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## Recoil Control

- At 5m, from the draw, engage with 5 rounds as fast as possible
- Conduct as many reps as required to get consistent 6" groups

**Standard:** All C zone hits in 3 seconds

**Target:** 1 x IPSC

**Load:** Pistol: Multiple full magazines

- This drill works your grip, draw and stance as well as trigger manipulation. This drill will highlight weaknesses in your grip, weak wrists or lazy stance. Shoot the drill as fast as humanly possible and analyze your shot group. The C zone is lethal but your goal is a tight group no more 6". The placement of your group is secondary to the tightness of the group. Once you have consistent tight groups shift focus to the accuracy (accuracy is always priority but this drill is focused specifically on managing recoil). You should get the initial sight picture followed by four flash sight pictures followed by your final sight picture checking your work. Key points: Tight grip with both firing and support hands, locked wrists, locked/stable arms, aggressive stance, consistent trigger manipulation.