

PISTOL FUNDAMENTALS TARGET



Area Procedures 25m area

1. Slow FDS with Iron Sight to get on paper
2. Slow support and check Iron Sight focus on target
3. Fire 5 rounds @ 10m @ 10m target (adjust if necessary)
4. Fire 5 rounds @ 15m @ 10m target (adjust if necessary)
5. Fire 5 rounds @ 20m @ 25m Area (adjust if necessary)
6. Repeat from @ 25m

Next FDS are / click = 1 MUA adjustment

- @ 10m / click = 10mm
- @ 15m / click = 15mm
- @ 20m / click = 20mm
- @ 25m / click = 25mm

3cm grid

25m

10m

15m

A

B

C

EVOLVE TRAINING GROUP

More Targets

PISTOL FUNDAMENTALS TARGET

V1.0

PISTOL FUNDAMENTALS TARGET



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DISCLAIMER

The use of firearms can be dangerous. By reading and using this material as a training guide, you agree that you assume any and all risks involved and release Evolve Training Group from any liability whatsoever.

SAFETY

1. Always assume that every gun is loaded
2. Always keep the gun pointed in a safe direction. Never point a gun at another person or at anything you would not want to shoot.
3. Always keep your finger off the trigger until you are ready to shoot.
4. Be aware of your target and its surroundings.
5. Be aware of and follow the specific range safety rules.

CONSIDIRATIONS

Thank you for downloading this document and using our Pistol Fundamentals Target in order to become more proficient with your firearm.

Our intention is to maintain a dynamic document and improve it with regular updates like new drills amongst other things.

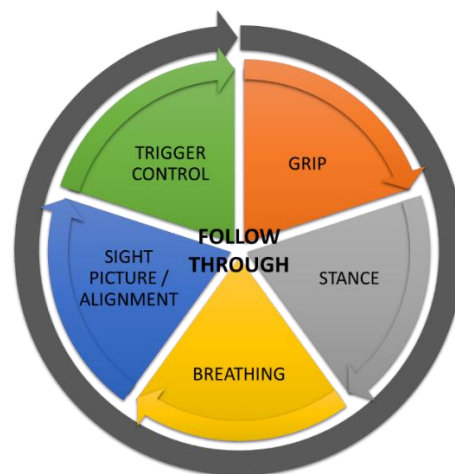
If you have any questions, remarks, suggestions, ... please send us an email at "info@evolve-tg.be" and we will get back to you ASAP.

If you are using the pistol fundamentals target with your own drills, feel free to share them with us so we can update this document and help improve the shooting community.

EVOLVE TRAINING GROUP
WWW.EVOLVE-TG.BE

A. PISTOL FUNDAMENTALS TRAINING

Whether it's for your job, competition, or plain fun, shooting well takes more than just knowledge of guns. It takes a solid understanding of the fundamentals of marksmanship. The following fundamentals are proven, simple to understand, and successful for students. Each fundamental listed is important but it all starts with gripping the pistol.



Besides the fundamentals listed above, an important aspect is applying “FOLLOW THROUGH”. Follow through is the subconscious attempt to keep everything just as it was at the time the shot broke. In other words, you are continuing to fire the shot even after it is gone. This means that you need to maintain the fundamentals for 1 to 1,5 second(s) after your last round.

The following training session A will provide you with a full workout of your fundamentals starting with single rounds up to firing pairs.

In order to fully train all of the fundamentals, each sub session will isolate just one of them, so you are able to really focus on that specific fundamental.

If you are already proficient with these fundamentals, start training with your weak/reactive hand. There is always something to train!

If you are not acquainted with certain terminology, manipulations, procedures, ... get the proper knowledge and skills from a professional trainer before continuing your training.

Be safe, train, learn and have fun.

