



Shuttle Hustle

Task	Distance	Time	Target	Load (mag x rounds)
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P1: Draw, 2 rounds on T1, move to P2	7 yd		1 x IPSC	1 x 10
P2: 2 rounds on T2, move to P3	7 yd		1 x IPSC	2 rounds
P3: 2 rounds on T3, move to P4	7 yd		1 x IPSC	2 rounds
P4: 2 rounds on T4, move to P5	7 yd		1 x IPSC	2 rounds
P5: 2 rounds on T5	7 yd		1 x IPSC	2 rounds

Focus: Efficient, aggressive movement into and out of position. Fast feet (short, choppy steps). Move into a wide/stable stance. Minimize any extraneous movement. Get your gun up and on target before you get into firing position.