

1. Draw fire 5 rounds at the 4" target. This is to establish a baseline how you shoot cold.
Objective: Keep all 5 rounds in the 4" circle before proceeding.
Time standard: 5 sec beginner, 3 seconds intermediate, 2 seconds or less advanced
Distance: 3 yards, 5 yards, 7 yards.
2. Draw and fire 5 rounds at the 2" circles. This is meant to cause even the most advance shooter to take more deliberate aim and controlled trigger press.
Objective: Keep all 5 rounds in the 2" circle before proceeding.
Time standard: 5 seconds beginner, 3 seconds Intermediate, 2 seconds or less advanced.
Distance: 3 yards, 5 yards, 7 yards.
3. Draw and fire 5 rounds at 1" circles. This is meant for everyone to slow down and be more deliberate.
Objective: Keep all 5 rounds in the 4" circle before proceeding to "DCS Warmup Drill" Target
Time Standard: 5 sec beginner, 3 seconds intermediate, 2 seconds or less advanced.
Distance: 3 yards, 5 yards, 7 yards.

Holster Draw alternative exercise:

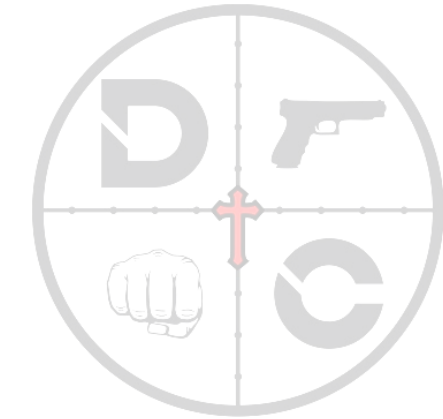
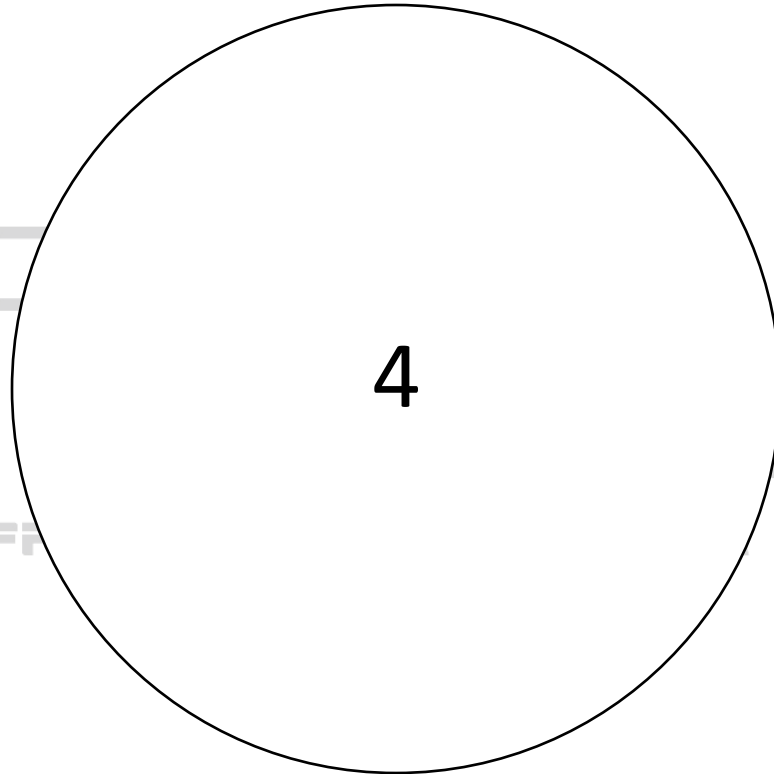
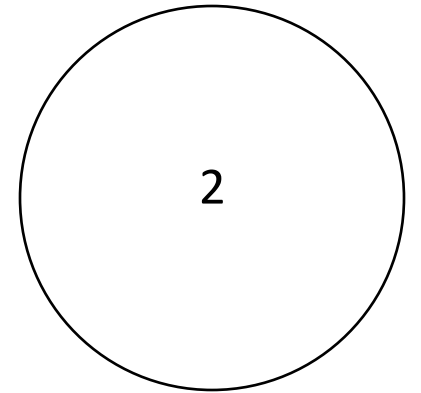
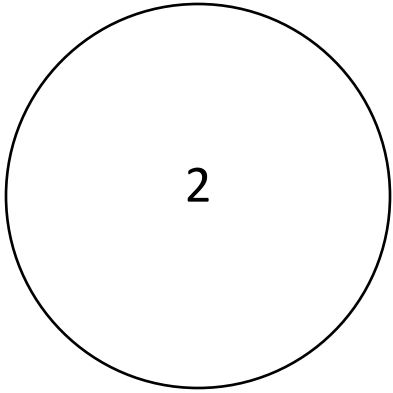
Draw once, shoot once, with/without time, on each respective target.

Objective: Practice "Perfect Myelination" of the holster draw including trigger prep and break, on target, by full extension.

Time: 5 seconds, 4 seconds, 3 seconds, 2 seconds, 1 second.

Distance: 3 yards, 5 yards, 7 yards.

COMBATIVES
EFFECTIVE TRAINING FOR A DYNAMIC WORLD



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