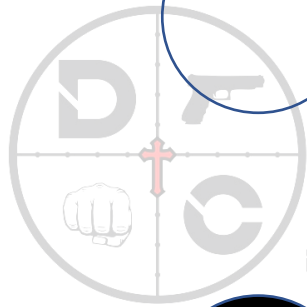
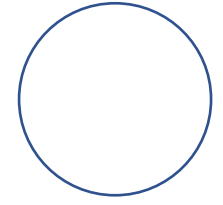
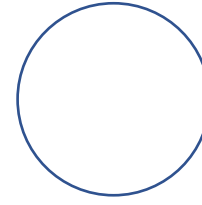
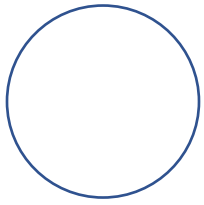
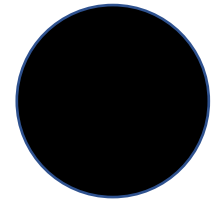
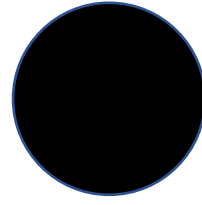
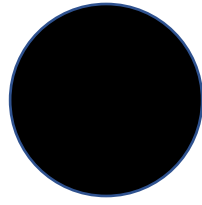
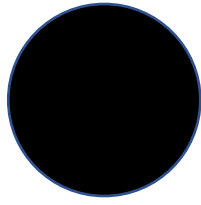
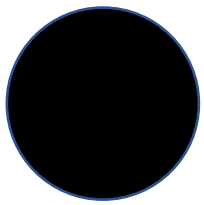


This Target is designed to be used with an AR Platformed Rifle at 15 yards with a rifle that is zeroed at 100 yards.

1. Using a metronome at 60 beats per minute, you will engage the first black dot with one shot per second or one per beep.
 - a. Goal: Your shot will land in the hollow circle below. Your goal is to keep all the hits in the bottom hollow circle while being perfectly in time.
2. Using a metronome at 120 beats per minute, you will engage the second black dot with two shots per second or one per beep.
 - a. Goal: Your shot will land in the hollow circle below. Your goal is to keep all the hits in the bottom hollow circle while being perfectly in time.
3. Using the metronome at 180 beats per minute, you will engage the third black dot with three shots per second or one per beep.
 - a. Goal: Your shot will land in the hollow circle below. Your goal is to keep all the hits in the bottom hollow circle while being perfectly in time.
4. Using the metronome at 240 beats per minute, you will engage the fourth black dot with four shots per second or one per beep.
 - a. Goal: Your shot will land in the hollow circle below. Your goal is to keep all the hits in the bottom hollow circle while being perfectly in time.
5. The last black dot is for you to work on solo. Approximately 30 rounds. Start slow and gradually increase speed until you begin to miss. This is to help you get used to going fast while staying accurate.
 - a. Goal: Your shot will land in the hollow circle below. Your goal is to keep all the hits in the bottom hollow circle while being perfectly in time.
6. Repeat on second row. These targets can also be printed to test your dry fire practice at the range with only 5 rounds per circle for a total round count of 50 rounds or 100 rounds if you use 30 rounds on each of the last circles.



DYNAMIC

COMBATIVES

EFFECTIVE TRAINING FOR A DYNAMIC WORLD

