1. 5 rds each, slow aim fire

DOMINANT HAND

SUPPORT HAND

DOMINANT HAND

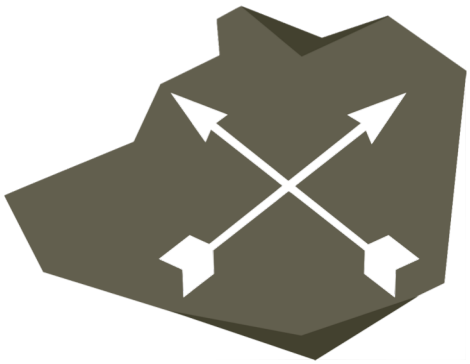
BOTH HANDS

1 rd

2. Press outs x 10: 5 x 1 rd, 5 x 2 rds

2 rds

3. One shot draws x 10, slow to fast
4. Reloads x 10: Draw, 1 shot, slide lock reload, 1 shot



Warm up TGT 2
Drill 1= 20 rds
Drill 2= 10 rds
Drill 3= 20 rds
Drill 4= 15 rds

Total= 65 rds

BAERSOLUTIONS

Warm up TGT 2
Drill 1= 40 rds
Drill 2= 36 rds

Total= 76

BAERSOLUTIONS

5. Cadence Drill x 2:
5 rds each speed in appropriate circle for your ability
1 thousand, 2 thousand, 3 thousand, 4 thousand, 5 thousand.
1 and 2 and 3 and 4 and 5
1,2,3,4,5
12345

1

3

6. Throttle control Drill x 3:
Shoot each target w/ two rds in this order; T1, T2, T1, T3, T1, T4

2

4