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| --- |
| TABLE 4 NIGHT UKD (TRAINING) |
| STAGE | METER LINE | DRILL | ROUNDS PER ITERATION | TIME | POSITION(S) | ITERATION(S) | TOTAL ROUNDS |
| ZEROING | 100 | ZEROING EXERCISE | 5 | N/A | PRONE | 3 | 15 |
| UKD | 40-60 | ENGAGE UNTIL DOWN | 5 | 5 SEC | SUPPORTED STANDING | 1 | 20 |
|  | 90-110 | ENGAGE UNTIL DOWN | 5 | 5 SEC | SUPPORTED KNEELING |  |  |
|  | 140-160 | ENGAGE UNTIL DOWN | 5 | 5 SEC | SUPPORTED PRONE |  |  |
|  | 180-200 | ENGAGE UNTIL DOWN | 5 | 5 SEC | SUPPORTED PRONE |  |  |
| TOTAL | 20 |
|  |
| TABLE 4 NIGHT UKD (PRE-EVALUATION AND EVALUATION) |
| STAGE | METER LINE | DRILL | ROUNDS PER ITERATION | TIME | POSITION(S) | ITERATION(S) | TOTAL ROUNDS |
| UKD | 40-60 | ENGAGE UNTIL DOWN | 5 | 5 SEC | SUPPORTED STANDING | 1 | 20 |
| 90-110 | ENGAGE UNTIL DOWN | 5 | 5 SEC | SUPPORTED KNEELING |
| 140-160 | ENGAGE UNTIL DOWN | 5 | 5 SEC | SUPPORTED PRONE |
| 180-200 | ENGAGE UNTIL DOWN | 5 | 5 SEC | SUPPORTED PRONE |
| TOTAL | 20 |