

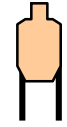
0M

10M

15M

20M

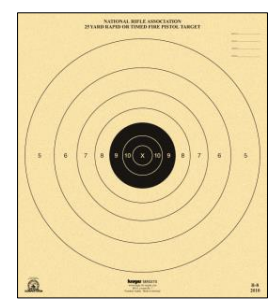
25M



## WARM-UP



## COMPETITION



## “20 Alpha”

- **Pistol:** From the draw, shoot a 5 round string at each position
- **Standard:** 10m 4 sec, 15m 6 sec, 20m 8 sec, 25m 10 sec, all A zone hits (warm up), 200 pts. (competition)
- **Target:** 1 x IPSC (warm up), 1 x B8 Bullseye (competition)
- **Load:** Pistol: 2 x 10 or Rifle: 1 x 20 (mag x rounds)
- This drill works your draw, the ability to manage recoil through multiple shots, and the fundamentals of sight alignment, sight picture, trigger control, and follow through.