work gloves.

**Round count is 600** total for the two days. The number of rounds you use will be based on your own level of motivation. The round count provided is a SAFE ESTIMATE. You may not shoot all of them. If you want to bring twice as many, that's up to you. If you are saving ammo as much as possible, let me know and we will emphasize dry fire over live fire.

Please, please, PLEASE make sure you have working, proven equipment, ammunition that runs, spare batteries (if you have an optic), and a backup if you think you'll need it. Malfunctions and consistent issues hinder your ability to learn, and you'll be wasting time on a learning experience that's punctuated by gun or ammo problems. I hate to see students lose out on knowledge and training because of equipment issues. I cannot stress enough - I want you to get the most out of any class that you can - please make sure your equipment is running, zeroed, and proven.

## **Curriculum:**

Upon arrival we will build a stage together. Once this is done, we will do an introduction.

We will rotate between two bays. One bay will have a stage that we will all shoot together in the morning so that Kita can observe your movement and individualize a plan for each person. You won't get much, if any feedback on that first run...it is simply an assessment. Shoot the stage as you would in a match.

For each student, we will write down a time and anything odd like an FTE, no-shoot, mike, double engagement or firearm malfunction just to give the shooter a general idea. We will paste right away, just make sure to let the shooter know if you see one of those things. After everyone has shot, we will go through how to find the flow of movement through a stage during stage planning.

We will then go over the first drill and learn the footwork for moving out of different types of positions. After the drill demo, everyone will rotate through dry firing the drill to ensure you understand how to perform the footwork. We will then divide into groups.

One group will remain and shoot the drill. We will have at least two shooters on the same line make ready, stay hot, and reload as needed. We will run one shooter at a time and you will get individualized feedback. Once each shooter has completed a total of 5 repetitions, we will paste the targets, and the others in the group will be up.

If you are not up, stand back and go through the movements. Listen to the feedback the other students are getting, because it will help you with your runs. Once you are able to understand what the proper technique looks like, I want you to all help teach one another. When you see something done well, let them know! When you see something that they missed, repeat what the instructor said to do in that instance. This will help you learn and retain information much better by giving feedback to other students. Please be accepting of feedback from your peers and remember that it helps the person who is giving you feedback to learn.

Those who are not in the group on the drill will go to the stage. Part of the test and learning process is to locate on your own where you think the different steps apply to the stage. Some of them might not apply at all! It's like trying to apply clues to a breakout room...some work and some don't, but that is up to you to figure out in order to escape! This is the application portion.

Break down a part of the stage into a drill with just a couple of targets to apply the step you just learned. If the step doesn't apply in the stage, you don't have to stay within the fault lines or shoot in the same order as you did in your plan...create a drill to use that step. Creating your own drill to apply the step will help you process the lecture portion and retain the information better. Once you have located where the different steps apply on the stage, if at all, and have

practiced them in a drill you've created from the stage, then shoot the entire stage with a focus on including the steps that apply.

Please reset the targets on the stage so that you know where your hits are going.

We will continue rotating between the drills and the stage in this manner and build a new stage the second day. The reason for using the same stage for an entire day is to help you focus on learning the steps without having to learn a new stage plan every time. The drills will be set up in a simple way that you can easily replicate on your own for practice.

The targets for the drills will be very easy so that you can put your full attention on learning the steps. Once you have learned the steps in your practice, start making the drills harder by adding hard cover, no-shoots, distance, wide vs. narrow transitions, obstacles, awkward positions, ports, barricades, etc. Make your practice hard once you are able to perform the steps.

### ***Movement Training:***

Explosive movement, shooting on the move with a hitch step, lean/drop step, footwork for position exit/controlling entry, up-range movement, stage programming for flow of movement, the movement portion of transitions, practical shooting specific skills, the "quiet eye" for programming eye movement.

Side note: I recommend taking Ibuprofen, stretching, and drinking plenty of fluids the day *before* the class in order to prevent injury and to get the most out of it. When you arrive in the morning, please move your joints through their full range of motion before we begin. If you sit down for a prolonged period of time, please repeat this with dynamic stretching/range of motion to prevent injury. If you don't work out regularly, don't push yourself to run at 100%. Focus instead on efficient footwork to save time. Push yourself, but not to the point that you're going to pull a muscle or injure yourself. Listen to your body.

