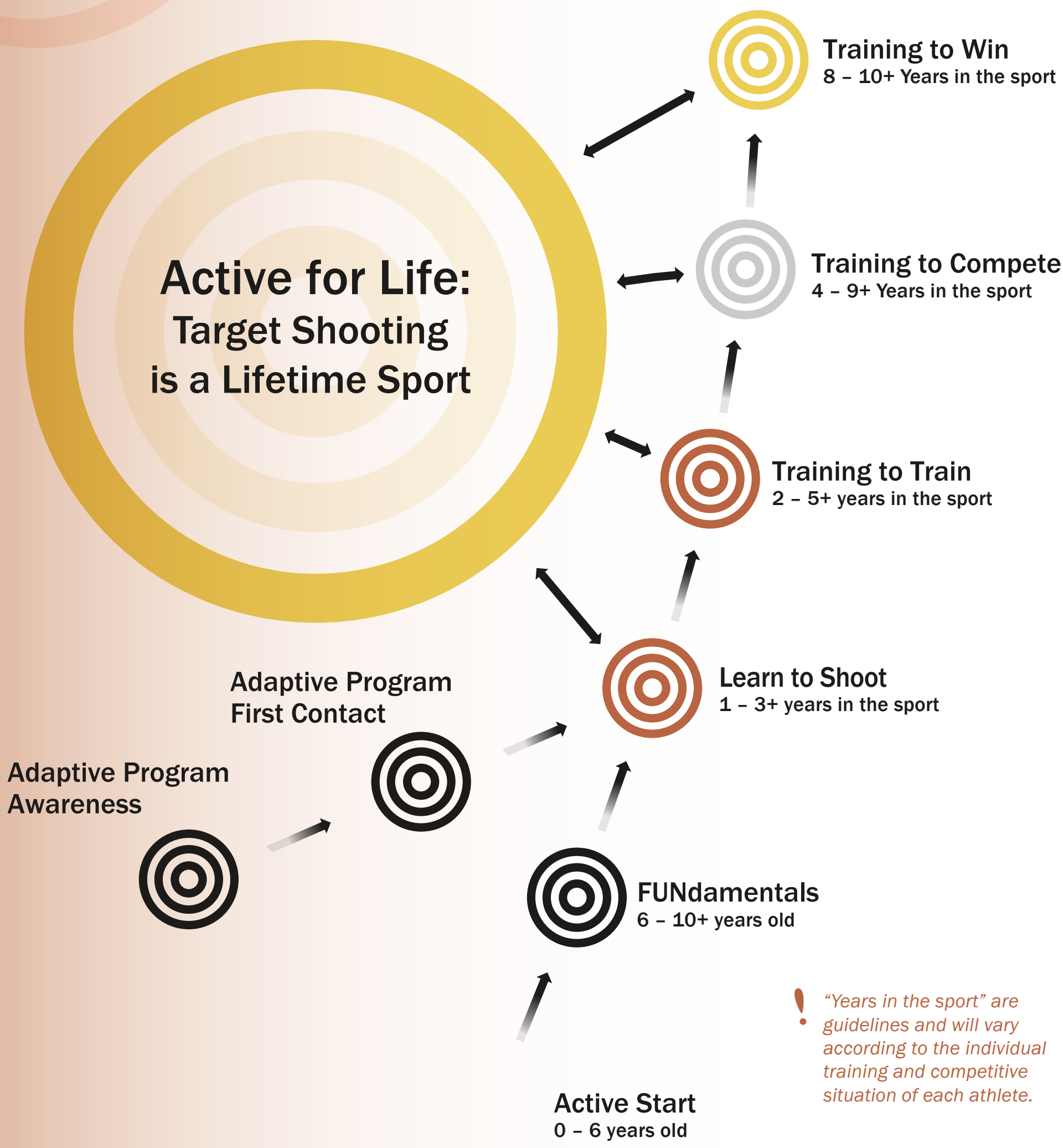
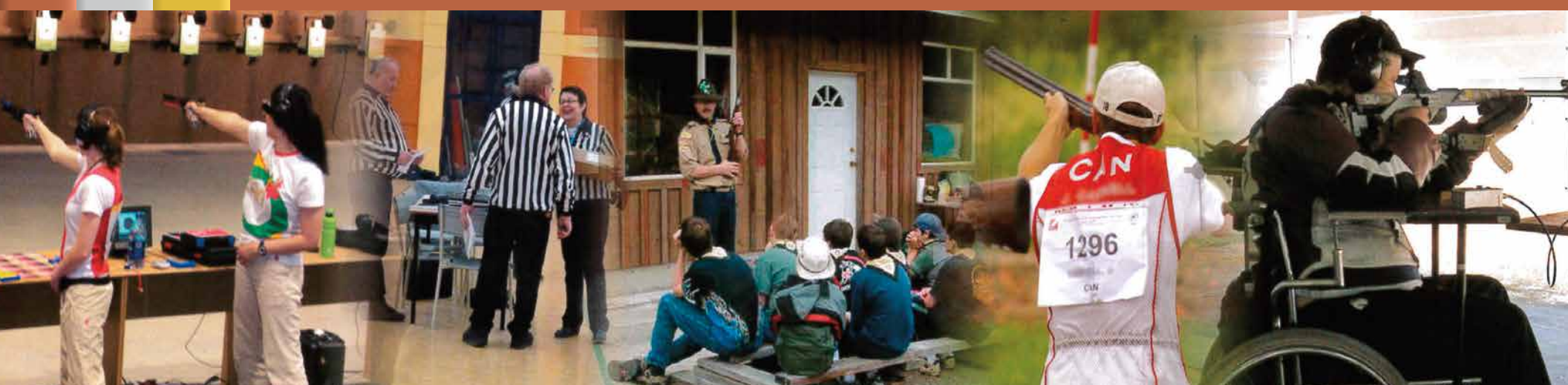
The Stages of Long Term Development for Target Shooting



! *"Years in the sport" are guidelines and will vary according to the individual training and competitive situation of each athlete.*