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## \#getyourslingon

## ロ R ILLI



1. Set up your target at a distance of 25 yards. Load 15 rounds into your magazine.
2. Engage the top bullseye - with your rifle unslung, attempt three five-shot groups in the following positions: standing, kneeling, and prone
3. Score the target with each shot being worth up to 10 points. If a shot lands on a line, give yourself the higher score. Maximum score possible is 150 points (i.e. 15 times 10 .

- RILL P


1. Repeat the same drill with a second bullseye using the sling as a support. Specifically, adjust the closed loop on the front of the sling so you can cinch it tight around your bicep, then tightly grip the fore end using the sling to lock the front of the rifle into place. The sling will most likely need to either hang loose or be detached from its rear attachment point (like other military-style slings that are used as shooters aids, such as the M1907 sling]. You may need to experiment with the sling in order to acquire the most comfortable and stable position.
2. Then compare your score between the two drills - you should see improved scores in all three positions.

##  bluefarcegear.com







## THE OFFSET RIFLE DRILL

The purpose of this drill is to train the operator to account for the sight-line offset from the bore on an AR-15 rifle when engaging targets at close range. This is an important skill because at short range, accuracy of shot placement is critical. The drill is run at five yards to achieve maximum offset in this powerful drill.



## THE COURSE OF FIRE

Distance from target: 5 yards
Firearm condition: Loaded with fifteen rounds
Start position: Down ready
Round count: 15 rounds total
Procedure:

1. On the beep signal, fire 2 rounds into the body in the smaller chest square followed by 1 round to one of the five 2" offset shapes.
2. Repeat this sequence until all five $2^{\prime \prime}$ offset shapes have been engaged.
At the end of the course of fire there should be 10 rounds in the smaller chest square, and 1 round in each of the five offset shapes.
Scoring:
7.50 seconds or under = Expert
7.51-8.50 seconds = Sharpshooter
8.51-10.00 seconds = Marksman

Hits outside the white outline of the smaller chest square or outside the red outlines of the five offset shapes, add 1 second.

## THE BFM DRILL

Bill Drill, Fast Drill, Mozambique Drill
This target was designed using the harder-scoring areas of both the IDPA target and the USPSA target, combining them both into a more difficult, productive training target.

The BFM Drill is designed to combine the benefits of three standard training drills that you may be familiar with, to offer a well-rounded cross-training exercise. This drill combines all of the techniques you need to practice to excel at both competitive and defensive shooting.

Hits in the blue field outside the target, add 3 seconds.


## THE COURSE OF FIRE <br> Distance from target: 7 yards

Firearm condition: Loaded with eight rounds
Start position: Handgun holstered, hands relaxed at sides Round count: 15 rounds total

Procedure:

1. On the beep signal, draw and engage the target with 6 rounds to the body box.
2. Engage the head box with 2 rounds, then perform an emergency slide lock reload.
3. Engage the body box again with 4 rounds.
4. Transition to the head box and fire 1 round.
5. Transition back to the body box and fire 2 rounds.

Scoring:

| 10.00 second or under | $=\quad A$ rating |
| :--- | :--- |
| $10.01-13.00$ seconds | $=$ |
| $B$ rating |  |
| $13.01-16.00$ seconds | $=\quad C$ rating |
| $16.01-20.00$ seconds | $=D$ rating |

16.01-20.00 seconds
20.01 seconds and over
$=$ Fail
Hits outside the blue of the designated head or body box, but still in the red or white body of the target, add 1 second. For all rounds outside the body, add 3 seconds.

Hits in the blue field outside the target, add 3 seconds.

## CDSZ-7HE GAME

The first to get to 33 in the fewest shots, wins.
10
(10)
(10)
10
(10)
(10)
(10) 10
(10)
(10)
(10)
3
(10)
(10)
(10)
(10) (10) 10

(10) (10)




## Dom Raso's

## DANIEL DEFENSE

 MK-12 DRILL*AL SHOTS STANDING ARE TO CHEST BOX *ALL SHOTS PRONE ARE TO HEAD BOX

## DYNAMIC

- 5 shots standing at 100 Yards
- 5 shots Prone
- Sprint to 50 Yard line w/mag change
- 5 shots standing
- 5 shots prone
- 1 more shot in prone
- SCAN, END

STATIONARY (Limited Range)

- 5 shots (chest)
- 5 shots (head)
- 5 shots (chest)
- 5 shots (head)
- 1 shot (head)
- SCAN, END


CET ZERO DATA
ZERO AT 50M FOR RED DOT. MOVE BACK TO 100, HOLD CENTER THEN CONFIRM, MOVE BACK TO 200, HOLD CENTER THEN CONFIRM, MOVE BACK TO 300, HOLD CENTER THEN CONFIRM. FIND THE CENTER OF YOUR GROUP AND DRAW A LINE OUT TO THE SIDE TO FIND THE STORY OF YOUR BULLET. ADJUST THE 50M UP OR DOWN TO BRING YOUR 300 UP OR DOWN.

