RIFLE AND/OR PISTOL PROBLEM SOLVING TARGET: VERSION 1

GREEN

BLUE

1

2

YELLOW

RED

1

4

These targets are to be used for a variation of the "Stroop test" created by John Ridley Stroop. Stroop had a different purpose in mind, but we use the same effect to test your cognitive processing. One cognitive system used involves our knowledge of language and our ability to read words. The other system involves our ability to identify colors. To use this for drills, we simply give the shooter the command of "READ" or "SEE" and then we state one of the colors shown. If they hear "READ" GREEN, the shooter looks for the WORD green and engages the black circle with the logo with

however many rounds given or instructed to engage with for the drill. If the shooter is told to "SEE" GREEN they will look for the word that is colored green and engage. The numbers can be used as the number of rounds for each target if you like. To add complexity, you can give the shooter 2 or 3 prep commands like "READ, SEE, READ" GREEN, GREEN, YELLOW and see if they can keep up. In our experience, 3 commands and colors given is when many people begin to fail or slow down significantly in their processing. Try it out and have some fun.