



7M



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5 Second Pistolero

- Consecutive iterations at 5 seconds each
- At 7m, from the draw, engage 1 round in 5 seconds, re-holster
- “ “ 2 rounds in 5 seconds “ “
- “ “ 3 rounds in 5 seconds “ “
- “ “ 4 rounds in 5 seconds “ “
- “ “ 5 rounds in 5 seconds “ “
- Continue until you throw rounds out of A zone, then start from 1

Standard: All body A zone hits (restart at 1 when you throw a round outside the A zone)

Target: 1 x IPSC

Load: Pistol: Multiple full magazines

- This drill is works your draw and ability to quickly acquire the target. It works your trigger manipulation and recoil management. Focus on accuracy and keeping your hits inside the A zone. Increase your speed until you throw one out and then dial it back a little. This drill works in small increments allowing you to focus on what you can improve on i.e. draw stroke, grip, sight alignment, trigger control etc. Don't jump ahead, use each iteration to improve a fundamental element.