PISTOL FUNDAMENTALS TARGET



PISTOL



X0



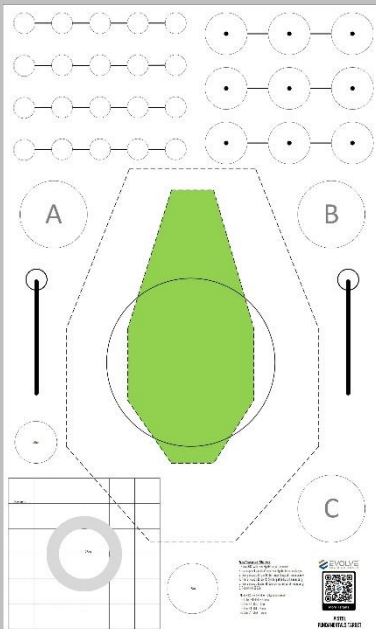
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3m



A.1 WARM UP

CONDUCT THIS TRAINING SESSION WITHOUT AMMO!

DRY FIRE TRIGGER PRESS

From a low ready (both hands), bring pistol up, take aim at the target, take up slack and press the trigger without moving the pistol. Rearm the pistol.

5 reps.

DRY FIRE TRIGGER RESET

To perform this training, you need to have a buddy who is positioned on the weak side of the shooter.

From a low ready (both hands), bring pistol up, take aim at the target, press the trigger without moving the pistol and keep trigger finger to the rear. Your buddy stands on your weak side and rearms the pistol with one hand on trigger guard and one hand pulling the slide to rearm. The shooter releases trigger till reset and reengages.

5 reps.



PISTOL



X1



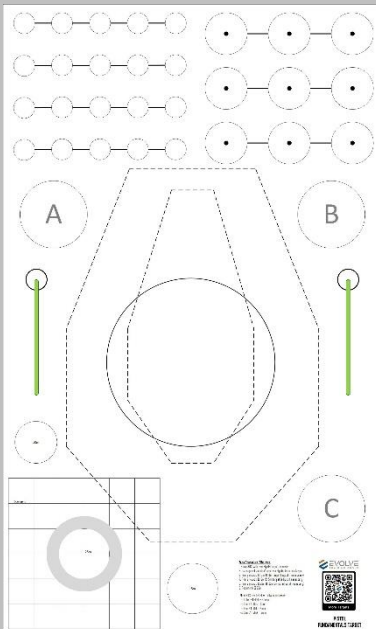
Min 5



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3m



A.2 NATURAL POINT OF AIM

CHECK YOUR NATURAL POINT OF AIM

The focus of this training is checking your natural point of aim which is directly linked with your stance.

Position yourself at 3m and get into a comfortable, natural stance, two feet in the direction of the target and upper body facing the target.

FIRST RUN WILL BE DRY FIRE

Take aim at one of the vertical line, left or right from the main target, and close your eyes. Count to five and reopen your eyes. Check if you are still aiming on the line. Up and down movement is normal due to breathing. If you are deviating to the right try to reposition your right leg to the front or left leg to the rear. If you are deviating to the left, vice versa.

If you are happy with the result proceed with the live firing run.

Take aim at the vertical line, close your eyes and fire 5 rounds in succession at a frequency of counting 21, 22, 23, 24, 25. Open your eyes and check your results.

If you have a good natural stance, all the impacts should be in or just in the vicinity, along the vertical line. If you are deviating to the right try to reposition your right leg to the front or left leg to the rear. If you are deviating to the left, vice versa.

Repeat if necessary.

PISTOL FUNDAMENTALS TARGET



PISTOL



X1



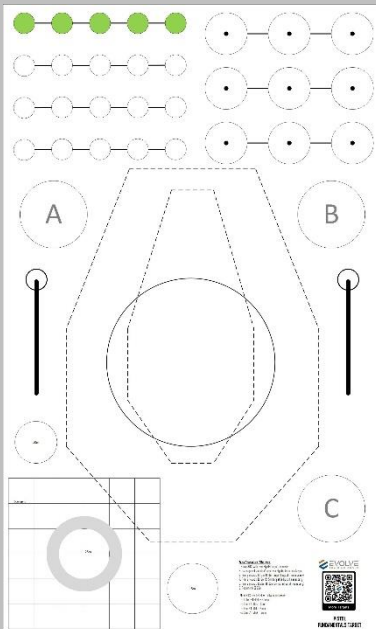
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3m



A.3 GRIP

TRAIN YOUR GRIP

In this training you will be focusing on the grip of the pistol.

Your target will be the top row of the 2,5cm circles.

