

DRILL#

X

NAME

Fundamentals Drill Pistol

TRAININGGOALS:

Grip, Stance, Sight alignment, Breathing, Trigger

STARTPOSITION:

Low Ready, gun loaded with 10 rounds

TIME STARTS:

Audible signal

ROUNDS:

10

PROCEDURE:

5 X 2 rounds at 7m.

At audible signal, elevate, aim and shoot 2 rounds within 3 sec at target T1.

Repeat 4 times.

To succeed all hits must be in the A4 sheet within the announced time.

TARGET(S):

Standard target with A4 sheet

SETUP:

Place one target at 7m. Place a A4 sheet on the target.

