



— NO LIVE AMMUNITION

Training Guide

Every drill, qualification course and Target Practice course in Augmented Defender: what it builds, how to set it up and how to run it.

75

drills

20

qualification courses

24

Target Practice courses

About this guide

Everything in this guide comes from the same catalog the game reads. The distances, rounds, start positions, par times and scoring are the ones the app uses, so a drill runs exactly as it is written here.

What the app is for

Augmented Defender augments live-fire training. It gives you the repetitions a range lane rarely allows, such as draws, reloads, movement, transitions and decisions, at home and with no live ammunition. It does not replace live fire: confirm what you build here on a live range.

How the guide is organized

Drills are grouped by the skill they build. Each entry gives the gun, the rounds a run takes, how the app scores it, the setup, and the course of fire stage by stage. Speed & Precision, the qualification courses and the premade Target Practice courses follow, then a glossary.

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Notice

Drill descriptions, diagrams and scoring in this guide are written and drawn by Augmented Defense. Common drill names are used descriptively. Product names are trademarks of their owners and are used only to describe compatibility. This guide is for practice with inert controllers and replicas; it is not firearms instruction, and every live-fire session belongs on a supervised range under its rules.

Before you start

Safety

- Augmented Defender uses no live ammunition. Keep live firearms and ammunition out of any room you train in.
- Clear the space before you start. You move on your own feet, so furniture, pets and people need to be out of the way.
- Mixed reality keeps your real room in view. Walls and furniture you choose to fade are never invisible: they come back in full as you get close.
- In a drill, everything past the firing line fades so targets can stand beyond your walls. If you step past the line the app shows a warning, plays a tone and buzzes the gun hand until you step back.
- Stop if you feel unwell, and take breaks: long sessions in a headset are tiring.

What you need

Headset

Meta Quest 3 or 3S, recommended for their full-color passthrough: your room stays in view in color around the targets. Quest Pro also has color passthrough. Quest 2 runs the app, but its passthrough is black and white and grainy, so your room shows in gray and mixed reality is far less convincing.

Guns

Quest controllers work out of the box. An XR training controller holds the Quest controller in a full-size frame: the XR Pistol (its print files are free on GitHub) and the XR-15. The Ace handset, bHaptics and ProTube are supported too. Each controller is one gun, held the way you hold the real one.

Holster

Strongly recommended. Draws are one of the skills the drills build, and they only carry over with the real motion: draw drills start holstered, from a holster on your belt. Fundamentals draw drills can also be run with tracked hands, starting with the gun hand at your side.

Magazines

Strongly recommended: inert, weighted training magazines. Reloads are built the same way as draws, with the real motion: reload drills need physical magazine changes, and with XR controllers you change training magazines and work the slide or charging handle.

Space

Most drills need room to stand and turn. Target Practice courses say how much floor they need, from a 2 by 2 meter corner to an open field.

Where to start

The gear is strongly recommended, not needed to start.

1. **Start with what you have.** Already have a Quest? Get the app and start with your Quest controllers.
2. **Gear up once it is part of your routine.** Add a holster, inert weighted training magazines and an XR training controller that holds your Quest controller in a full-size frame. The XR Pistol print files are free on GitHub.

Setting up

Map your room

Room Setup imports your Meta room or lets you map it, and its Interactive Tutorial walks you through walls, doors and windows.

Place the firing line

Drills run from a firing line. Use Reposition firing line on the drill list to set where you stand and which way is downrange.

Barricades

Barrier drills need a barricade at the firing line. Place one with the World Builder before you start.

Targets past your walls

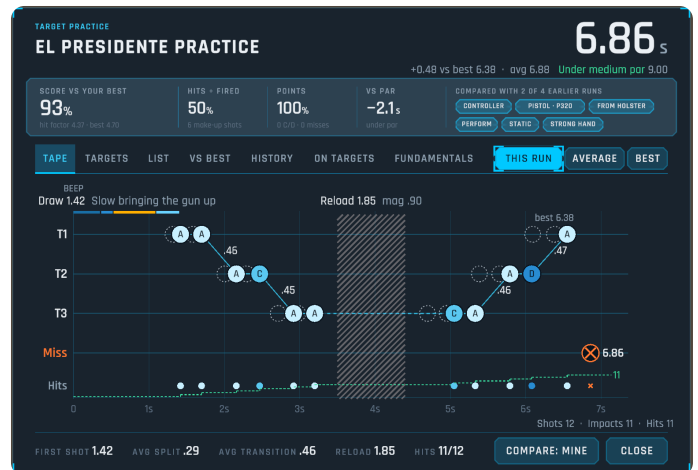
Drill distances run to 100 meters and more. Targets stand where the drill puts them, even beyond your walls; the room past the firing line fades so you can see them.

How a drill runs

1. **Choose a drill** Open Drills from the main menu. The list has three tabs: Drills, Fundamentals and Speed & Precision. Filter by gun and by target type; each card shows the gun, the rounds and a map of the targets.
2. **Read the overview** The overview lists the stages. Some drills run every stage; others ask you to pick one stage or one distance. Switches on the overview turn on Read aloud, Practice run and the minimap.
3. **Start** Emma, the range voice, reads the drill and each stage as it loads. Each stage starts on its own signal: step to the start position, wait through a random delay, and go on the beep.
4. **Shoot the stage** A stage ends when its rounds are fired, its required order is complete, or its time limit runs out. The next stage loads and starts on its own signal.
5. **Review** Results open when the run ends: the tape of every shot against the clock, your hits on each target, the run against your best, your history, and the Fundamentals analysis of each shot.



The drill list: tabs, gun and target filters, and a card for every drill.



Results: every shot against the clock, with the first shot, splits, transitions and the reload.

Scoring, timing and results

Scoring

Points

Each hit scores its zone's points; the run's score is the total.

Points per second

Points divided by the run's time, so speed and accuracy both count.

A-zone hits

Only hits in the A-zone count.

Rings and group size

Hits are scored by how close they land to the center, ring by ring.

Procedurals

A hit out of a drill's required order, or on the wrong zone where the drill names one, costs 10 points.

No-shoots

A hit on a no-shoot target costs points.

Timing

Untimed

No clock: take the time each shot needs.

Par time

Each string has a time to beat. The results show how each string did against its par.

Time limit

Each string ends when its time runs out; rounds not fired by then are missed.

What the results show

Tape

Every shot of the run against the clock, from the beep: first shot, splits, transitions, reloads and misses.

Targets

Each stage's targets with your hits numbered in the order you fired them.

List

Every shot as a row: time, split, target, zone and points.

vs Best

The run against your best run of the same drill, part by part.

History

Every run of this drill, with your best and your recent average.

Fundamentals

Each shot's trace and score, the direction wheel, hold and press, and draws, reloads and transitions broken into their parts.

Reading an entry

Tab

Where the drill is listed in the app: Drills, Fundamentals or Speed & Precision.

Gun

Pistol, rifle or bow; "pistol or rifle" when either gun runs it; "rifle and pistol" when it needs both.

Rounds

The rounds one run takes. For drills where you pick a stage or a distance, the rounds of each choice.

Course of fire

One row per stage, or per run of identical strings: distance, start position, hand, rounds, time and what to do. Each row starts on its own signal.

T1, T2 ...

Targets are numbered from the shooter's left.

Trigger control

These drills isolate the press: a surprise break on a random tone, slow presses, rhythm, dead rounds mixed with live ones, one hand at a time. Each shot's trace shows what the gun did before and after the break.

Slow press

FUNDAMENTALS

PISTOL / RIFLE / BOW

POINTS

UNTIMED

1 STAGE

Pistol and Rifle: Five shots. Take three to five seconds to press each one, smooth and even, and hold the trigger back after the break before letting it out to the reset.

Bow: Hold and release: Five arrows. Hold at anchor for three full seconds on each, then release smoothly and keep the bow arm up until the arrow lands.

Setup Pistol: Basic Target at 7 m; Rifle: Basic Target at 25 m; Bow: Basic Target at 15 m. **Builds** Fundamentals, Trigger control.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol • 5 rounds						
1	7 m			5		Three to five seconds per press.
Rifle • 5 rounds						
1	25 m			5		Three to five seconds per press.
Bow: Hold and release • 5 rounds						
1	15 m			5		Three seconds at anchor, then release.

Surprise break

FUNDAMENTALS

PISTOL / RIFLE / BOW

POINTS

UNTIMED

5 STAGES

Pistol and Rifle: After the beep, get on target with your finger on the trigger and take up the slack. A second tone comes at a random moment: break the shot within half a second without disturbing the sights. Five strings of one.

Bow: Surprise release: After the beep, come to full draw on the target and settle at your anchor. A second tone comes at a random moment: release within half a second without disturbing the sights. Five strings of one.

Setup Pistol: Basic Target at 7 m; Rifle: Basic Target at 25 m; Bow: Basic Target at 15 m. **Builds** Fundamentals, Trigger control.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol • 5 rounds						
1-5	7 m		1			Get on target with your finger on the trigger and take up the slack, then break the shot on the second tone.
Rifle • 5 rounds						
1-5	25 m		1			Get on target with your finger on the trigger and take up the slack, then break the shot on the second tone.
Bow: Surprise release • 5 rounds						
1-5	15 m		1			Come to full draw on the target and settle at your anchor, then release on the second tone.

Strong and support hand

FUNDAMENTALS

PISTOL

10 ROUNDS

POINTS

UNTIMED

2 STAGES

Five shots with your strong hand only, then five with your support hand only. Slow and careful: the score shows what each hand does on its own.

Setup Basic Target at 5 m. **Builds** Fundamentals, Trigger control.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	5 m		Strong hand only	5		Strong hand only. 5 shots, untimed.
2	5 m		Support hand only	5		Support hand only. 5 shots, untimed.

Flinch check

FUNDAMENTALS

PISTOL / RIFLE

POINTS

UNTIMED

1 STAGE

Fifteen live rounds with some dead ones mixed in at random: a dead press only clicks. Press every one as if it will fire. Where the gun goes on the clicks shows whether you push against a shot that never comes.

Setup Pistol: Basic Target at 7 m; Rifle: Basic Target at 25 m. **Builds** Fundamentals, Trigger control, Recoil control.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol · 15 rounds						
1	7 m			15		Fifteen live rounds; the clicks don't count against them.
Rifle · 15 rounds						
1	25 m			15		Fifteen live rounds; the clicks don't count against them.

Metronome

FUNDAMENTALS

PISTOL / RIFLE

POINTS

UNTIMED

PICK 1 OF 3 STAGES

A tick sounds on a steady beat after the start: fire one shot on each tick. Pick a beat, 2.0, 1.0 or 0.5 seconds, or run all three. Being on the beat counts as much as the score.

Setup Pistol: Basic Target at 7 m; Rifle: Basic Target at 25 m. **Builds** Fundamentals, Trigger control, Speed.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol · 5 per stage						
1	7 m			5		5 shots, one on each beat, every 2.0 s.
2	7 m			5		5 shots, one on each beat, every 1.0 s.
3	7 m			5		5 shots, one on each beat, every 0.5 s.
Rifle · 5 per stage						
1	25 m			5		5 shots, one on each beat, every 2.0 s.
2	25 m			5		5 shots, one on each beat, every 1.0 s.
3	25 m			5		5 shots, one on each beat, every 0.5 s.

SAMPLE SESSION

A 15-minute trigger session

Benchmark 10
your score today

Surprise break
five strings

Slow press
smooth to the reset

Flinch check
press every dead round

Benchmark 10
compare with the first
score

Accuracy and warm-ups

Baselines and slow-fire aggregates. Benchmarks give you a number to track over time; the aggregates test precision across distances, hands and time limits.

Benchmark 10

FUNDAMENTALS

PISTOL / RIFLE / BOW

POINTS

UNTIMED

1 STAGE

Pistol and Rifle: Ten slow, careful shots at one target. Your average score is your yardstick: shoot it often and watch the trend.

Bow: Ten slow, careful arrows at one target. Your average score is your yardstick: shoot it often and watch the trend.

Setup Pistol: Basic Target at 7 m; Rifle: Basic Target at 25 m; Bow: Basic Target at 15 m. **Builds** Fundamentals, Accuracy.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol · 10 rounds						
1	7 m			10		Untimed. Take your time on every shot.
Rifle · 10 rounds						
1	25 m			10		Untimed. Take your time on every shot.
Bow · 10 rounds						
1	15 m			10		Untimed. Take your time on every arrow.

Free practice

FUNDAMENTALS

PISTOL / RIFLE / BOW

POINTS

UNTIMED

1 STAGE

Pistol and Rifle: Shoot at your own pace, any way you like. Every shot gets a score and goes on the direction wheel, so use it to warm up or to work on one thing.

Bow: Shoot at your own pace. Every shot gets a score and goes on the direction wheel, so use it to warm up or to work on one thing.

Setup Pistol: Basic Target at 7 m; Rifle: Basic Target at 25 m; Bow: Basic Target at 15 m. **Builds** Fundamentals, Warm-up.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol · 30 rounds						
1	7 m			30		Untimed. Stop when you're done.
Rifle · 30 rounds						
1	25 m			30		Untimed. Stop when you're done.
Bow · 12 rounds						
1	15 m			12		Untimed. Stop when you're done.

Surgical Pistol Shoot

DRILLS PISTOL 18 ROUNDS POINTS UNTIMED 3 STAGES

Three lines, each on its own signal, two rounds on each of three targets: freestyle from the holster at 25 m, strong hand only at 15 m, support hand only at 10 m.

Setup 3 × Basic Target at 10 to 25 m. **Builds** Accuracy, Target transitions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	25 m	Holstered		6		Draw, 2 rounds each, freestyle.
2	15 m	Standing	Strong hand only	6		2 rounds each, strong hand only.
3	10 m	Standing	Support hand only	6		2 rounds each, support hand only.

