



THE 45 DRILL – Accuracy & Defensive

Form the low ready fire five (5) rounds into the required target at the required distance in the allotted time.

Target: One (1) for each string. Five (5) inch circle.

Distances & Time Allotment:

String 1: Five (5) yards – Time allotted: Eight (8) seconds or less.

String 2: Five (5) yards – Time allotted: Seven (7) seconds or less.

String 3: Five (5) yards – Time allotted: Six (6) seconds or less.

String 4: Five (5) yards – Time allotted: Five (5) seconds or less.

Total round count: Twenty (20)

Scoring: No missed equals passing.

Attach all four (4) targets to this form.

Full Name: _____

Date shot: _____

Location: _____



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