



CHRIS SAJNOG'S

NEW RULES OF MARKSMANSHIP

BLUEPRINT

Researched, Developed,
Tested, and Mind Mapping by:
CHRIS SAJNOG

www.newrulesofmarksmanship.com



YEARS EXPERIENCE



RESEACH TIME

SCALE BARS

INSIDE CHRIS' BRAIN
SEP 2016

GENERAL SPECIFICATIONS

SOFTWARE USED	mindmeister.com
NUMBER OF RULES	seven (7)
TOTAL END POINTS	609
MINDMEISTER LIMIT	500
EXCUSES	zero
ANIMALS HURT	classified

2016

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IMPORTANT:

I know you just want to get going and blast into this Training Blueprint right now. But you will get WAY more out of it if you watch the VIDEO that goes along with it.

There is a TON of details in the video that I couldn't fit in this document. Go check out the video now:

www.newrulesofmarksmanship.com

Welcome to my New Rules of Marksmanship Training Blueprint!

What I've done in this Blueprint is boil down the essence of what ***The New Rules of Marksmanship*** are so you could see it in just a few pages. This blueprint is my "mind map" of the entire process and what I use to train my \$10,500.00 a day private clients and my \$25k a year coaching clients.

It's pretty crazy - when I first created these techniques, I never could have dreamed that **one day I would be teaching it to thousands of shooters** at every level.

I had just retired from the Navy to be the father (I never had) for my two boys and figured I'd just keep doing what I had done for my career as a Navy SEAL — **Take people to the range and teach them to shoot, the same way I had taught fellow Navy SEALs...**

I quickly realized that the way I had taught SEALs was NOT going to work for any one else. No one has that much time or ammunition to learn that way. **I figured there had to be an easier way.**

It was then, over the next four-years, that I developed *The New Rule of Marksmanship* — **a fundamental shift learning how to shoot.** Rather than just copy "good shooters" *physical* techniques (which were the ONLY thing **every firearms instructor in the world** focused on - including me - up to this point), I focused on how the best athletes, classical musicians, and chess players TRAINED to get to where they are. In fact, I completely stepped away from anything related to current shooting instruction outside of my 25 years of experience.

I then studied the latest in education and even neuroscience to learn **HOW we actually learn any new skill**. And four years after I started my quest, I boiled it down to seven fundamental learning techniques that everyone at the top of their “game” had in common.

These seven fundamentals form the core of my *New Rules of Marksmanship* training system, and I’m sharing the full blueprint with you right here for the first time.

If you do nothing more than follow this blueprint, you’ll have **everything you need** to train yourself at home and progress faster and easier than you ever thought possible.

In fact, if you apply this system to **any area of your life**, it will improve. You can even test it out — if you’re excelling at anything in your life, **you use the New Rules**. Of course, you don’t call them that — the name I came up with! Remember, I didn’t invent any of the individual components, I just put them together into a pretty amazing shooting system!

It’s because of this system I’ve been approached by business leaders to train their employees and high-performance sports coaches to share my unique system with them and the professional athletes they train. (By the way, the last one is kinda funny considering a lot of the New Rules came from them!)

So, if you’re like a most of my students and tired of struggling to learn a simple skill like shooting and are ready for a powerful change, the next few pages are going to be amazing. Be open minded and follow the blueprint. When you do, it will not only transform your training, but like thousands of my students, it will very likely also transform your life.

In any case, let’s get rolling. **But first, a warning...**

Coming up, you’ll see the **VERY BIG PICTURE** of the **New Rules of Marksmanship Training Blueprint**. I actually had to shrink it way down to fit it all on one page. In fact, I had to shrink it so much that you’re not going to be able to read much of it.

I just did that so you could truly get the “big picture”... but don’t worry – as you go through the rest of the Blueprint you’ll be able to see ALL the details...

So, let’s get started...



Ya...Sorry about that...

I just did a 25-year brain dump and couldn't stop!

Let's break it down to something you can use...





MINDSET OVERVIEW



SCALE BARS

INSIDE CHRIS' BRAIN

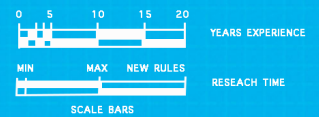
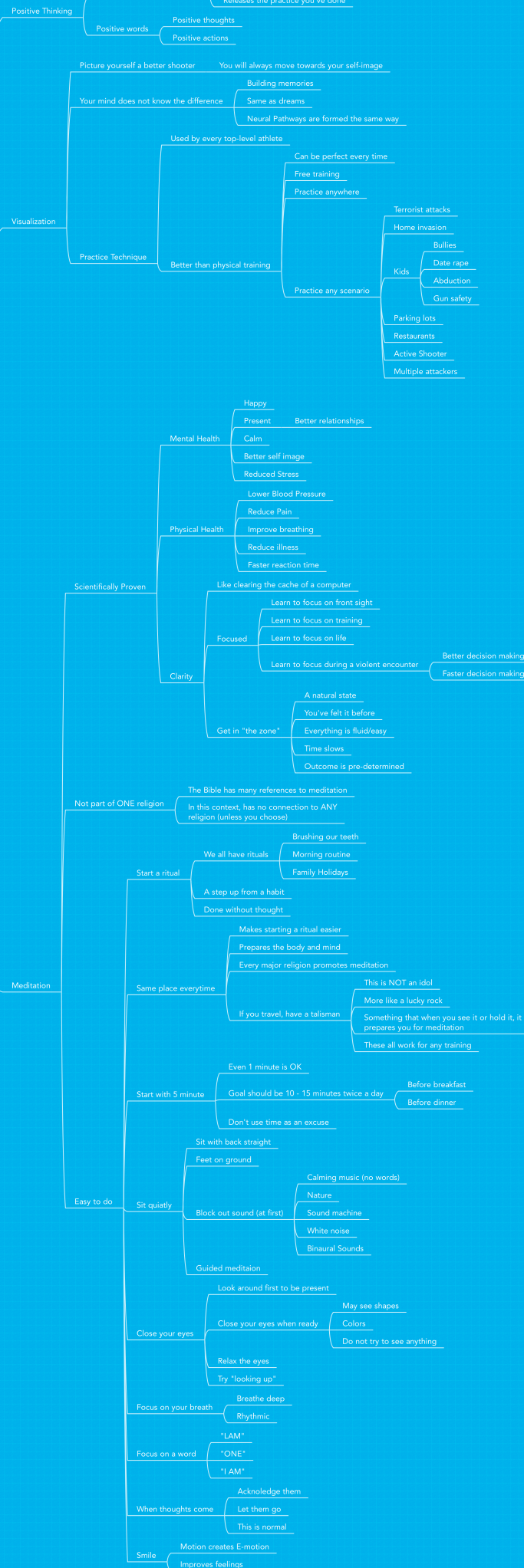
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BE AN "MVP" SHOOTER

M.V.P. 🏆



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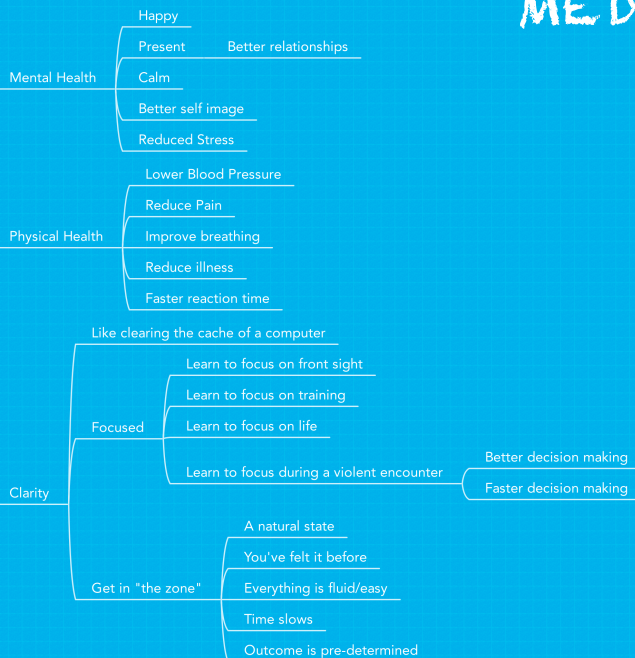
MEDITATION

Meditation

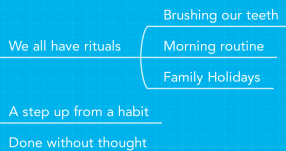
Not part of ONE religion

The Bible has many references to meditation
In this context, has no connection to ANY religion (unless you choose)