### **Be Prepared!**

We shoot rain, shine or hurricane, so bring weather appropriate gear, sunscreen, bug spray, etc. Plenty of extra ammo, extra mags, mag brush, a spare gun if you have it, sight adjustment tools for your gun, any gun repair items/replacement parts you may need, squib rod, etc. We've had students lose their front sight on many occasions, so bring an extra if you've got it! You are going to shoot enough rounds that you may wish to clean your gun after the first day, so bring your gun cleaning kit! Prepare for the worst, hope for the best.

### **Safety**

You are responsible for your own safety as well as the safety of those around you. Please stay alert and follow range rules. Be sure to wear eye protection and hearing protection...

## Video Reviews on Movement by Kita Busse:



You get 3 videos for \$75 with voice recorded feedback, and lines and angles drawn on the video to point out the effect of various movements. I will also send drills specific to your individual needs. Please be sure to include your whole body and feet in the video. Choose stages that involve significant movement. Please send one video at a time via Facebook messenger, or add them to Drop Box. My email is 180firearmstraining@gmail.com. This will help you check on application of the skills you've learned to ensure you are applying them properly.

### ONLINE COACHING

Online coaching is \$50/hour.

### BOOK

If you would like to order a personalized copy of Smart Move: Economy of Motion for the Shooting Sports, I can bring copies with me. The cost is \$41. Otherwise, they are also available online at [https://www.amazon.com/Smart-Move-Economy-Motion-Shooting/dp/109241567X/ref=sr\\_1\\_2?keywords=smart+move&qid=1568826901&sr=8-2](https://www.amazon.com/Smart-Move-Economy-Motion-Shooting/dp/109241567X/ref=sr_1_2?keywords=smart+move&qid=1568826901&sr=8-2)

This is the first textbook on movement for the shooting sports, and it is designed for all different learning styles. It is close to 300 pages, but includes a comic book style format for those who don't like textbook style. There are contributions from many of the top shooters in the world for pistol, 3-Gun and PCC. There is a drill index in the back to make them easy to find, and there is a chapter on creating your training plan to learn a skill in half the time. Enjoy!

### HUNTER'S HD GOLD SHOOTING GLASSES

Hunter's HD Gold shooting glasses have transitions lenses so you don't have to change them during a match. They give you an extra 30 minutes of daylight in the morning and in the evening, which is a huge competitive advantage if the match runs late or starts early. They provide contrast so you can pick up the outline of your targets easier and they make your fiber

or dot pop. They filter out harmful rays and let in the good light that helps you see better. Prescription lenses are available, as well as custom lenses added to your favorite frames that you already own. Cost is \$369 and I will have some at the class that you can test out.

#### COACHING GROUP

On facebook, the group 180FT Movement Coaching is available for former students to post videos and have discussions with others who have also taken the class. I want to hear about even your smallest of victories, and this is the place to share them!

#### REVIEWS

Please leave me a review at 180 Firearms Training on Facebook or on my website [180firearmstraining.com](http://180firearmstraining.com)

#### LOOK SMART VISION TRAINING DRY FIRE KIT

The Look Smart kit is available at [gofastdontsuck.net](http://gofastdontsuck.net) under store>team stores>180 Firearms Training. It uses techniques scientifically proven to improve accuracy immediately by 12-15% after just one session. The QR code to videos explaining how to do the drills is included in the kit.

The “I flip & catch” shirt is also available at [gofastdontsuck.net](http://gofastdontsuck.net).

