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95 + 96	AR: Stock
97 + 98	AR: Set-up
99 + 100	AR: Measurements and Limits
101+ 102	AR: Settings Tables I-II
103+ 104	AR: Settings Tables III-IV
105+ 106	AR: Choice criteria
107+ 108	AR: Ammunition and Test
109+ 110	Aiming Path-Analyses
111+ 112	Five Basic Skills
113+ 114	The Path to the Target
115+ 116	Placement
117+ 118	Holding
119+ 120	Reaction
121+ 122	Lock time
123+ 124	Evenness
125+ 126	Boschmann's String
127+ 128	Exercises: Feet and Body-sway
129+ 130	Hips and Alignment to the Target
131+ 132	Left Arm and left Hand
133+ 134	Right Arm and right Hand
135+ 136	Cheekpiece and Head
137+ 138	Trigger Release and Variations
139+ 140	Rearsight and Sight Correction
141+ 142	The Psychology of the Shot
143+ 144	Psychoregulation
145+ 146	Mental Training
147+ 148	Attitude
149+ 150	Tactics: Preparation
151+ 152	Tactics: the Firing Line pre-start
153+ 154	Tactics: Pauses and Coaching
155+ 156	Digression: the League
157+ 158	Training Principles
159+ 160	Managing Performance
161+ 162	Year Plan
163+ 164	Month Plan
165+ 166	Training Unit
167+ 168	Daily Record
169+ 170	Result Record
171 - 188	Record Forms
189+ 190	Capturing Performance
191+ 192	Performance-Diagram
193+ 194	Coach: Job +Role
195+ 196	Coaching Individuals
197 - 200	<b>Claudia Kulla:</b> Team Coaching
201+ 202	<b>Uwe Linn:</b> League-Coaching
203 -	Adverts-Recommendations
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