From a compressed ready with one hand, bring both hands together making sure you have a firm grip with equal pressure on both sides, extend your arms, aim, squeeze the trigger and fire one round on the 2.5cm circle. Repeat each shot from compressed ready starting with one hand.

Try to keep the hits within the circles.

5 reps from compressed ready with one hand.



PISTOL



X1



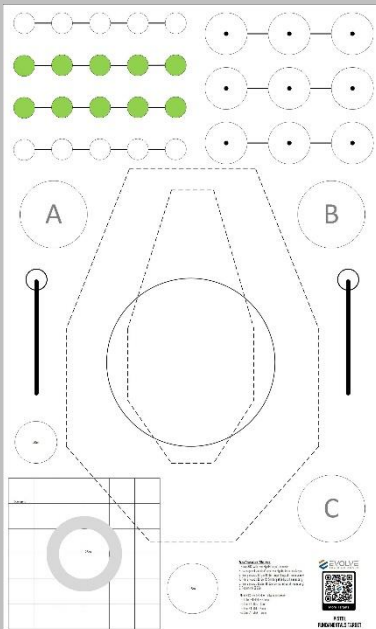
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3m



A.4 SIGHT PICTURE / SIGHT ALIGNEMENT

ONE EYE (DOMINANT)

During the first training you will fire using only your dominant eye and focus on the front sight when taking a sight picture.

Your targets will be the second row of the 2.5cm circles.

From the compressed ready with both hands you will extend your arms, align your sights with one eye on the 2,5cm circle, get a perfect sight picture and alignment, focus on the front sight, squeeze the trigger and fire one round.

Repeat each shot from compressed ready.

5 reps from the compressed ready

TWO EYES OPEN

During the second sequence you will train shooting with two eyes open. Make sure that your dominant eye is used to get a correct sight picture.

Your targets will be the third row of the 2.5cm circles

From the compressed ready with both hands you will extend your arms, align your sights on the 2.5cm circle with both eyes open, get a perfect sight picture and alignment, focus on the front sight, squeeze the trigger and fire one round.

Repeat each shot from compressed ready.

5 reps from the compressed ready.



PISTOL



X1



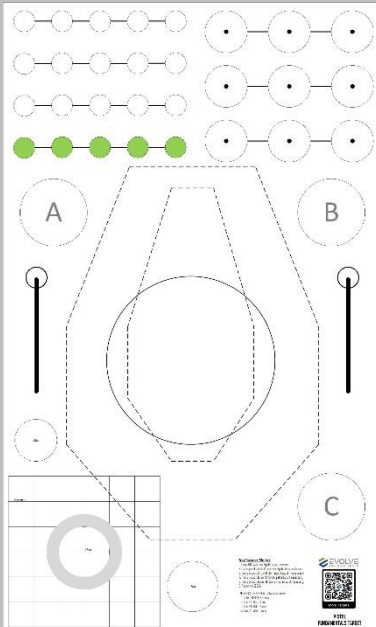
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3m



A.5 TRIGGER CONTROL

TRIGGER SQUEEZE & RESET

The focus on this training is controlling your trigger

Your targets will be will be the fourth row of the 2.5cm circles.

From a low ready (both hands), bring pistol up, take aim on the 2,5cm circle, take up trigger slack to find the wall, squeeze and fire one round. Your finger stays on the trigger at the back of your trigger guard. Slowly release the trigger to find the audible reset and keep your finger in position. Don't let go of the trigger.

Take aim at the next circle, find the wall and execute the same drill.

5 reps.



