

FIREARMS TRAINING COURSE #5

Purpose

The vast majority of all police shooting deaths have consistently been at close range. These exercises incorporate speed and accuracy, as well as firing from positions not normally used or trained with and the use of your support hand and strong hand only.

Range Conditions

- Single IDPA target
- Weapon is to be fully loaded at the beginning of each stage
- The starting position for each exercise is indicated below
- Both stages are at the 7 yard line
- Total number of rounds – **22**

Stage I - Speed Shoot

- From the holster – 6 holster 4 seconds
- Short delay – REPEAT

[Everything outside the 5 point ring is a miss]

Stage II – Support Hand / Strong Hand

- Low ready – 5 rounds – support hand only 7 seconds
- Short delay
- Low ready – 5 rounds – strong hand only 5 seconds