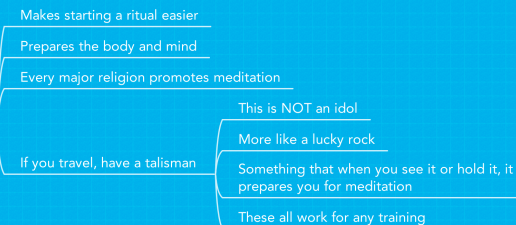
Scientifically Proven



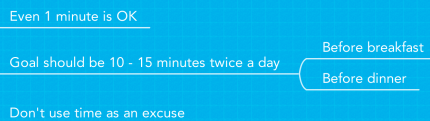
Start a ritual



Same place everytime

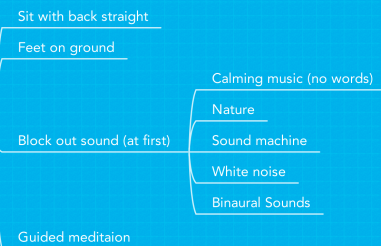


Start with 5 minute

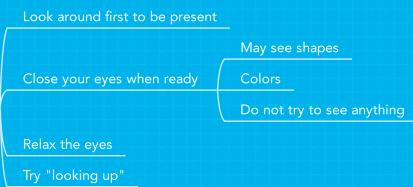


Easy to do

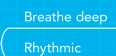
Sit quietly



Close your eyes



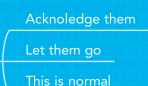
Focus on your breath



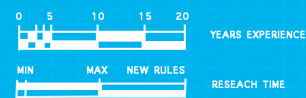
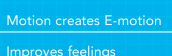
Focus on a word



When thoughts come



Smile



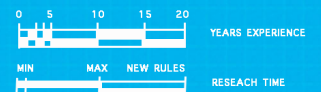
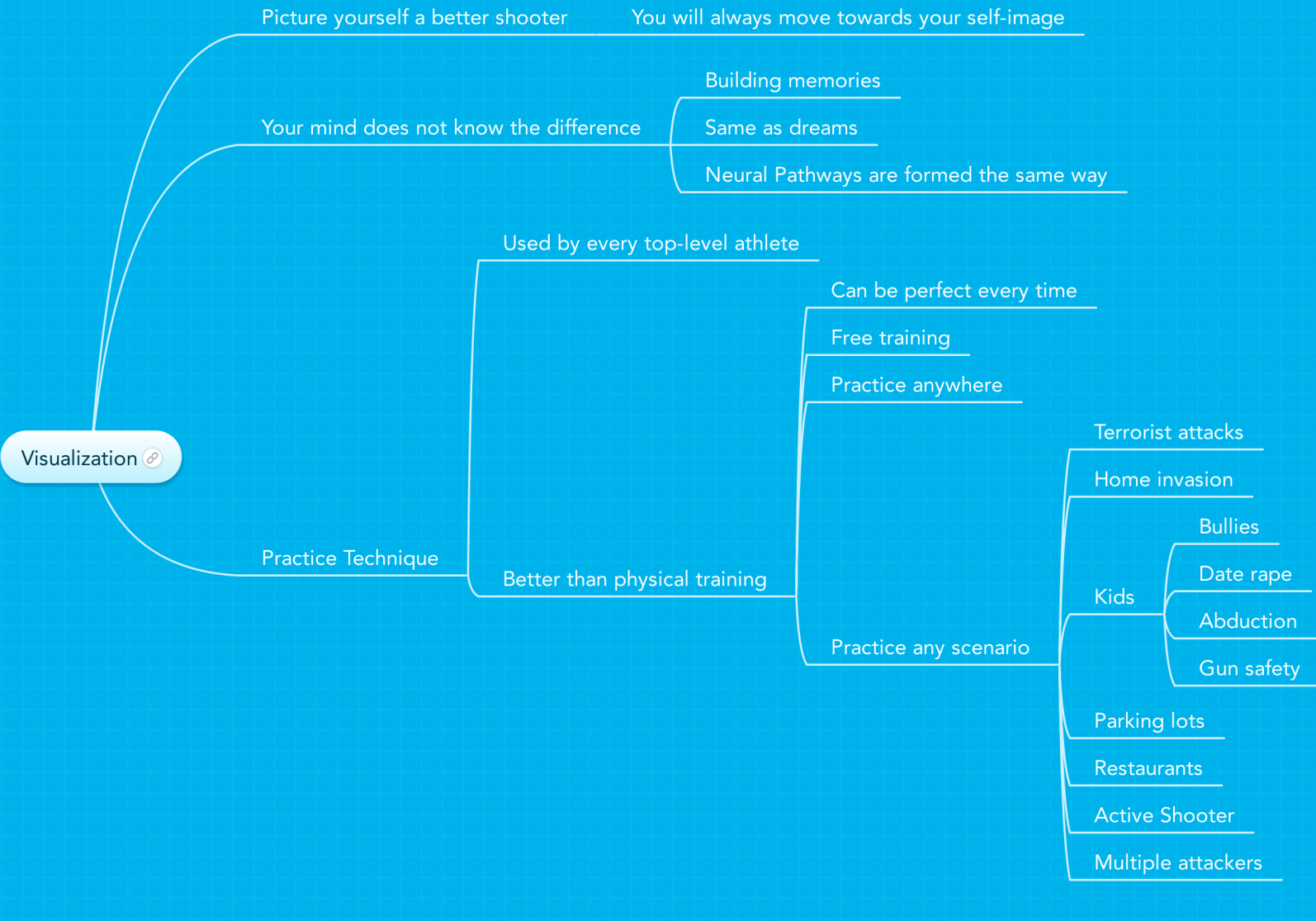
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Positive Thinking

Like turning on a light switch

Doesn't contain any power

Releases the practice you've done

Positive words

Positive thoughts

Positive actions



YEARS EXPERIENCE



RESEACH TIME

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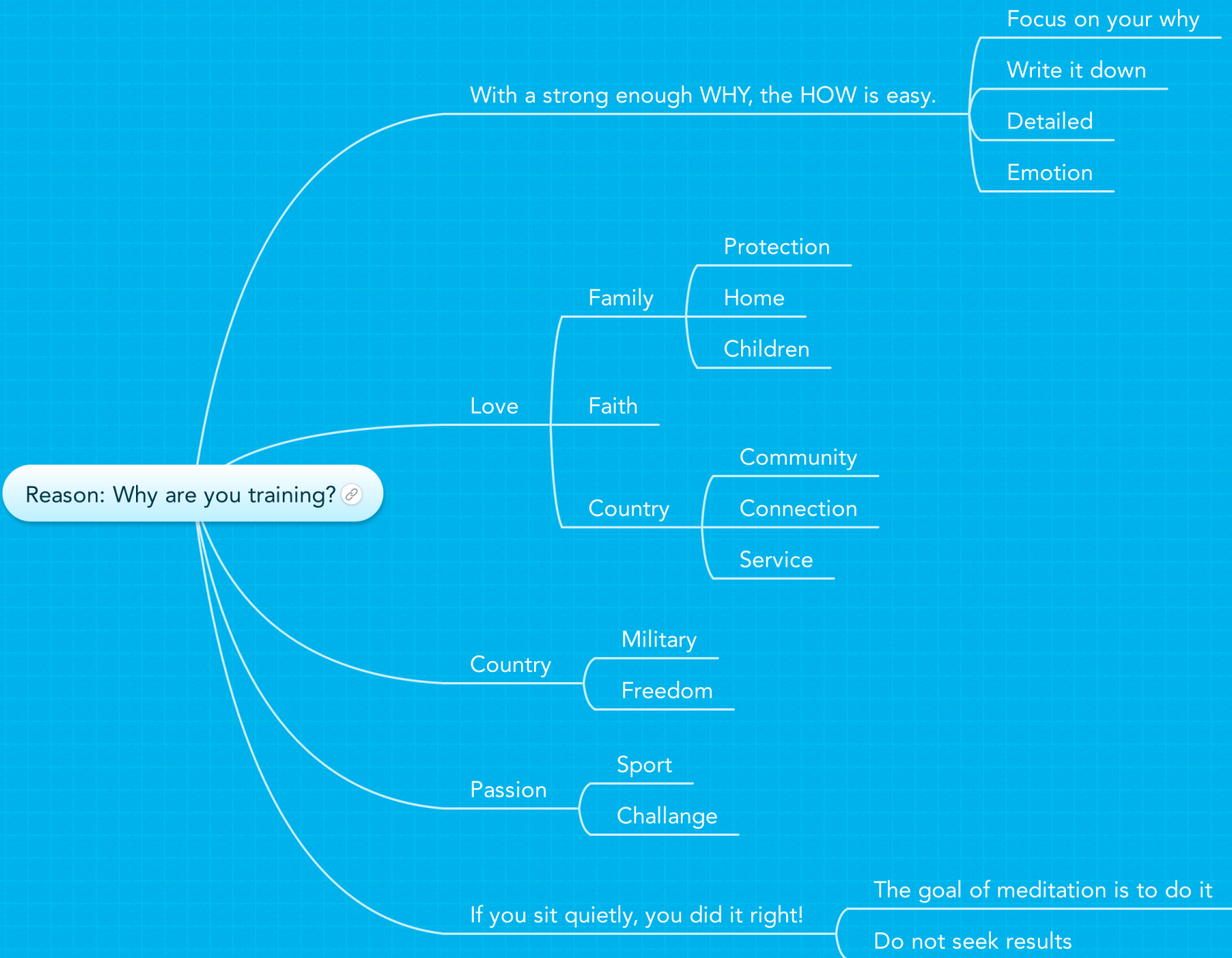
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WHY ARE YOU TRAINING?