PISTOL



X1



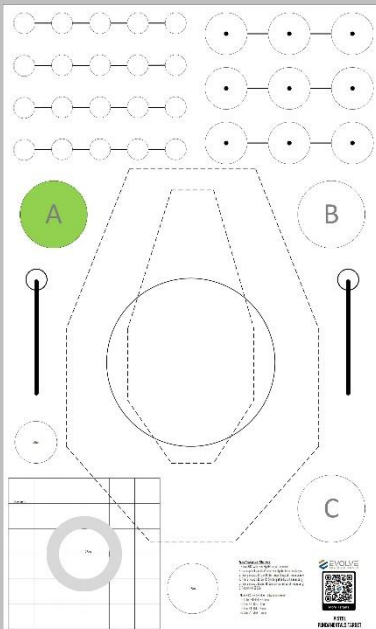
5



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5m



A.6 BREATHING

CONTROL YOUR BREATHING

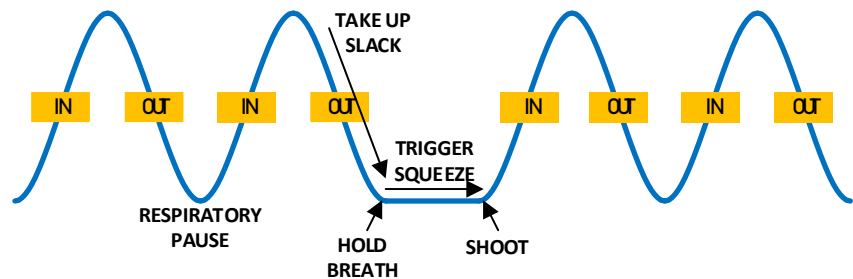
During this training, you will be focusing on your breathing.

Your targets will be the 8cm “A” circle.

From a low ready, bring pistol up, take aim on the 8cm circle, and start focusing on your breathing whilst maintaining sight picture and alignment. Exhale and make sure you take up the trigger slack when you come at a respiratory pause. Squeeze the trigger and fire one round.

Release to reset and lower the pistol.

5 reps from the low ready.





PISTOL



X1



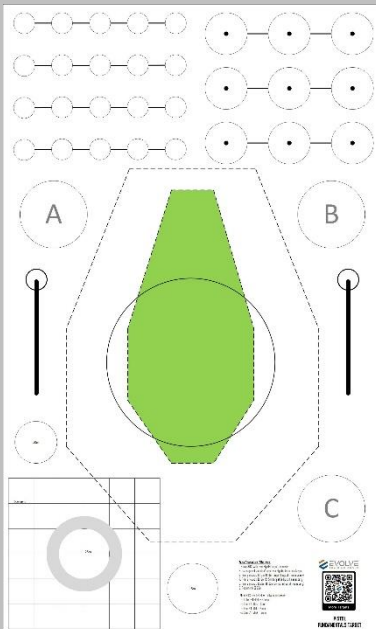
5



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10m



A.7 FOLLOW THROUGH (SINGLE ROUND)

MAINTAINING THE FUNDAMENTALS

The focus in this session will be maintaining your fundamentals for 1 to 1,5 seconds after the shot broke and before lowering the pistol.

Your targets will be will be the A zone.

From a compressed ready with one hand, bring both hands together and fire 1 round whilst applying all fundamentals: grip, stance, sight picture / alignment, breathing and trigger control. When the shot breaks, release the trigger immediately to reset and keep applying the fundamentals for at least 1 second before lowering your pistol.

5 reps from compressed ready with one hand.



PISTOL



X1



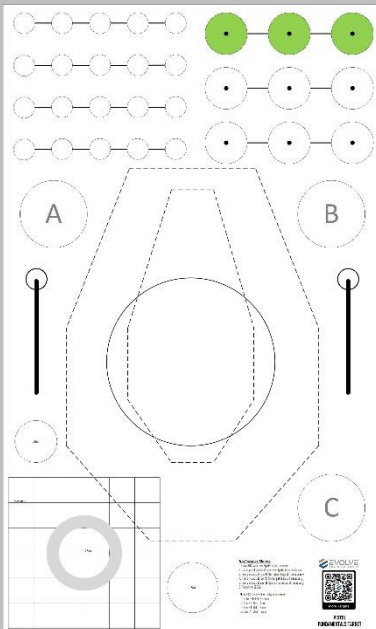
6



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3m



A.8 PAIRS & GRIP

KEEPING THE GUN FLAT

The focus during this training is shooting pairs with a firm grip and maintaining the recoil as flat as possible.

Your targets will be the first row of the 5cm circles.

From a compressed ready with one hand, bring both hands together, establish a firm grip, extend your arms, lock wrists, aim, take up trigger and fire a controlled pair whilst keeping the gun as flat as possible.

Repeat from compressed ready starting with one hand.

Try to keep the pairs within the circles.

3 reps from compressed ready with one hand.



