

Perform this without any warm-up, practice, or manipulation

using a Pact Timer or other Firearms Timer. 11x17 5 yards 8.5x11 3 yards

Stage 1- From Concealed or Duty carry, in an "Interview" or relaxed stance, draw and fire two rounds, Repeat.

Stage 2- Set yourself up for an Emergency reload with one round in the chamber & one in the Magazine. Draw & fire two rounds, perform an emergency reload, & fire two more. Repeat

Scoring

All hits inside the threat area count, Misses add 5 seconds, Cumulative 17 seconds is the Benchmark. Stage 1- 2.5 seconds
Stage 2- 6.0 seconds

Hits inside the Thoracic Triangle are for your personal scoring only. Realize shots inside the triangle are much more likely to cause a positive "Stop" to the threat. Hits disrupt the O.O.D.A. loop of your opponent therefore all hits count.

This is to be used as a personal benchmark. After shooting this course of fire follow up with dedicated drills to improve your over-all skill-sets.

