

50-Round Pistol Course of Fire #1

Cold Draw Stroke

# of Reps	# of Rounds	Position	Speed	Distance	Time/Par
1	3	Standing	~	5 Yds	

Ascending Draw Strokes

# of Reps	# of Rounds	Position	Speed	Distance	Time/Par
3	1	Standing	25%	5 Yds	
3	1	Standing	50%	5 Yds	
3	1	Standing	75%	5 Yds	
3	1	Standing	100%	5 Yds	

Draw Stroke to 3 Round Speed Drill

# of Reps	# of Rounds	Position	Speed	Distance	Time/Par
4	3	Standing	~	7 Yds	

Note: If all three rounds are well within the target zone, either increase the split speed or narrow the target zone.



Draw Stroke to 3 Round Speed Drill

# of Reps	# of Rounds	Position	Speed	Distance	Time/Par
4	3	Standing	~	10 Yds	

Note: If all three rounds are well within the target zone, either increase the split speed or narrow the target zone.

Draw Stroke to 2 Round Speed Drill

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

Note: If all two rounds are well within the target zone, either increase the split speed or narrow the target zone.

Ready Up to Reload

# of Reps	# of Rounds	Position	Speed	Distance	Time/Par
5	1	Standing	~	7 Yds	

Note: Begin the drill with both an empty magazine and a empty chamber. The slide can either be locked to the rear or forward. Present the pistol from a desired ready position, upon click after a good trigger press reload the pistol and fire one shot.

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

Notes:

