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“Modified F.A.S.T (Fundamentals, Accuracy, Speed Test)”

- At 7 meters, from the draw, fire 4 rounds in the body minimized “A” zone
- Execute emergency/slide lock reload
- Fire 2 rounds in the head “A” zone

- **Standard:** less than 10 seconds: Intermediate
less than 7 seconds: Advanced
less than 5 seconds: Bad Ass
As per pistol-training.com

- **Target:** 1 x IPSC w/minimized body “A” zone
(top half of the “A” zone)

- **Load:** Pistol: 1 x 4, 1 x 2 (mag x rounds)

• This drill works several critical tasks; your draw stroke, your ability to quickly put multiple rounds, accurately, on target (trigger control, recoil management), your ability to transition from rapid fire to slow aimed fire with the additional task of executing an emergency/slide lock reload and re-acquiring (sight alignment/sight picture) a smaller target. If you’re smoking 7 seconds, push the target out to 10 meters. If you’re smoking 5 seconds, start shooting USPSA or IDPA matches ASAP.

Caveat: The modification from original drill is shooting the body first, then head.

