Dedicated to the New Girl at the Range,
We were you once. We’re glad you’re here.

Special thanks to Kelley, Friend & Warrior
and Austin, Mentor & Motivator

DISCLAIMER: Training with firearms is an inherently dangerous activity. Be sure to follow all safety protocols when using firearms or practicing the drills herein. The content provided is for information purposes only. Use at your own risk. These materials are intended to assist law-abiding firearms owners as they strive to become more proficient and safe shooters. While we attempt to thoroughly explore specific topics related to the fundamentals of shooting it is not possible to discuss every facet of the sporting, defensive, and technical aspect. The drills included are to be used as tools for personal skill and overall knowledge development. For more information, visit www.AGirlandAGun.org.
You have just turned the first page of your new journey with the nationwide A Girl & A Gun community, and we couldn’t be more excited to have you join us! Whether you’re new to us or have been with us for years, this Shooting Journal was written specifically for you! It will meet you where you are in your marksmanship journey, help you identify your shooting and personal goals, and give you the tools to achieve them.

At a minimum, you’ve taken a class or two and know the basics, so now take the plunge into a deeper understanding of the shooting arts.

Here’s the secret to advanced shooting: it’s mastering the fundamentals. We have crafted 12 months of themed discussions, drills, targets, and articles to help you closely examine and refine your shooting techniques. Included are worksheets to help organize your activities and training logs to track your success.

So go for it! Be safe and have fun!
We can’t wait to see what you’ll achieve!

Julianna, Robyn, & Tatiana
During the 2015 National Conference, Chapter Facilitators were asked what A Girl & A Gun means to them. They all agreed that it is more than a community or club; it is who we are as individuals, the talents we bring to share, and most importantly, the lessons we learn from each other.

The Facilitator team identified 12 core values that spell out A GIRL AND A GUN. This innovative Shooting Journal thoughtfully combines professional training drills with worksheets that help you set goals, create opportunities for learning, and celebrate achievements.

Each month you are presented discussions, activities, and drills to strengthen your mindset, physical agility, and emotional intelligence.

With this Journal, you’ll read, you’ll shoot, you’ll write, you’ll chart progress, you’ll inspire, you’ll grow, and you’ll shoot some more! After 12 months, you will be a more confident shooter and a more empowered woman.

"Write something worth reading, or do something worth writing." ~ Benjamin Franklin

Your Shooting Journal is designed to give you a progressive training program to maximize your home dry-fire practice and your range time. It has the potential to be both instructor and friend who helps you to organize your plans, goals, time, and training.

Successful shooters use journals to analyze activities, and then frame goals for going forward. Planned drills and guided discussions help you address your emotions, manage frustrations over setbacks, and keep your journal focused on learning and improving.
Each month begins with one of the A Girl & A Gun values. This inspires you to learn more about yourself, your strengths, and motivations. Next, you will learn a fundamental skillset of pistol shooting with drills that are tailored to your personal color track.

Journaling has a positive impact on physical well-being, so your entries will also serve to document your training, reinforce learning, and give you clarity to achieve your shooting and personal goals.

Use action-related terms, such as shot, competed, scored, and transitioned, to give yourself clear insight to your current performance and identify your goals and objectives. You may have a bad match or poor practice session, so focus on actions rather than emotions to start problem-solving rather than problem-storing.

The Shooting Journal guides you through a progressive series of dry-fire and live-fire drills over time. To ensure that your training is meaningful and you see positive results from your efforts, all dry-fire drills are paired with reinforcing live-fire drills that serve to validate your dry-fire practice.

By logging your practice and setting your goals, you will be able to look back in one year and see what you have achieved. Whether your shooting goals are defensive, competitive, or recreational, you can use the provided pages or add your own to customize your experience and document your progress.

“What you get by achieving your goals is not as important as what you become by achieving your goals.” ~Henry David Thoreau
DOCUMENT YOUR TRAINING

In addition to helping you set and achieve goals, the Shooting Journal serves as a chronological log your journey of learning as you develop new skill sets and knowledge. If you have to use your firearm in self-defense, your legal defense will balance on information that you have learned through firearms training classes, practice sessions, and drills.

The legal process is lengthy and you will have to demonstrate that you acted appropriately, based on knowledge rather than panic or over-reaction. This may include your understanding of how long it takes you to draw your pistol, do a reload, or clear a malfunction. You may have to explain how quickly someone moving towards you could attack you, or your ability to get an effective hit on an attacker at different distances, or even your understanding of the law and Use of Force. You need to articulately convince a judge or jury of your peers that your actions were justifiable.

Your Journal could help court officials understand your mindset leading to your decision to shoot in self-defense and ultimately prove that your actions were reasonable and justifiable.

When you take a professional firearms course, you typically receive a Course Completion Certificate after each class. Class certificates are a great way to track your skill levels and personal improvement. The certificate proves that you attended the course on a specific date and documents that you passed, if the course had a graduation test. This documentation could also be used as part of your legal defense if you have been charged in criminal court or sued in civil court.

You could go a step further and take a photo of your Journal notes from your classes, practice sessions, and drills. Save them so that they are time-stamped in a dedicated training folder in “the cloud” that you can access even if your phone or computer is seized as evidence. The most court-proof way to document your training is to make a hard copy of all your training materials, and put it all in a sealed envelope that you mail to yourself via certified mail and keep sealed. This creates a postmarked, date-stamped item that proves what you knew and what your skill level was prior to the incident.

You may already be documenting your training and practice in a legally useful way without realizing it: social media posts (photos, videos, and posts), Conference, GNOs, and competitive matches. Magazine subscriptions, online forums, and blogs you follow also influence your training. If you read something that makes an impression on you, print it or make a copy and include it in your Journal along with notes and documents from your practice sessions, match experiences, and professional training courses.
No two shooters are quite alike and therefore there is no one-size-fits-all training program. The best way to determine where you are in your learning journey is to determine your color track.

The drills in this Shooting Journal have been tailored to meet the needs of each color track, so that you identify where you are now and grow according to your goals.

The A Girl & A Gun color track system is intended to give you, your facilitators, and your instructors an understanding of your scope of experience and the scope of your skillsets. It is not intended to classify you as more or less than your fellow members.

Given that each person has specific goals, abilities, and interests, the color track system is the vehicle for providing tailored information that you need for your journey!

“Advanced skills are the basics mastered.”
~Bruce Lee