



Spartan Firearms Training Group, LLC

Tip of the Week—February 23, 2026

Breaking Through Your Performance Ceiling

Are you improving...or simply repeating?

Every serious shooter will eventually hit a performance ceiling. Your groups are tight enough. Your draw is clean. Your reloads are smooth. You're competent. But no matter how often you try, you can't reach the next level of performance you are seeking.

→Competence is not mastery.

This is what's going on. (We will summarize “how to break through” in the March 2 tip of the week.)

Why Shooters Hit a Ceiling

1) *Competence Creates Comfort*

- Your seven-yard shots are tight enough to make you feel like you've done something.
- The fact that you can't mess up a drill makes it fun for you.
- When you hit your steel targets, you hear the “ping.” You get validation of who you are as a shooter.

→Comfort Does Not Create Adaptation; Growth Lives At the Edge of Failure.

2) *Repetition is Not Training*

- Practice = repetition
- Training = going after the weaknesses

→ You can validate your strengths all day long, but if you're not training to address your weaknesses, you're not getting better.

3) *Ego Prevents Growth*

- Afraid to take your time.
- Afraid to shoot with people who are better than you.
- Afraid to do drills that expose your flaws.

→ When you protect your ego, you kill your performance.

4) *The Brain Stopped Adapting*

- The brain grows through mistakes.
- Mistakes allow the brain to rewire.
- Doing the same drills, at the same speed, produces the same results. That is stagnation. "If you keep doing what you've been doing, you'll keep getting what you've been getting," (Most commonly attributed to **Tony Robbins**). If nothing changes in training, nothing changes in results.

→ Making mistakes increases adaptation. Increased adaptation results in learning.

What the Ceiling Feels Like

- It feels consistent, but not fast.
- It feels accurate, but not tight.
- It feels capable, but not sharp.

Stagnation creeps up on you, and it feels comfortable. For mastering defensive shooting skills, stagnation is not neutral. You will pay the price if you are forced to use your handgun in self-defense. Remember the oft-repeated adage: "You will fall to the level of your training, not rise to the level of your expectations."

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