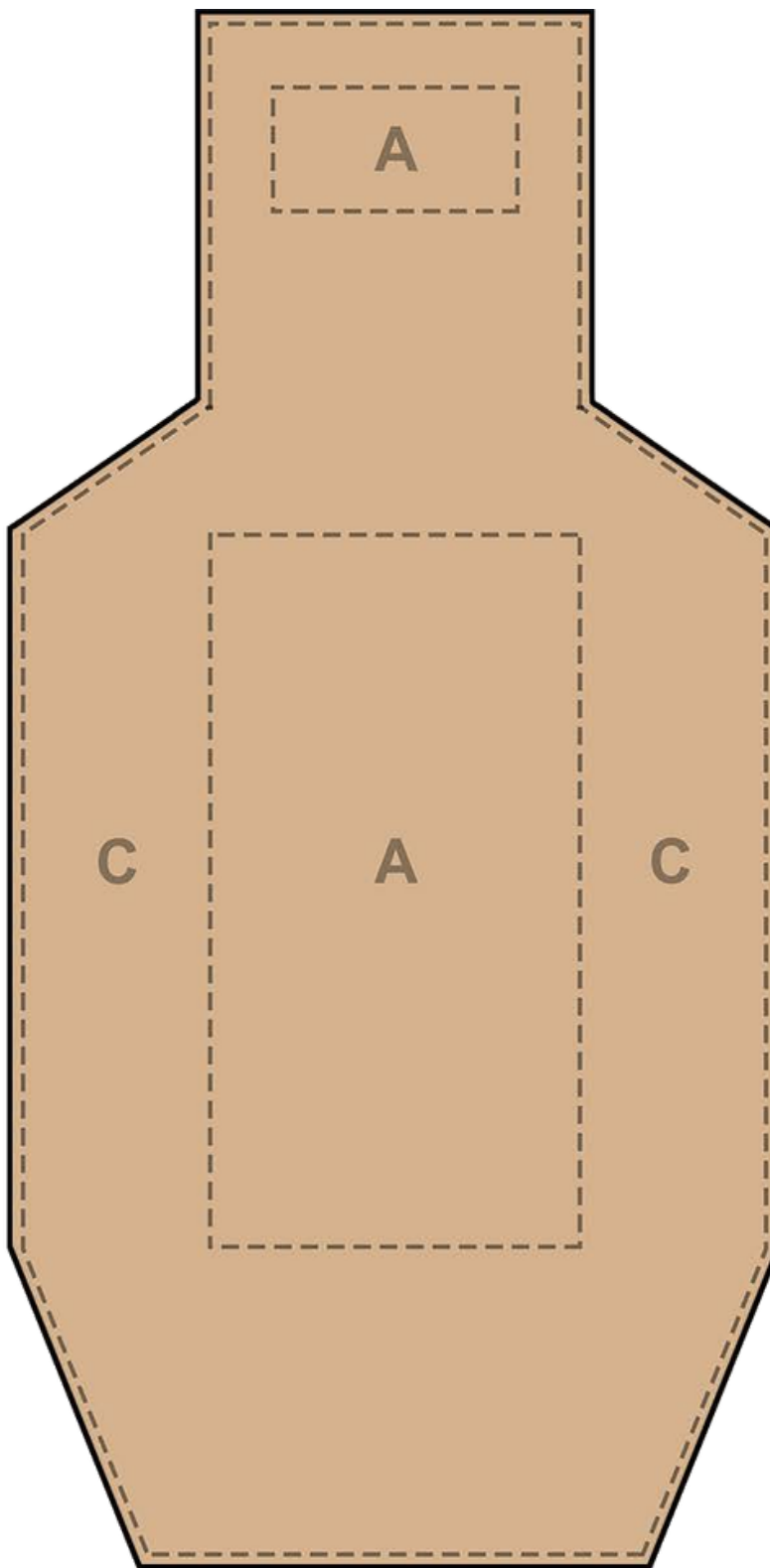


USPSA METRIC TARGET, AC ZONES ONLY



1/3 SCALE

1 FT. DISTANCE FROM TARGET SIMULATES 1 YD. OF DISTANCE ON A FULL-SCALE TARGET

SAFETY FIRST

- MOUNT TARGET ON A WALL WITH A VERIFIED SAFE BACKSTOP
- REMOVE ALL LIVE AMMUNITION FROM THE FIREARM AND ROOM
- VISUALLY AND PHYSICALLY CONFIRM THE FIREARM IS UNLOADED BEFORE EVERY SESSION
- NO DISTRACTIONS. FOCUS ON QUALITY REPS ONLY

