

50-Round Pistol Course of Fire #2

Cold Draw Stroke

# of Reps	# of Rounds	Position	Speed	Distance	Time/Par
1	4	Standing	~	5 Yds	

Ascending Draw Strokes

# of Reps	# of Rounds	Position	Speed	Distance	Time/Par
2	1	Standing	25%	5 Yds	
2	1	Standing	50%	5 Yds	
2	1	Standing	75%	5 Yds	
2	1	Standing	100%	5 Yds	

Drawing and Shooting on the Move

# of Reps	# of Rounds	Position	Speed	Distance	Time/Par
2	3	Walking Forward	~	10 Yds	
2	3	Walking Backward	~	5 Yds	
2	3	Walking Right	~	5 Yds	
2	3	Walking Left	~	5 Yds	

Note: On the forward advance, begin at 10 yards and advance forward until you have drawn your pistol and discharged three rounds (on the move). During the backward retreat, begin at either 5 yards or 3 yards and move backwards, drawing your pistol and discharging three rounds.



Drawing on the Sprint

# of Reps	# of Rounds	Position	Speed	Distance	Time/Par
2	2	Sprinting Right	~	7 Yds	
2	2	Sprinting Left	~	7 Yds	

Note: When ready (or on the buzzer), sprint either right or left approximately 3 - 5 yards while simultaneously drawing your pistol. Stop, then engage the target with two rounds.

25 Yard Draw Strokes

# of Reps	# of Rounds	Position	Speed	Distance	Time/Par
3	2	Standing	~	25 Yds	

"Draw Quickly, Shoot Carefully! No one has ever been killed by a loud noise." - Jeff Cooper

Notes:

