PISTOL DIVISION MATCH TRAINING DAY – STAGE ONE

Distance	Rounds	Time	Mode	Position
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

PISTOL DIVISION MATCH TRAINING DAY – STAGE TWO

<u>Distance</u> Stage Two	<u>R</u> ounds	Time	Mode	_ Position
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

PISTOL DIVISION MATCH TRAINING DAY – STAGE THREE

<u>Distance</u>	<u>R</u> ounds	Time	Mode	_ Position
Stage Thre	e			
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

PISTOL DIVISION MATCH COURSE OF FIRE

<u>D</u> istance	<u>R</u> ounds	Time	Mode	_ Position
Stage One				
25 yards	5	2 min 30 sec	Single Action	Standing
	(1 time)		Thumbcock	
25 yards	5	2 min 30 sec	Single Action	Kneeling
	(1 time)		Thumbcock	
25 yards	2	15 sec	Controlled Pair	Standing to Kneeling
	(2 times)		Double/Single	
			Action	
Stage Two			Controlled Dair	
15 yards	2	12 sec	Controlled Pair Double/Single	Standing
	(2 times)		Action	Ŭ
15 yards	2		Magazine Change	
ý	Ļ	15 sec	Double/Single	Standing
			Action	
	2		Single Action	Standing to Kneeling
	(1 time)			

PISTOL DIVISION MATCH COURSE OF FIRE (cont.)

Distance	Rounds	Time	Mode	Position
Stage Thre	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

TARGET DIMENSIONS FOR PISTOL MATCH