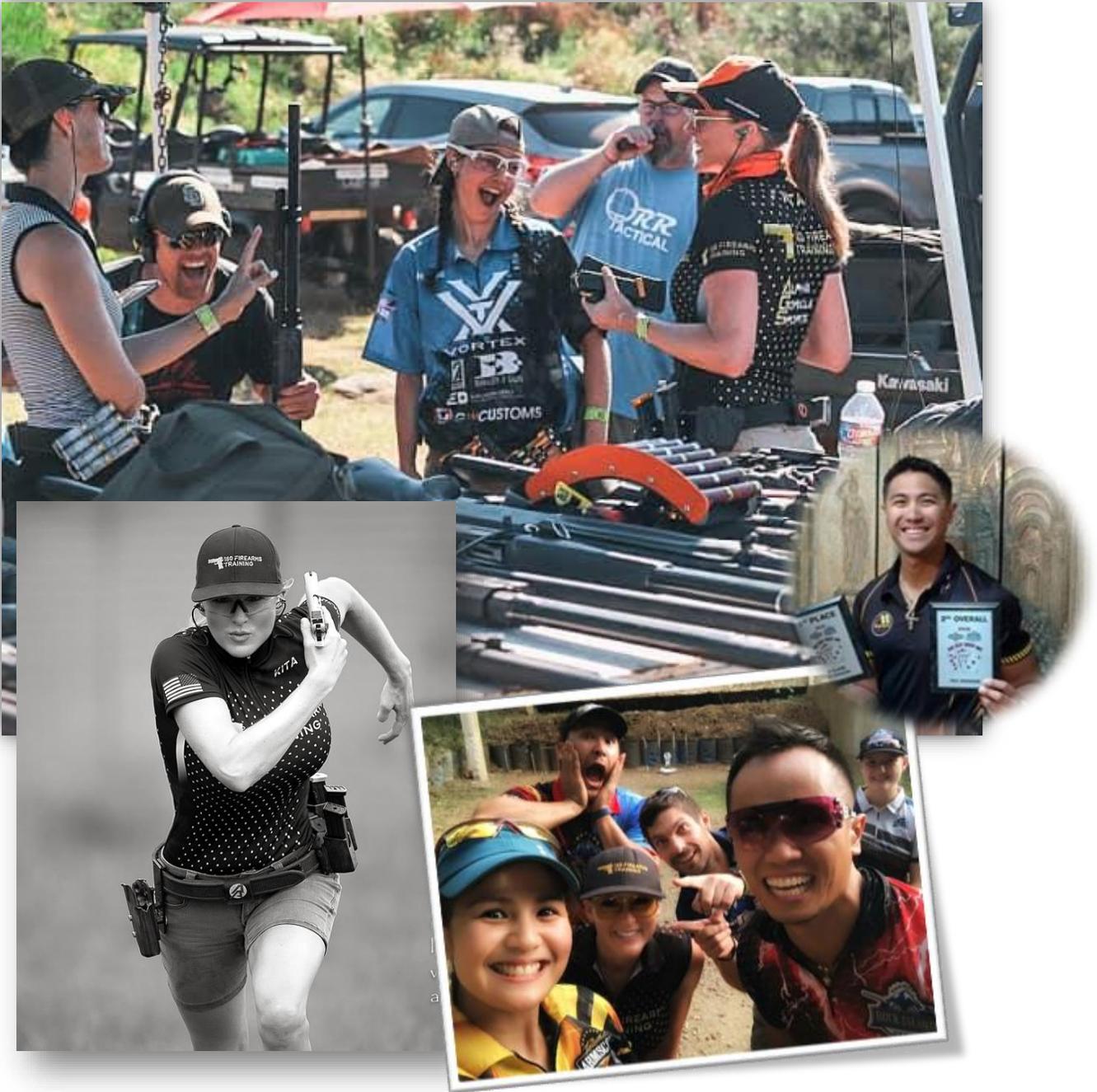
#### AMMO

If you need ammo, go to <https://supervelammunition.com/?afmc=Kita> or use discount code “Kita” at checkout. Sign up for the newsletter or text notifications so you know when the ammo you want is in stock. Don’t hesitate, it sells out fast!

#### CCW Safe

CCW safe is coverage for the unfortunate situation in which you have to use a firearm to protect yourself or others. For less than the price of Netflix, they will send a rep to the site immediately, cover your lawyer fees and any time missed from work, and even bail you out of jail if needed. Register at <http://www.ccwsafe.com/180FT>

## About Kita:



I've had an unusual opportunity to watch, study, and train some of the best shooters in the world on the intricacies and fundamentals of efficient movement. I have been able to observe those shooters at the greatest competitions in the world, and coach them through their movement, vision, and mental game. I have been a coach of world-class shooters since 2010.

When I was first introduced to the shooting sports, there was no information available on movement. Other than shooting on the move, it was a word that never even came up in

firearms training. Upon identifying this void in the sport, I began researching movement from other sports and testing theories on top shooters. My degree in science helped me to understand the application of body mechanics to efficient movement in the shooting sports.

Once my research was at the point where there was enough evidence-based practice to completely change the game, I published the book, *Smart Move: Economy of Motion for the Shooting Sports*. Suddenly movement became a buzzword, and it became common practice to use these scientifically proven techniques in shooting. Instructors all over the world began to adopt the techniques demonstrated in my book, and the shooting sports became more athletic. Even the stage designs have changed and adapted to this new level of athleticism.

In addition to body movements, I also researched eye movements to save time on target transitions and focus more efficiently to get good hits. Based on the “Quiet Eye” training by kinesiologist Joan Vickers in conjunction with my degree in science, I learned how to observe eye movements. I am able to watch shooters’ eyes to diagnose issues in smooth visual pursuits, saccadic movements, and more. That allows me to pinpoint drills and eye exercises that will help improve efficiency. The eye exercises are evidence-based practice from research by the company “Right Eye”.

I used this vision training research to create a dry fire kit called Look Smart. The techniques used are proven to improve aiming by 12-18% after only one session! The kit is available at [gofastdontsuck.net](http://gofastdontsuck.net), and the instructions are available on video through the QR code included.

As an experienced healthcare provider, I can offer individualized critiques to shooters with former or current injuries, seasoned shooters, or any other factor that may interfere with movement. Everyone’s body is different, and, therefore, needs an individualized plan to account for that. This class will help you learn to move in a way that is not only more efficient but can help prevent injury.

This sport is in its infancy in comparison to other sports that came into existence thousands of years ago before firearms ever existed (the way we think of them today). Just as movement was overlooked in the past, so are coaches overlooked in the present. Every sport including golf, tennis, football, swimming, soccer, gymnastics, hockey, skiing, etc., relies on coaches to provide training.

Coaches are the ones sitting on the sidelines providing information and guidance to the athletes so they can perform at the top level. Shooters dedicated to their craft make many sacrifices, and a coach can help to maximize that effort. Many shooters falsely believe that they can only learn from top ranking shooters, when in fact, some of the best coaches in history never even played the sport they are coaching. Players invest in themselves, and coaches invest in the players...this is what I can do for you.

This training has helped national champions all over the world, and world champions. Some of the countries include the USA, Canada, Mexico, Estonia, New Zealand, Australia, South Africa,

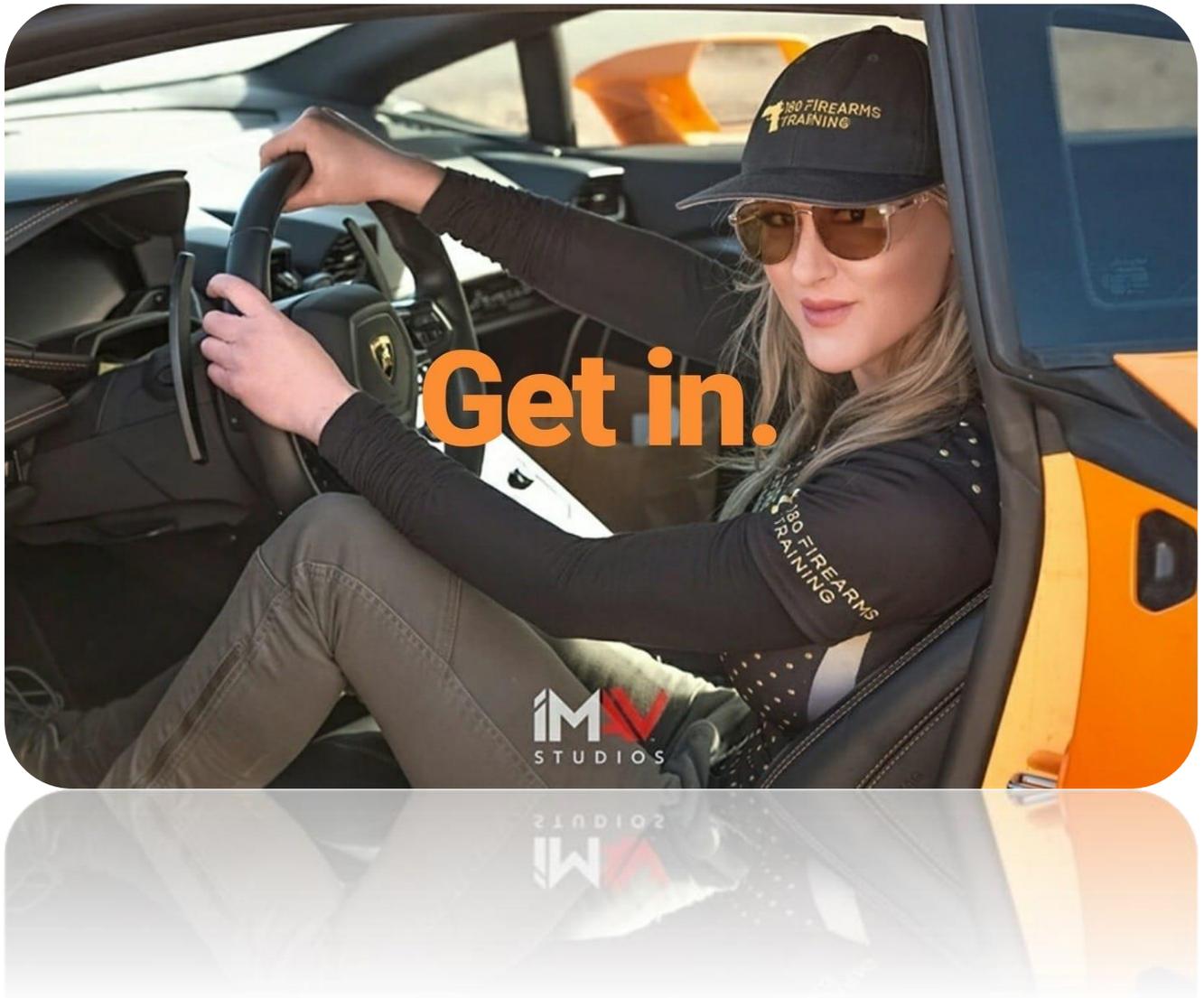
and more. The median time taken off a student's medium field course is three seconds. The results speak for themselves.

