

1

3

2

4



**Dynamic Warm Up Target (Pistol)**

3 to 7 yards – 25 rounds

1. Ball and Dummy Drill – 5 rounds (5 live / 3-5 dummy)
2. 5 rounds slow fire, compressed ready, pin trigger
3. 5 rounds moderate fire, compressed ready
4. 5 rounds, draw fire one

3 x 5 Box – 5 rounds from holster for time

Each miss = 1 point