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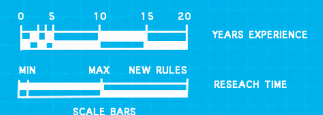
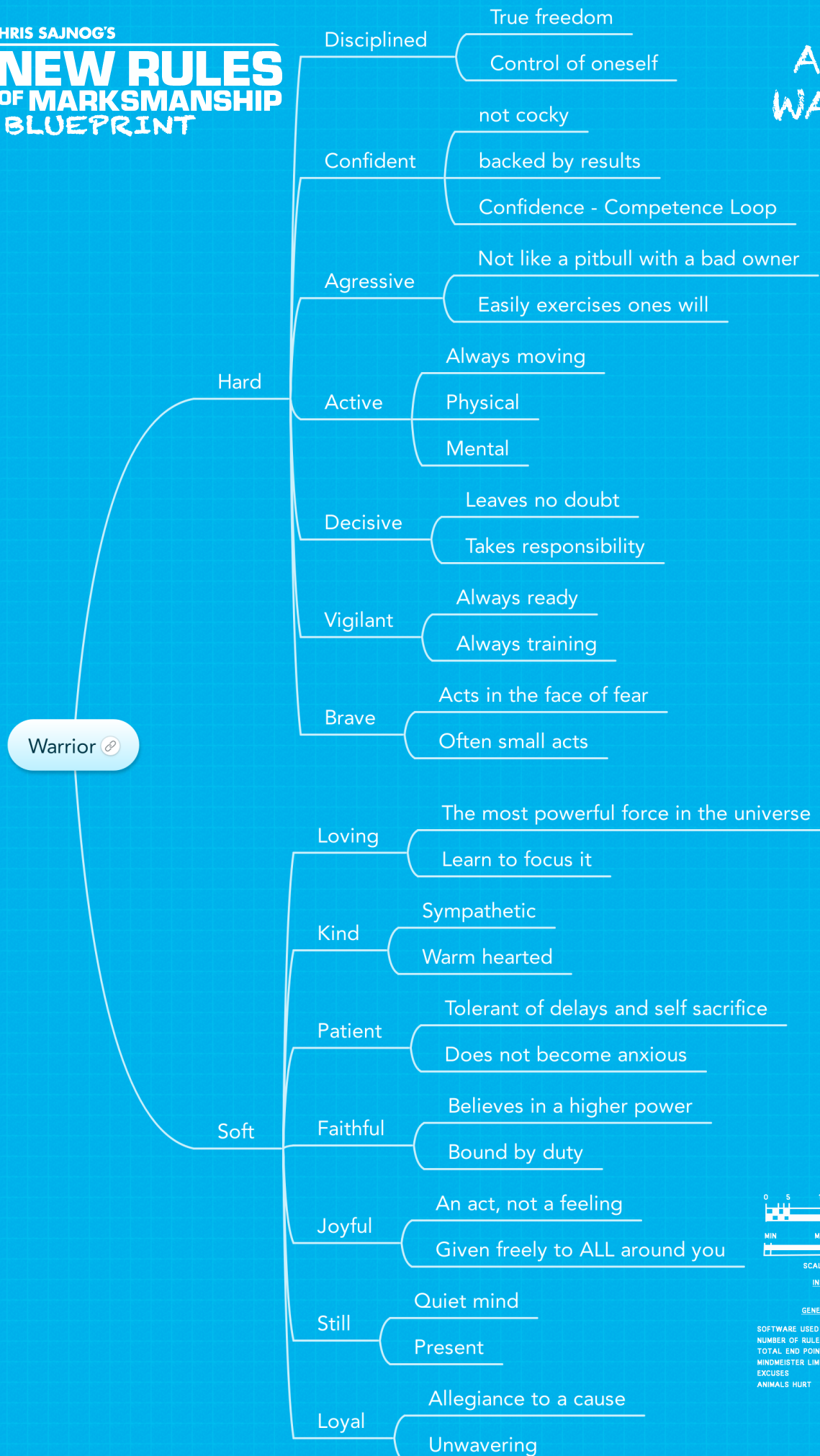
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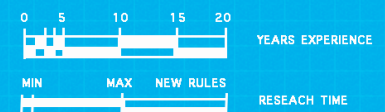
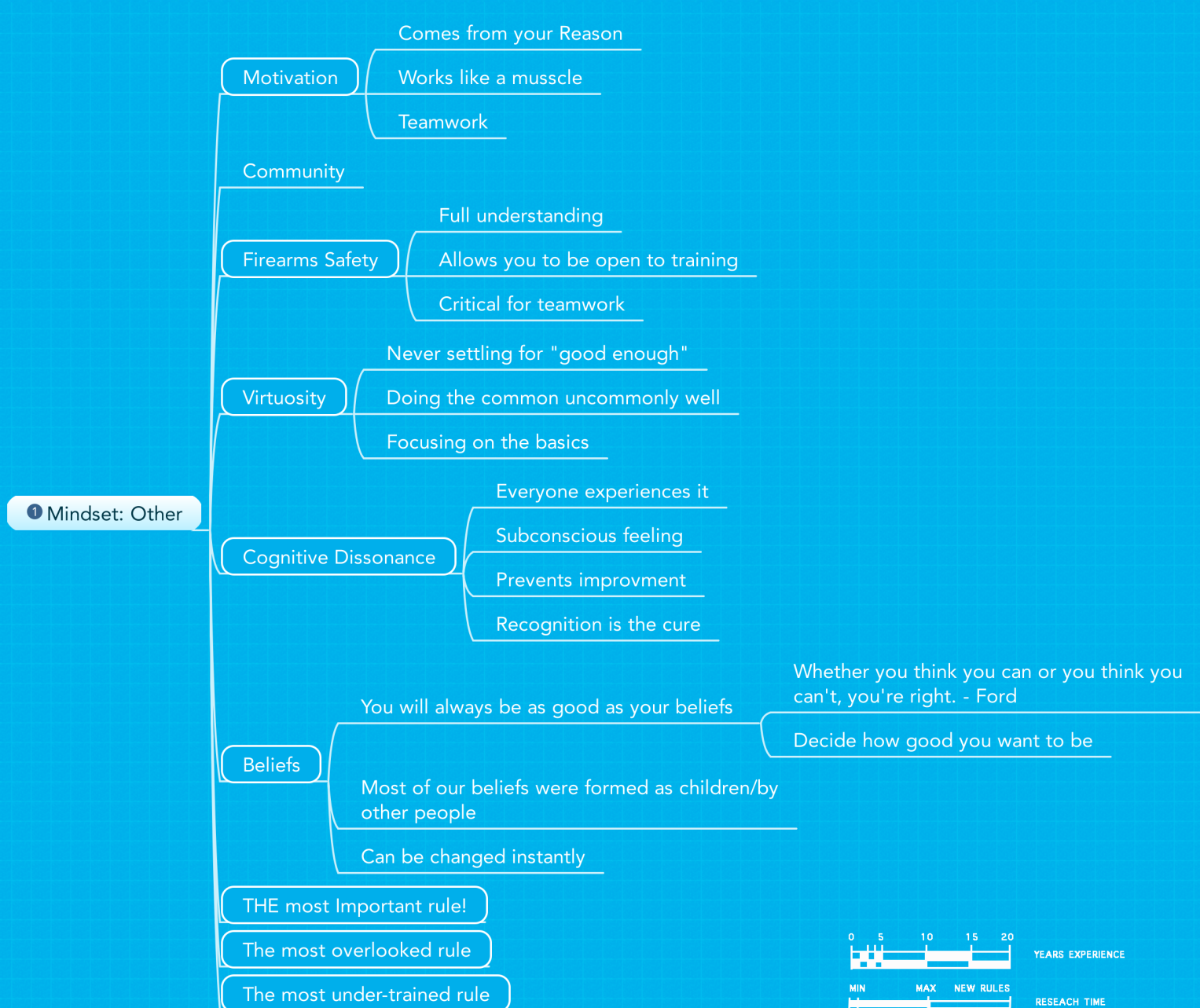
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PLANNING OVERVIEW

Planning

How you train is more important than what you train

Failure to plan is planning to fail
The greats in any skill are remembered for how they trained

Plan your training

- Train Your mind
- Use Physics
- Practice at home with dry weapons training
- Use Deliberate Practice
- Make sure you're getting Constant feedback
- ★ Sound Familiar?

How to Train on a Budget

Once you have goals, what habits MUST you do to reach those goals?

Write them down

These are the steps to success

Where you are

Definition

What do you need to work on?

What equipment do you not have?

What would you need to learn?

Aim small, miss small

How will you know if you're reaching your goals?

Measurable

Use training goals, not END-STATE goals, so you can always be improving

I will train for 5 minutes before work on Monday, Wednesday and Friday, in the garage

If your goal is to "win X event" or win Olympic Gold, you'll often be depressed when you reach it

Understandable

Keep it simple

Would a 6 year old be able to understand?

Specific

What time will you practice?

Where will you practice?

Timed

Not by clock

Put it on the calander

Repetitions

Write them down!

Training notebook

An unwritten goal is a wish

Direction

Once you know your end-point, you'll know if you're headed in the right direction

Will be different for everyone

Even the BEST directions for ME, might be terrible for YOU.

Sometimes you need to start before you know if you're on the right path

Your directions will change as you train

Be ready

Why pre-built training plans fail

Faster adjustments = faster learning

Gather Information

Where you want to go

G.P.S.

Plan Your Course

Must be customized

Everyone is at a different place and needs different training

Everyone has different goals and must chart a different course

Must be done by YOU

You can use a coach for guidance

What you build, you will use

Every time you train — YOUR PLAN CHANGES!

This is why cookie-cutter plans DO NOT WORK

Like the GPS in your car, it's always updating

Paving your path to perfection

Measure twice, cut once

A better plan = Better results

Paralysis by analysis

Don't over think it

Drive!

Do something right now!

Tomorrow never comes

Like the GPS in your car, sometime it needs you to move to correct course

Make a U-Turn

Accident ahead, re-routing

You will have momentum

Get started

One of the biggest stopping points to growth

Fear of the unknown

Spreads to those around you

Cut it out as soon as possible!

Hard to cure

Often the hardest part

An object at rest tends to stay at rest

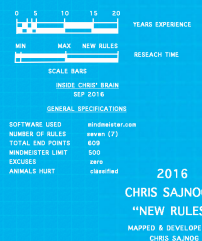
An object in motion tends to stay in motion

A rocket uses 95% of it's fuel just to get off the ground

I totally made up that statistic

You get it though

Understand it will get easier



USING YOUR G.P.S.

G.P.S.

Plan Your Course

- Must be customized
 - Everyone is at a different place and needs different training
 - Everyone has different goals and must chart a different course
- Must be done by YOU
 - You can use a coach for guidance
 - What you build, you will use
- Every time you train — YOUR PLAN CHANGES!
 - This is why cookie-cutter plans DO NOT WORK
 - Like the GPS in your car, it's always updating
- Paving your path to perfection
 - Measure twice, cut once
 - A better plan = Better results

Start Training!

- Paralysis by analysis
- Don't over think it
 - Drive!
 - Do something right now!
 - Tomorrow never comes
- Like the GPS in your car, sometime it needs you to move to correct course
 - Make a U-Turn
 - Accident ahead, re-routing
 - You will have momentum
- Get started
 - One of the biggest stopping points to growth
 - Fear of the unknown
 - Leads to mediocrity
 - Spreads to those around you
 - Cut it out as soon as possible!
 - Hard to cure
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 - An object at rest tends to stay at rest
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 - I totally made up that statistic
 - You get it though
 - Understand it will get easier

Gather Information

Where you are

- Once you have goals, what habits MUST you do to reach those goals?
 - Write them down
 - These are the steps to success
- Definition
 - What do you need to work on?
 - What equipment do you not have?
 - What would you need to learn?
- Aim small, miss small

Where you want to go

Goals

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 - Use training goals, not END-STATE goals, so you can always be improving
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Direction

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- Will be different for everyone
- Even the BEST directions for ME, might be terrible for YOU.
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- Your directions will change as you train
 - Be ready
 - Why pre-built training plans fail
 - Faster adjustments = faster learning

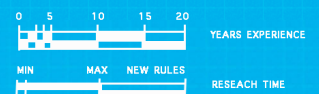
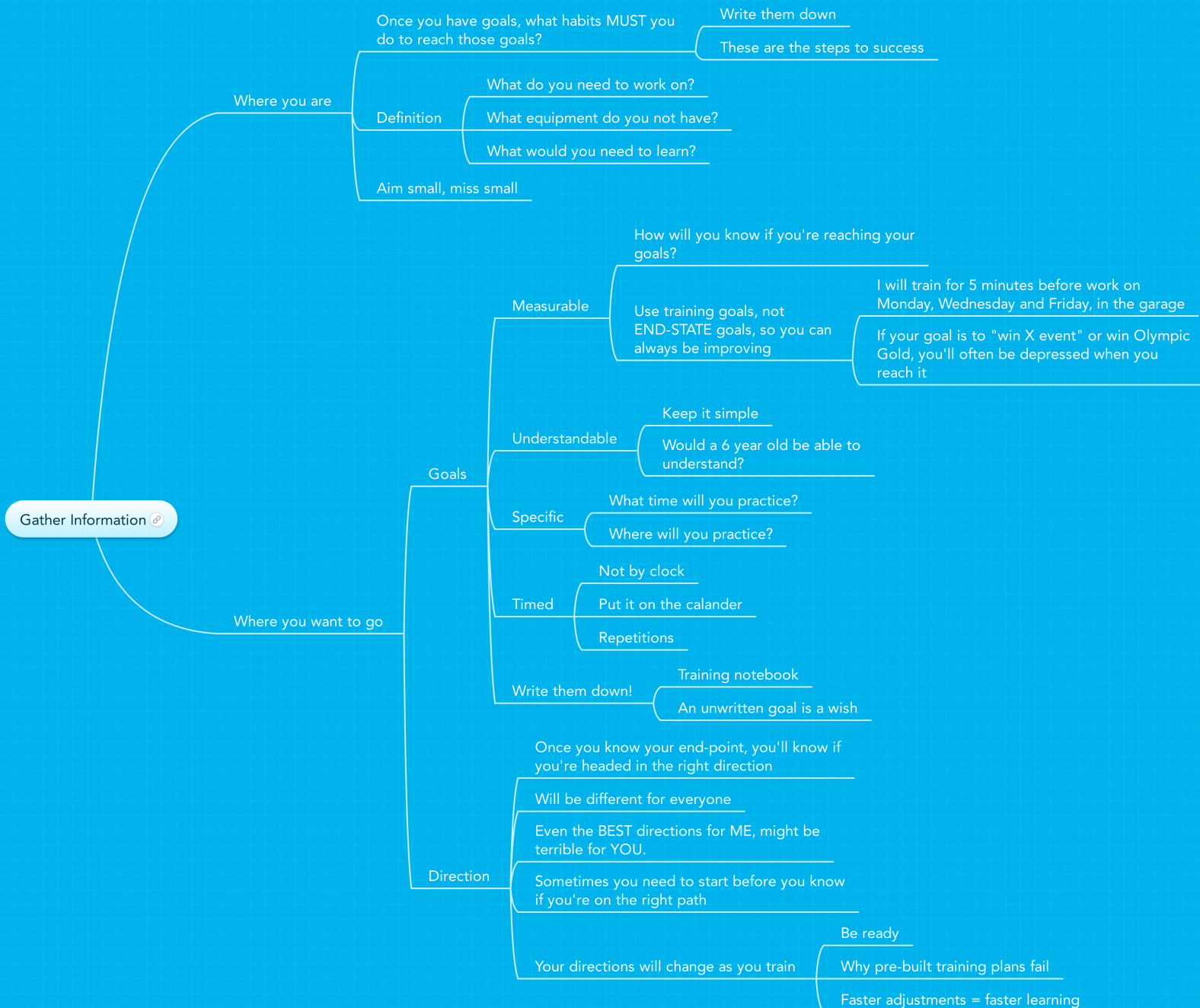