PISTOL



X1



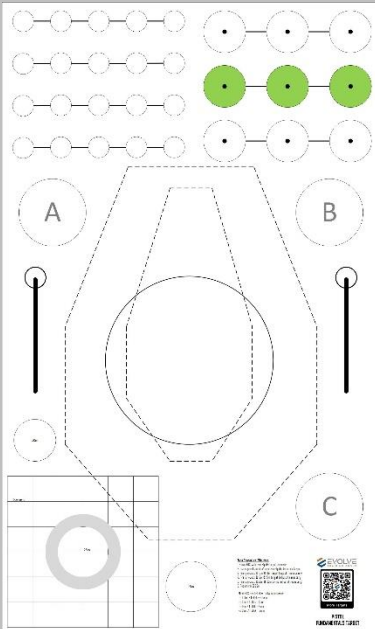
6



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3m



A.9 PAIRS & SIGHT PICTURE/ALIGNMENT

AIMING WITH TWO EYES OPEN

The focus on this training is shooting pairs whilst focusing on your sight picture / alignment.

Your targets will be the second row of the 5cm circles.

From the compressed ready with both hands, you will extend your arms, align your sights with one eye on the 2,5cm circle, get a perfect sight picture and alignment, focus on the front sight with both eyes open, squeeze the trigger and fire the first round. As soon as your front sight is back on target, fire the second round.

Try to keep the pairs within the circles.

3 reps from compressed ready with both hands.



PISTOL



x3



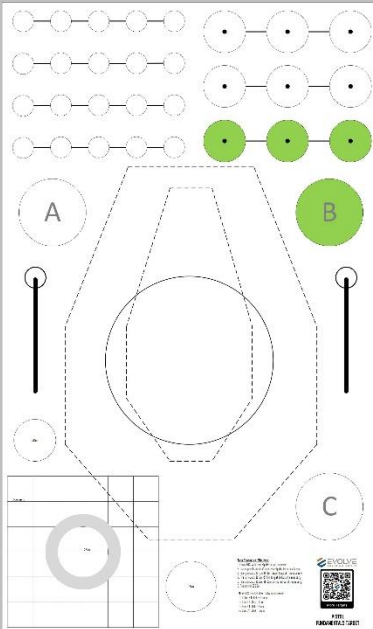
36



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3m



A.10 PAIRS & RESET

CONTROLLING YOUR TRIGGER

Here we you will be focusing on your trigger control whilst shooting pairs.

Your targets will be the third row of the 5cm circles.

From a low ready, bring up the gun, aim, take up trigger slack, feel the wall, squeeze the trigger and fire a controlled pair whilst controlling your trigger. After the first shot, retract your finger until you feel the reset and start squeezing again for you second round. After your second shot release the trigger until reset and start aiming at the next circle and commence the same procedure.

Try to keep the pairs within the circles.

3 reps.

TRIGGER RESET CADENCE

The aim of this training is to build up your reset speed.

Your target will be the 8cm circle.

The goal is to count out loud at a certain cadence and speed up per session.

From a low ready, bring pistol up, take aim at the circle, first count out loud 2001, 2002, 2003, 2004, 2005 and repeat 3 time so you get acquainted with the cadence. The fourth time you start shooting 5 rounds at the same cadence focusing on your trigger reset.

The second cadence session will be "21, 22, 23, 24, 25".

The third "1 and 2 and 3 and 4 and 5".

The fourth "1, 2, 3, 4, 5"

The fifth as fast as you can.

Try to keep all hits within the circle. If not, take a step backwards and look at the other fundamentals that could be causing a problem.



PISTOL



X2



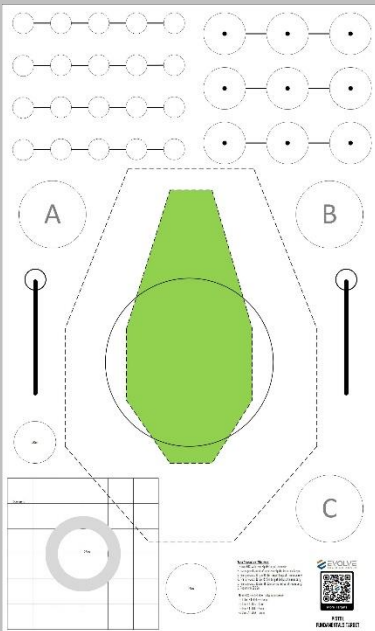
Min 24



1,5-3sec



3-10m



A.11 CONTROLLED AND HAMMERED PAIRS

CONTROLLING YOUR PAIRS

In this session you will be focusing on controlled and hammered pairs whilst keeping your accuracy within boundaries.

