

# DEFCOMP

Start at 3 yards. You have to get all 50 hits to pass. Once you can shoot the whole drill without a single miss, either increase the distance or add time pressure. For instance, try to finish the entire drill in under 5 minutes while maintaining 100% accuracy.

Date: \_\_\_\_\_

Score: \_\_\_\_\_ / 50

Distance: \_\_\_\_\_



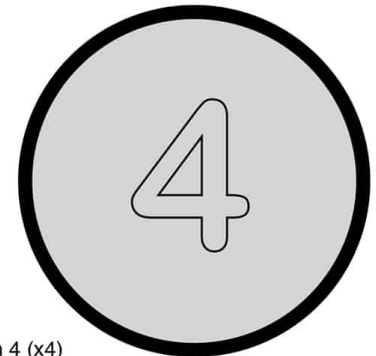
5 shots slow fire



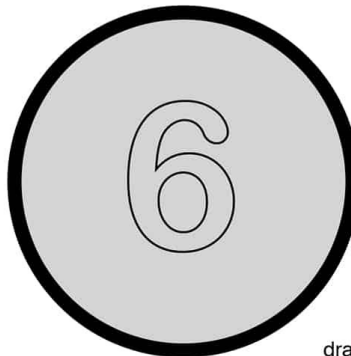
draw, one shot (x5)



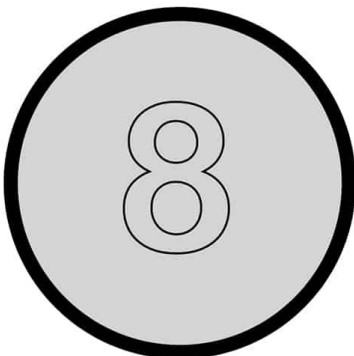
draw, 1 on 3, 1 on 4 (x4)



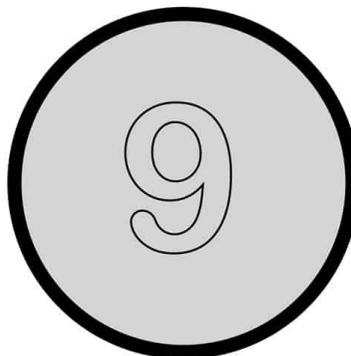
draw, five shots strong hand



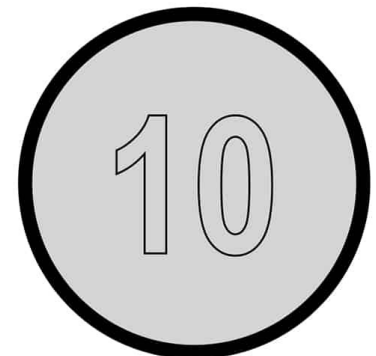
draw, 2 on 6, 2 on 7 (x4)



ready, five shots weak hand



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



# DEFCOMP

## DOT TORTURE DRILL

You Will Need:

50 rounds of ammunition

Semi-automatic handgun

Two magazines

Good quality holster

Do this drill 3 yards from the target. Yes, it's that challenging! When you get all hits inside of all of the circles, then you can move back to 4 yards and so on.

- Dot 1 – Draw and fire one string of 5 rounds for best group. One hole if possible, total 5 rounds.
- Dot 2 – Draw and fire 1 shot, holster and repeat X4, total 5 rounds.
- Dots 3 & 4 – Draw and fire 1 shot on #3, then 1 shot on #4, holster and repeat X3, total 8 rounds.
- Dot 5 – Draw and fire string of 5 rounds, strong hand only, total 5 rounds.
- Dots 6 & 7 – Draw and fire 2 shots on #6, then 2 on #7, holster, repeat X4, total 16 rounds.
- Dot 8 – From ready or retention, fire five shots, weak hand only, total 5 rounds.
- Dots 9 & 10 – Draw and fire 1 shot on #9, speed reload, fire 1 shot on #10, holster and repeat X3, total 6 rounds.

