



### The F.A.S.T. Drill

#### Fundamentals, Accuracy & Speed Test

Distance: 6.5 metres

Start position: Pistol concealed, or carried in a duty holster with all retention active. Stand facing the target with your arms relaxed at your sides.

Starting condition: Start with exactly 2 rounds loaded in the pistol.

On the signal:

- Draw and fire 2 shots into the 7.5 cm x 12.5 cm rectangle
- Perform a slide-lock reload
- Fire 4 shots into the 20 cm circle

### Scoring

- Add 0.50 seconds if using an open-top retention holster without concealment
- Subtract 0.50 seconds if using a flap or retention magazine pouch
- Each miss on the rectangle adds 2.00 seconds
- Each miss on the circle adds 1.00 second

### Rating

- 10 seconds or more: Novice
- Under 10 seconds: Intermediate
- Under 7 seconds: Advanced
- Under 5 seconds: Expert