Your targets will be IPSC A zone. We suggest to use a shot timer as a stimuli and track your performance

The main principle concerning pairs is when in close to your target you will fire hammered pairs and as of a certain distance you will switch to controlled pairs. This is called the mental clock “time vs distance”. The exact distance of the switch between hammered and controlled pairs, depends on the shooter and the application of the fundamentals. This is for you to find out. Take everything we learned until now and put it into practice.

Start out at 3m from the low ready. On the beep, shoot a hammered pair within 1,5sec and check results. Keep all hits within the A zone. Don't be afraid to take a step back or switch to controlled pairs.

- @ 5m within 2sec
- @ 7m within 2,5sec
- @ 10m within 3sec

Try to keep the pairs within the A zone

3 reps at each distance from low ready.



PISTOL



X1



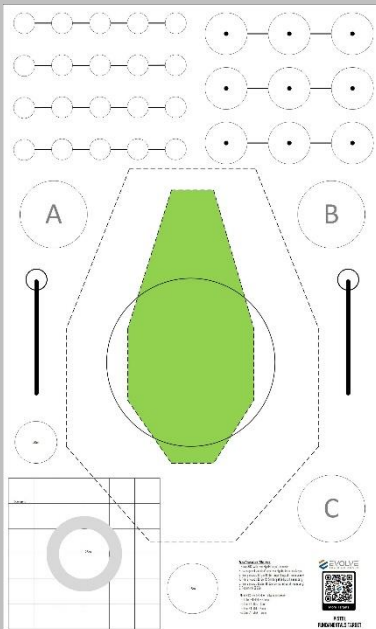
10



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10m



A.12 FOLLOW THROUGH (PAIRS)

MAINTAINING THE FUNDAMENTALS

The focus in this session will be maintaining your fundamentals for 1 to 1,5 seconds after the shot broke and before lowering the pistol.

Your targets will be will be the A zone.

From a compressed ready with one hand, bring both hands together and fire 2 rounds whilst applying all fundamentals: grip, stance, sight picture / alignment, breathing and trigger control. When the second shot breaks, release the trigger immediately to reset and keep applying the fundamentals for at least 1 second before lowering your pistol.

5 reps from compressed ready with one hand.

B. PISTOL FUNDAMENTALS DRILLS

After the fundamentals (proper grip, stance, breathing, sight alignment / picture and trigger control) are trained and mastered, have a go at the following pistol fundamental drills.

Take note that these drill can be altered in terms of difficulty. If you are not acquainted with certain manipulations like drawing fast from the holster, get the proper knowledge and skills from a professional trainer before proceeding with the more advanced drills.

Push yourself in search of your boundaries in order to train the fundamentals or manipulation that go wrong. Don't be afraid to fail or take a step back.

PISTOL FUNDAMENTALS TARGET



PISTOL



X1



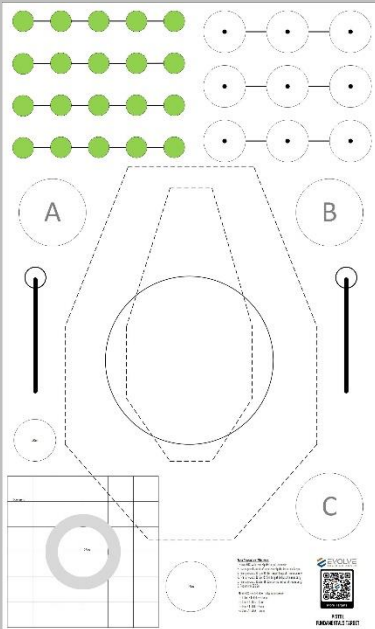
Min 16



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3m



B.1 CALL THE BALL

GOAL

Application of the 5 fundamentals, with the focus on fast sight picture / alignment

In order to run this drill, you will need a buddy.