Until it slips

FUNDAMENTALS PISTOL / RIFLE / BOW POINTS UNTIMED 1 STAGE

Pistol and Rifle: Keep shooting slow, careful shots until one scores under your target score (set in Training). How many you make before it slips is your result.

Bow: Keep shooting slow, careful arrows until one scores under your target score (set in Training). How many you make before it slips is your result.

Setup Pistol: Basic Target at 7 m; Rifle: Basic Target at 25 m; Bow: Basic Target at 15 m. **Builds** Fundamentals, Accuracy, Stress.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol - 50 rounds						
1	7 m			50		The string ends at the first shot under your target score.
Rifle - 50 rounds						
1	25 m			50		The string ends at the first shot under your target score.
Bow - 20 rounds						
1	15 m			20		The string ends at the first shot under your target score.

FBI-style Bullseye Course

DRILLS PISTOL 30 ROUNDS GROUP SIZE AND RINGS PAR TIME 5 STAGES

Thirty rounds on a bullseye for 300 points; 270 passes. Ten rounds of slow fire at 25 m in four minutes, then four five-round strings at 15 m: two in 15 seconds and two in 10.

Course names describe the published qualification standard each course is modeled on. Augmented Defense is not affiliated with, sponsored by or endorsed by any agency, academy or military service, and these courses are not official qualifications.

Setup B-8 Bullseye at 15 to 25 m. **Builds** Warm-up, Accuracy.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	25 m	Standing		10	par 4 min	10 rounds in 4 min.
2	15 m	Standing		5	par 15 s	5 rounds in 15 s.
3	15 m	Standing		5	par 15 s	5 rounds in 15 s, again.
4	15 m	Standing		5	par 10 s	5 rounds in 10 s.
5	15 m	Standing		5	par 10 s	5 rounds in 10 s, again.

Grouping Drill

DRILLS PISTOL OR RIFLE 30 ROUNDS GROUP SIZE AND RINGS UNTIMED 6 STAGES

Six groups of five careful shots at 10 m, each on its own signal. Aim for the tightest group you can repeat, not one lucky one. 30 rounds, untimed.

Setup B-8 Bullseye at 10 m. **Builds** Warm-up, Accuracy.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1-6	10 m			5		5 well-aimed shots, untimed.

Single Shot Accuracy

DRILLS PISTOL 15 PER STAGE POINTS UNTIMED PICK 1 OF 2 STAGES

One shot on each of the fifteen small squares. Pick a stage: 3 m with the pistol, or 5 m with either gun.

Setup Dots at 3 to 5 m. **Builds** Warm-up, Accuracy.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	3 m	Standing		15		Engage each 1" square with a single shot.
2	5 m			15		Engage each 1" square with a single shot.

500 Point Pistol Aggregate

DRILLS PISTOL 50 ROUNDS GROUP SIZE AND RINGS PAR TIME 5 STAGES

Five ten-round stages on a bullseye, 500 points possible: slow fire at 20 m with both hands, strong hand only and support hand only at 15 m, then two timed strings from the holster at 10 and 7 m.

Setup B-8 Bullseye at 7 to 20 m. **Builds** Warm-up, Accuracy.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	20 m	Standing		10	par 10 min	Slow fire, both hands. 10 rounds in 10 min.
2	15 m	Standing	Strong hand only	10	par 10 min	Slow fire, strong hand only. 10 rounds in 10 min.
3	15 m	Standing	Support hand only	10	par 10 min	Slow fire, weak hand only. 10 rounds in 10 min.
4	10 m	Holstered		10	par 20 s	From the draw, both hands. 10 rounds in 20 s.
5	7 m	Holstered		10	par 10 s	From the draw, both hands. 10 rounds in 10 s.

500 Point Pistol/Rifle Aggregate

DRILLS RIFLE AND PISTOL 50 ROUNDS GROUP SIZE AND RINGS PAR TIME 5 STAGES

Five ten-round strings on a bullseye, 500 points possible: rifle prone at 100 m, sitting at 75 m, kneeling at 50 m and standing at 25 m, then pistol from the holster at 15 m.

Setup B-8 Bullseye at 15 to 100 m. **Builds** Warm-up, Accuracy.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	100 m	Prone		10	par 60 s	Rifle, prone. 10 rounds in 60 s.
2	75 m	Sitting		10	par 60 s	Rifle, sitting. 10 rounds in 60 s.
3	50 m	Kneeling		10	par 45 s	Rifle, kneeling. 10 rounds in 45 s.
4	25 m	Standing		10	par 30 s	Rifle, standing. 10 rounds in 30 s.
5	15 m	Holstered		10	par 30 s	Pistol from the holster, standing. 10 rounds in 30 s.

700 Point Pistol Aggregate

DRILLS

PISTOL

70 ROUNDS

GROUP SIZE AND RINGS

PAR TIME

13 STAGES

Thirteen stages on a bullseye at 10 m, 700 points possible: slow fire and timed strings from the holster with both hands, strong hand only and support hand only, then kneeling and prone.

Setup B-8 Bullseye at 10 m. **Builds** Warm-up, Accuracy.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	10 m	Standing		10	par 10 min	Standing, both hands. 10 rounds in 10 min.
2-3	10 m	Holstered		5	par 20 s	From the draw, both hands. 5 rounds in 20 s.
4-5	10 m	Holstered		5	par 10 s	From the draw, both hands. 5 rounds in 10 s.
6	10 m	Standing	Strong hand only	5	par 5 min	Standing, strong hand. 5 rounds in 5 min.
7	10 m	Holstered	Strong hand only	5	par 20 s	From the draw, strong hand. 5 rounds in 20 s.
8	10 m	Holstered	Strong hand only	5	par 10 s	From the draw, strong hand. 5 rounds in 10 s.
9	10 m	Standing	Support hand only	5	par 5 min	Standing, weak hand. 5 rounds in 5 min.
10	10 m	Kneeling		5	par 5 min	Kneeling, both hands. 5 rounds in 5 min.
11	10 m	Kneeling		5	par 20 s	Standing to kneeling from the draw. 5 rounds in 20 s.
12	10 m	Prone		5	par 5 min	Prone, both hands. 5 rounds in 5 min.
13	10 m	Prone		5	par 20 s	Standing to prone from the draw. 5 rounds in 20 s.

900 Point Rifle Aggregate

DRILLS

RIFLE

90 ROUNDS

GROUP SIZE AND RINGS

PAR TIME

11 STAGES

Ninety rounds from 100 m in to 10 m on a bullseye: prone, kneeling and standing; slow, timed and rapid strings, with magazine changes built in. Scored on points made within the time, 900 possible.

Setup B-8 Bullseye at 10 to 100 m. **Builds** Accuracy, Reloads.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	100 m	Prone		10	par 10 min	Standing to prone, slow fire. 10 rounds in 10 min.
2	100 m	Prone		10	par 60 s	Timed fire with mag change. 10 rounds in 60 s.
3	100 m	Prone		10	par 30 s	Rapid fire with mag change. 10 rounds in 30 s.
4	75 m	Prone		5	par 20 s	Standing to prone, timed. 5 rounds in 20 s.
5	75 m	Prone		10	par 25 s	Rapid with mag change. 10 rounds in 25 s.
6	50 m	Kneeling		5	par 20 s	Standing to kneeling, timed. 5 rounds in 20 s.
7	50 m	Kneeling		10	par 25 s	Rapid with mag change. 10 rounds in 25 s.
8	25 m	Standing		5	par 20 s	Standing, timed. 5 rounds in 20 s.
9	25 m	Standing		10	par 25 s	Rapid with mag change. 10 rounds in 25 s.
10	10 m	Standing		5	par 20 s	Standing, timed. 5 rounds in 20 s.
11	10 m	Standing		10	par 20 s	Rapid with mag change. 10 rounds in 20 s.

SAMPLE SESSION

A weekly baseline

Free practice

two minutes to warm up

Benchmark 10

log the score

Until it slips

how long is the streak?

500 Point Pistol Aggregate

once a month

Draw, speed and recoil control

Draws from the holster and presentations from ready, then strings that push the pace with tighter pars. The results break each draw into react, clear, up and out, and settle and break.

Draw to the shot

FUNDAMENTALS

PISTOL / RIFLE

POINTS

UNTIMED

10 STAGES

Pistol: From the holster (with hands: from your side), draw and fire on the beep: five strings of one shot, then five pairs. Each is timed from the beep, and the breakdown shows where the time went.

Rifle: Ready up: From low ready, mount the rifle and fire on the beep: five strings of one shot, then five pairs. Each is timed from the beep, and the breakdown shows where the time went.

Setup Pistol: Basic Target at 5 to 7 m; Rifle: Basic Target at 10 to 15 m. **Builds** Fundamentals, Speed, Gun handling.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol · 15 rounds						
1-5	5 m	Holstered		1		One shot.
6-10	7 m	Holstered		2		A pair.
Rifle: Ready up · 15 rounds						
1-5	10 m	Low ready		1		One shot.
6-10	15 m	Low ready		2		A pair.

Bill Drill

DRILLS

PISTOL OR RIFLE

18 ROUNDS

A-ZONE HITS

PAR TIME

3 STAGES

Six rounds into the A-zone on the signal from 20, 15 and 10 m. The par tightens as you close in: 5, 4, then 3 seconds.

Setup Basic Target at 10 to 20 m. **Builds** Recoil control, Speed.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	20 m			6	par 5 s	6 rounds in 5 s.
2	15 m			6	par 4 s	6 rounds in 4 s.
3	10 m			6	par 3 s	6 rounds in 3 s.

Plus One Drill

DRILLS

PISTOL OR RIFLE

20 ROUNDS

A-ZONE HITS

PAR TIME

4 STAGES

Five rounds into the A-zone at 3, 5, 10 and 15 m. The par is the distance in meters plus one second.

Setup Basic Target at 3 to 15 m. **Builds** Recoil control.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	3 m			5	par 4 s	5 rounds in 4 s.
2	5 m			5	par 6 s	5 rounds in 6 s.
3	10 m			5	par 11 s	5 rounds in 11 s.
4	15 m			5	par 16 s	5 rounds in 16 s.

Half and Half

DRILLS

PISTOL OR RIFLE

30 ROUNDS

POINTS

PAR TIME

3 STAGES

Ten rounds at 20, 10 and 5 m, with the par halving along with the distance: 10, 5, then 2.5 seconds. The pistol starts holstered with your hands above your shoulders; the rifle starts at low ready.

Setup Basic Target at 5 to 20 m. **Builds** Recoil control.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	20 m			10	par 10 s	10 rounds in 10 s.
2	10 m			10	par 5 s	10 rounds in 5 s.
3	5 m			10	par 2.5 s	10 rounds in 2.5 s.

Presentation

DRILLS

PISTOL OR RIFLE

50 ROUNDS

A-ZONE HITS

UNTIMED

25 STAGES

Twenty-five strings of two: on each signal present the gun, put two rounds in the A-zone, then return to the start. Six strings each at 3, 5 and 7 m, then seven at 10 m.

Setup Basic Target at 3 to 10 m. **Builds** Warm-up, Speed.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1-6	3 m			2		Present, 2 rounds into the A-zone, reset.
7-12	5 m			2		Present, 2 rounds into the A-zone, reset.
13-18	7 m			2		Present, 2 rounds into the A-zone, reset.
19-25	10 m			2		Present, 2 rounds into the A-zone, reset.

Escalation Drill

DRILLS

PISTOL OR RIFLE

15 PER DISTANCE

POINTS

UNTIMED

PICK A DISTANCE

Pick a line: 3, 5, 7 or 10 m. Five strings on five signals, one round more each time: one, two, three, four, then five rounds into the A-zone. 15 rounds a line.

Setup Basic Target at 3 to 10 m. **Builds** Recoil control.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	3 m			1		1-round string into the A-zone.
2	3 m			2		2-round string into the A-zone.
3	3 m			3		3-round string into the A-zone.
4	3 m			4		4-round string into the A-zone.
5	3 m			5		5-round string into the A-zone.
6	5 m			1		1-round string into the A-zone.
7	5 m			2		2-round string into the A-zone.
8	5 m			3		3-round string into the A-zone.
9	5 m			4		4-round string into the A-zone.
10	5 m			5		5-round string into the A-zone.
11	7 m			1		1-round string into the A-zone.
12	7 m			2		2-round string into the A-zone.
13	7 m			3		3-round string into the A-zone.
14	7 m			4		4-round string into the A-zone.
15	7 m			5		5-round string into the A-zone.
16	10 m			1		1-round string into the A-zone.
17	10 m			2		2-round string into the A-zone.
18	10 m			3		3-round string into the A-zone.
19	10 m			4		4-round string into the A-zone.
20	10 m			5		5-round string into the A-zone.

Half and Half ver 2

DRILLS

RIFLE AND PISTOL

60 ROUNDS

POINTS

PAR TIME

6 STAGES

At 5, 9 and 18 m: ten rounds with the pistol from the holster, then ten with the rifle from low ready, each inside its time. Scored on points made within the time.

Setup Basic Target at 5 to 18 m. **Builds** Recoil control.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	5 m	Holstered		10	par 4 s	Pistol: 10 rounds in 4 s.
2	5 m	Low ready		10	par 2.5 s	Rifle: 10 rounds in 2.5 s.
3	9 m	Holstered		10	par 6.5 s	Pistol: 10 rounds in 6.5 s.
4	9 m	Low ready		10	par 5 s	Rifle: 10 rounds in 5 s.
5	18 m	Holstered		10	par 12 s	Pistol: 10 rounds in 12 s.
6	18 m	Low ready		10	par 10 s	Rifle: 10 rounds in 10 s.

SAMPLE SESSION

A draw session

Draw to the shot

twice

Presentation

the 3 and 5 m lines

Bill Drill

six on the beep

Plus One Drill

beat the par

Draw to the shot

compare the first shot

Reloads, gun handling and cover

Physical magazine changes, slide-lock reloads and rifle-to-pistol transitions, then work from a barricade. The results time the empty-gun window from the last shot to the next.