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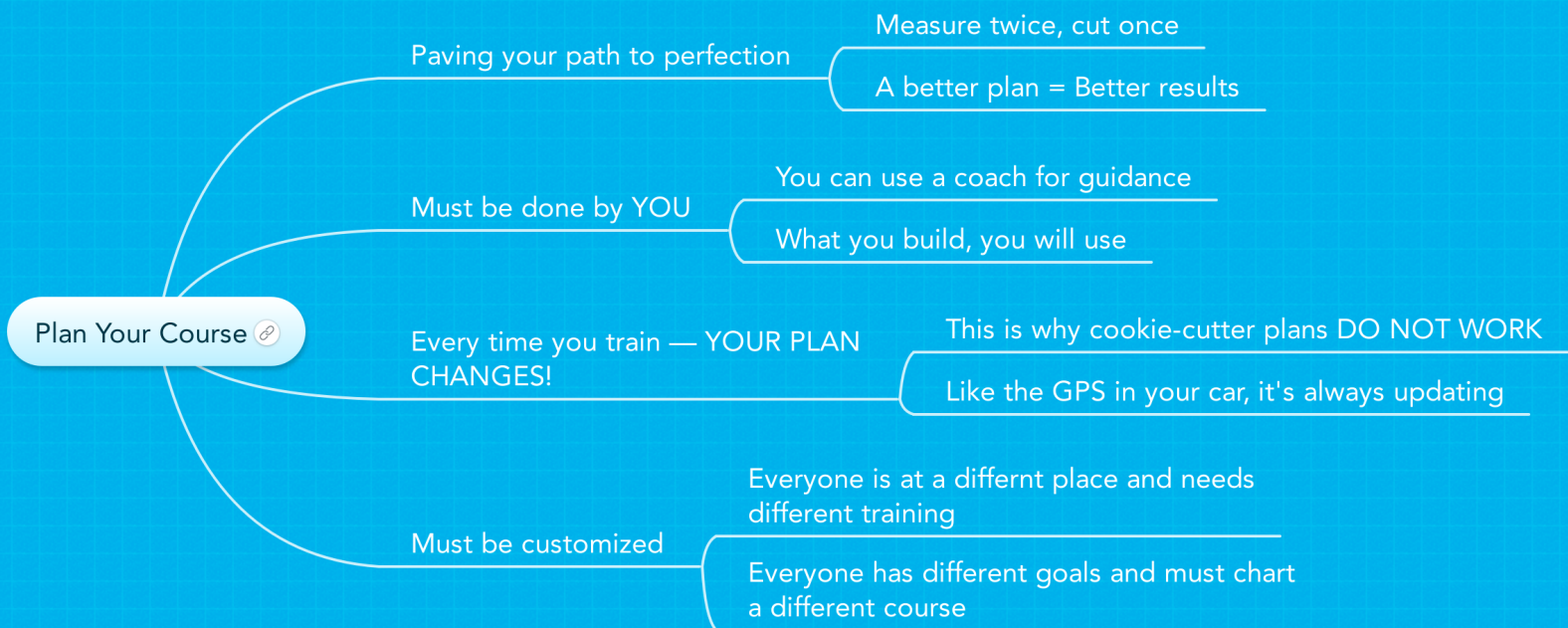
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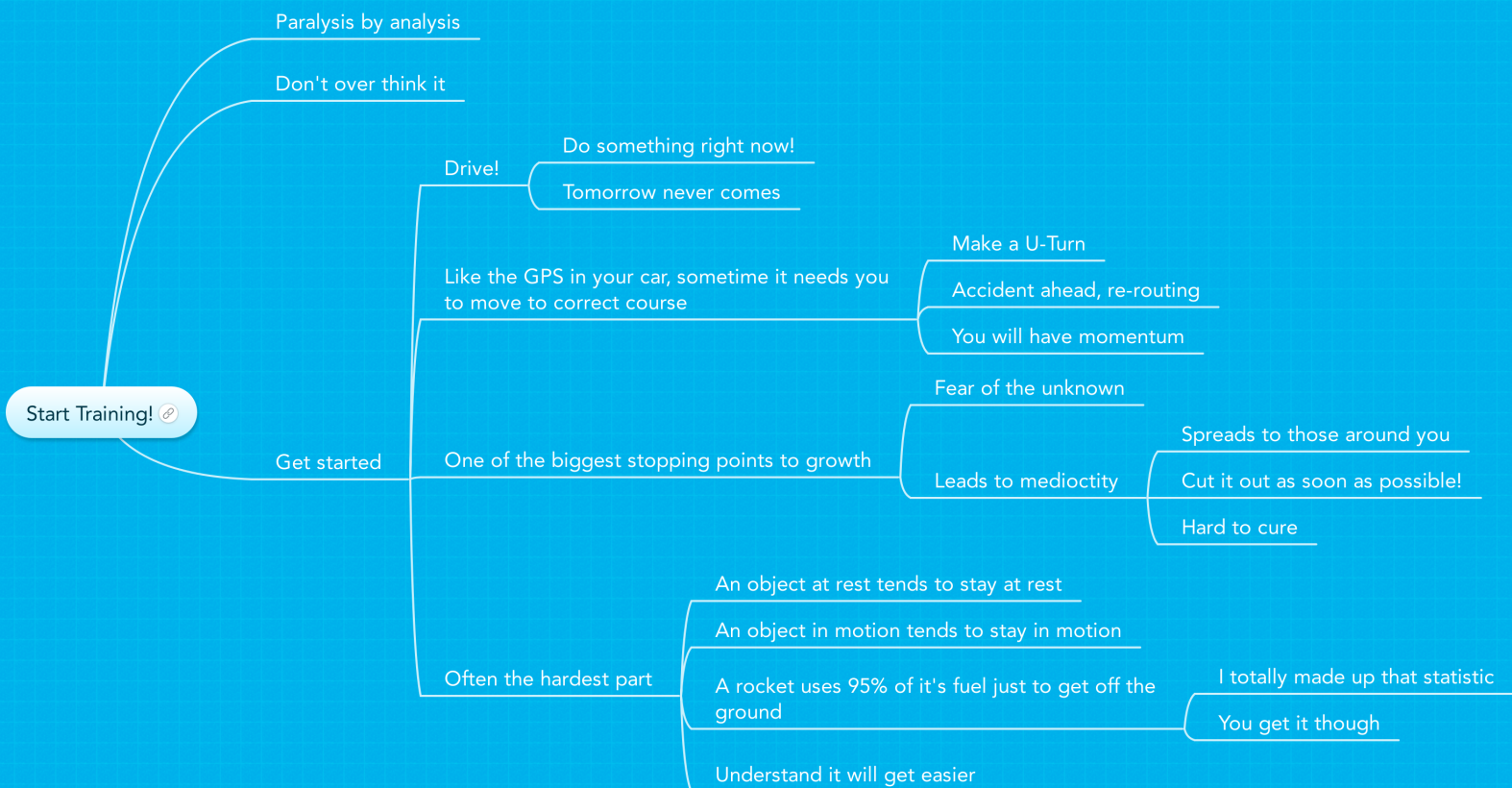
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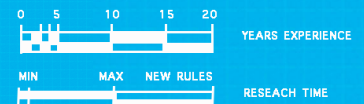
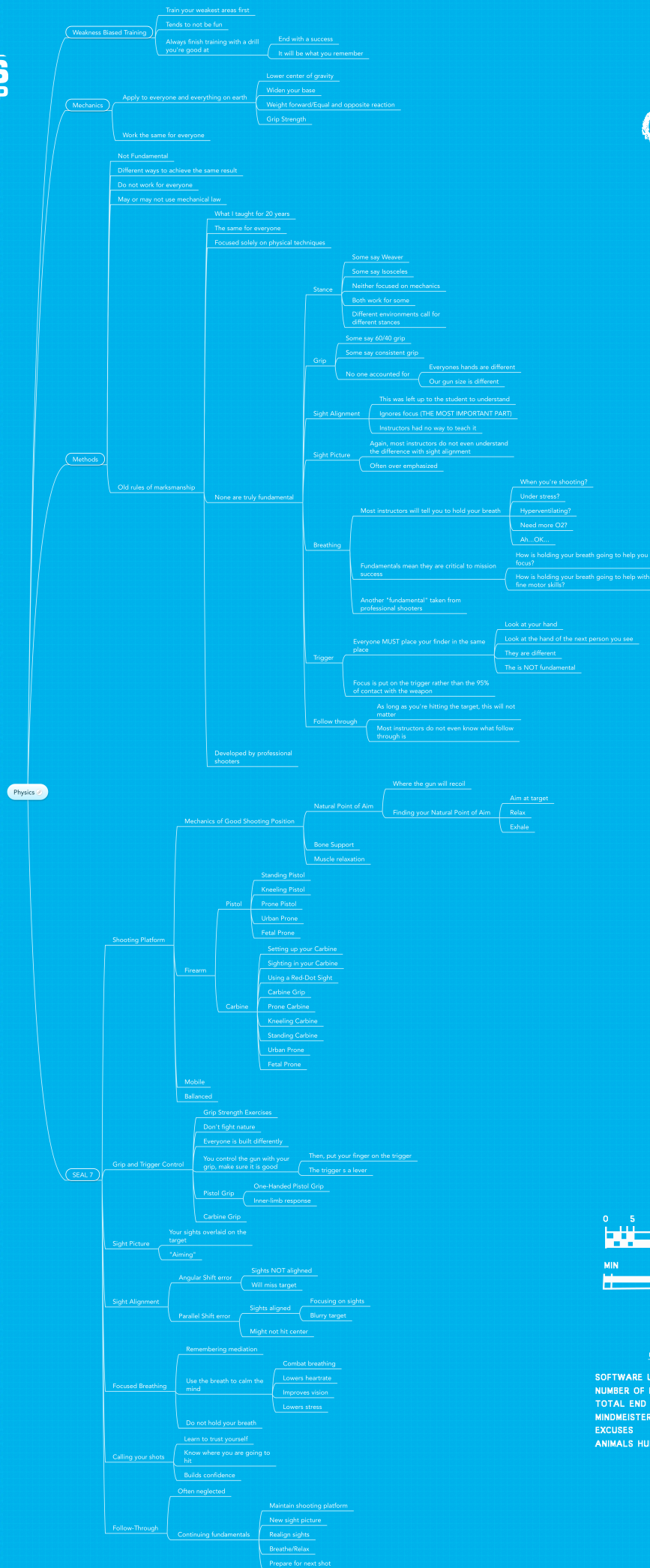
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PHYSICS OVERVIEW