CALL THE BALL LEVEL 1

From the low ready, have a buddy call out a color from the first top row of circles and engage it as fast as possible.

Your buddy continues to call out a color from the next rows in succession. When the fourth circle is engaged he restart from the top row and pick another color.

CALL THE BALL LEVEL 2

From the low ready, have a buddy call out a color and you have to engage all the circle with the same color in all four rows as fast as possible.

You can repeat this drill for the other colors.

CALL THE BALL LEVEL 3

Same as level 1 but starting position is from the holster.

CALL THE BALL LEVEL 4

Same as level 2 but starting position is from the holster.

PISTOL FUNDAMENTALS TARGET



PISTOL



X1



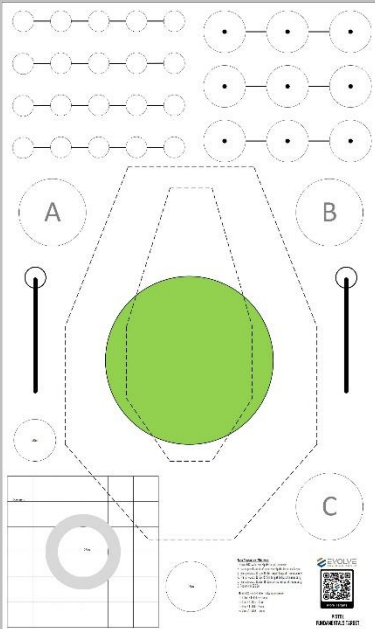
15



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5-25m



B.2 PRECISION AT DIFFERENT DISTANCES

GOAL

Training and application of the 5 fundamentals with the focus on precision at different distances.

Your target will be the 20cm circle.

Fire 3 rounds from the 5, 10, 15, 20 and 25m distance whilst applying the fundamentals. Take your time.

All hits must be within the circle. If not, try to take a step back and determine what you are doing wrong and train on that specific problem.



PISTOL



X3



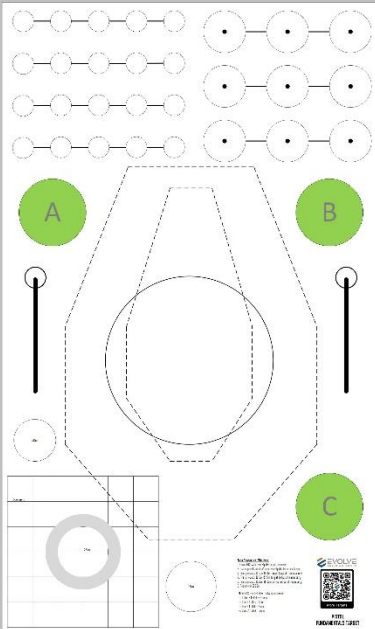
Min 6



15s



3m



B.3 RELOAD DRILL

GOAL

Training of magazine reloads with slide lock whilst applying the fundamentals.

Prepare 3 mags, one with 1 round, one with 2 rounds and one with 3 rounds. Start with the 1 round mag.

Your targets will be A, B and C circles. We suggest to use a shot timer as a stimuli and track your progress.

A good reference timing is shooting the drill within 15s. Within 12s is very good, below 10s is super.

RELOAD DRILL LEVEL 1

From the low ready, on the beep, engage A with 1 round, slide lock reload and engage B with 2 rounds, slide lock reload and engage C with 3 rounds.

All hits must be within the circles

RELOAD DRILL LEVEL 2

Same as Level 1 but start position is holster.



PISTOL



X1



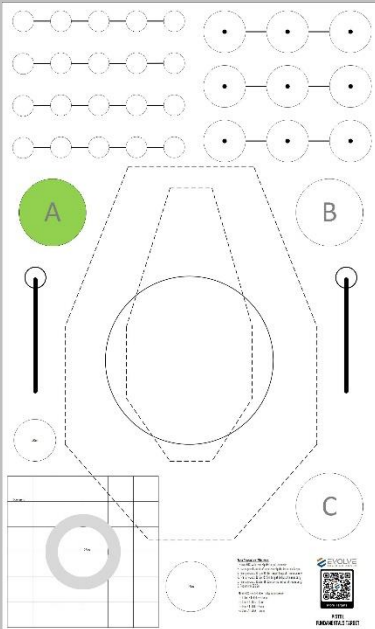
12



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3-10m



B.4 FUNDAMENTAL DRILLS

GOAL

Training of fundamentals both strong and weak hand at different distances

Your targets will be the A circle.

