

PISTOL DIVISION MATCH TRAINING DAY – STAGE ONE

<u>Distance</u>	<u>Rounds</u>	<u>Time</u>	<u>Mode</u>	<u>Position</u>
Stage One				
7 yards	5 (1 time)	2 min	Slow Fire Single Action Thumbcock	Standing
7 yards	3 (1 time)	1 min	Slow Fire Single Action Headshot	Standing
7 yards	1 (3 times)	6 sec	Double Action	Standing
7 yards	1 (4 times)	8 sec	One Handed Double Action	Standing

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TRAINING DAY – STAGE TWO

<u>Distance</u>	<u>Rounds</u>	<u>Time</u>	<u>Mode</u>	<u>Position</u>
Stage Two				
15 yards	4 (1 time)	2 min	Slow Fire Single Action Thumbcock	Standing
15 yards	4 (1 time)	2 min	Slow Fire Single Action Headshot	Kneeling
15 yards	1 (4 times)	8 sec	Double Action	Standing

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TRAINING DAY – STAGE THREE

<u>Distance</u>	<u>Rounds</u>	<u>Time</u>	<u>Mode</u>	<u>Position</u>
Stage Three				
25 yards	5 (1 time)	2 min 30 sec	Slow Fire Single Action Thumbcock	Standing
25 yards	5 (1 time)	2 min 30 sec	Slow Fire Single Action Thumbcock	Kneeling
25 yards	1 (5 times)	15 sec	Double Action	Standing
25 yards	2 (4 times)	15 sec	Controlled Pair Double/Single Action	Standing to Kneeling

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COURSE OF FIRE

<u>Distance</u>	<u>Rounds</u>	<u>Time</u>	<u>Mode</u>	<u>Position</u>
Stage One				
25 yards	5 (1 time)	2 min 30 sec	Single Action Thumbcock	Standing
25 yards	5 (1 time)	2 min 30 sec	Single Action Thumbcock	Kneeling
25 yards	2 (2 times)	15 sec	Controlled Pair Double/Single Action	Standing to Kneeling
Stage Two				
15 yards	2 (2 times)	12 sec	Controlled Pair Double/Single Action	Standing
15 yards	2	15 sec	Magazine Change Double/Single Action	Standing
	2 (1 time)		Single Action	Standing to Kneeling

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COURSE OF FIRE (cont.)

<u>Distance</u>	<u>Rounds</u>	<u>Time</u>	<u>Mode</u>	<u>Position</u>
Stage Three				
7 yards	2 1 (2 times)	8 sec	Failure Drill Double/Single Action Single Action Headshot	Standing
7 yards	2 2 (1 time)	12 sec	Magazine Change Double/Single Action Single Action	Standing
7 yards	2 (2 times)	8 sec	One Handed Double/Single Action	Standing