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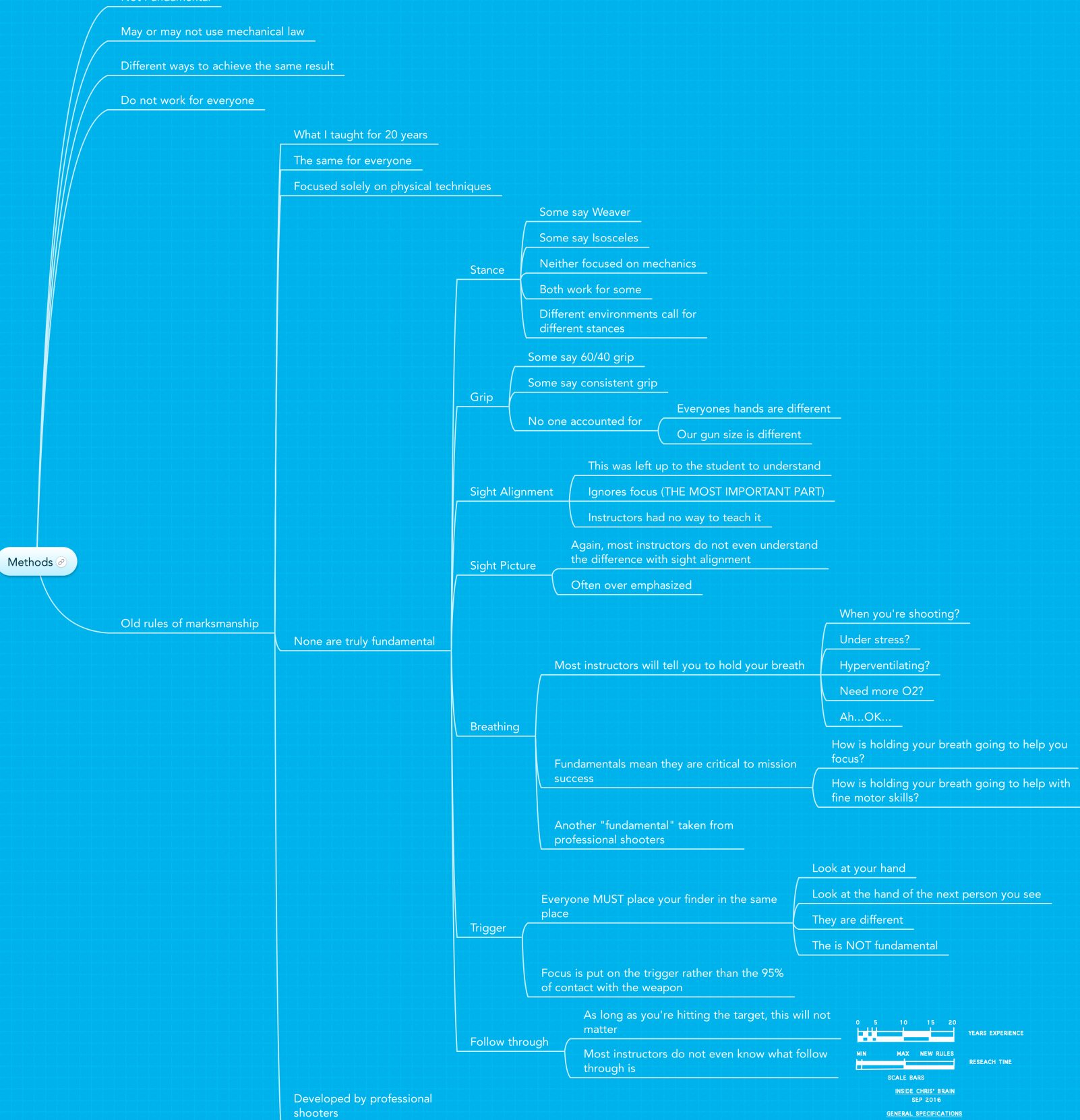
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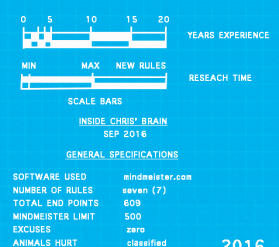
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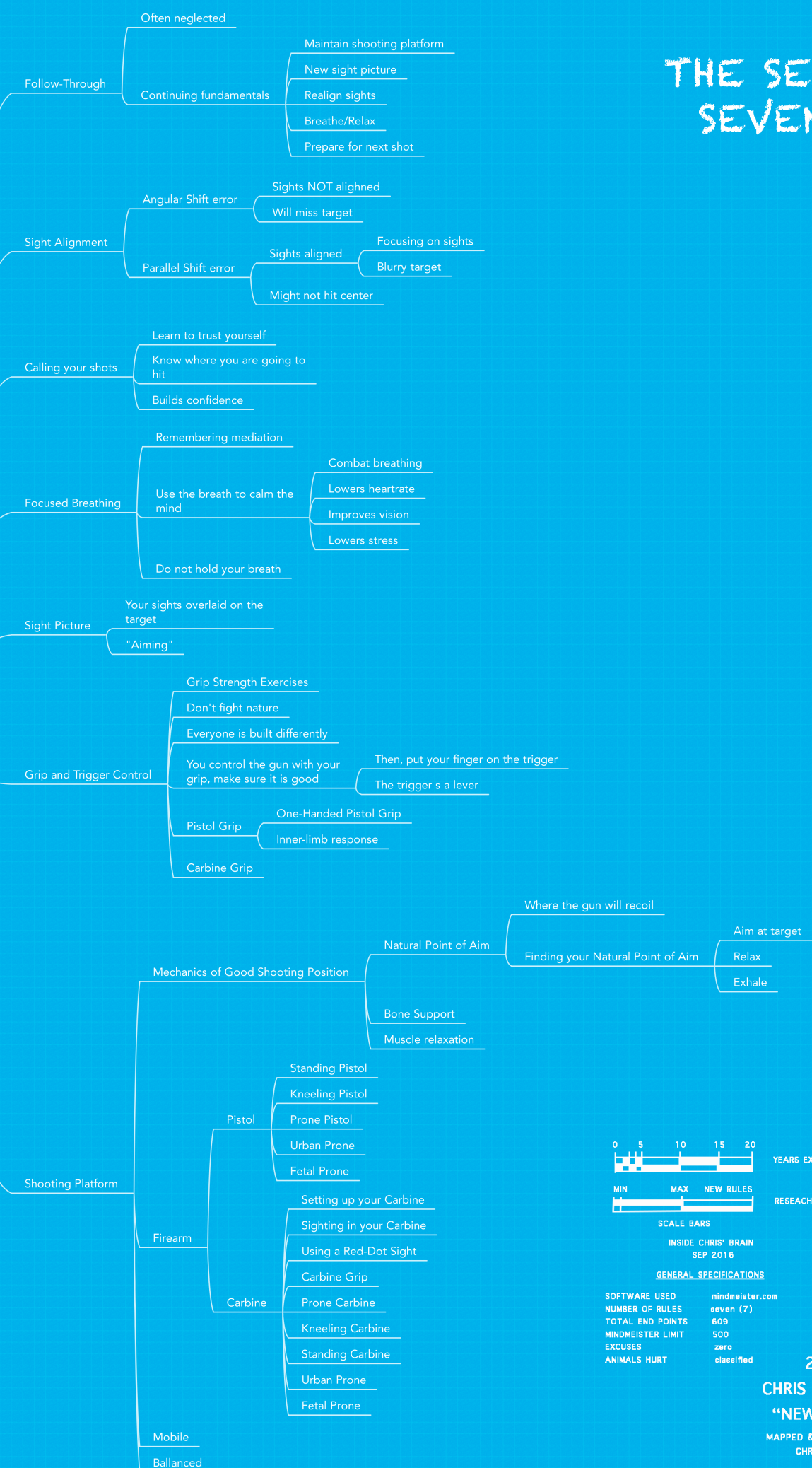


