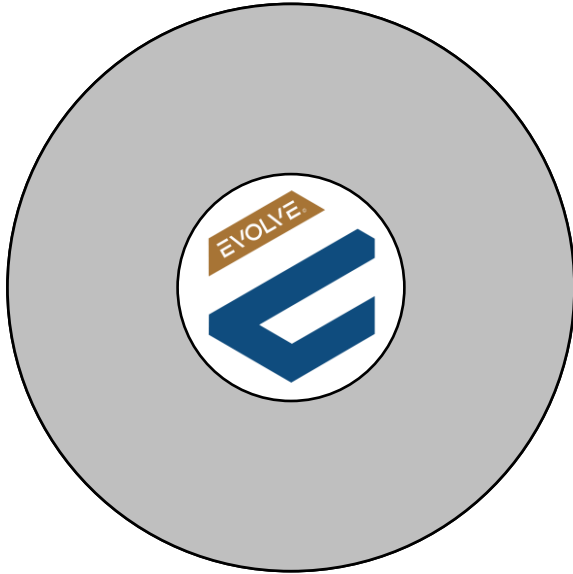
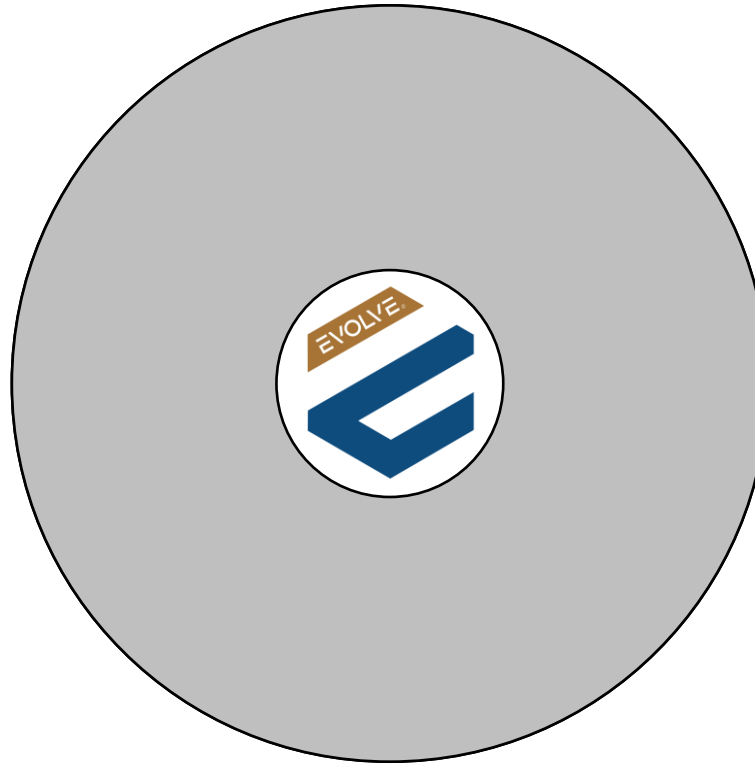


KNOW YOUR LIMITS!

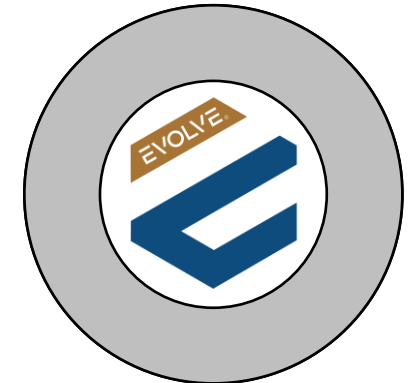
5 pts








3 pts



10 pts



	PISTOL
	X1
	15
	3x1min
	10m

Basic Guidelines:

- Made for pistol with RDS
- Recommended distance = 10m
- 3 sessions of 5 shots
- Choose the circle you want to hit and find out what your limits are
- All hits need to be within in the grey zone
- Max 150 pts
- Each session 1 min (overtime = -20pts)
- Evaluation after each session
- Starting position = Low ready
- -20pts for each miss