50 METERS $=55$ YARDS | 100 METERS $=109$ YARDS

50 YARD ZERO HOLD OVERS
$0-100=$ HOLD CENTER $0-100=$ HOLD CENTER
$200=$ HOLD CENTER
300= HOLD CENTER - HEAD $400=$ HOLD JUST ABOVE HEAD $500=$ HOLD HALF BODY ABOVE HEAD

BACK-UP IRON SIGHTS WINDAGE: 1 CLICK WINDAGE: 1 CLICK
100 YD $: 1 \mathrm{CLICK}=1 / 2$ $100 \mathrm{YD}: 1 \mathrm{CLICK}=1 / 2^{\prime \prime}$ FRONT SIGHT ELEVATION 100 YD : 1 CLICK = 1 50 YD : 1 CLICK = $=$ REAR ELEVATION 100 YD : 1 CLICK = $3 / 4^{\prime \prime}$ $50 \mathrm{YD}: 1$ CLICK $=1 /{ }^{2}$

AIMPOINT - EOTECH $25 \mathrm{YD}: 1$ CLCK $=1 / 8^{\prime \prime}$
50 YD : 1 CLICK $=1 / 4^{\prime \prime}$ 100 YD : 1 CLICK $=1 / 2^{\prime \prime}$ 200 YD : 1 CLICK=1" ${ }^{1}$ 300 YD : 1 CLICK=1.5"

VORTEX SPARC
25 YD : 1 CUCK $=1 / 4$ $25 \mathrm{YD}: 1 \mathrm{CLICK}=1 / 4^{\prime \prime}$
$50 \mathrm{YD}: 1 \mathrm{CLICK}=1 / 2^{\prime \prime}$ 0 YD : 1 CLLCK $=1 / 2^{\prime \prime}$ $00 \mathrm{YD}: 1 \mathrm{CLICK=2"}$ 300 YD : 1 CLICK=3

TRIJCON
100 YD : $1 \times$ OPTICS : 1 CLICK $=1$
100 YD : 1 x OPTICS : 1 CLICK= ${ }^{\text {" }} 1$ "
100 YD $: 1.5 X$ OPTICS $: 2$ CLICKS $=1 "$ 100 YD : 1.5 XX OPTICS $: 2$ CLICKS $=1{ }^{\prime \prime}$ 100 YD : $2 X$ OPTICS $: 2$ CLICKS $=1^{\prime \prime}$
100
YD
OPTICS $: 4$ CLICKS $=1^{\prime \prime}$ 100 YD : 4 X OPTICS : 2 CLICKS $=1$


Drill 1 - Think, Think, Think (from low ready at 5yrds.)

Add 2 s for every miss.
Lowest overall score wins.

Intermediate
On the buzzer engage circles with 1 round each in numerical order 1-6.

## Advanced

Load 3 mags with 4 rounds each
On the buzzer engage circles with 1 round each in numerical order of 1-6 then 6-1. Slide lock reload as needed.


Drill 2 - Count 'Em All (from low ready at 5yrds.)

Add 2 s for every miss or incorrect number of shots. Lowest overall score wins.

Intermediate
On the buzzer engage targets with one round each in numerical order 1-6.

## Advanced

On the buzzer engage targets with the number of rounds each shape indicates, in clockwise order starting with 1 . Slide lock reload as needed. Load mags to 10 rds for added difficulty.


Drill 3 - F.A.S.T.
Fundamentals, Accuracy, oे Speed Test (courtesy of pistol-training.com)

Distance 3.5 yrds
(due to $50 \%$ reduced target size)
Start from a concealed holster with exactly 2 rounds loaded.

## On the buzzer:

1. draw
2. fire 2 rounds at $3 \times 5^{\prime \prime}$ box
3. perform a slide lock reload
4. fire 4 rounds at the $8^{\prime \prime}$ circle

Misses to the $3 \times 5^{\prime \prime}$ box add 2 sec . Misses to the $8^{\prime \prime}$ circle add 1 sec .

