

Revised Table 2 BCM Training							
Stage	Meter Line	Drill	Rounds per Iteration	Time	Position(s)	Iteration	Rounds
Zeroing	100	Zero	15	N/A	Prone	1	15
Stage 1 Position refinement	25	Controlled Pair	2	5 SEC	Standing	5	10
		Controlled Pair	2	5 SEC	Kneeling	5	10
Stage 2 Standing	25	Pelvic Shot	1	5 SEC	Standing	4	4
		Controlled Pair	2	5 SEC	Standing	4	8
		Failure to Stop	3	5 SEC	Standing	4	12
Stage 3 Kneeling	25	Pelvic Shot	1	5 SEC	Kneeling	4	4
		Controlled Pair	2	5 SEC	Kneeling	4	8
		Failure to Stop	3	5 SEC	Kneeling	3	9
Stage 4 Speed Reload	25	Controlled Pair	4	7 SEC	Standing	2	8
		Controlled Pair	4	7 SEC	Kneeling	2	8
Stage 5 Movers (Standing)	100	Movers Right	2	10 SEC	Standing	5	10
		Movers Left	2	10 SEC	Standing	5	10
Stage 6 Movers (Kneeling)	100	Movers Right	2	10 SEC	Kneeling	5	10
		Movers Left	2	10 SEC	Kneeling	5	10
Total							136

Revised Table 2 BCM (Pre-Evaluation/Evaluation)							
Stage	Meter Line	Drill	Rounds per Iteration	Time	Position(s)	Iteration	Rounds
Stage 1 Movers (Kneeling)	100	Movers Right	2	10 SEC	Kneeling	2	4
		Movers Left	2	10 SEC	Kneeling	2	4
Stage 2 Movers (Standing)	100	Movers Right	2	10 SEC	Standing	2	4
		Movers Left	2	10 SEC	Standing	2	4
Stage 3 Speed Reload	25	Controlled Pair	4	7 sec	Standing	2	8
		Controlled Pair	4	7 sec	Kneeling	2	8
Stage 4 Standing	25	Pelvic Shot	1	5 sec	Standing	1	1
		Controlled Pair	2	5 sec	Standing	1	2
		Failure to Stop	3	5 sec	Standing	2	6
Stage 5 Kneeling	25	Pelvic Shot	1	5 sec	Kneeling	1	1
		Controlled Pair	2	5 sec	Kneeling	1	2
		Failure to Stop	3	5 sec	Kneeling	2	6
						TOTAL	50