Emergency Mag Change

DRILLS PISTOL OR RIFLE 2 ROUNDS POINTS UNTIMED 1 STAGE

Two magazines with one round each. Fire the first round until the gun locks open, change magazines, and fire the second.

Setup Basic Target at 10 m. **Builds** Gun handling, Reloads.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	10 m			2		1 round, emergency reload, 1 round.

Rifle To Pistol Transition

DRILLS RIFLE AND PISTOL 4 ROUNDS A-ZONE HITS UNTIMED 1 STAGE

Rifle at high ready, pistol holstered: two rifle rounds, transition to the pistol, then two pistol rounds into the A-zone.

Setup Basic Target at 5 m. **Builds** Gun transitions, Gun handling.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	5 m	High ready		4		2 rifle rds, transition, 2 pistol rds.

6-6-6 Drill

DRILLS PISTOL 6 ROUNDS POINTS PAR TIME 1 STAGE

At 6 m from the holster: draw, fire three rounds, reload from slide lock and fire three more, all inside six seconds.

Setup Basic Target at 6 m. **Builds** Gun handling, Reloads, Speed.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	6 m	Holstered		6	par 6 s	Draw, 3 rounds, slide-lock reload, 3 rounds. 6 s par.

Reload and back

FUNDAMENTALS PISTOL / RIFLE POINTS UNTIMED 3 STAGES

Each magazine holds two. Fire two, reload when the gun runs dry and fire two more: the empty-gun time from the last shot to the next is what counts. Three strings.

Setup Pistol: Basic Target at 7 m; Rifle: Basic Target at 7 m. **Builds** Fundamentals, Reloads.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol · 12 rounds						
1-3	7 m			4		Two shots, reload, two shots.
Rifle · 12 rounds						
1-3	7 m			4		Two shots, reload, two shots.

Four Arrays

DRILLS

PISTOL OR RIFLE

16 ROUNDS

POINTS

UNTIMED

1 STAGE

From one spot, engage four arrays in any order: two cards on the left, two on the right, the plate row in the middle and two far poppers. Two hits on each card, every plate and both poppers down: 16 rounds in two 8-round magazines, so plan where the reload falls. Pistol from the holster, rifle from low ready.

Setup 4 × Basic Target, 2 × Steel Popper, 6 inch Plate Row at 4 m. **Builds** Speed, Target transitions, Reloads.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
---	----------	-------	------	--------	------	------------

1	4 m			16		Cards at 4-5 m, the plate row at 10.5 m, poppers at 14-15 m. Any order; reload when the gun runs dry.
---	-----	--	--	----	--	---

Barrier 1

DRILLS

PISTOL OR RIFLE

18 ROUNDS

POINTS

UNTIMED

1 STAGE

Three targets, two rounds each, from one side of the barricade; reload; the same from a second side; reload; then from the third. Place a barricade at the firing line with the World Builder first.

Setup 3 × Basic Target at 10 m. **Builds** Barriers, Reloads.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
---	----------	-------	------	--------	------	------------

1	10 m			18		2 rounds each target, T1-T3, from each of three barricade sides, reloading between sides.
---	------	--	--	----	--	---

Barrier TGT Transition

DRILLS

RIFLE

30 ROUNDS

POINTS

UNTIMED

1 STAGE

Six steel targets at 100 m from a barricade, worked from the outside in: from the left side T1, T2, T3, then from the right side T6, T5, T4, each until it is hit. Out of order is a procedural. Place a barricade with the World Builder first.

Setup 6 × B/C Zone Steel at 100 m. **Builds** Barriers, Target transitions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
---	----------	-------	------	--------	------	------------

1	100 m	Standing		30		Left side: T1, T2, T3. Right side: T6, T5, T4. Each until hit.
---	-------	----------	--	----	--	--

Barrier X Drill

DRILLS

RIFLE

30 ROUNDS

POINTS

UNTIMED

1 STAGE

Two steel targets at 100 m from a barricade, in an X: T1 standing supported, T2 kneeling supported, T1 kneeling, T2 standing, each until it is hit. Out of order is a procedural. Place a barricade with the World Builder first.

Setup 2 × B/C Zone Steel at 100 m. **Builds** Barriers, Target transitions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
---	----------	-------	------	--------	------	------------

1	100 m			30		Standing T1, kneeling T2, kneeling T1, standing T2. Each until hit.
---	-------	--	--	----	--	---

SAMPLE SESSION

Run it dry

Reload and back
three strings

Emergency Mag Change
three times

6-6-6 Drill
inside six seconds

Four Arrays
plan the reload

Transitions and target order

Moving between targets, often in a required order. A hit on a target out of order is a procedural; the results show every split between targets.

El Platezente

DRILLS PISTOL 6 ROUNDS POINTS UNTIMED 1 STAGE

Start facing up range at 10 m, holstered. Turn, draw, knock down three plates, make the mandatory reload, then knock down three more.

Setup 6 inch Plate Row at 10 m. **Builds** Target transitions, Reloads.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	10 m	Holstered, facing up range		6		Turn, draw, 3 plates, reload, 3 plates.

Plate Transition

DRILLS PISTOL 6 ROUNDS POINTS UNTIMED 1 STAGE

At 10 m from the holster: draw and knock down the six plates in the order 1, 6, 2, 5, 3, 4, counting from the left. A plate out of order is a procedural.

Setup 6 inch Plate Row at 10 m. **Builds** Target transitions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	10 m	Holstered		6		Plates in order 1, 6, 2, 5, 3, 4.

One Thru Five Drill

DRILLS PISTOL OR RIFLE 8 ROUNDS POINTS UNTIMED 1 STAGE

Five targets, one round at a time in the order T1, T2, T1, T3, T1, T4, T5, T1, counting from the left. A hit out of order is a procedural.

Setup 5 × Basic Target at 10 m. **Builds** Target transitions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	10 m			8		Sequence: T1, T2, T1, T3, T1, T4, T5, T1.

El Prez Variant Three

DRILLS RIFLE AND PISTOL 12 ROUNDS POINTS UNTIMED 1 STAGE

Start facing up range with the rifle at the ready and the pistol holstered. Turn, put two rifle rounds on each of three targets, transition to the pistol and put two more on each.

Setup 3 × Basic Target at 10 m. **Builds** Gun transitions, Target transitions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	10 m	Any start, facing up range		12		Turn, rifle pass, transition, pistol pass – 2 rounds each per pass.

El Prez Variant Two

DRILLS

PISTOL OR RIFLE

12 ROUNDS

POINTS

UNTIMED

1 STAGE

At 10 m: two rounds on each of three targets in any order, a mandatory reload, then two more on each in any order.

Setup 3 × Basic Target at 10 m. **Builds** Target transitions, Reloads.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	10 m			12		2 rounds each, reload, 2 rounds each — any order.

El Prezidente

DRILLS

PISTOL OR RIFLE

12 ROUNDS

A-ZONE HITS

UNTIMED

1 STAGE

Start facing up range, holstered. On the beep turn, put two rounds on each of the three targets left to right, reload, then two more on each from right to left.

Setup 3 × Basic Target at 7 m. **Builds** Target transitions, Reloads, Speed.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	7 m	Holstered, facing up range		12		Turn, 2 rounds each T1-T3, reload, 2 rounds each T3-T1.

Three-target sweep

FUNDAMENTALS

PISTOL / RIFLE

POINTS

UNTIMED

5 STAGES

Three targets two metres apart: one shot on each, left to right. The splits between them are your transitions; look to the next target first and let the gun follow. Five strings.

Setup Pistol: 3 × Basic Target at 7 m; Rifle: 3 × Basic Target at 15 m. **Builds** Fundamentals, Target transitions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol · 15 rounds						
1-5	7 m			3		One shot on each target, left to right.
Rifle · 15 rounds						
1-5	15 m			3		One shot on each target, left to right.

El Prez Variant One

DRILLS

PISTOL OR RIFLE

24 ROUNDS

POINTS

UNTIMED

4 STAGES

Two rounds on each of three targets, left to right, on every signal: at 15, 10, 7 and 5 m.

Setup 3 × Basic Target at 5 to 15 m. **Builds** Target transitions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	15 m			6		2 rounds each, T1-T3.
2	10 m			6		2 rounds each, T1-T3.
3	7 m			6		2 rounds each, T1-T3.
4	5 m			6		2 rounds each, T1-T3.

Changing Gears Drill

DRILLS
PISTOL OR RIFLE
12 PER DISTANCE
POINTS
UNTIMED
PICK A DISTANCE

Pick a line: 5, 7 or 10 m. T1, on the left, carries a bullseye; T2 is a plain silhouette. Two six-round strings in a set order switch targets, and precision, every two shots. A hit out of order is a procedural.

Setup Basic Target with Bull, Basic Target at 5 to 10 m. **Builds** Target transitions, Accuracy.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	5 m			6		First string: T1, T1, T2, T2, T1, T1.
2	5 m			6		Second string: T2, T2, T1, T1, T2, T2.
3	7 m			6		First string: T1, T1, T2, T2, T1, T1.
4	7 m			6		Second string: T2, T2, T1, T1, T2, T2.
5	10 m			6		First string: T1, T1, T2, T2, T1, T1.
6	10 m			6		Second string: T2, T2, T1, T1, T2, T2.

Falling Plates

DRILLS
PISTOL
48 ROUNDS
POINTS
PAR TIME
8 STAGES

Eight runs on a six-plate rack from the holster, two at each of 10, 15, 20 and 25 m, each against a par: 8, 9, 10 and 12 seconds.

Setup 6 inch Plate Row at 10 to 25 m. **Builds** Target transitions, Speed.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1-2	10 m	Holstered		6	par 8 s	6 plates in 8 s.
3-4	15 m	Holstered		6	par 9 s	6 plates in 9 s.
5-6	20 m	Holstered		6	par 10 s	6 plates in 10 s.
7-8	25 m	Holstered		6	par 12 s	6 plates in 12 s.

SAMPLE SESSION

Eyes first

Three-target sweep
five strings

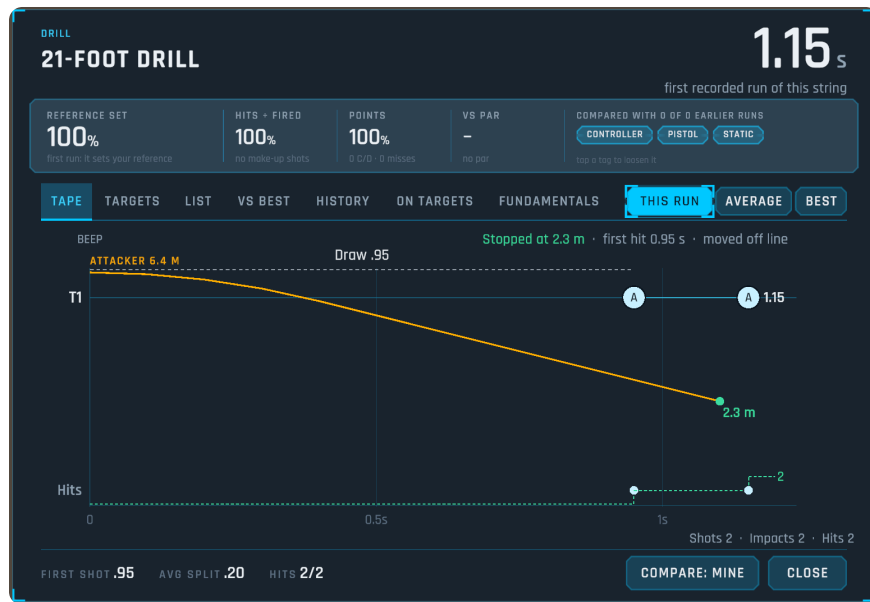
One Thru Five Drill
back to T1

El Presidente
turn, draw, reload

Changing Gears Drill
one line

Pressure and decisions

Cues that decide which targets to shoot, required sequences of body and head shots, and an attacker closing from 21 feet.



21-Foot Drill results: the attacker's distance from you at every moment, your first hit, and where you stopped it.

Shoot or don't shoot

FUNDAMENTALS

PISTOL / RIFLE

POINTS

UNTIMED

3 STAGES

At the beep a cue shows on every face: a colour, a shape or a sum. Two of the four are to be shot, two hits each; the others are no-shoots. Read the cue, then shoot.

Setup Pistol: 4 × Basic Target at 5 m; Rifle: 4 × Basic Target at 23 m. **Builds** Fundamentals, Decisions, Target transitions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol · 12 rounds						
1	5 m			4		Shoot the green faces, not the red. Two hits on each.
2	5 m			4		Shoot the circles, not the squares. Two hits on each.
3	5 m			4		Shoot the faces whose sum is 10. Two hits on each.
Rifle · 12 rounds						
1	23 m			4		Shoot the green faces, not the red. Two hits on each.
2	23 m			4		Shoot the circles, not the squares. Two hits on each.
3	23 m			4		Shoot the faces whose sum is 10. Two hits on each.

X Drill

DRILLS PISTOL OR RIFLE 24 ROUNDS A-ZONE HITS UNTIMED 3 STAGES

Two targets, eight rounds in a set order at 5, 7 and 10 m: two to T1's body, two to T2's head, two to T2's body, two to T1's head. A hit out of order or in the wrong zone is a procedural.

Setup 2 × Basic Target with 6 inch Dot at 5 to 10 m. **Builds** Target transitions, Failure drills.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	5 m			8		T1 body x2, T2 head x2, T2 body x2, T1 head x2.
2	7 m			8		T1 body x2, T2 head x2, T2 body x2, T1 head x2.
3	10 m			8		T1 body x2, T2 head x2, T2 body x2, T1 head x2.

Failure Drill

DRILLS PISTOL OR RIFLE 27 ROUNDS A-ZONE HITS UNTIMED 3 STAGES

Two to the body and one to the head on each of three targets in turn, at 3, 5 and 7 m. A hit out of order or in the wrong zone is a procedural.

