

# TRAINING LOG TEMPLATE

## KEEPING A TRAINING LOG BOOK

I took my first formal defensive training course over thirty years ago. It was a series of basic karate courses that were part of an activity program that our town offered during the summer school break. It wasn't much to speak of and I barely remember the details. That was probably the first place I learned to tie a proper knot in a gi belt and not much else came from it.

Since that summer, I've been through hundreds of blocks of instruction—in the military, law enforcement and the private sector. The topics have spanned from knife fighting to eavesdropping countermeasures to medical responses with a lot of stops and rounds downrange in between. I can honestly report that there has always been something that made every course stand out as worthwhile, some being more valuable than others. Whether it was the information, the range time, the exercises, a new friend or business contact, seeing a new piece of equipment or learning something about myself or a teammate/partner, something good has always come from the training experience.

Many years ago, some members of the Swiss military enrolled in my Combat Focus® Shooting course and asked me to sign their training log books at the end of the final day. The small hardcover book had page after page of courses logged in it. It reminded me a little of my old pilot logbook from the never completed flying lessons I took during high school. Every single training endeavor of their military careers was documented in those books, from a single hour spent learning how to properly use a gas mask to a four-week mountaineering course. How valuable was that? How many important lessons could they be reminded of just by flipping through the pages? How many important contacts existed on those pages as potential resources to help with problems or answer questions on the myriad of topics that they had been trained in over the years? I was jealous.

Later that week, I started a log book of my own to document courses that I was teaching. I now have two books that I use for this purpose, one for the United States and one for Europe. I have students sign in and add comments. Often, I print class pictures and paste them in the book as well. These simple journals filled with blank pages, the kind available at any bookstore, served the basic purpose well. As I've had students sign my books, many of them have mentioned what a good idea it was and implied that they would start their own. I owe credit to my students over the years for a large percentage of information I include in my courses. Discussions with students, their inquiries, their experiences and their equipment have dictated much of the direction and development in the programs my staff instructors and I teach. My journals now include notes relevant to important discussions with students and adaptations to accommodate their equipment or context.

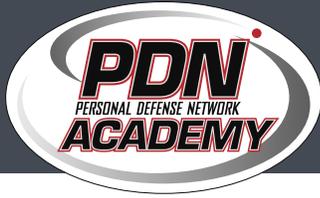
**Use the page that follows as a template to create your own Training Log Book. You have my permission to copy it for your own personal use as many times as your training activities require!**

As part of your preparation for personal defense in a worst-case scenario, I strongly encourage you to keep a log of your experiences. The most important piece of advice that I can give you when it comes to training is to simply go out and do it. Take advantage of any opportunity to learn from your instructors, peers or students... and keep a record of it so that you can reference those lessons easily in the future!

Train well and train often.

*Rob Pincus*

Rob Pincus



# TRAINING LOG

<b>DATE:</b>		<b>COURSE/EVENT:</b>	
<b>INSTRUCTOR:</b>		<b>COMPANY/AGENCY:</b>	
<b>INSTR. CONTACT:</b>		<b>TOTAL HOURS:</b>	
<b>LOCATION/HOST:</b>		<b>CERTIFICATE: YES / NO</b>	
		<b>FEE:</b>	
<b>TOPICS:</b>		<b>HOURS:</b>	
<b>CLASSMATES &amp; CONTACT INFO:</b>			
<b>EQUIPMENT USED/PURCHASED:</b>		<b>INSTRUCTOR COMMENTS &amp; SIGNATURE:</b>	