

Master Report: Learning from the World's Leading Shooting Instructors

A Practical Guide to Competition, Defensive, and Tactical Shooting

Disclaimer

This guide is intended for educational purposes only. Firearms training should always be conducted safely, legally, and preferably under the supervision of a qualified instructor. Always follow the Four Universal Rules of Firearm Safety and comply with all applicable laws in your jurisdiction.

Introduction

There are countless firearms instructors online, but only a handful have consistently influenced the way modern shooters train. This guide brings together many of the most respected instructors from three distinct disciplines:

1. Competition Shooting – The fastest way to build elite gun-handling skills and marksmanship.
2. Defensive & Concealed Carry – Applying shooting skills to civilian self-defense.
3. Tactical / Military Shooting – Using firearms within a broader tactical and problem-solving context.

Why Start with Competition Shooting?

If your goal is to become a better shooter—not just own a firearm—competition shooters are arguably the best teachers of pure shooting mechanics.

Competitive shooters spend thousands of hours refining:

- Grip
- Trigger control
- Sight management
- Recoil control
- Draw speed
- Reload efficiency
- Movement
- Visual processing

Nearly every respected defensive or tactical instructor emphasizes these same fundamentals. The difference is that competition shooters have developed highly structured methods for building these skills quickly and measuring progress objectively.

The philosophy of this guide is simple:

Learn to shoot exceptionally well first. Then learn when, where, and why to apply those skills responsibly.

PART I – Competition Shooting Instructors

Ben Stoeger

Why Learn from Ben Stoeger?

Ben Stoeger has become one of the most influential practical shooting instructors in the world because he teaches *how to improve*, not just *how to shoot*. His emphasis on structured practice and measurable performance has helped countless shooters accelerate their development.

Core Concepts

SPLIT TIME ANALYSIS

SPLIT	TIME (SEC)
1	0.21
2	0.18
3	0.23

PERFORMANCE OVER TIME



1. Deliberate Practice

Every drill should target a specific weakness. Don't just burn ammunition—practice with purpose.

2. Dry Fire Builds Champions

Much of your improvement can happen without live ammunition. Dry fire is where speed, consistency, and efficient movement are developed.

3. Diagnose Weaknesses

Instead of saying, "I'm slow," identify *why* you're slow. Is it the draw? Grip? Visual transition? Trigger press?

4. Speed Comes from Efficiency

The fastest shooters aren't reckless—they eliminate unnecessary movement.

5. Measure Everything

Track times, accuracy, and consistency. Improvement should be measurable, not based on feel.

Actionable Tips

- Dry fire 15–20 minutes several times per week.
- Record every practice session.
- Focus on one skill at a time before combining them.
- Compete regularly to expose weaknesses.

Learn More

Website: <https://benstoeger.com>

YouTube: Ben Stoeger Pro Shop

Recommended Books / Products

[Baseline Dryfire: Guide to Red Dot Mastery](#) by Ben Stoeger And Joel Park

Joel Park

Why Learn from Joel Park?

Joel Park excels at breaking complex shooting mechanics into understandable, repeatable systems.

Core Concepts

- Understand *why* each drill exists.
- Isolate individual skills before combining them.
- Keep detailed training notes.
- Train for consistency before speed.
- Build efficient movement patterns.

Actionable Tips

- Keep a shooting journal.
- Review practice videos regularly.
- Track your improvement monthly.

Learn More

Website: <https://practicalshootingtraininggroup.com>

YouTube: Practical Shooting Training Group

Books / Products

[Baseline Dryfire: Guide to Red Dot Mastery](#) by Ben Stoeger And Joel Park

Hwansik Kim

Why Learn from Hwansik Kim?

Kim emphasizes measurable performance and disciplined practice. His instruction revolves around quality repetitions rather than simply increasing round count.

Core Concepts

- Measure everything.
- Practice with intention.
- Focus on consistency.

