



7M



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### Pound & Pew, Pew

- At 7m, from the full mount position, pistol holstered
- On a timer, beat Black Bart at full force for 30 seconds; then draw and engage with 5 rounds as fast as possible

**Standard:** All A zone hits

**Target:** 1 x IPSC

**Load:** 1 mag x 5 rounds

- Alternate: AR-15, slung, from 25 meters
- This drill requires a heavy bag or grappling dummy or some other item you can punch and elbow without damaging yourself. It works your ability to draw, aim, fire and manage recoil under physical stress. It's a good fitness drill and after a few runs can help replicate the stress of physical altercation. The goal is to go 100% at Bart and while exhausted get 5 A zone hits shooting as fast as you possibly can. As always, if you're not in the A zone, slow down your firing until you can consistently keep your group tight and on target, then speed back up. But ALWAYS go 100% on Bart!