POSITION REFRESHER:

- 1: GRIP ESTABLISHED IN HOLSTER / SUPPORT HAND CENTERLINE
- 2: READY POSITION / TWO-HAND GRIP CONFIRMED
- 3: PRESSED OUT / SIGHTS ALIGNED / TRIGGER PREPPED

MICRO DRILL 1- PRESENTATION

- START FROM READY / POSITION 2 WITH A PROPER THUMBS FORWARD GRIP.
- GRIP MUST BE HIGH & TIGHT ON THE BEAVERTAIL/ BACKSTRAP, WITH SUPPORT HAND CONTACTING UNDER TRIGGER GUARD & PALM FULLY ENGAGED ON THE FRAME
- SUPPORT THUMB & TRIGGER FINGER SHOULD APPEAR EQUAL DISTANCE DOWN THE FRAME WHEN VIEWED FROM ABOVE.
- PRESS THE HANDGUN OUT TO POSITION 3 WHILE PREPPING THE TRIGGER & ACQUIRING THE SIGHTS.
- SIGHT PICTURE SHOULD BE RELATIVE EQUAL HEIGHT, EQUAL LIGHT.
- TRIGGER PREP MEANS CONTACT WITH THE TRIGGER TO SOME DEGREE — NOT NECESSARILY AT THE WALL YET.

MICRO DRILL 2- TRIGGER PREP (RAPID VS. REFINED)

RAPID PREP:

TOUCH THE TRIGGER. ONCE ACCEPTABLE SIGHTS ARE CONFIRMED, ACCELERATE THROUGH THE PRESS. OBSERVE HOW MUCH THE SIGHTS MOVE. LESS MOVEMENT = BETTER SHOT OUTCOME.

REFINED PREP:

PREP THE TRIGGER TO A REFINED WALL. ONCE SIGHTS ARE CONFIRMED, CONTINUE A SMOOTH PRESS WITHOUT SLAMMING THE TRIGGER REARWARD. EVALUATE SIGHT STABILITY & REDUCE MOVEMENT DURING THE PRESS.

MICRO DRILL 3- DRAW STROKE

- WORK THROUGH EACH: POSITION 1 → POSITION 2 → POSITION 3.
- BUILD THE GRIP IN THE HOLSTER, EFFICIENTLY MOVE TO THE READY, THEN PRESS OUT TO PROPER SIGHTS WITH THE TRIGGER PREPPED FOR THE APPROPRIATE TARGET DIFFICULTY.
- BLEND EACH POSITION INTO ONE SMOOTH, EFFICIENT MOTION.

TRAINING NOTES

- BUILD PROPER STRONG SIDE GRIP ON HANDGUN BEFORE THE GUN LEAVES THE HOLSTER
- DRIVE EYES FIRST, GUN FOLLOWS
- PREP TRIGGER ONLY AFTER GRIP IS ESTABLISHED IN POSITION 2 AND HANDGUN IS DRIVING TO THE TARGET
- RE-HOLSTER SLOW AND DELIBERATE
- TRIGGER PREP IS DETERMINED BY TARGET DIFFICULTY THUS THE HARDER OR FARTHER THE TARGET THE MORE REFINED YOU MUST PREP THE TRIGGER.

JDS STANDARD: SMOOTH REPS. HONEST SIGHTS. CLEAN TRIGGER PRESS.

10-15 FOCUSED MINUTES (2-5 MINUTES PER MICRO DRILL) THROUGHOUT THE WEEK BUILDS REAL SKILL!

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