Developed by professional shooters



THE SEAL SEVEN

SEAL 7



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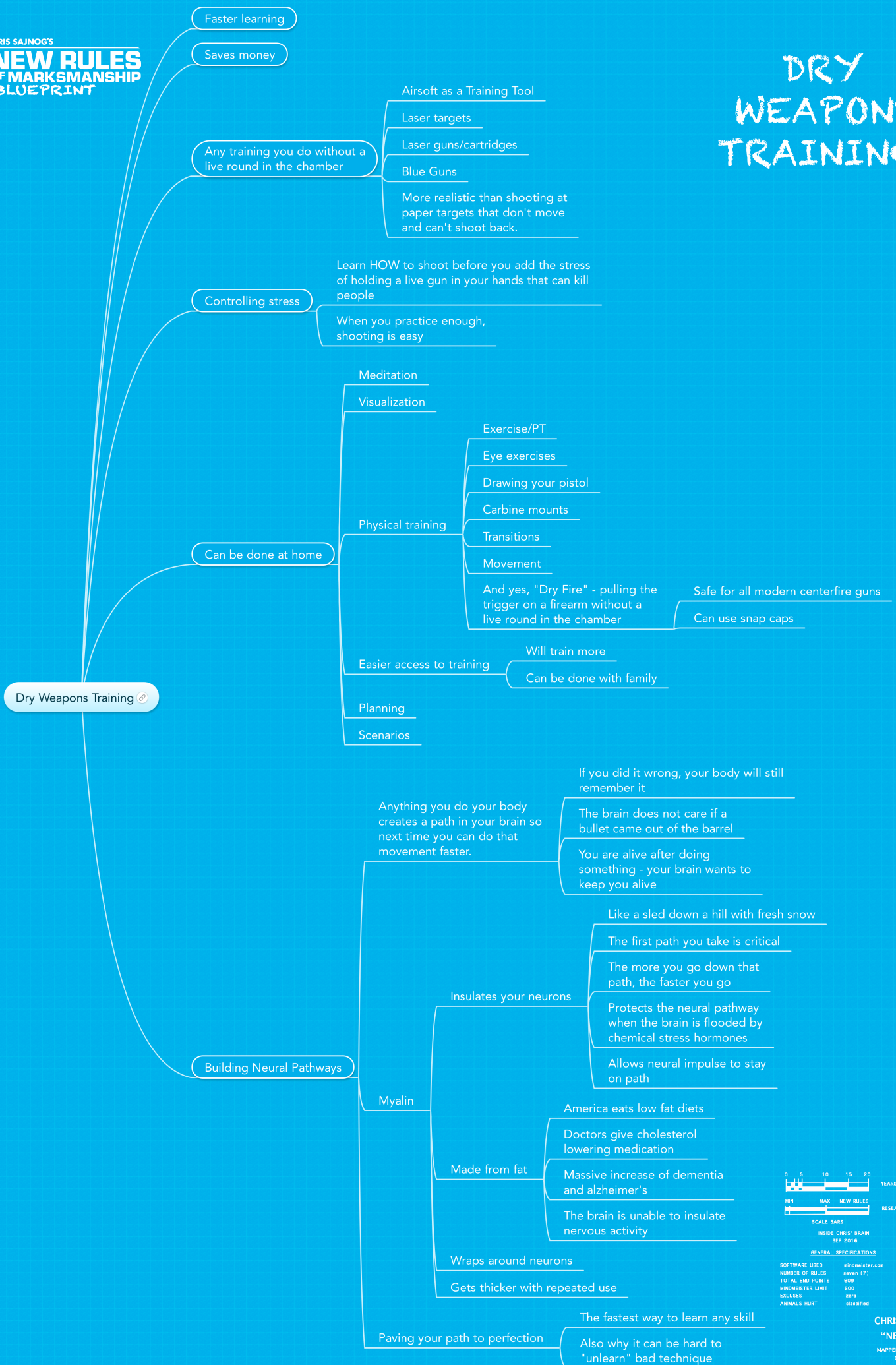
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DRY WEAPONS TRAINING



SCALE BAR

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Building Neural Pathways

Anything you do your body creates a path in your brain so next time you can do that movement faster.

If you did it wrong, your body will still remember it

The brain does not care if a bullet came out of the barrel

You are alive after doing something - your brain wants to keep you alive

Paving your path to perfection

The fastest way to learn any skill

Also why it can be hard to "unlearn" bad technique

Myelin

Insulates your neurons

Like a sled down a hill with fresh snow

The first path you take is critical

The more you go down that path, the faster you go

Protects the neural pathway when the brain is flooded by chemical stress hormones