SPLIT	TIME (SEC)
1	0.21
2	0.18
3	0.23



- Eliminate unnecessary movement.
- Build repeatable performance.

Actionable Tips

- Use a shot timer.
- Record hit percentages.
- Repeat drills until performance becomes consistent.

Learn More

Website: <https://practicalshootingtraininggroup.com>

YouTube: Practical Shooting Training Group

Recommended Books / Products

[Skills and Drills: For Practical Shooting](#) by Ben Stoeger and Hwansik Kim

Frank Proctor

Why Learn from Frank Proctor?

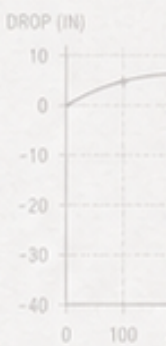
Frank Proctor teaches shooters to move naturally and efficiently while maintaining visual discipline.

Core Concepts

- See only what the shot requires.
- Remove wasted movement.
- Build natural body mechanics.
- Develop efficient weapon handling.
- Balance speed with control.

Actionable Tips

- Practice smooth rather than fast.
- Train transitions between targets.
- Eliminate extra motions during reloads.



Range (yd)	100	200
.223/5.56	-1.5	-3
.308 Win	-1.4	-3
6.5 Creed	-1.2	-2



SPLIT	TIME (SEC)
1	0.21
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3	0.23



Learn More

Website: <https://wayofthegun.us>

YouTube: Frank Proctor

Tim Herron

Why Learn from Tim Herron?

Herron teaches that winning begins before the first shot through planning, visualization, and mental discipline.

Core Concepts

- Stage planning matters.
- Stay mentally composed.
- Recover quickly from mistakes.
- Build confidence through preparation.
- Execute the plan—not your emotions.

Actionable Tips

- Visualize every course of fire.
- Develop a consistent pre-shot routine.
- Review every match afterward.

Learn More

Website: <https://timherronshooting.com>

YouTube: Tim Herron Shooting

Mason Lane

Why Learn from Mason Lane?

Lane focuses on transferring practice performance into real match performance through efficient movement and strong fundamentals.

Core Concepts

- Move efficiently.
- Enter positions balanced.
- Shoot immediately upon arrival.
- Train realistically.
- Maintain visual focus.

Actionable Tips

- Practice movement between shooting positions.
- Avoid stopping completely before engaging targets.
- Train under time pressure.

Learn More

Instagram / Training Resources: Mason Lane (official social channels)

PART II – Defensive & Concealed Carry Instructors

Massad Ayooob

Why Learn from Massad Ayooob?

Ayooob has spent decades teaching armed citizens that surviving the encounter includes surviving the legal aftermath.

Core Concepts

SPLIT TIME ANALYSIS

SPLIT	TIME (SEC)
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PERFORMANCE OVER TIME



- Understand deadly force laws.
- Practice sound decision-making.
- Avoid unnecessary confrontations.
- Develop solid handgun fundamentals.
- Learn post-incident procedures.

Actionable Tips

- Study your state's self-defense laws.
- Practice verbal commands.
- Include judgment and decision-making in your training.

Learn More

Website: <https://massadayoobgroup.com>

YouTube: Wilson Combat & Personal Defense Network appearances

Books / Products

[The Gun Digest Book of Combat Handgunnery, 7th Edition](#) by Massad Ayoob

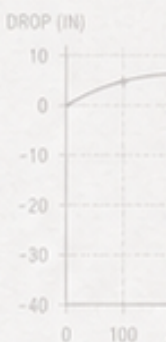
John Farnam

Core Concepts

- Maintain constant awareness.
- Avoid conflict whenever possible.
- Recognize danger early.
- Develop defensive mindset.
- Prioritize prevention over reaction.

Actionable Tips

- Practice situational awareness daily.
- Identify exits whenever entering a building.
- Avoid distractions in public.

