



7yds

## Change Gears

At 7 yards, back to target, turn and draw, fire 5 rounds as fast as you can in the chest -0 zone. Execute an emergency reload, fire 3 rounds in the head -0 zone.

Standard: 8 seconds, all rounds in the -0 chest (5) and head (3) zones.

Load: 1 x 5, 1 x 3 (min)

This drill is a variation on the more well-known F.A.S.T drill. It works your draw stroke and presentation, trigger and recoil control while shooting as fast as possible, speed reload, and finer tuned accuracy at slightly slower speed, hence, change gears.