

DOT TORTURE

Date: _____

Score: _____ / 50

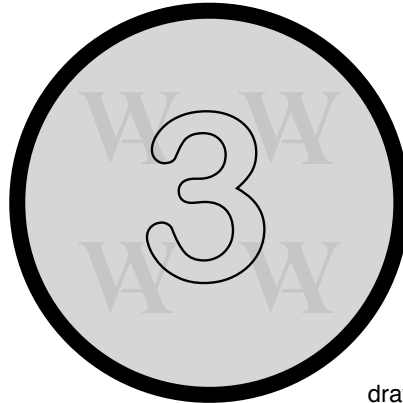
Distance: _____



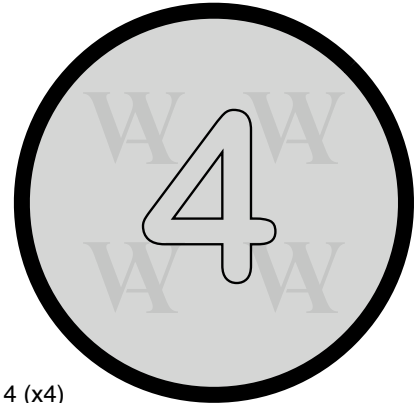
5 shots slow fire



draw, one shot (x5)



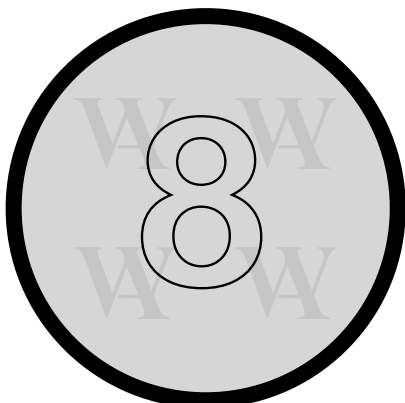
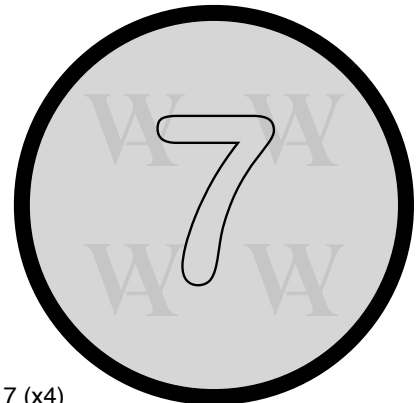
draw, 1 on 3, 1 on 4 (x4)



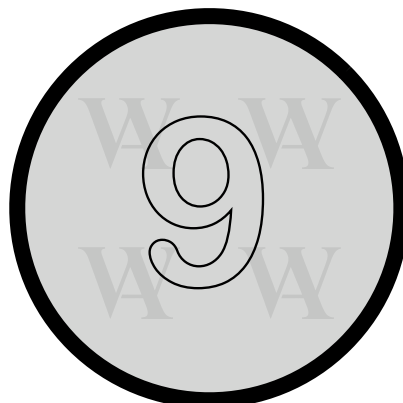
draw, five shots strong hand



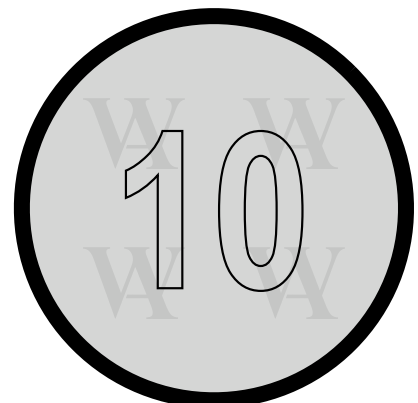
draw, 2 on 6, 2 on 7 (x4)



ready, five shots weak hand



draw, 1 on 9, speed reload, 1 on 10 (x3)





5x5 DRILL

Distance: 4.5 metres | **Circle:** 12.5 cm | **Rounds:** 5 | **Time:** 5 seconds

Instructions

Start from low ready.

