



Spartan Firearms Training Group, LLC

Tip of the Week: September 22, 2025

🔥 The Truth About “Muscle Memory” 🔥

- 💡 **Your muscles don’t have memory.** They contract, they move, but they don’t “remember.” What people call “muscle memory” is really your brain and nervous system laying down efficient patterns.
 - 🧠 **It’s all about neural pathways.** Every time you repeat a skill—drawing from the holster, reloading, clearing a malfunction—your brain is firing the same sequence of neurons.
 - 💧 **Practice builds insulation.** Each repetition coats those pathways with **myelin**, a fatty substance that wraps around the nerve fibers. The thicker the myelin coat, the faster and more efficient the signal travels—like upgrading from a dirt road to a paved highway.
 - 🎯 **Good habits become automatic.** The more correct reps you do, the more your body executes without hesitation under stress. It is essential to ensure that you practice correct skills correctly, because if you are practicing the wrong skills correctly or the right skills incorrectly, your brain will remember.
 - ⚠️ **Bad reps bake in bad habits.** Your brain doesn’t know the difference—it just strengthens whatever you repeat. That’s why sloppy practice is worse than no practice.
 - ✅ **Quality over quantity.** Ten mindful, perfect draws are worth more than a hundred careless ones.
- 👉 Bottom line: **Practice makes permanent—not perfect.** So, practice the correct skills, the right way, every single time (We teach this to our wear and carry customers).