• Know your slug zero before you get to the match. That sounds simple, but an amazing number of people show up for Three-Gun competition having no idea where their shotgun prints slugs at distance – or they’ve never even fired slugs before. Not exactly a confidence builder for your mental game.

• Know how your equipment works, and be able to execute everything you might need to do during a match. If all your training has been loading off the belt, and suddenly you have to load off an arm carrier, you’re not going to do it very well.

The best part of Volume 8 for me was at the end of Disk 2 where Matt and John get into a long discussion of the mental game. That’s not to downgrade the rest of the content; the other stuff is really good. The mental game discussion, however, is excellent. This is another area where it works really well to have John Paul as Matt’s student. When the conversation moves into the mental game, John has many fine observations of his own. It’s great to be a fly on the wall while these two very experienced shooters bounce their thoughts off each other.

This DVD departs from other series entries in that it has much more footage of Matt Burkett shooting. Previous volumes had a lot of Matt teaching, the student shooting. I think Matt finally figured out that people buy DVDs like this, not only for the instructional value, but also to have the instructor blow their minds with his skill level. That happens on this DVD with Matt executing Bill Drills (six fast shots) out of a Benelli loaded with full-power slugs. None of that wimpy reduced-recoil stuff for Matt! Not only is this fun to watch, it shows vividly that the techniques he recommends actually work. Even on slo-mo, under rapid fire hammering from rounds generating recoil in line with a .375 Holland & Holland Magnum rifle, shell casings spitting out of the gun so fast they practically touch each other, Matt’s body barely moves.

“Practical Shooting, Volume 8: Shotgun Mastery” contains 275 minutes of information. This stuff took Matt Burkett, John Paul and Mark Buchanan cumulative decades to figure out. But they give it to you, all at once. Great laborsaving tool, that.