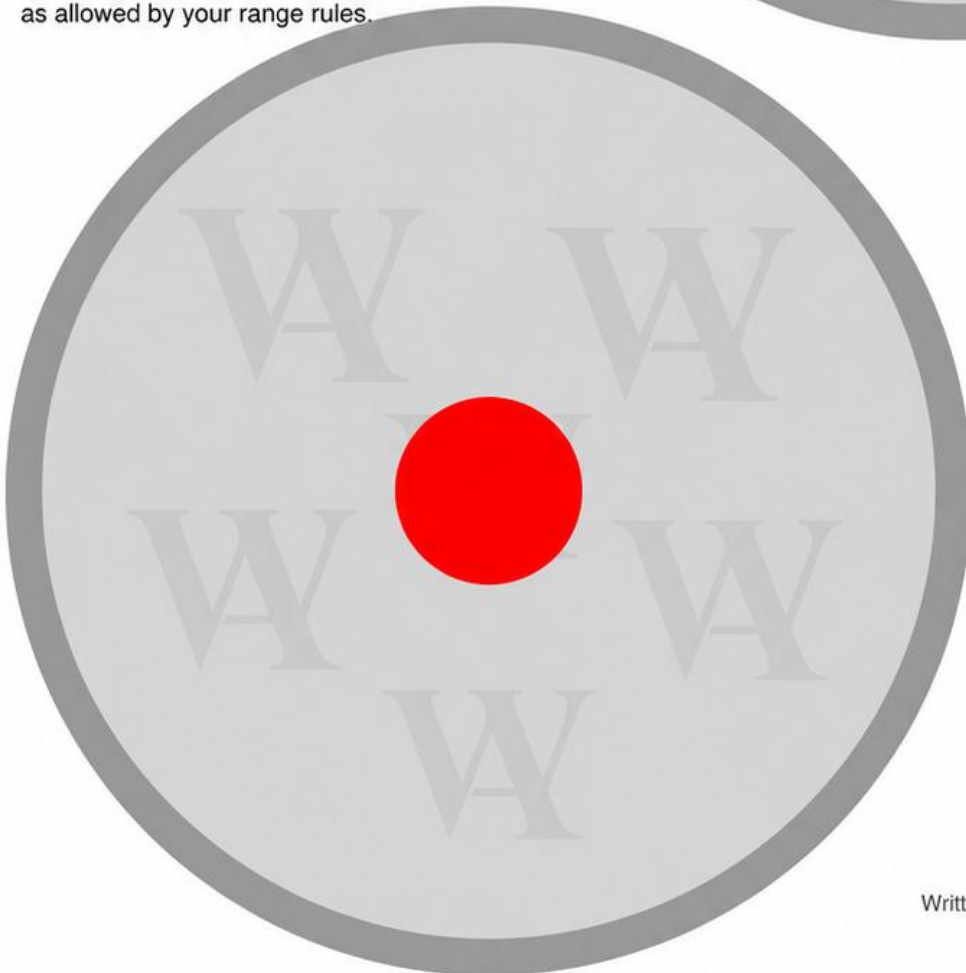
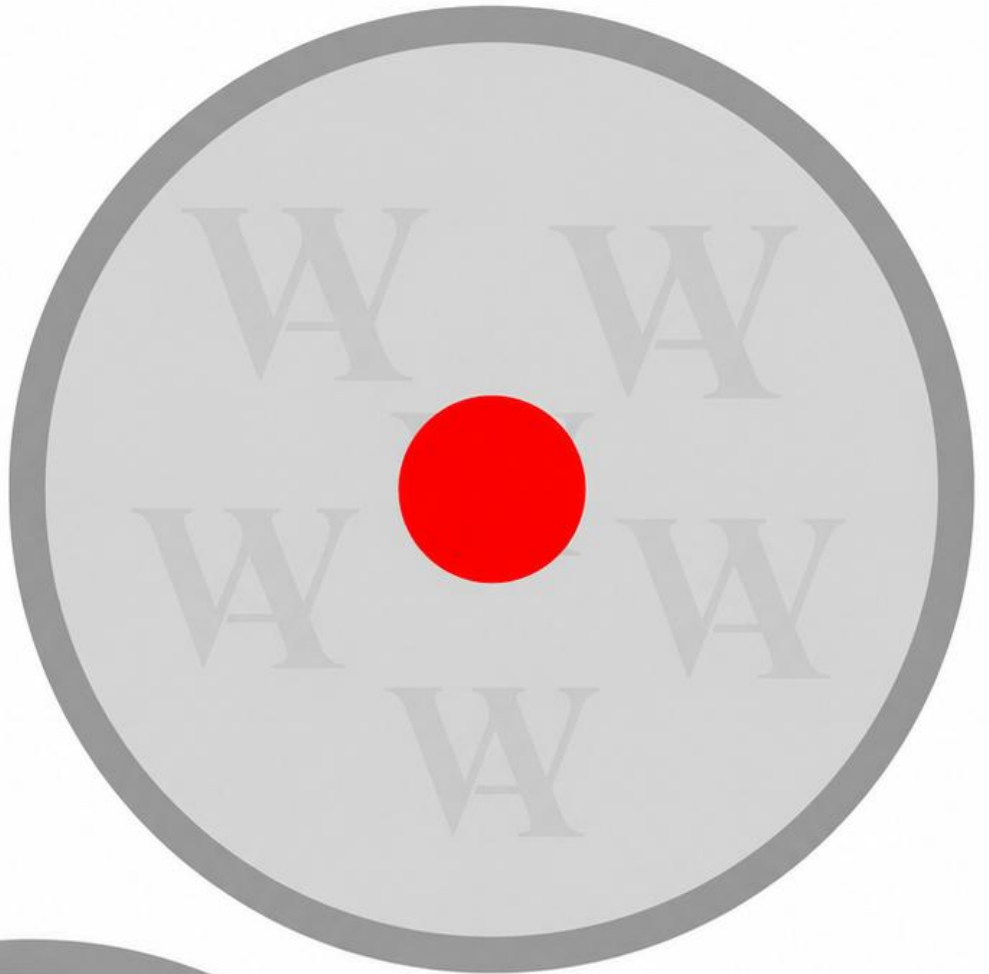
At the signal, fire 5 controlled shots into one circle within 5 seconds.

