



## Spartan Firearms Training Group, LLC

**Tip of the Week — January 19, 2026**

### **How Practice Really Makes You Shoot Better**

- We teach this in every wear-and-carry course we run. It's why ongoing practice matters—and why “re-qualifying every few years” is not enough.
  - Practice doesn't build “muscle memory.” It **rewires your brain**.
  - Every correct repetition—drawing from the holster, gripping the gun, aligning the sights, pressing the trigger—strengthens the neural pathways that control those actions. The stronger those pathways become, the faster and more automatic your movements are under stress.
  - Myelin is the insulation around those neural pathways. Correct, repeated practice thickens that insulation, allowing signals to travel faster and more smoothly. That's where efficiency, control, and consistency come from.
  - Practice only works if you practice the **right skills the right way**. Train a skill incorrectly, and you hard-wire the mistake. Train the wrong skill, and you hard-wire that instead. Slow down, stay consistent, take breaks, and vary your drills to build real adaptability.
  - Remember this:  
*You will NOT rise to the level of your expectations—you will fall to the level of your training.*
-