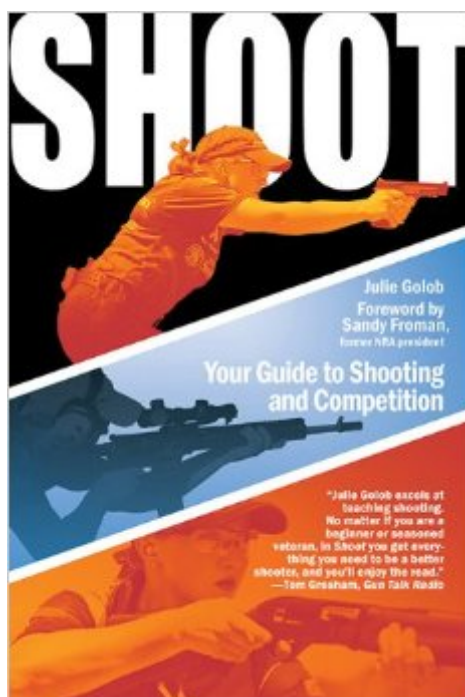


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# Shoot: Your Guide To Shooting And Competition



## Synopsis

Whether you're a firearms enthusiast, an experienced shooter, or someone who has never even held a gun, *Shoot: Your Guide to Shooting and Competition* will help you explore different types of firearms, understand crucial safety rules, and learn fundamental shooting skills. This book provides an introduction to a wide variety of shooting sports through detailed descriptions that relate each type of competition to everyday activities and interests. High-quality photography from actual competitions and step-by-step instructional images augment the clearly written descriptions of both basic and advanced shooting skills. Throughout the book, Julie shares beneficial tips, explains sports-specific lingo, and stresses vital safety concerns. Going beyond just a skill-building manual for those new to firearms and shooting, *Shoot* addresses competition stress, goal setting, logging, and beneficial practice techniques to help all shooters, from novices to champions, excel and take their skills to the next level.

## Book Information

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## Customer Reviews

Shooting is like chess, the basics can be learned in a few hours, but mastery can take a lifetime. As a primarily individual pastime, it offers the opportunity to improve oneself, to push abilities to new levels and to develop skills that may one day save a life. But taking that first step into gun-sports can be intimidating; Sure, there are plenty of resources on the internet, but there is also a lot of misleading information, and for the novice it can be difficult to separate fact from fiction. For less than \$20 they can now get all the answers they need from world-renowned shooter, Julie Golob in her new book called 'SHOOT'. Julie's shooting career started at the tender age of 14, later after leaving school she joined the United States Army Marksmanship Unit (USAMU) where she spent

the next eight years honing her skills to become one of the most accomplished shooters in the world. Not content to just shoot, Julie has spent the past few years on a mission to promote the growth of women in the shooting sports. Along with Kippi Leatham and Sharyn Cohen they formed the Women of USPSA [...] to encourage more female participation. This mission has now expanded into a book. With nearly 250 pages, it is densely packed with information, not only about all the various shooting disciplines, it also contains examples of how women are competing against (and in some cases beating) the men in what has traditionally been a male-dominated sport.

If you are familiar with Jeff Cooper's, the Art of the Rifle this is an excellent companion book which serves as an introduction to the various shooting sports and competition leagues. For new shooters just getting into competition, it can be pretty overwhelming just using the example of handgun alone, there is USPSA, IPSC, IDPA, Steel Challenge etc., each with its own quirks to competition, divisions that range from production stock firearms to race guns like Limcats made for the Open Division of IPSC. While basic in its overview, Julie does a fantastic job of providing a comprehensive overview of the different organizations. This is where the book excels. Even the obligatory safety section in the beginning of the book, offers just a little bit more from Julie's perspective as she talks about the danger of lead and pregnancy and actually something that as a guy I never considered but protecting the hearing of a fetus as well. My only complaint is that some of the photographs would have been nice to have some description with the photograph with some tips, the series of full page photographs showing a speed reload would have benefited from this. And while the photography reminds me of the color edition of Art of the Rifle and for the most part is excellent, the photograph on page 166 seems out of place, it appears to be an uncomfortable body position with a poorly photoshopped right foot, eh, that's a minor thing and its probably more strange to me than anyone else. I really like the chapter on advanced skills and would have liked a description of the strong hand to support hand transfer found on page 191, but that is probably something that would be better served maybe by a DVD to accompany future editions of the book.

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