



“Running Reload”

- At 10m, at start point/position 1, facing target, from the draw
- Position 1, draw and engage T1 with 2 rounds, immediately move to position 2 while executing a speed reload
- Repeat through finish/position 4, execute reload between each position

Standard: All A zone hits (get your own baseline for time and constantly try to improve it without sacrificing accuracy)

Target: 4 x IPSC

Load: Pistol: 4 x 2 (mags x rounds) 8 rounds total

- This drill is geared more for competition shooters. This drill works reloads in a dynamic situation. It works your ability to move out of and into a stable firing position and quickly acquire the target. It also forces you to mind your muzzle awareness. Consider Comp vs. Tactical and the “180° rule” on all commercial ranges vs. “safe direction” in a real life defensive situation. It also forces you to become intimate with your gear and where/how your mags are situated.