Setup 3 × Basic Target with 6 inch Dot at 3 to 7 m. **Builds** Failure drills.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	3 m			9		2 body + 1 head per target, T1-T3.
2	5 m			9		2 body + 1 head per target, T1-T3.
3	7 m			9		2 body + 1 head per target, T1-T3.

21-Foot Drill

DRILLS PISTOL 15 PER STAGE POINTS UNTIMED PICK 1 OF 6 STAGES

On the beep an attacker charges you from 21 feet. Draw and stop it with two hits to the high chest before it reaches you; step off its line as you draw. Pick where it comes from: ahead, 45 degrees left or right, from behind, or from 15 or 30 feet. Pistol from the holster.

Setup Attacker at 5 to 9 m. **Builds** Stress, Movement, Decisions, Speed.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	6 m	Holstered		15		Straight ahead, 21 feet (6.4 m). It reaches you in about a second and a half. Two hits to the high chest stop it.
2	6 m	Holstered		15		From 45 degrees to your left, 21 feet (6.4 m). It reaches you in about a second and a half. Two hits to the high chest stop it.
3	6 m	Holstered		15		From 45 degrees to your right, 21 feet (6.4 m). It reaches you in about a second and a half. Two hits to the high chest stop it.
4	6 m	Holstered, facing up range		15		From behind, 21 feet (6.4 m): face up range, then turn and draw on the beep. It reaches you in about a second and a half. Two hits to the high chest stop it.
5	5 m	Holstered		15		Straight ahead, 15 feet (4.6 m). It reaches you in about a second. Two hits to the high chest stop it.
6	9 m	Holstered		15		Straight ahead, 30 feet (9.1 m). You have about two seconds. Two hits to the high chest stop it.

SAMPLE SESSION

Decisions under the clock

Shoot or don't shoot

all three cues

Failure Drill

right zone, right order

X Drill

from memory

21-Foot Drill

every direction

Speed & Precision

Steel targets of three kinds, a reveal screen that hides the layout until the beep, and a range partner who calls the target. Score is your time plus one second for every miss, wrong plate, no-shoot or plate left standing.



Precision Ladder Twelve hanger slots holding plates in three shapes, from 8 inches down to 2 inches, painted and numbered. Calls name a plate by number, shape, color or size.



Zone Plate Silhouette A silhouette cut into eight plates. Calls name places (head, the chests, center, high, low) and groups, or a color.



Window Silhouette Ten windows, each hot, blank or a no-shoot (white with a red slash). Shoot every hot window, or only the ones the partner calls.

How a string runs

- 1. The screen rises and the layout changes behind it.
- 2. Emma says "Shooter ready", makes the call, then "Standby".
- 3. The screen drops on the beep and the clock starts there.
- 4. The string ends once the call is complete. Every plate rings its own note as it is hit.

Big, Small

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

1 STAGE

Alternate plate 1, the 8 inch circle, and plate 7, the 2 inch circle: five pairs. Change your precision on every shot.

Setup Pistol: Precision Ladder at 5 m; Rifle: Precision Ladder at 15 m. **Builds** Speed, Accuracy.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol · 10 rounds						
1	5 m			10		Alternate plate 1 and plate 7, starting on 1: five pairs.
Rifle · 10 rounds						
1	15 m			10		Alternate plate 1 and plate 7, starting on 1: five pairs.

Draw to the Call

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

10 STAGES

Pistol: From the holster: a new layout and a call each string. Draw on the drop, one round on the called plate. Standard: 9 of 10 under 2.0 seconds.

Rifle: From low ready: a new layout and a call each string. Mount on the drop, one round on the called plate. Standard: 9 of 10 under 2.0 seconds.

Setup Pistol: Precision Ladder at 5 m; Rifle: Precision Ladder at 15 m. **Builds** Speed, Accuracy, Decisions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol · 10 rounds						
1-10	5 m	Holstered		1		Listen to the call, draw on the drop: one round.
Rifle · 10 rounds						
1-10	15 m	Low ready		1		Listen to the call, mount on the drop: one round.

Read and React

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

4 STAGES

The Window Silhouette, ten windows. Each string the screen drops on a new layout: shoot every hot window, or the hot ones the partner calls by place, group or colour; never a no-shoot, white with a red slash. A hit on the body misses the call.

Setup Pistol: Window Silhouette at 5 m; Rifle: Window Silhouette at 15 m. **Builds** Speed, Accuracy, Decisions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol · 12 rounds						
1	5 m			3		New layout: one round on each hot window, none on a no-shoot.
2	5 m			3		New layout: one round on each hot window the partner calls, none on a no-shoot.
3	5 m			3		New layout: one round on each hot window, none on a no-shoot.
4	5 m			3		New layout: one round on each hot window the partner calls, none on a no-shoot.
Rifle · 12 rounds						
1	15 m			3		New layout: one round on each hot window, none on a no-shoot.
2	15 m			3		New layout: one round on each hot window the partner calls, none on a no-shoot.
3	15 m			3		New layout: one round on each hot window, none on a no-shoot.
4	15 m			3		New layout: one round on each hot window the partner calls, none on a no-shoot.

Distance Ladder

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

4 STAGES

Plate 5, the 4 inch triangle, from four lines: 4 rounds at each. Hold the same hit rate at every distance and let the pace slow.

Setup Pistol: Precision Ladder at 3 to 10 m; Rifle: Precision Ladder at 10 to 25 m. **Builds** Speed, Accuracy.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol - 16 rounds						
1	3 m			4		Plate 5: 4 rounds. Same hits as up close; let the pace slow.
2	5 m			4		Plate 5: 4 rounds. Same hits as up close; let the pace slow.
3	7 m			4		Plate 5: 4 rounds. Same hits as up close; let the pace slow.
4	10 m			4		Plate 5: 4 rounds. Same hits as up close; let the pace slow.
Rifle - 16 rounds						
1	10 m			4		Plate 5: 4 rounds. Same hits as up close; let the pace slow.
2	15 m			4		Plate 5: 4 rounds. Same hits as up close; let the pace slow.
3	20 m			4		Plate 5: 4 rounds. Same hits as up close; let the pace slow.
4	25 m			4		Plate 5: 4 rounds. Same hits as up close; let the pace slow.

Size Ladder

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

2 STAGES

The standard set, two rounds on each plate down the ladder and back up: plates 1, 3, 5 and 7, then 8, 6, 4 and 2. Let your splits lengthen as the plates shrink.

Setup Pistol: Precision Ladder at 5 m; Rifle: Precision Ladder at 15 m. **Builds** Speed, Accuracy.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol - 16 rounds						
1	5 m			8		Plates 1, 3, 5 and 7 in order, two each: big to small.
2	5 m			8		Plates 8, 6, 4 and 2 in order, two each: small to big.
Rifle - 16 rounds						
1	15 m			8		Plates 1, 3, 5 and 7 in order, two each: big to small.
2	15 m			8		Plates 8, 6, 4 and 2 in order, two each: small to big.

Call the Zone

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

5 STAGES

The Zone Plate Silhouette. The partner calls places, groups and colours: head, center, the chests, body, high, low, or all of a colour. One round on every plate the call names.

Setup Pistol: Zone Plate Silhouette at 5 m; Rifle: Zone Plate Silhouette at 15 m. **Builds** Speed, Accuracy, Decisions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol - 20 rounds						
1-5	5 m			4		Listen to the call: one round on each plate it names.
Rifle - 20 rounds						
1-5	15 m			4		Listen to the call: one round on each plate it names.

Odds and Evens

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

5 STAGES

Numbers on the plates, a new layout every string. The partner calls the odd or the even numbers, two numbers, or a colour's odds or evens: read every plate, then one round on each match.

Setup Pistol: Precision Ladder at 5 m; Rifle: Precision Ladder at 10 m. **Builds** Speed, Accuracy, Decisions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
---	----------	-------	------	--------	------	------------

Pistol · 20 rounds

1-5	5 m			4		New layout with numbers. Listen to the call: one round on every plate it names.
-----	-----	--	--	---	--	---

Rifle · 20 rounds

1-5	10 m			4		New layout with numbers. Listen to the call: one round on every plate it names.
-----	------	--	--	---	--	---

On the Call

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

10 STAGES

A new layout every string. The partner calls one plate while the screen is up; when it drops, two rounds on that plate. Ten calls, sizes mixed. Standard: 18 of 20, no wrong plates.

Setup Pistol: Precision Ladder at 5 m; Rifle: Precision Ladder at 15 m. **Builds** Speed, Accuracy, Decisions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
---	----------	-------	------	--------	------	------------

Pistol · 20 rounds

1-10	5 m			2		New layout. Listen to the call, then two rounds on that plate.
------	-----	--	--	---	--	--

Rifle · 20 rounds

1-10	15 m			2		New layout. Listen to the call, then two rounds on that plate.
------	------	--	--	---	--	--

Phonetic Call

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

5 STAGES

Letters on the plates, called by the phonetic alphabet: two letters, such as Alpha and Zulu, or a shape and then a letter. On the ladder and on the Zone Plate Silhouette, a new layout every string.

Setup Pistol: Precision Ladder; Zone Plate Silhouette at 5 m; Rifle: Precision Ladder; Zone Plate Silhouette at 10 m. **Builds** Speed, Accuracy, Decisions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
---	----------	-------	------	--------	------	------------

Pistol · 20 rounds

1	5 m			4		New layout with letters. Listen to the call: one round on every plate it names, in order when it says then.
---	-----	--	--	---	--	---

2	5 m			4		Letters on the zone plates. One round on each plate the partner names.
---	-----	--	--	---	--	--

3	5 m			4		New layout with letters. Listen to the call: one round on every plate it names, in order when it says then.
---	-----	--	--	---	--	---

4	5 m			4		Letters on the zone plates. One round on each plate the partner names.
---	-----	--	--	---	--	--

5	5 m			4		New layout with letters. Listen to the call: one round on every plate it names, in order when it says then.
---	-----	--	--	---	--	---

Rifle · 20 rounds

1	10 m			4		New layout with letters. Listen to the call: one round on every plate it names, in order when it says then.
---	------	--	--	---	--	---

2	10 m			4		Letters on the zone plates. One round on each plate the partner names.
---	------	--	--	---	--	--

3	10 m			4		New layout with letters. Listen to the call: one round on every plate it names, in order when it says then.
---	------	--	--	---	--	---

4	10 m			4		Letters on the zone plates. One round on each plate the partner names.
---	------	--	--	---	--	--

5	10 m			4		New layout with letters. Listen to the call: one round on every plate it names, in order when it says then.
---	------	--	--	---	--	---

Precision 20

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

5 STAGES

The benchmark: a fixed mix of plate sizes and distances, 20 rounds. Shoot it often and watch your score fall over time.

Setup Pistol: Precision Ladder at 3 to 7 m; Rifle: Precision Ladder at 10 to 20 m. **Builds** Speed, Accuracy.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol · 20 rounds						
1	3 m			4		Plates 7 and 8, the 2 inch plates: two each.
2	5 m			4		Plates 5 and 6, the 4 inch plates: two each.
3	5 m			4		Plate 1, then plate 7: two each, big then small.
4	7 m			4		Plates 3 and 4, the 6 inch plates: two each.
5	7 m			4		Plates 1 and 2, the 8 inch plates: two each.
Rifle · 20 rounds						
1	10 m			4		Plates 7 and 8, the 2 inch plates: two each.
2	15 m			4		Plates 5 and 6, the 4 inch plates: two each.
3	15 m			4		Plate 1, then plate 7: two each, big then small.
4	20 m			4		Plates 3 and 4, the 6 inch plates: two each.
5	20 m			4		Plates 1 and 2, the 8 inch plates: two each.

Shuffle Ladder

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

5 STAGES

A new layout every string. The partner calls all of a shape, a colour or a mix, such as all squares, all blue, or circles and squares: read the whole layout, then one round on every match.

Setup Pistol: Precision Ladder at 5 m; Rifle: Precision Ladder at 15 m. **Builds** Speed, Accuracy, Decisions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol · 20 rounds						
1-5	5 m			4		New layout. Listen to the call: one round on every plate that matches.
Rifle · 20 rounds						
1-5	15 m			4		New layout. Listen to the call: one round on every plate that matches.

Find Your Pace

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

6 STAGES

Calibrate your pace on the Precision Ladder. On the 8, 4 and 2 inch plates: five deliberate rounds, then five as fast as every shot still hits. Your pace for a size is the fastest split that keeps your hits.

Setup Pistol: Precision Ladder at 5 m; Rifle: Precision Ladder at 15 m. **Builds** Speed, Accuracy.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol - 30 rounds						
1	5 m			5		Plate 1, the 8 inch plate, deliberate: 5 rounds, every one a sure hit.
2	5 m			5		Plate 1 again, fast: 5 rounds as fast as every shot still hits.
3	5 m			5		Plate 5, the 4 inch plate, deliberate: 5 rounds, every one a sure hit.
4	5 m			5		Plate 5 again, fast: 5 rounds as fast as every shot still hits.
5	5 m			5		Plate 7, the 2 inch plate, deliberate: 5 rounds, every one a sure hit.
6	5 m			5		Plate 7 again, fast: 5 rounds as fast as every shot still hits.
Rifle - 30 rounds						
1	15 m			5		Plate 1, the 8 inch plate, deliberate: 5 rounds, every one a sure hit.
2	15 m			5		Plate 1 again, fast: 5 rounds as fast as every shot still hits.
3	15 m			5		Plate 5, the 4 inch plate, deliberate: 5 rounds, every one a sure hit.
4	15 m			5		Plate 5 again, fast: 5 rounds as fast as every shot still hits.
5	15 m			5		Plate 7, the 2 inch plate, deliberate: 5 rounds, every one a sure hit.
6	15 m			5		Plate 7 again, fast: 5 rounds as fast as every shot still hits.

Find the Edge

SPEED & PRECISION

PISTOL / RIFLE

POINTS

PAR TIME

5 STAGES

Plate 3, the 6 inch square: six rounds a string, each string's par 15% shorter than the last. The last par you make clean is your edge.

Setup Pistol: Precision Ladder at 5 m; Rifle: Precision Ladder at 15 m. **Builds** Speed, Accuracy.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol - 30 rounds						
1	5 m			6	par 3 s	Plate 3: 6 rounds inside 3.0 seconds.
2	5 m			6	par 2.55 s	Plate 3: 6 rounds inside 2.55 seconds.
3	5 m			6	par 2.17 s	Plate 3: 6 rounds inside 2.17 seconds.
4	5 m			6	par 1.84 s	Plate 3: 6 rounds inside 1.84 seconds.
5	5 m			6	par 1.57 s	Plate 3: 6 rounds inside 1.57 seconds.
Rifle - 30 rounds						
1	15 m			6	par 3 s	Plate 3: 6 rounds inside 3.0 seconds.
2	15 m			6	par 2.55 s	Plate 3: 6 rounds inside 2.55 seconds.
3	15 m			6	par 2.17 s	Plate 3: 6 rounds inside 2.17 seconds.
4	15 m			6	par 1.84 s	Plate 3: 6 rounds inside 1.84 seconds.
5	15 m			6	par 1.57 s	Plate 3: 6 rounds inside 1.57 seconds.

Showcase

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

8 STAGES

Eight strings, level 1 to level 6, with no menu between them: the named plate, vowels, above five, after Hotel, two rules, an order and a switch. The calls are the same every time, for video and live demos.

Setup Pistol: Precision Ladder at 5 m; Rifle: Precision Ladder at 5 m. **Builds** Speed, Accuracy, Decisions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol - 48 rounds						
1	5 m			6		Level 1: the named plate.
2-8	5 m			6		The next level. One round on every plate the call names.
Rifle - 48 rounds						
1	5 m			6		Level 1: the named plate.
2-8	5 m			6		The next level. One round on every plate the call names.

Alphabet Run

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

10 STAGES

Letters on the zone plates, called as rules: the vowels or the consonants, letters before or after a letter, and letters joined to a second rule. Levels 2 to 4, a new layout every string.

Setup Pistol: Zone Plate Silhouette at 5 m; Rifle: Zone Plate Silhouette at 10 m. **Builds** Speed, Accuracy, Decisions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol - 60 rounds						
1	5 m			6		Baseline: the named plate, one round.
2-4	5 m			6		Listen to the rule. One round on every letter it names.
5	5 m			6		Baseline: the named plate, one round.
6-8	5 m			6		Listen to the rule. One round on every letter it names.
9	5 m			6		Baseline: the named plate, one round.
10	5 m			6		Listen to the rule. One round on every letter it names.
Rifle - 60 rounds						
1	10 m			6		Baseline: the named plate, one round.
2-4	10 m			6		Listen to the rule. One round on every letter it names.
5	10 m			6		Baseline: the named plate, one round.
6-8	10 m			6		Listen to the rule. One round on every letter it names.
9	10 m			6		Baseline: the named plate, one round.
10	10 m			6		Listen to the rule. One round on every letter it names.

Hold the Order

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

10 STAGES

Calls you have to hold while you shoot: numbers lowest or highest first, letters in alphabet order, everything but one kind of plate, numbers between two others. Level 5, a new layout every string.

Setup Pistol: Precision Ladder at 5 m; Rifle: Precision Ladder at 10 m. **Builds** Speed, Accuracy, Decisions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
---	----------	-------	------	--------	------	------------

Pistol - 60 rounds

1	5 m			6		Baseline: the named plate, one round.
2-4	5 m			6		Listen to the call and hold it. One round on each plate it names, in order when it asks.
5	5 m			6		Baseline: the named plate, one round.
6-8	5 m			6		Listen to the call and hold it. One round on each plate it names, in order when it asks.
9	5 m			6		Baseline: the named plate, one round.
10	5 m			6		Listen to the call and hold it. One round on each plate it names, in order when it asks.

Rifle - 60 rounds

1	10 m			6		Baseline: the named plate, one round.
2-4	10 m			6		Listen to the call and hold it. One round on each plate it names, in order when it asks.
5	10 m			6		Baseline: the named plate, one round.
6-8	10 m			6		Listen to the call and hold it. One round on each plate it names, in order when it asks.
9	10 m			6		Baseline: the named plate, one round.
10	10 m			6		Listen to the call and hold it. One round on each plate it names, in order when it asks.

Narrow and Widen

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

10 STAGES

Two rules in one call. With narrows it: only the plates that match both. Or widens it: every plate that matches either. Then sets an order: the first group, then the last plate. Level 4, a new layout every string.

Setup Pistol: Precision Ladder at 5 m; Rifle: Precision Ladder at 10 m. **Builds** Speed, Accuracy, Decisions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
---	----------	-------	------	--------	------	------------

Pistol - 60 rounds

1	5 m			6		Baseline: the named plate, one round.
2-4	5 m			6		Listen for with, or and then. One round on every plate the call names.
5	5 m			6		Baseline: the named plate, one round.
6-8	5 m			6		Listen for with, or and then. One round on every plate the call names.
9	5 m			6		Baseline: the named plate, one round.
10	5 m			6		Listen for with, or and then. One round on every plate the call names.

Rifle - 60 rounds

1	10 m			6		Baseline: the named plate, one round.
2-4	10 m			6		Listen for with, or and then. One round on every plate the call names.
5	10 m			6		Baseline: the named plate, one round.
6-8	10 m			6		Listen for with, or and then. One round on every plate the call names.
9	10 m			6		Baseline: the named plate, one round.
10	10 m			6		Listen for with, or and then. One round on every plate the call names.

Number Sense

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

10 STAGES

Numbers on the plates, called as rules: odd and even, above and below a number, multiples of two, three or four, and a color or shape joined to them. Levels 2 to 4, a new layout every string.

Setup Pistol: Precision Ladder at 5 m; Rifle: Precision Ladder at 10 m. **Builds** Speed, Accuracy, Decisions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol - 60 rounds						
1	5 m			6		Baseline: the named plate, one round.
2-4	5 m			6		Listen to the rule. One round on every number it names.
5	5 m			6		Baseline: the named plate, one round.
6-8	5 m			6		Listen to the rule. One round on every number it names.
9	5 m			6		Baseline: the named plate, one round.
10	5 m			6		Listen to the rule. One round on every number it names.
Rifle - 60 rounds						
1	10 m			6		Baseline: the named plate, one round.
2-4	10 m			6		Listen to the rule. One round on every number it names.
5	10 m			6		Baseline: the named plate, one round.
6-8	10 m			6		Listen to the rule. One round on every number it names.
9	10 m			6		Baseline: the named plate, one round.
10	10 m			6		Listen to the rule. One round on every number it names.

Read the Rules

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

10 STAGES

The partner explains each rule before calling it. Above five never includes five, after Mike never includes Mike, between leaves out both ends, and the vowels are Alpha, Echo and Uniform. Levels 1 to 3, a new layout every string.

Setup Pistol: Precision Ladder at 5 m; Rifle: Precision Ladder at 10 m. **Builds** Speed, Accuracy, Decisions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol - 60 rounds						
1	5 m			6		Baseline: the named plate, one round.
2-4	5 m			6		Listen to the rule, then the call. One round on every plate it names.
5	5 m			6		Baseline: the named plate, one round.
6-8	5 m			6		Listen to the rule, then the call. One round on every plate it names.
9	5 m			6		Baseline: the named plate, one round.
10	5 m			6		Listen to the rule, then the call. One round on every plate it names.
Rifle - 60 rounds						
1	10 m			6		Baseline: the named plate, one round.
2-4	10 m			6		Listen to the rule, then the call. One round on every plate it names.
5	10 m			6		Baseline: the named plate, one round.
6-8	10 m			6		Listen to the rule, then the call. One round on every plate it names.
9	10 m			6		Baseline: the named plate, one round.
10	10 m			6		Listen to the rule, then the call. One round on every plate it names.

Switch

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

10 STAGES

The partner calls a rule, and after your first hit says switch and a new rule. The first rule is done; only the new one counts. Level 6, a new layout every string.

Setup Pistol: Precision Ladder at 5 m; Rifle: Precision Ladder at 10 m. **Builds** Speed, Accuracy, Decisions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol - 60 rounds						
1	5 m			6		Baseline: the named plate, one round.
2-4	5 m			6		Shoot one plate of the first rule. At switch, every plate of the new rule.
5	5 m			6		Baseline: the named plate, one round.
6-8	5 m			6		Shoot one plate of the first rule. At switch, every plate of the new rule.
9	5 m			6		Baseline: the named plate, one round.
10	5 m			6		Shoot one plate of the first rule. At switch, every plate of the new rule.
Rifle - 60 rounds						
1	10 m			6		Baseline: the named plate, one round.
2-4	10 m			6		Shoot one plate of the first rule. At switch, every plate of the new rule.
5	10 m			6		Baseline: the named plate, one round.
6-8	10 m			6		Shoot one plate of the first rule. At switch, every plate of the new rule.
9	10 m			6		Baseline: the named plate, one round.
10	10 m			6		Shoot one plate of the first rule. At switch, every plate of the new rule.

Adaptive

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

12 STAGES

Twelve strings picked for you. Each kind of rule has its own level: two clean strings move it up, an error moves it down, and the rules you miss most come up more often. Say harder, easier, just numbers or just letters.

Setup Pistol: Precision Ladder at 5 m; Rifle: Precision Ladder at 10 m. **Builds** Speed, Accuracy, Decisions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol - 72 rounds						
1	5 m			6		Baseline: the named plate, one round.
2-4	5 m			6		Listen to the call. One round on every plate it names.
5	5 m			6		Baseline: the named plate, one round.
6-8	5 m			6		Listen to the call. One round on every plate it names.
9	5 m			6		Baseline: the named plate, one round.
10-12	5 m			6		Listen to the call. One round on every plate it names.
Rifle - 72 rounds						
1	10 m			6		Baseline: the named plate, one round.
2-4	10 m			6		Listen to the call. One round on every plate it names.
5	10 m			6		Baseline: the named plate, one round.
6-8	10 m			6		Listen to the call. One round on every plate it names.
9	10 m			6		Baseline: the named plate, one round.
10-12	10 m			6		Listen to the call. One round on every plate it names.

Decision Standard 1

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

16 STAGES

A fixed benchmark you can compare week to week and with other shooters: the same twelve calls and four baselines every time. Levels 1 to 3 on the zone plates: the named plate, odd and even, vowels, above and below, after and before, multiples.

Setup Pistol: Zone Plate Silhouette at 5 m; Rifle: Zone Plate Silhouette at 10 m. **Builds** Speed, Accuracy, Decisions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol · 96 rounds						
1	5 m			6		Baseline: the named plate, one round.
2-4	5 m			6		Listen to the call. One round on every plate it names.
5	5 m			6		Baseline: the named plate, one round.
6-8	5 m			6		Listen to the call. One round on every plate it names.
9	5 m			6		Baseline: the named plate, one round.
10-12	5 m			6		Listen to the call. One round on every plate it names.
13	5 m			6		Baseline: the named plate, one round.
14-16	5 m			6		Listen to the call. One round on every plate it names.
Rifle · 96 rounds						
1	10 m			6		Baseline: the named plate, one round.
2-4	10 m			6		Listen to the call. One round on every plate it names.
5	10 m			6		Baseline: the named plate, one round.
6-8	10 m			6		Listen to the call. One round on every plate it names.
9	10 m			6		Baseline: the named plate, one round.
10-12	10 m			6		Listen to the call. One round on every plate it names.
13	10 m			6		Baseline: the named plate, one round.
14-16	10 m			6		Listen to the call. One round on every plate it names.

Decision Standard 2

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

16 STAGES

A fixed benchmark you can compare week to week and with other shooters: the same twelve calls and four baselines every time. Levels 2 to 5 on the ladder and the zone plates in turn: two rules joined, between, everything but, lowest first and alphabet order.

Setup Pistol: Precision Ladder; Zone Plate Silhouette at 7 m; Rifle: Precision Ladder; Zone Plate Silhouette at 10 m. **Builds** Speed, Accuracy, Decisions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol - 96 rounds						
1	7 m			6		Baseline: the named plate, one round.
2-4	7 m			6		Listen to the call. One round on every plate it names.
5	7 m			6		Baseline: the named plate, one round.
6-8	7 m			6		Listen to the call. One round on every plate it names.
9	7 m			6		Baseline: the named plate, one round.
10-12	7 m			6		Listen to the call. One round on every plate it names.
13	7 m			6		Baseline: the named plate, one round.
14-16	7 m			6		Listen to the call. One round on every plate it names.
Rifle - 96 rounds						
1	10 m			6		Baseline: the named plate, one round.
2-4	10 m			6		Listen to the call. One round on every plate it names.
5	10 m			6		Baseline: the named plate, one round.
6-8	10 m			6		Listen to the call. One round on every plate it names.
9	10 m			6		Baseline: the named plate, one round.
10-12	10 m			6		Listen to the call. One round on every plate it names.
13	10 m			6		Baseline: the named plate, one round.
14-16	10 m			6		Listen to the call. One round on every plate it names.

Decision Standard 3

SPEED & PRECISION

PISTOL / RIFLE

POINTS

UNTIMED

16 STAGES

A fixed benchmark you can compare week to week and with other shooters: the same twelve calls and four baselines every time. Levels 3 to 6 at 10 meters, with switches: comparisons, two rules, orders, everything but, and four switches.