Total Time (raw + misses):
10secs+ : Novice
less than 10secs: Intermediate less than 7secs: Advanced less than 5 secs : Expert

Share your target \& time results on Instagram: @freedommunitions @recoilmagazine Hashtag: \#recoiltarget

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# DEFENDING YOUR NATION, DEFENDING YOUR HOME. 



## Dom Raso's <br> CQB HIGH LOW DRILL

WEAPONS
Daniel Defense DDM4V5 Sig Sauer 226 Tac Ops with VZ Grips
taRget
Silhouette at 5 yards
$2^{11}$ square on head (in front of the Pons Medulla) $4^{\prime \prime}$ square on chest (in front of heart chest plate)
CONDITION Carbine: 1 round in the chamber and 3 in the mag Pistol: 1 round in the chamber and a full mag (Holster used was Serpa with retention)

ON BUZZER
(scan for targets)

END DRILL
Goal time: 6.00, Time to beat $\mathbf{4 . 8 5}$
POINTS OF PERFORMANCE

1. Working your high ready
2. Pushing out and hitting your first round accurately
3. Changing levels with your shots with both primary \& secondar
4. Iransition to your secondary in the middle of the drill
5. Balancing accuracy and speed

Watch Dom shoot the drill at http://youtu.be/uJQa95PPjQE


Find and follow Dom at Domrasojr on Twitter and Facebook!

 kessameminscom Kershaw



## 1. The Test

10 yards, ten shots, \& ten seconds.

## Course of fire:

Shooter starts at the ready gun position (high or low). On signal, fire 10 rounds at the bullseye target, ceasing fire on the 10 second signal.

| Scoring: |  |
| :--- | :--- |
| 10 ring | $=$ |
| 9 ring | $=9$ points |
| 8 ring | $=8$ points |
| 7 ring | $=7$ points |

Evaluation:
For ten shots the passing score is 90 points.
If using a pistol with only 9 rounds ( 1911.45 auto) possible is 90 points, passing score is 80 .
If only 8 round capacity, possible is 80,70 points is passing.
NOTE: If the pistol holds less than ten rounds, the start position will be from the holster.


## 2. The Wizard Drill

5 rounds total. Target is the $4.5 "$ circle in the head and the complete bullseye target in the body.
Course of fire:
Shooter starts with hands normal at side, with firing hand not touching the firearm.

1. At 3 yards, draw and fire one round on signal at the head, STRONG HAND ONLY. Time is 2.5 seconds.
2. At 5 yards, draw and fire one round on signal at the head. (Both hands allowed) Time is 2.5 seconds.
3. At 7 yards, draw and fire one round on signal at the head (Both hands allowed) Time is 2.5 seconds.
4. At 10 yards, draw and fire two rounds at the bullseye target. (Both hands allowed) Time is 2.5 seconds.
Scoring:
Rounds 1, 2, and 3:
Hits in the head zone 4.5 " circle, subtract 0 points
Hits outside the circle, but still in the head, subtract 1 point
Round 4:
Hits inside the 7 ring, subtract 0 points
Hits outside the 7 ring, but still in the body, subtract 1 point. For all rounds
Complete miss, subtract 5 points.
Evaluation:
-2 points or less is a Pass -3 points or more is a Fail The goal is to pass from concealed carry or duty rig.

## CONSISTENCY SILHOUETTE



WARM UP 2


WARM UP 1/ COOL DOWN
Shoot from left to right, top to bottom. One bullet per circle. Take make-up shots as necessary. Shoot at a minimum distance of three yards.

## WARM UP 2

Shoot on target one and shoot sequentially to target ten. Two bullets per circle. Take make-up shots as necessary. Shoot at a minimum distance of three yards.




REPTLLNE:BAM

## ONE SHOT/ONE DOT



## WE FOCUS ON THE FUNDAMENTALS.




## eFFGRID




### 5.11圖

## IPD DRILL

TIME, PRECISION, DISTANCE. CONCEALED CARRY SKILL BUILDER



## DRIIL INSTRUCTIONS

Dots are numbered for distance. Shoot the 3 dot from 3 yards, 5 dot from 5 yards, etc.

- Fire 2 rounds at each target from the prescribed distance.
- Par times are the same for all distances.

From concealed holster: 4 seconds. From low-ready: 2.5 seconds

Complete this drill for a chance to win \$511 dollars worth of gear - details below.



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