A clean run means all 5 shots are inside the grey circle before the time ends.

Repeat the drill on the second circle to compare consistency.

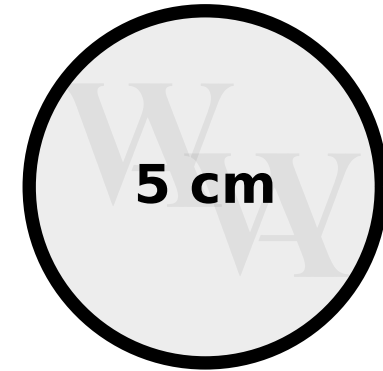
Variation

For a harder run, start from your normal sport-shooting start position, as allowed by your range rules.



W

WRITTEN AIM



THREE SEVENS



Distance: 6.5 metres | Total rounds: 7
Par time: 7 seconds

Start position: Concealed carry. Stand facing the target with your arms relaxed at your sides.

On the signal:

- Draw and fire 1 shot into the upper-left 2.5 cm circle.
- Transition to the upper-right 5 cm circle and fire 2 shots.
- Perform a slide-lock reload.
- Fire 3 shots into the lower-left 7.5 cm circle.
- Transition to the lower-right 2.5 cm circle and fire 1 shot.

Focus: Accuracy, target transitions, reloads, recoil control, and changing pace between different target sizes.

Scoring: Shots touching the line count as in.

This is an advanced concealed-carry sport shooting drill.



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