Start at 3m.

Draw from holster and shoot one round on the target with both hands, switch to strong hand and fire one round, switch to weak hand and fire one round, holster.

Do the same drill at 5, 7 and 10m.

All hits should be within the circle. If not, try to take a step back and determine what you are doing wrong and train on that specific problem.

PISTOL FUNDAMENTALS TARGET



PISTOL



X2



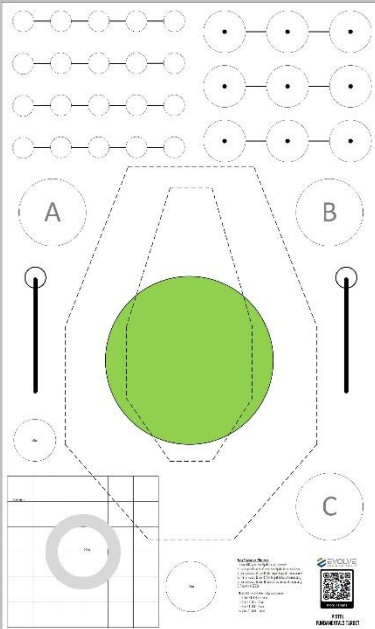
18



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5m



B.5 HOLSTERWORK DRILLS

GOAL

Training of your draw and application of the fundamentals.

Your targets will be the 20cm circle. We suggest to use a shot timer as a stimuli and track your progress.

Start at 5m.

You will fire each session 3 times. Best time counts. During each different session your hand position will be altered.

On the signal, draw as fast as you can and fire 1 round at the target. If you miss the target, that turn is over.

Hand position	Time 1	Time 2	Time 3
Hands on side			
Hands up			
Arms crossed			
Hands on head			
Hand on back			
Strong hand only			
Back to target hands on side			

All hits should be within the circle. If not, try to take a step back and determine what you are doing wrong and train on that specific problem.

PISTOL FUNDAMENTALS TARGET



PISTOL



X2



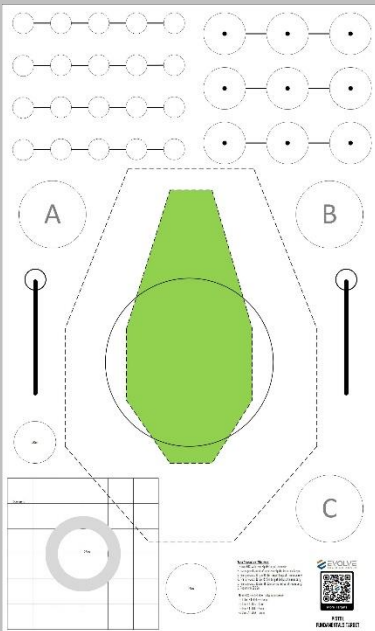
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<15s



5m



B.6 3M DRILL

GOAL

The 3m drill stand for Movement, Manipulation and Malfunction. This drill trains about everything and puts into practice all the fundamentals.

Your targets will be the IPSC A zone. We suggest to use a shot timer as a stimuli and track your progress.

Shooter starts at 5m with handgun loaded with six live rounds (one in chamber, five in magazine) and one dummy round in the magazine. Dummy is not the top round nor the bottom round in the magazine.

Someone else should load the magazine so the shooter does not know where in the magazine the dummy round lies.

Shooter has one spare magazine with 3 rounds.

Shooter starts holstered, hands on side. On signal, side step, draw, and fire until a malfunction occurs. On the malfunction, side step, fix it, and continue to fire. When the gun runs empty, side step, perform an emergency reload, and fire 3 additional shots.

The shooter must move on the draw, move on the malfunction, and move on the reload.

Pass/Fail Scoring:

The shooter fails if he/she:

- ** Does not move on the draw, the malfunction, and the reload
- ** Does not tap the magazine before running the slide on the malfunction
- ** Places a single hit outside the A zone on the target.

Time limit is 15 seconds.

Under 12s is very good

Under 10s is super.