Keep in mind that this is not a one and done class. This is a maintenance class...like getting your oil changed. Whether you are just starting out or you have conquered the world, I will find your inefficiencies as you develop and grow. There will always be more to learn, and your plan will be individualized to your skill level. It is like reading a book again that you've read before. As you grow and change and have more experiences, you will get different things out of it, and I will cater to your needs as your skill set advances.

Once you have taken the movement class, Smart Move, you are eligible for the advanced class, Train Smart. This covers how to train and set up an individualized training plan, bringing pressure to your practice, and train your mental game in practice, and eye movement for moving targets. I also do online training and video reviews to help shooters save time and ammunition when they are already sacrificing so much to be the best.

Shooting does affect how you move, so it is important to practice with live ammo in addition to dry fire and footwork drills. Many students find that as their movement improves, their accuracy also improves as a byproduct. If you are having issues with shooting fundamentals, we can correct that, but the focus is not on "shooting skill". It is on incorporating efficient movement into your shooting. All of my students have seen a significant improvement in their stage times, and if you're willing to put in the work, you will, too!

# Ready to go fast?



Info for the hosting range...

Stage Bay Equipment:

- At least 5 walls
- Approximately 15-20 fault lines of various sizes
- Nails for the walls/fault lines/target stands, sledge hammers, crow bars

- Approximately 4 barrels
- 10 paper target stands/20 sticks with metric targets and 2-3 no-shoots (50 total for the class should be enough)
- 3 steel poppers set to fall, two big and one small
- Spray paint, staple gun, staples, about 5 rolls of brown pasters and 2 rolls of white pasters
- 20-pound weight vest or plate carrier for day 2
- Timer
- A table, garbage can and shade are appreciated...also emergency water in case someone runs out or forgets!

#### Drill Bay Equipment:

- 10 target stands, 20 sticks
- Nails for the target stands, sledge hammer/crow bar
- 2 mini poppers set not to fall
- 4 sticks to mark the ground
- 25 metric targets and **10 classic targets**
- Spray paint, staple gun, staples, about 3 rolls of brown pasters
- 8 barrels or 4 barricades
- At least 2 dumbbell hand weights that are 10-pounds for day 2
- Timer
- A table, garbage can and shade are appreciated

#### Practice Bay:

This isn't necessary for the class, but it's really nice when the students have a practice area to use if available to zero guns and run through movements on their own between drills.

Housing: I try to stay with a host family as much as possible to keep costs down for my students. If there are any volunteers to pick me up from the airport, etc., they can email [180firearmstraining@gmail.com](mailto:180firearmstraining@gmail.com). Also, if anyone is willing to help by hosting students from out of town, it is much appreciated 😊.