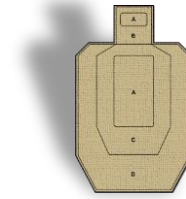
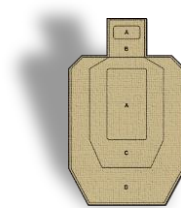


MXAD (Xray Alpha)



12yds

edge to edge
 ← →



5yds



Task

Distance

Time

Target

Load (mag x rounds)

Face target, from draw, on signal, fire 6 rounds 5yd target, fire 2 rounds 12yd target	5 yd, 12 yd	2.3 sec	2 x IPSC	1 x 8
--	-------------	---------	----------	-------

This drill emphasizes visual discipline, don't get pulled into the dot/front sight. It also examines your shoulder and arm tension. Hold the gun hard but don't allow over tension to cause trigger freeze or over swinging your second target. 2.3 seconds is an ambitious goal, to make it you will have to relax and move fast and fluid.