

TABLE 5 SHORT RANGE DAY (TRAINING)

STAGE	METER LINE	DRILL	ROUNDS PER ITERATION	TIME	POSITION(S)	ITERATION(S)	TOTAL ROUNDS
ZEROING	100	ZEROING EXERCISE	5	1 MIN	PRONE	3	15
SHORT RANGE STAGE 1	5	HEAD SHOT	1	5 SEC	STANDING	3	3
		HAMMER PAIR	2	5 SEC	STANDING	2	4
		FAILURE TO STOP	3	5 SEC	STANDING	1	3
SHORT RANGE STAGE 2	10	HEAD SHOT	1	5 SEC	STANDING	3	3
		HAMMER PAIR	2	5 SEC	STANDING	2	4
		BOX DRILL	6	5 SEC	STANDING	1	6
		FAILURE TO STOP HEAD	3	5 SEC	STANDING	1	3
SHORT RANGE STAGE 3	15	PELVIC	1	5 SEC	STANDING	3	3
		HAMMER PAIR	2	5 SEC	STANDING	2	4
		BOX DRILL	6	5 SEC	STANDING	1	6
		FAILURE TO STOP PELVIC	3	5 SEC	STANDING	1	3
SHORT RANGE STAGE 4	25	PELVIC	1	5 SEC	STANDING	3	3
		CONTROLLED PAIR	2	5 SEC	STANDING	2	4
		BOX DRILL	6	5 SEC	STANDING	1	6
		FAILURE TO STOP PELVIC	3	5 SEC	STANDING	1	3
SHORT RANGE STAGE 5 FWD MVMNT	25-15	BOX DRILL	6	N/A	FWD MOVEMENT	1	6
	15-10	FAILURE TO STOP PELVIC	3	N/A	FWD MOVEMENT	1	3
	10-5	FAILURE TO STOP HEAD	3	N/A	FWD MOVEMENT	1	3
TOTAL							85

TABLE 5 SHORT RANGE DAY (PRE-EVALUATION AND EVALUATION)

STAGE	METER LINE	DRILL	ROUNDS PER ITERATION	TIME	POSITION(S)	ITERATION(S)	TOTAL ROUNDS
STAGE 1	25	CONTROLLED PAIR	2	5 SEC	STANDING	2	4
		BOX DRILL	6	5 SEC	STANDING	1	6
		FAILURE TO STOP PELVIC	3	5 SEC	STANDING	1	3
	25-15	BOX DRILL	6	N/A	FWD MOVEMENT	1	6
STAGE 2	15	HAMMER PAIR	2	5 SEC	STANDING	2	4
		BOX DRILL	6	5 SEC	STANDING	1	6
		FAILURE TO STOP PELVIC	3	5 SEC	STANDING	1	3
	15-10	FAILURE TO STOP	3	N/A	FWD MOVEMENT	1	3
STAGE 3	10	HAMMER PAIR	2	5 SEC	STANDING	2	4
		HEAD SHOT	1	5 SEC	STANDING	1	1
		BOX DRILL	6	5 SEC	STANDING	1	6
		FAILURE TO STOP HEAD	3	5 SEC	STANDING	1	3
	10-5	FAILURE TO STOP HEAD	3	N/A	FWD MOVEMENT	1	3
STAGE 4	5	HAMMER PAIR	2	5 SEC	STANDING	2	4
		HEAD SHOT	1	5 SEC	STANDING	1	1
		FAILURE TO STOP HEAD	3	5 SEC	STANDING	1	3
TOTAL							60