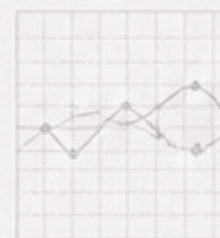


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TARGET GROUP AM



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PERFORMANCE OVER TIME



CLAS

- ☐ Grip
- ☐ Sig
- ☐ Tri
- ☐ Fo
- ☐ Re
- ☐ As

Learn More

Website: <https://defense-training.com>

Tom Givens

Core Concepts

- Train for civilian encounters.
- Master the concealed draw.
- Develop efficient gun handling.
- Build repeatable defensive skills.
- Practice realistic scenarios.

Actionable Tips

- Train from concealment every session.
- Focus on first-shot accuracy.
- Practice movement while drawing.

Learn More

Website: <https://rangemaster.com>

Claude Werner

Core Concepts

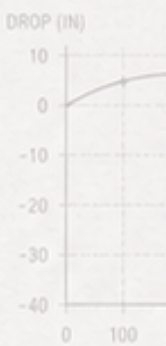
- Keep techniques simple.
- Master high-probability skills.
- Understand personal limitations.
- Train realistically.
- Focus on efficiency.

Actionable Tips

SPLIT TIME ANALYSIS

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PERFORMANCE OVER TIME

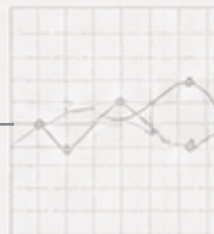


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TARGET GROUP ANALYSIS



RECOIL ANALYSIS



CLASSIFICATION

- ☐ Grip
- ☐ Sight
- ☐ Trigger
- ☐ Follow-up
- ☐ Recoil
- ☐ Accuracy

- Spend most practice on common defensive distances.
- Remove unnecessary techniques.
- Evaluate your actual performance honestly.

Learn More

Website: <https://thetacticalprofessor.net>

Karl Rehn

Core Concepts

- Master the fundamentals.
- Diagnose mistakes.
- Build structured improvement.
- Learn systematically.
- Measure progress.

Actionable Tips

- Video your practice.
- Fix one issue at a time.
- Use objective performance standards.

Learn More

Website: <https://krtraining.com>

John Correia

Why Learn from John Correia?

Correia studies hundreds of real-world defensive encounters and extracts practical lessons from documented incidents.

SPLIT TIME ANALYSIS

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PERFORMANCE OVER TIME



Core Concepts

- Learn from real events.
- Improve situational awareness.
- Recognize criminal behavior.
- Prioritize decision-making.
- Master the basics.

Actionable Tips

- Watch real incident breakdowns.
- Analyze what happened before focusing on marksmanship.
- Ask what could have prevented the encounter.

Learn More

Website: <https://activeselfprotection.com>

YouTube: Active Self Protection

PART III – Tactical / Military Instructors

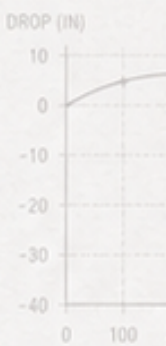
Travis Haley

Core Concepts

- Adapt to changing environments.
- Build efficient weapon manipulation.
- Use strong support-hand grip.
- Become comfortable in unconventional positions.
- Train beyond square-range shooting.

Actionable Tips

- Practice shooting from kneeling, seated, and awkward positions.

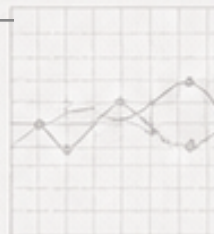


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TARGET GROUP AN



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- ☐ Re
- ☐ As

SPLIT	TIME (SEC)
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- Work around barricades.
- Develop smooth reloads.

Learn More

Website: <https://haleystategic.com>

YouTube: Haley Strategic

Chris Costa

Core Concepts

- Move aggressively but intelligently.
- Manipulate the firearm efficiently.
- Develop confidence through repetition.
- Stay mobile.
- Build athletic gun handling.

Actionable Tips

- Incorporate movement into practice.
- Train rifle and pistol transitions.
- Improve physical fitness alongside shooting.