Setup Pistol: Precision Ladder at 10 m; Rifle: Precision Ladder at 10 m. **Builds** Speed, Accuracy, Decisions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
Pistol - 96 rounds						
1	10 m			6		Baseline: the named plate, one round.
2-4	10 m			6		Listen to the call. One round on every plate it names.
5	10 m			6		Baseline: the named plate, one round.
6-8	10 m			6		Listen to the call. One round on every plate it names.
9	10 m			6		Baseline: the named plate, one round.
10-12	10 m			6		Listen to the call. One round on every plate it names.
13	10 m			6		Baseline: the named plate, one round.
14-16	10 m			6		Listen to the call. One round on every plate it names.
Rifle - 96 rounds						
1	10 m			6		Baseline: the named plate, one round.
2-4	10 m			6		Listen to the call. One round on every plate it names.
5	10 m			6		Baseline: the named plate, one round.
6-8	10 m			6		Listen to the call. One round on every plate it names.
9	10 m			6		Baseline: the named plate, one round.
10-12	10 m			6		Listen to the call. One round on every plate it names.
13	10 m			6		Baseline: the named plate, one round.
14-16	10 m			6		Listen to the call. One round on every plate it names.

SAMPLE SESSION

A Speed & Precision session

Find Your Pace

calibrate

Size Ladder

down and back up

On the Call

18 of 20

Draw to the Call

9 of 10 under 2 s

Precision 20

your benchmark

CHAPTER 8 · 20 COURSES AND 6 DRILLS

Qualification courses

Twenty qualification courses of fire, rebuilt as practice courses from published course descriptions: their targets, distances, time limits, start positions and scoring.

They run in their own mode (Qualifications on the main menu) in a virtual indoor or outdoor range bay that starts at your firing line, with your room in view behind you. Emma gives the range commands and the scoresheet gives the verdict.

Ready checks hold each string until you are in its start position: holstered, at low ready, on the right hand, or in the right posture.

Qualification-style drills

Standards and qualification-style courses that live in the Drills tab. The full qualification courses, with their own range bay and scoresheet, are listed separately.

US Army-style Rifle Qualification (Day)

DRILLS RIFLE 30 ROUNDS POINTS TIME LIMIT 3 STAGES

Pop-up rifle targets from 50 to 300 m: 30 exposures from prone supported, prone unsupported and kneeling, scored on hits.

Course names describe the published qualification standard each course is modeled on. Augmented Defense is not affiliated with, sponsored by or endorsed by any agency, academy or military service, and these courses are not official qualifications.

Setup 6 × E-Type Pop-Up at 50 m. **Builds** Accuracy, Speed.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	50 m	Prone		10	85 s limit	Prone or foxhole supported: 10 exposures.
2	50 m	Prone		10	79 s limit	Prone unsupported: 7 exposures, three of them doubles.
3	50 m	Kneeling		10	83 s limit	Kneeling unsupported: 10 exposures.

US Army-style Rifle Qualification (Night)

DRILLS RIFLE 30 ROUNDS POINTS TIME LIMIT 3 STAGES

The day course's 30 pop-up exposures from 50 to 300 m with night ratings: Expert 35 and up, Sharpshooter 24 to 34, Marksman 17 to 23. Night conditions are not simulated.

Course names describe the published qualification standard each course is modeled on. Augmented Defense is not affiliated with, sponsored by or endorsed by any agency, academy or military service, and these courses are not official qualifications.

Setup 6 × E-Type Pop-Up at 50 m. **Builds** Accuracy, Speed.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	50 m	Prone		10	85 s limit	Prone or foxhole supported: 10 exposures.
2	50 m	Prone		10	79 s limit	Prone unsupported: 7 exposures, three of them doubles.
3	50 m	Kneeling		10	83 s limit	Kneeling unsupported: 10 exposures.

Urban Bullseye Qualification

DRILLS

RIFLE AND PISTOL

40 ROUNDS

GROUP SIZE AND RINGS

PAR TIME

4 STAGES

Ten rounds in 60 seconds from each of four positions on a bullseye: rifle prone and kneeling at 50 m, rifle standing at 25 m, pistol standing at 7 m. 280 of 400 qualifies.

Setup B-8 Bullseye at 7 to 50 m. **Builds** Accuracy.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	50 m	Prone		10	par 60 s	Rifle, prone. 10 rounds in 60 s.
2	50 m	Kneeling		10	par 60 s	Rifle, kneeling. 10 rounds in 60 s.
3	25 m	Standing		10	par 60 s	Rifle, standing. 10 rounds in 60 s.
4	7 m	Standing		10	par 60 s	Pistol, standing. 10 rounds in 60 s.

US Army-style Combat Pistol Qualification

DRILLS

PISTOL

52 ROUNDS

POINTS

TIME LIMIT

7 STAGES

Pop-up targets on 10 to 30 m lanes: each rises for a few seconds, and a hit before it drops counts. Tables I to V are scored on hits (Expert 26 to 30, First Class 21 to 25, Second Class 16 to 20); tables VI and VII are go or no-go.

Course names describe the published qualification standard each course is modeled on. Augmented Defense is not affiliated with, sponsored by or endorsed by any agency, academy or military service, and these courses are not official qualifications.

Setup 5 × E-Type Pop-Up; 6 × E-Type Pop-Up; 4 × E-Type Pop-Up and more at 10 m. **Builds** Accuracy, Speed.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	10 m	Standing		7	31 s limit	Table I, day, standing.
2	10 m	Standing		8	33 s limit	Table II, day, standing: 1-round magazine first.
3	10 m	Standing		7	27 s limit	Table III, day, standing.
4	10 m	Standing		5	18 s limit	Table IV, day, standing.
5	10 m	Standing		13	42 s limit	Table V, day, moving out (movement not enforced).
6	10 m	Standing		7	63 s limit	Table VI, day, standing, CBRN: GO/NO-GO.
7	10 m	Standing		5	50 s limit	Table VII, night, standing: GO/NO-GO.

Thirteen-String Standards

DRILLS

PISTOL

54 ROUNDS

POINTS

PAR TIME

13 STAGES

Thirteen timed strings on three targets from 5 to 25 m, all from the holster except the support-hand string: head and body shots, a turn and draw, prone and barricade strings. Scored by zone, A 5, C 3, D 2. 54 rounds.

Setup 3 × Basic Target at 5 to 25 m. **Builds** Speed, Target transitions.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	5 m	Holstered		3	par 3 s	Two-handed: 1 round to each head.
2	5 m	Holstered	Strong hand only	3	par 4 s	Strong hand only: 1 round to each head.
3	5 m	Holstered	Strong hand only	3	par 3 s	Strong hand only: 1 round to each body.
4	5 m	Holstered	Strong hand only	3	par 3 s	Strong hand only: 1 round to each body, again.
5	8 m	Holstered		2	par 2 s	Two-handed: 2 rounds on the left target.
6	8 m	Holstered		2	par 2 s	Two-handed: 2 rounds on the left target, again.
7	8 m	Holstered		2	par 2 s	Two-handed: 2 rounds on the right target.
8	10 m	Holstered, facing up range		6	par 10 s	El Presidente: turn, 2 rounds each.
9	10 m	Standing	Support hand only	3	par 5 s	Weak hand only, 1 round each.
10	12 m	Holstered		6	par 5 s	2 rounds each while advancing from 12 to 8 m (movement not yet enforced).
11	15 m	Holstered		3	par 4 s	1 round each.
12	20 m	Prone		6	par 10 s	From the holster, standing to prone, 2 rounds each.
13	25 m	Kneeling		12	par 24 s	From the holster at the barricade: 2 rounds each standing, reload, 2 rounds each kneeling. Place a wall via WorldBuilder.

FLETC-style Pistol Qualification

DRILLS

PISTOL

60 ROUNDS

POINTS

PAR TIME

31 STAGES

A 60-round pistol course for 300 points, 210 to qualify, from 23 m in to 1 m: barricade strings at 23 and 14 m, two-handed, strong-hand and support-hand strings at 6 m, then 3 m and close quarters. Place a barricade with the World Builder first.

Course names describe the published qualification standard each course is modeled on. Augmented Defense is not affiliated with, sponsored by or endorsed by any agency, academy or military service, and these courses are not official qualifications.

Setup Basic Target at 1 to 23 m. **Builds** Accuracy, Gun handling.

#	DISTANCE	START	HAND	ROUNDS	TIME	WHAT TO DO
1	23 m	Standing		3	par 10 s	Right side of the barricade: 3 rounds.
2	23 m	Standing		2	par 5 s	Right side: 2 rounds.
3	23 m	Standing		1	par 3 s	Right side: 1 round.
4	23 m	Standing		3	par 10 s	Left side of the barricade: 3 rounds.
5	23 m	Standing		2	par 5 s	Left side: 2 rounds.
6	23 m	Standing		1	par 3 s	Left side: 1 round.
7	14 m	Standing		3	par 7 s	Strong side of the barricade, standing: 3 rounds.
8	14 m	Kneeling		3	par 7 s	Strong side, kneeling: 3 rounds.
9	14 m	Standing		3	par 7 s	Support side, standing: 3 rounds.
10	14 m	Kneeling		3	par 7 s	Support side, kneeling: 3 rounds.
11	6 m	Standing		3	par 3 s	Two-handed: 3 rounds.
12-13	6 m	Standing		3	par 15 s	Two-handed: 3 rounds.
14	6 m	Standing	Strong hand only	3	par 5 s	Strong hand only: 3 rounds.
15-19	6 m	Standing		1	par 3 s	Two-handed: 1 round.
20	6 m	Standing	Support hand only	2	par 15 s	Support hand only: 1 round, reload, 1 round.
21-25	6 m	Standing	Support hand only	1	par 3 s	Support hand only: 1 round.
26	3 m	Standing		2	par 3 s	Two-handed: 2 rounds.
27-28	3 m	Standing		2	par 2 s	Two-handed: 2 rounds.
29-31	1 m	Standing	Strong hand only	2	par 3 s	Close quarters, bent elbow, strong hand: 2 rounds.

The qualification courses

FBI-style Pistol Qualification (2019)

QUALIFICATIONS

PISTOL

50 ROUNDS

3-25 YD

PASS: 80 / 100

Target QIT-99. **Scoring** 2 points per hit inside the bottle, 100 possible. Late shots are misses.

START	HAND	ROUNDS	TIME	STRING
3 yd - Standing				
Holstered	Switch hands	6	6 s	Draw, 3 strong hand only, switch hands, 3 support hand only
5 yd - Standing				
Holstered		3	3 s	
Low ready		3	2 s	
Low ready		6	4 s	
7 yd - Standing				
Holstered		5	5 s	
Low ready		8	8 s	4 in the gun: 4, slide-lock reload, 4
Low ready		5	4 s	
15 yd - Standing				
Holstered		3	6 s	
Low ready		3	5 s	
25 yd - Standing				
Holstered		8	20 s	4 standing, drop to kneeling, 4

Ohio OPOTC-style Semi-Auto Pistol Qualification

QUALIFICATIONS

PISTOL

25 ROUNDS

4-50 FT

PASS: 20 / 25

Target RQT-2. **Scoring** +1 preferred area, 0 elsewhere on the silhouette, -1 off it. A late round -1, each round past 25 -1.

START	HAND	ROUNDS	TIME	STRING
4 ft - Standing				
Holstered		3	5 s	Close-quarters retention position, then step back
9 ft - Standing				
Holstered		3	6 s	Flanking step. 2 to the preferred area, 1 to the circle named before the string (a miss of it is -1)
12 ft - Standing				
Holstered	Strong hand	4	8 s	
High ready	Support hand	4	7 s	One-hand high ready, support hand only. Don't top off.
20 ft - Standing				
Holstered		6	12 s	Exactly 3 in the gun: 3, slide lock, step the other way while reloading, 3
30 ft - Standing				
Holstered		3	8 s	
50 ft - Standing				
Holstered		2	8 s	

CHP-style Task Oriented Qualification (pistol)

QUALIFICATIONS

PISTOL

50 ROUNDS

2-15 YD

PASS: EVERY TASK

Target CHP 241. **Scoring** Each task has its own hit standard (e.g. 2 in white or gray + 1 in black). Task 10 Basic: 14 of 18 on the silhouette.

START	HAND	ROUNDS	TIME	STRING
5 yd - Standing				
Hand on holstered gun		5	20 s	2 dummy rounds in the magazine: tap-rack, double-feed clearance, empty-gun reload. 5 hits. (Expert 12 s, Master 8 s)
Object in hands		3	5 s	Object in hands, 3 hits, then reload (4 s / 3 s)
2 yd - Standing				
Low ready		0		Two tactical reloads, pass/fail, no shots
Hand on holstered gun		3	2 s	Close-quarters position, reload, push out. 2 in white or gray, 1 in black (1.75 s / 1.5 s)
4 yd - Standing				
Gun on the ground	Support hand	3	5 s	Gun on the ground: pick up with the support hand, support hand only, support-hand reload (4 s / 3.5 s)
7 yd - Standing				
Hand on holstered gun	Strong hand	3	3 s	Strong hand only, one-hand reload (2 s / 1.5 s)
Hand on holstered gun		6	10 s	3-round magazines: 3, reload, 3, reload. 4 in white or gray, 2 in black (8 s / 6 s)
10 yd - Standing				
Hand on holstered gun		6	8 s	Kneeling behind cover: 3 strong side, reload, 3 support side, reload. 4 s per side (3 s / 2 s)
15 yd - Standing				
Low ready		3	7.5 s	Tall cover: 2 strong side, 1 support side. 2.5 s per round (2 s / 1.5 s)
Hand on holstered gun		18	60 s	9, reload, 9. Basic 14 of 18 on the silhouette; Expert 18 in white or gray; Master 18 in white

California POST-style Basic Handgun Test (PC 832, day)

QUALIFICATIONS

PISTOL

36 ROUNDS

3-15 YD

PASS: 29 OF 36 HITS

Target B-27. **Scoring** Hits in the 7 ring or better.

START	HAND	ROUNDS	TIME	STRING
3 yd - Standing				
Holstered		12	30 s	12 rounds in 30 s, with a tactical load and a reload. Clear any malfunction.
7 yd - Standing				
Holstered		12	30 s	
15 yd - Standing				
Holstered		12	45 s	

FLETC-style Practical Pistol Course (semi-auto)

QUALIFICATIONS

PISTOL

60 ROUNDS

3-25 YD

PASS: 210 / 300

Course names describe the published qualification standard each course is modeled on. Augmented Defense is not affiliated with, sponsored by or endorsed by any agency, academy or military service, and these courses are not official qualifications.