Allows neural impulse to stay on path

Made from fat

America eats low fat diets

Doctors give cholesterol lowering medication

Massive increase of dementia and alzheimer's

The brain is unable to insulate nervous activity

Wraps around neurons

Gets thicker with repeated use

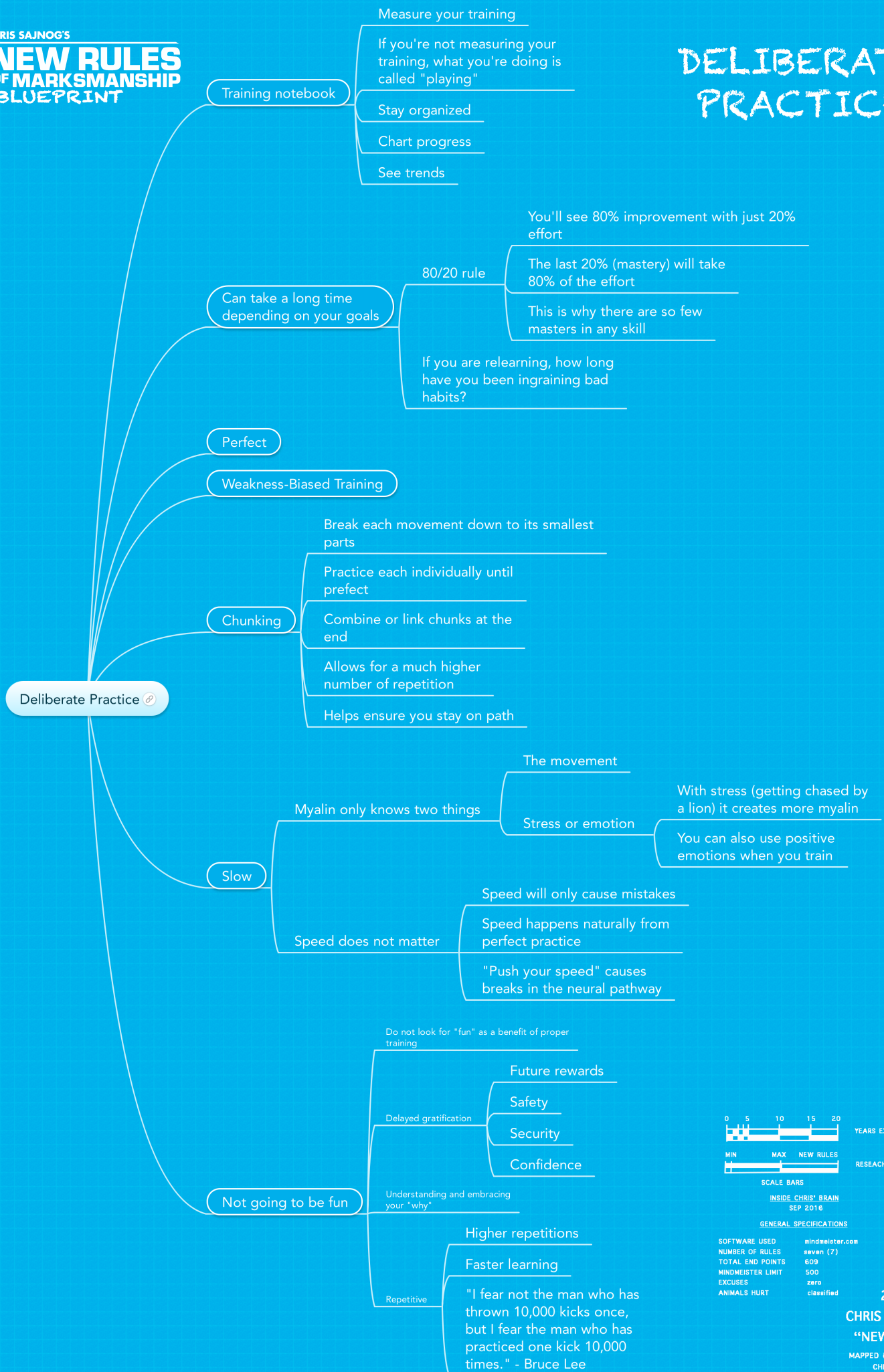


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DELIBERATE PRACTICE



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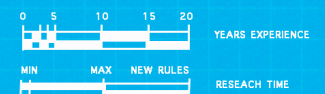
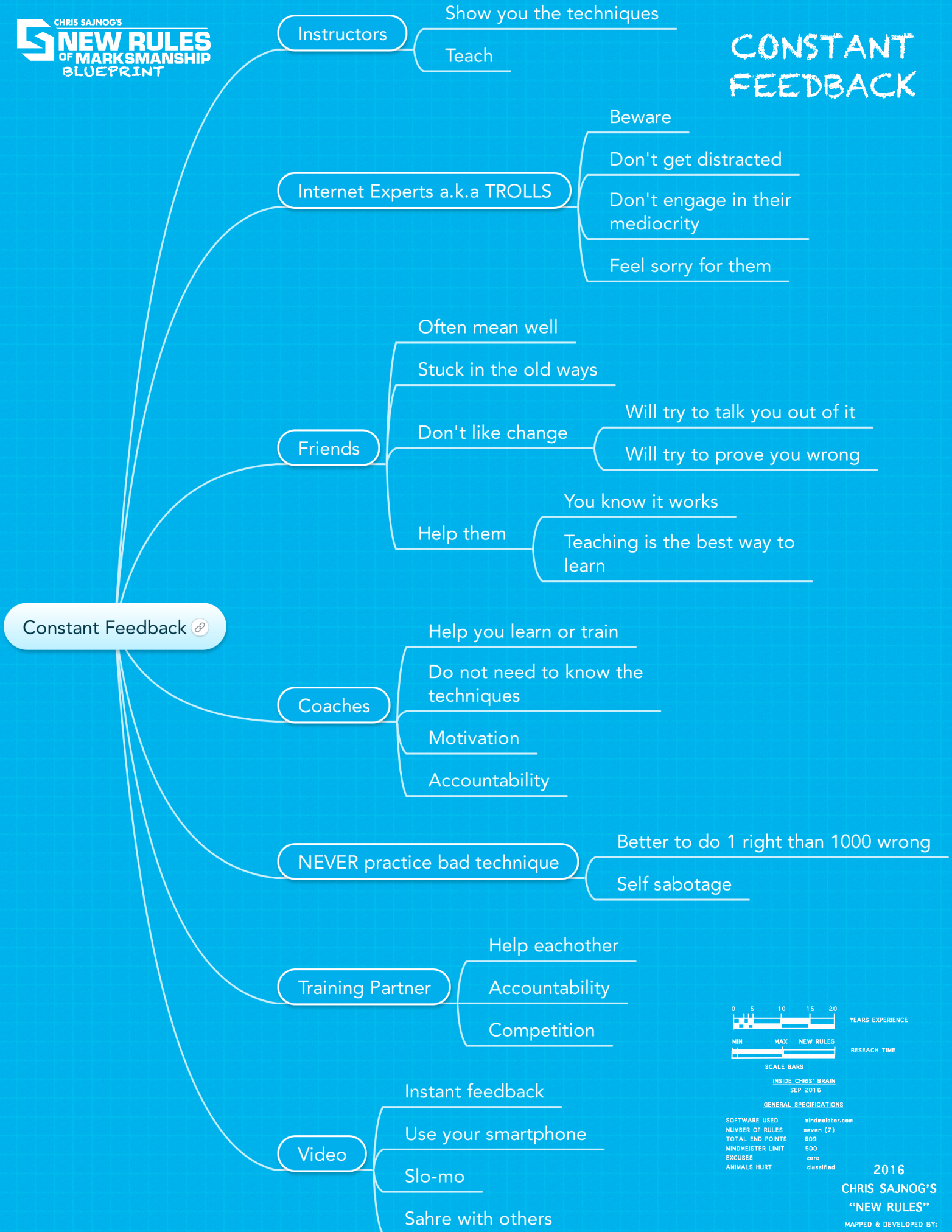
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OK, there you have it - My *New Rules Blueprint*...

That's the million dollar plan – the formula used by thousands of my private clients, athletes, coaches, business owners, and so many more...

I truly hope that this Blueprint (and all the free training videos I've given you) have opened your eyes to a whole new way of thinking about your firearms shooting and your approach to life.

Because once you start to put these strategies and tactics into action... well, life will never be the same again. Literally.

It's the end of doing what so many others unwittingly engage in and what I call "hoping to get better" – you're no longer at the mercy of chance and the occasional YouTube video. You now have a blueprint.

It's like in those Matrix movies... **you can either choose the Red Pill or the Blue Pill.** If you want to stick with your OLD WAY of doing things... then take the Blue Pill and go back to sleep... your old way of training and nothing will have changed.

But if you're ready to take control of training, your shooting, and your life... **if you're ready for the Red Pill — then your path is clear – and it's *The New Rules of Marksmanship*.**

It's time to take control...YOU are now in the driver's seat.

You can just tap into exactly what your mind needs, to perform the techniques you want to achieve. **You can create not just a tight grouping at the center of your target, but you can generate momentum, and whenever you decide it's time to pull the trigger and catapult your life toward some worthy goal, these principles will be there to guide you.**

I've already given you a TON of training materials — in this Blueprint and all the training videos I've given you. I know some people will take my challenge to “**take the Red Pill**” and they'll get started right away — just by using all the free training materials I've given you.

That's awesome — and they won't be the first to have success using my free training materials alone.

But if you want to take the next step... **if you REALLY want to step up and banish “hoping to get better” forever...** well, in a few days I'm going to open up my complete *New Rules of Marksmanship Online* Training Program.

This type of training has never been done before, and I'm expecting this to fill up fast but, if you act quickly once we open up, you should be able to get in.

Here's what you need to do - watch your email over the next few days, and I'll have lots more details on the upcoming class and the registration process.

In the meantime, you can go back and check out all the training videos and add your comments at this link:

www.newrulesofmarksmanship.com

I Want You to Join My Team!

I'm on a mission. Yes, I know I'm retired, so no more taking out terrorists for me. Now, my mission is changing the way people, like you, learn elite-level skills.

Well, that's not right either...

The way we reach the top in any skilled endeavor is the same, my mission — is showing you the path.

*I've spent my life training the world's most elite warriors, the **US Navy SEALs**. One day I came home from a long deployment and realized my two boys needed me more than the SEAL Teams. After 20 years serving my country, **it was time to grow up** — and become a father.*

*I've taken my experience as **a Master Training Specialist** (and writing the US Navy SEAL Sniper Manual) and authored two bestselling books: **How to Shoot Like a Navy SEAL** and **Navy SEAL Shooting**, based on the New Rules of Marksmanship.*

*I developed the New Rules of Marksmanship after studying **neuroscience** and how the brain works to learn the art of using a firearm. I've been lucky to have helped so many people learn a skill that was taught incorrectly for the past 50-years — even by me.*

*Now, **I want to help you**. Maybe you don't need to hit a target at 1000 yards, but the fundamentals for learning any skill are the same — **Are you ready?***

HOOYAH!

Chris Sajnog

Retired Navy SEAL

Author Speaker Trainer

www.newrulesofmarksmanship.com