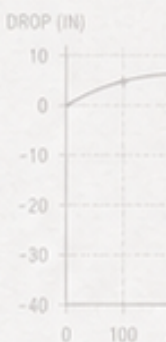
Learn More

Website: <https://costaludus.com>

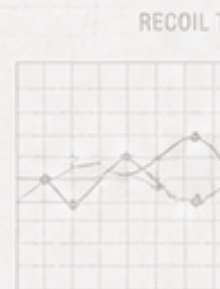
YouTube: Costa Ludus

Mike Pannone

Core Concepts



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PERFORMANCE OVER TIME



- Accuracy comes first.
- Master trigger control.
- Build reliable gun handling.
- Blend competition efficiency with practical application.
- Focus on accountability for every shot.

Actionable Tips

- Slow down until every hit is accountable.
- Dry fire trigger presses daily.
- Build consistency before chasing speed.

Learn More

Website: <https://ctt-solutions.com>

YouTube: CTT Solutions

Steve Fisher

Core Concepts

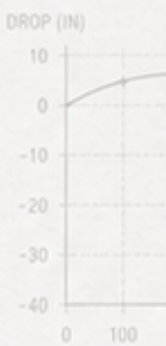
- Master the fundamentals.
- Train under stress.
- Learn low-light shooting.
- Build efficient recoil control.
- Focus on practical performance.

Actionable Tips

- Train with a handheld flashlight.
- Practice target identification.
- Reinforce grip fundamentals.

Learn More

Website: <https://sentinelconcepts.com>

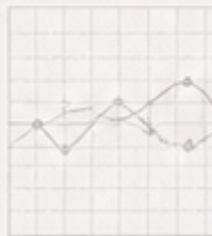


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TARGET GROUP ANALYSIS



RECOIL TIME



SPLIT TIME ANALYSIS

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PERFORMANCE OVER TIME



Kyle Lamb

Core Concepts

- Treat weapon handling professionally.
- Build rifle efficiency.
- Communicate effectively.
- Maintain tactical discipline.
- Train consistently.

Actionable Tips

- Improve reload efficiency.
- Practice positional shooting.
- Develop physical conditioning.

Learn More

Website: <https://vtac.com>

YouTube: Viking Tactics

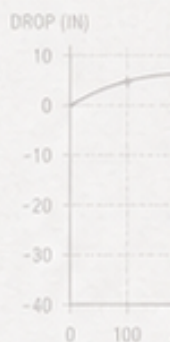
Chuck Pressburg

Core Concepts

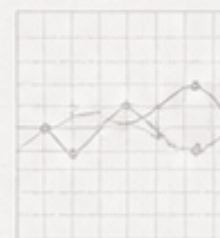
- Context determines tactics.
- Solve problems—not just shooting drills.
- Use terrain effectively.
- Think before acting.
- Build tactical awareness.

Actionable Tips

- Think through every drill.
- Use cover correctly.
- Develop decision-making under pressure.



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Learn More

Website: <https://presscheckconsulting.com>

Dan Brokos

Core Concepts

- Build structured training.
- Diagnose shooter errors.
- Train under realistic stress.
- Coach with purpose.
- Measure improvement.

Actionable Tips

- Keep detailed practice notes.
- Practice with time limits.
- Review performance after every session.

Learn More

Website: <https://leadfaucettactical.com>

YouTube: Lead Faucet Tactical

Final Thoughts

The greatest lesson shared by all of these instructors is that mastery comes from disciplined practice, honest self-evaluation, and continual learning. Whether your goals are competition, concealed carry, or tactical proficiency, the path is the same:

- Master the fundamentals.
- Train deliberately.
- Measure your progress.

- Seek instruction from experienced professionals.
- Never stop learning.

Affiliate Disclosure

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I only recommend books, training resources, and equipment that I believe provide genuine value to shooters looking to improve their skills. Thank you for your support.