Target Three-Zone Bottle Target. **Scoring** 300 possible (5 per round). Turning targets: each time runs per facing.

START	HAND	ROUNDS	TIME	STRING
3 yd • Standing				
Holstered	Strong hand	1	2 s	Strong hand only, 1 round per facing, 6 facings. Then an emergency reload.
Holstered		2	3 s	
Low ready		2	2 s	
7 yd • Standing				
Holstered		1	3 s	
Low ready		1	15 s	Tactical reload, then 1 round
Low ready	Support hand	1	3 s	
7 yd • Standing				
Holstered		2	4 s	
Low ready		2	15 s	Emergency reload, then 2
Low ready	Strong hand	2	4 s	
15 yd • Barricade				
Holstered		3	7 s	Right side of the barricade, standing
Low ready		6	20 s	Right side kneeling 3, magazine change, left side standing 3
Low ready		3	6 s	
25 yd • Barricade				
Holstered		3	8 s	
Low ready		2	5 s	
Low ready		1	3 s	
Low ready		3	8 s	
Low ready		2	5 s	
Low ready		1	3 s	

Air Marshal-style Tactical Pistol Course (original)

QUALIFICATIONS

PISTOL

30 ROUNDS

7 YD

PASS: 135 / 150 AND EVERY PAR

Target QIT-97. **Scoring** 5 inner, 2 outer, 150 possible. Par times are combined across a stage's strings.

START	HAND	ROUNDS	TIME	STRING
7 yd • Standing				
Concealed		2	3.3 s	Draw from concealment, 1 shot, reholster, repeat. 3.3 s for both.
Low ready		4	2.7 s	2 controlled pairs, 2.7 s for both
Low ready		6	3 s	
Low ready		4	6.5 s	(1, reload with rounds left, 1) twice, 6.5 s for both
Low ready		4	3.3 s	1 + 1 on two targets 3 yd apart, twice
Facing up range		6	7 s	Back to the targets, concealed: turn, draw, 1 on each of 3 targets. Turn right, then left. 7 s for both.
Low ready		4	8 s	1 in the chamber, empty magazine: 1, slide lock, kneel, reload, 1. Twice, 8 s total.

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LAPD-style Bonus Course

QUALIFICATIONS

PISTOL

40 ROUNDS

21-75 FT

PASS: 280 / 400

Target Turning silhouettes. **Scoring** Ring points on two turning silhouettes, 400 possible.

START	HAND	ROUNDS	TIME	STRING
21 ft • Standing				
Compressed ready		4	3 s	Close contact: 2 right + 2 left, to the body
Compressed ready		2	1.5 s	1 head shot on each
Compressed ready		6	3.5 s	Right 2, left 2, right 2
30 ft • Standing				
Low ready		4	3 s	
Low ready		2	1.5 s	
Low ready		2	2 s	Left, right, left
51 ft • Standing				
Holstered		10	30 s	4 in the gun, alternate targets, empty-gun reload
75 ft • Barricade				
Sights on target		2	4 s	
Sights on target		2	4 s	
Sights on target		2	4 s	

Texas DPS-style 25-Yard Course

QUALIFICATIONS

PISTOL

50 ROUNDS

3-25 YD

PASS: 175 / 250 (70%)

Target B-27 (combat scoring). **Scoring** Combat scoring: 8 ring or better 5, 7 ring 4, rest of the silhouette 3. 250 possible.

START	HAND	ROUNDS	TIME	STRING
3 yd • Standing				
Holstered	Strong hand	3	3 s	Strong hand only, step right, then pass the gun to the support hand
Low ready	Support hand	3	3 s	
Holstered		3	3 s	
Holstered		3	3 s	
7 yd • Standing				
Low ready		2	3 s	Gun starts in the support hand, fire two-handed
Holstered		2	3 s	
Holstered		8	15 s	4, step right, 4
15 yd • Standing				
Holstered		8	15 s	
Holstered		6	20 s	Reload as needed while stepping right
25 yd • Standing				
Holstered		12	30 s	6, step right, 6. Standing or kneeling.

Florida CJSTC-style Officer Qualification (86A)

Course names describe the published qualification standard each course is modeled on. Augmented Defense is not affiliated with, sponsored by or endorsed by any agency, academy or military service, and these courses are not official qualifications.

QUALIFICATIONS **PISTOL** **38 ROUNDS** **3-15 YD** **PASS: 33 OF 38 HITS**

Target B-21E. **Scoring** Hits in the 4/5 zone, line touches count.

START	HAND	ROUNDS	TIME	STRING
3 yd - Standing				
Holstered		6	6 s	3 from the hip, create distance, 3 two-handed (1-3 yd)
Compressed ready		2	3 s	
Compressed ready		2	3 s	
Holstered	Strong hand	3	5 s	
Compressed ready	Support hand	3	5 s	
7 yd - Standing				
Holstered		2	5 s	
Holstered		2	5 s	
Holstered		12	20 s	12 with a reload inside the string
15 yd - Standing				
Holstered		6	15 s	

Washington CJTC-style Firearms Proficiency Test

QUALIFICATIONS **PISTOL** **50 ROUNDS** **2-25 YD** **PASS: 350 / 500**

Target BLEA-2. **Scoring** Zone points, 500 possible. Line breaks score the higher value. Firing after "Challenge" disqualifies.

START	HAND	ROUNDS	TIME	STRING
2 yd - Standing				
Holstered		5	4 s	3 body from close quarters, step offline, 2 head
5 yd - Standing				
Searching, light on		5	8 s	Handheld flashlight on, searching. "Challenge" (don't fire), then the threat
Holstered		6	4 s	4 body + 2 head
15 yd - Standing				
Low ready		5	9 s	Fire while advancing from 15 to 7 yd
7 yd - Standing				
Holstered		6	5 s	
10 yd - Standing				
Holstered		6	8 s	Kneel
15 yd - Barricade				
Holstered		12	22 s	6, emergency reload behind the barricade, 6
25 yd - Standing				
Holstered		5	10 s	Standing, kneeling or prone

Illinois LETSB-style Annual Firearm Qualification

QUALIFICATIONS **PISTOL** **30 ROUNDS** **5-15 YD** **PASS: 21 / 30**

Target Centre-mass overlay. **Scoring** 1 point per hit in the overlay.

Course names describe the published qualification standard each course is modeled on. Augmented Defense is not affiliated with, sponsored by or endorsed by any agency, academy or military service, and these courses are not official qualifications.

START	HAND	ROUNDS	TIME	STRING
5 yd • Standing				
Holstered		2	6 s	
7 yd • Standing				
Holstered		3	7 s	
15 yd • Standing				
Holstered		3	10 s	Option: one string at 25 yd in 15 s

Michigan MCOLES-style Active Duty Firearms Standard

QUALIFICATIONS

PISTOL

25 ROUNDS

2-10 YD

PASS: 25 / 25

Target TCQ-95. **Scoring** Every round must hit the scoring area.

START	HAND	ROUNDS	TIME	STRING
2 yd • Standing				
Holstered		2	3 s	
3 yd • Standing				
Holstered		2	4 s	1 on each of 2 targets, 3 ft apart
Low ready		2	4 s	
Low ready	Support hand	2	4 s	
4 yd • Barricade				
Low ready		2	4 s	
7 yd • Barricade				
Low ready		4	6 s	
Low ready		4	6 s	A different cover position each time
10 yd • Standing				
Holstered		3	60 s	Slow fire

Indiana LETB-style 50-Round Qualification

QUALIFICATIONS

PISTOL

50 ROUNDS

3-25 YD

PASS: 80 ON 3 TARGETS IN A ROW

Target G-17. **Scoring** 2 inside the trapezoid, 1 elsewhere on the silhouette. 100 possible.

START	HAND	ROUNDS	TIME	STRING
3 yd • Standing				
Holstered		3	5 s	
Holstered		4	12 s	
Holstered		3	3 s	
5 yd • Standing				
Holstered	Switch hands	10	17 s	5 strong hand only, reload, 5 support hand only
7 yd • Standing				
Holstered		10	20 s	Step left, draw, 5, reload, 5
15 yd • Standing				
Holstered		10	25 s	5 standing, reload, 5 kneeling

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START	HAND	ROUNDS	TIME	STRING
25 yd • Barricade				
Holstered		10	40 s	5 strong side, reload, 5 support side

New Jersey-style Handgun Qualification (HQC-2)

QUALIFICATIONS
PISTOL
50 ROUNDS
1-25 YD
PASS: 40 OF 50 HITS

Target Q Target. **Scoring** Hits inside the bottle.

START	HAND	ROUNDS	TIME	STRING
25 yd • Barricade				
Holstered		4	30 s	Start 2 yd behind the barricade: move up, strong-side kneeling
Low ready		3	25 s	Over the top
Low ready		3	25 s	
15 yd • Standing				
Holstered		3	5 s	
Holstered		7	25 s	3, kneel and reload, 4
10 yd • Standing				
Low ready		2	3 s	
7 yd • Standing				
Holstered		3	4 s	
Holstered		6	15 s	Mandatory reload
Holstered		3	4 s	
5 yd • Standing				
Holstered	Strong hand	2	4 s	
Low ready	Support hand	2	3 s	Draw and pass to the support hand before the signal
1 yd • Standing				
Holstered		2	2 s	Weapon retention: support hand holding the collar

Pennsylvania MPOETC-style Handgun Qualification

QUALIFICATIONS
PISTOL
50 ROUNDS
1-25 YD
PASS: 94 / 125 IN EACH PHASE

Target TQ-21. **Scoring** 5 inside the lined area (head included), 3 elsewhere on the silhouette. 125 per phase.

START	HAND	ROUNDS	TIME	STRING
25 yd • Barricade				
Holstered		8	40 s	Draw, take cover, roll out: 2 standing right, 2 standing left, 2 kneeling left, 2 kneeling right, tactical reload
15 yd • Standing				
Holstered		3	8 s	2, move 2–3 yd to low cover, kneel, 1. Then the other way.
Holstered		3	5 s	Walking forward; on command stop, draw and fire
7 yd • Standing				
Holstered	Switch hands	4	10 s	Strong hand only 2, decock, transfer, support hand only 2

Course names describe the published qualification standard each course is modeled on. Augmented Defense is not affiliated with, sponsored by or endorsed by any agency, academy or military service, and these courses are not official qualifications.

START	HAND	ROUNDS	TIME	STRING
1 yd • Standing				
Holstered		2	4 s	Shove with the support hand, step back, draw
3 yd • Standing				
Holstered		2	3 s	
Holstered		4	8 s	Fire while retreating to 7 yd
Low ready		1	2 s	"Body armor!": 1 head shot
7 yd • Standing				
Facing up range		2	4 s	180° pivot, draw, 2
Low ready		1	2 s	
10 yd • Standing				
Holstered		3	8 s	Lateral movement left, then right
Low ready		3	8 s	Fire while advancing to 5 yd

Oklahoma CLEET-style Handgun Qualification

QUALIFICATIONS

PISTOL

25 ROUNDS

1-25 YD

PASS: 72%

Target GM-2002PH. **Scoring** 4 points per hit inside or touching the torso ring, 100 possible. Not following the course is a disqualification.

START	HAND	ROUNDS	TIME	STRING
25 yd • Barricade				
Holstered		2	5 s	
Low ready		2	5 s	
Low ready	Support hand	2	5 s	Support side, "use support hand"
15 yd • Standing				
Low ready		2	6 s	Walk from 25 to 15 yd scanning; targets turn; 1 standing, 1 kneeling
7 yd • Standing				
Holstered		4	4 s	
5 yd • Standing				
Holstered		4	4 s	3 torso + 1 face
3 yd • Standing				
Holstered	Switch hands	6	6 s	3 two-handed, then 3 support hand only ("wounded officer")
1 yd • Standing				
Holstered	Strong hand	3	2.5 s	3 ft, one hand, close-quarters position

US Air Force-style Handgun Qualification (AFQC)

QUALIFICATIONS

PISTOL

50 ROUNDS

7-15 M

PASS: 45 / 50 HITS

Target E-type, kneeling. **Scoring** Hits on the silhouette. Expert also counts zone hits.

START	HAND	ROUNDS	TIME	STRING
7 m • Standing				
Holstered		2	7 s	Controlled pairs

Course names describe the published qualification standard each course is modeled on. Augmented Defense is not affiliated with, sponsored by or endorsed by any agency, academy or military service, and these courses are not official qualifications.

START	HAND	ROUNDS	TIME	STRING
Holstered		3	10 s	Failure drill: 2 body, assess 1-2 s, 1 head
15 m - Barricade				
Holstered		3	10 s	Roll out right, failure drill
Holstered		3	10 s	Roll out left, failure drill
Holstered		8	35 s	2 pairs over the barricade, kneel, reload (4-round magazine), 2 pairs kneeling supported

US Army-style Pistol Qualification (Table VI)

QUALIFICATIONS

PISTOL

30 ROUNDS

7-31 M

PASS: 21 / 30

Target E-Type Pop-Up. **Scoring** One round per target presented. Exposures: 5 s single, 8 s double.

START	HAND	ROUNDS	TIME	STRING
31 m - Standing - Standing				
Low ready		1	5 s	
		1	5 s	
		1	5 s	
		1	5 s	
		1	5 s	
		1	5 s	
		1	5 s	
		1	5 s	
		2	8 s	
31 m - Kneeling - Kneeling				
Low ready		1	5 s	10 s transition: reload, kneel
		1	5 s	
		1	5 s	
		1	5 s	
		2	8 s	
		1	5 s	
		1	5 s	
		2	8 s	
31 m - Standing - Moving				
Low ready		2	8 s	Slow walk along a 1 m lane
		2	8 s	
		2	8 s	
		2	8 s	
		1	5 s	
		1	5 s	

Ohio OPOTC-style Police Rifle/Carbine Qualification

Course names describe the published qualification standard each course is modeled on. Augmented Defense is not affiliated with, sponsored by or endorsed by any agency, academy or military service, and these courses are not official qualifications.

QUALIFICATIONS RIFLE 20 ROUNDS 15-150 FT PASS: 16 / 20

Target RQT-2. **Scoring** +1 preferred, 0 silhouette, -1 off. A called oval: +1 inside, -1 outside. A late round -1; an extra round 0.

START	HAND	ROUNDS	TIME	STRING
15 ft • Standing				
Low ready		3	4 s	Every string from low-threat cover: shouldered, muzzle about 45° down
20 ft • Standing				
Low ready		3	5 s	Head oval only (or the pelvic oval)
30 ft • Standing				
Low ready		3	6 s	2 body + 1 head oval
50 ft • Standing				
Low ready	Support hand	2	5 s	Non-dominant shoulder
75 ft • Standing				
Low ready		1	1.5 s	
Low ready		5	12 s	Exactly 2 loaded: 2, kneel and reload, 3
150 ft • Standing				
Low ready		3	10 s	Drop to prone

New Jersey-style Police Carbine Qualification

QUALIFICATIONS RIFLE 60 ROUNDS 5-50 YD PASS: 48 OF 60 HITS

Target Q Target. **Scoring** Hits inside the bottle.

START	HAND	ROUNDS	TIME	STRING
50 yd • Standing				
Low ready		5	40 s	
Low ready		5	40 s	
25 yd • Barricade				
Low ready		4	10 s	Roll out 2 one side, 2 the other
Low ready		4	15 s	Roll out with a reload
Low ready		2	3 s	Over the top
15 yd • Standing				
Low ready		4	10 s	2 standing, 2 kneeling
Low ready		7	15 s	2, reload, 5
10 yd • Standing				
Low ready		5		Sidesteps, not timed. The last round to the head.
7 yd • Standing				
Low ready		2	1 s	Double taps, 1 s each
5 yd • Standing				
Low ready		4		2 with the rifle, transition to the pistol, 2. Not timed.

Target Practice courses

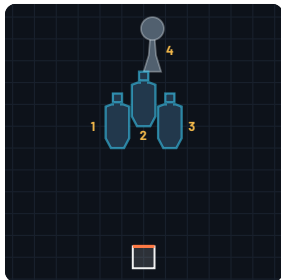
Premade courses for the space you have, from a 2 by 2 meter corner to an open field. Each one is placed in your room and moved or turned as one piece; "Fit it for me" lays it out around your furniture.

Start in the start box and work through the shooting boxes. A fault line costs 10 points each time you cross it. Learn mode

shows where to stand next and which targets are left; Perform mode takes the guidance away.

Start Shooting box Lane Fault line Wall Paper No-shoot Steel Starts a mover Order step
 Overhead, downrange up.

A corner 2 × 2 M · 5 COURSES



Standing Box

7 ROUNDS 1 POSITION

GUIDED ORDER

A first field course: one box, a guided order and steel to finish.

Stand and shoot: three cards left to right, then the popper.



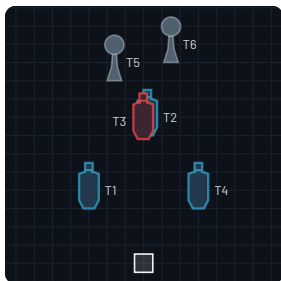
Gear Change

7 ROUNDS 1 POSITION

GUIDED ORDER

Changing speed with distance: fast on the close card, careful on the far one.

From the start box, shoot the targets in the order shown: close, middle, steel, far. Fits a 2 × 2 m space.



Wide Eyes

8 ROUNDS 1 POSITION

ANY ORDER 1 NO-SHOOT

Wide transitions: eyes lead the gun across 90° of view.

From the start box, engage all targets in any order. Two cards wait out at your sides. Fits a 2 × 2 m space.



Four Arrays

8 ROUNDS 1 POSITION

ANY ORDER

Array planning: pick an order for four groups and keep a fast, even rhythm.

From the start box, engage four groups of targets in any order: the card on the left, the card on the right, the middle card and the two far poppers. Fits a 2 × 2 m space.



Tight Spots

8 ROUNDS 1 POSITION

ANY ORDER 3 NO-SHOOTS

Accuracy under pressure: hostiles beside no-shoots.

From the start box, engage every card. Don't hit the white no-shoots. Fits a 2 × 2 m space.

A play area 2 × 3 M · 5 COURSES



Side Step

8 ROUNDS

2 POSITIONS

GUIDED ORDER

Shooting around a wall: engage what you can see, step, then the rest.

Two cards from the start, step right past the wall, two more from box A.



Split Decision

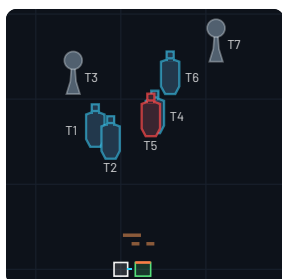
10 ROUNDS

2 POSITIONS

ANY ORDER

Two views split by a wall: shoot one side, step, shoot the other.

Start in the left box. A wall splits the targets: engage what you can see, step right to box A and finish. Fits a 2 × 3 m space.



Edge and Port

10 ROUNDS

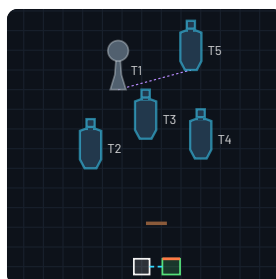
2 POSITIONS

ANY ORDER

1 NO-SHOOT

Shooting past a wall edge, then through a small high port.

Start in the left box and engage the left targets past the wall's edge. Step right to box A and engage the rest through the port. Fits a 2 × 3 m space.



Wake the Swinger

8 ROUNDS

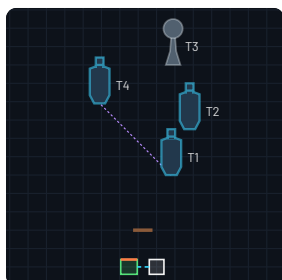
2 POSITIONS

ANY ORDER

1 MOVING

Activation timing: start the mover, fill the wait, then catch it.

Start in the left box. The popper starts the swinger behind the wall. Engage everything in any order; step right to box A to see the swinger. Fits a 2 × 3 m space.



Flip Trio

8 ROUNDS

2 POSITIONS

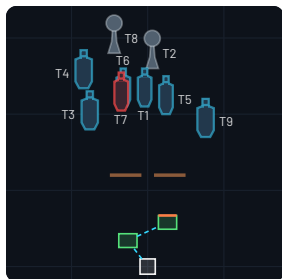
ANY ORDER

1 MOVING

A hit that starts the clock: three flip-ups rise one by one.

Start in the right box. Your first hit on the near card raises three flip-ups behind the wall. Step left to box A to shoot them. Fits a 2 × 3 m space.

A room 4 × 5 M · 4 COURSES



Living Room Loop

14 ROUNDS 3 POSITIONS
ANY ORDER 1 NO-SHOOT

A three-position field course: plan where to stop and what to shoot from each spot.

From the start box, move to boxes A and B and engage every target as you see it, past the walls and through the gap between them. Fits a 4 × 5 m room.

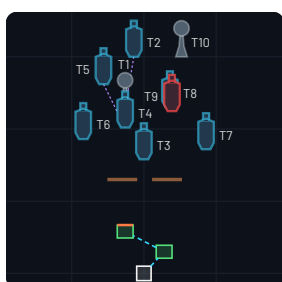


Slice the Corner

14 ROUNDS 3 POSITIONS
ANY ORDER 1 NO-SHOOT

Slicing the pie: each step left past the wall edge shows more targets.

Start behind the wall. Step left through boxes A and B; each step shows more of the targets behind it. Fits a 4 × 5 m room.

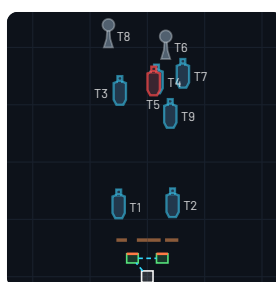


Reveal and Race

13 ROUNDS 3 POSITIONS
ANY ORDER 3 MOVING
1 NO-SHOOT

Three activated targets: decide what to shoot while each one moves.

From the start box, move to boxes A and B. Steel and cards wake up the movers; the bobber moves at the beep. Engage every target in any order. Fits a 4 × 5 m room.



Slot or Port

14 ROUNDS 3 POSITIONS
ANY ORDER 1 NO-SHOOT

Choosing a firing position: a wide port or a tall slot onto the same far targets.

From the start box, engage the two near cards, one through the port and one through the slot. Then shoot the far targets through the port at box A or the slot at box B, your choice. Fits a 4 × 5 m room.

A hallway or garage 3 × 8 M · 4 COURSES



Hallway Advance

7 ROUNDS 3 POSITIONS
MEMORIZE ORDER

Advancing down a hallway with an order to memorize; lays itself out for your hallway.

Move up through two boxes: two cards from A, a card and the popper from B.

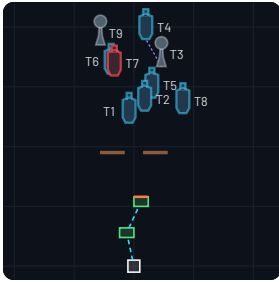


Hall Zig-Zag

16 ROUNDS 4 POSITIONS
ANY ORDER 1 NO-SHOOT

Advancing: shoot on arrival at each of three positions down a hallway.

From the start box, work forward through boxes A, B and C and engage every target as it comes into view. Fits a 3 × 8 m hallway or garage.



Garage Sled

13 ROUNDS 3 POSITIONS
ANY ORDER 1 MOVING
1 NO-SHOOT

A fast runner: drop the popper, then catch the sled as it slides.

From the start box, move to boxes A and B. Steel at A launches a target down the ramp. Engage everything in any order. Fits a 3 × 8 m hallway or garage.



Long Look

8 ROUNDS 2 POSITIONS
MEMORIZE ORDER 2 NO-SHOOTS

Precision at distance: partial targets from 15 to 25 m.

Shoot the targets in the order shown. Memorize it: the numbers hide at the beep. Start in the start box, finish from box A. Fits a 3 × 8 m hallway or garage.

A yard 10 × 15 M · 4 COURSES

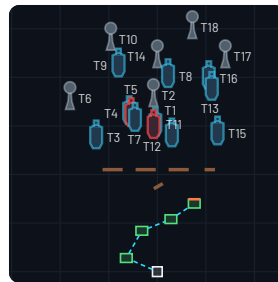


Yard Three-Box

11 ROUNDS 4 POSITIONS
GUIDED ORDER

Moving between three positions downrange; lays itself out for your yard.

Three boxes zig-zagging downrange, two cards from each, the popper last.



Backyard Field Course

26 ROUNDS 5 POSITIONS
ANY ORDER 2 NO-SHOOTS

A full field course: five positions, mixed distances, at least one reload.

From the start box, work through boxes A to D and engage every target as you see it. Fits a 10 × 15 m yard.

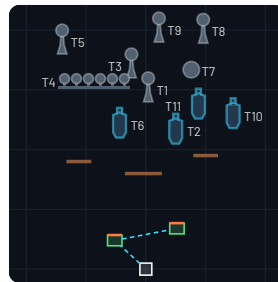


Fence Line

21 ROUNDS 4 POSITIONS
ANY ORDER 2 MOVING
1 NO-SHOOT

A fence of openings onto one field, plus two movers to wake.

From the start box, work along the fence through boxes A, B and C and engage the targets through its port, slot and slant, and past its ends. Fits a 10 × 15 m yard.



Steel Garden

21 ROUNDS 3 POSITIONS
ANY ORDER

Steel speed: poppers, a split popper and a plate row, with a few cards to keep it honest.

From the start box, move through boxes A and B, knock down all the steel and engage the cards. Fits a 10 × 15 m yard.

An open field 20 × 30 M · 2 COURSES



Ridge Line

30 ROUNDS 6 POSITIONS
ANY ORDER 3 NO-SHOOTS

The big one: 30 rounds, six positions, long shots and plan choices.

From the start box, work through boxes A to E. Engage every target as you see it; how you split them between positions is up to you. Fits a 20 × 30 m open space.



Mover Gallery

23 ROUNDS 5 POSITIONS
ANY ORDER 6 MOVING

Six moving targets: read each one, start it at the right time, keep shooting while it moves.

From the start box, work through boxes A to D. Steel and cards start the movers; the bobber moves at the beep. Engage every target in any order. Fits a 20 × 30 m open space.

Glossary

A-zone

The highest-scoring zone of a target's body.

Aggregate

A course of several stages scored together out of a fixed total.

Barricade

A wall placed at the firing line to shoot from: supported, around either side, or through a port.

Fault line

The front edge of a shooting box. Crossing it costs 10 points.

High ready

Gun up, muzzle toward the target area, below the line of sight.

Low ready

Gun pointed down toward the ground in front, finger off the trigger.

Par time

The time to beat for a string.

Procedural

A 10-point penalty for a hit out of the required order or on the wrong zone.

Slide lock

The gun empty with the slide or bolt locked back; a slide-lock reload restores it.

Stage

One part of a drill, started by its own signal.

String

One run of shots on one signal.

Support hand

The hand that doesn't hold the gun; strong hand is the one that does.

Transition

Moving the gun from one target to the next, or from one gun to the other.

Drill descriptions, diagrams and scoring in this guide are written and drawn by Augmented Defense. Common drill names are used descriptively. Product names are trademarks of their owners and are used only to describe compatibility. This guide is for practice with inert controllers and replicas; it is not firearms instruction, and every live-fire session belongs on a supervised range under its rules.

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Course names describe the published qualification standard each course is modeled on. Augmented Defense is not affiliated with, sponsored by or endorsed by any agency, academy or military service, and these courses are not official qualifications.