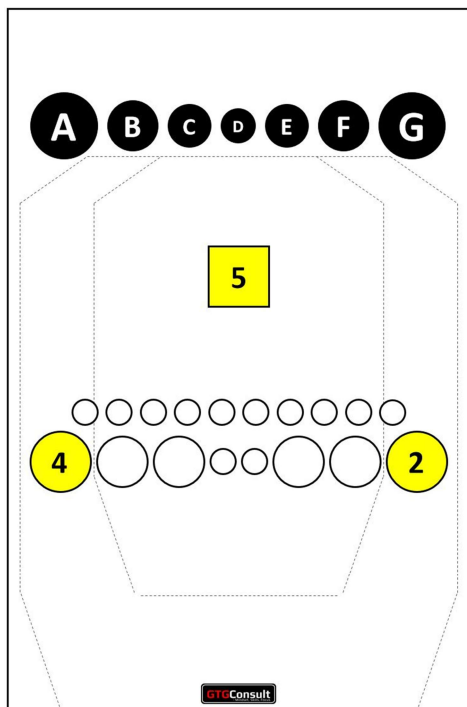


Baseline Exercise 01.

Modified HSP 'Venti 100' Warm Up



Category: 01.Warmup & Precision

Purpose: Can be used as a standalone training session or as warm up for further drills.
A very useful tool for Pistol self-diagnosis if you are on the range alone.

Range Setup: 1x GTG Baseline Target. The Black/White/Yellow shapes are the target zones.
Distance to target = 3 and 5 meters

Procedure: @5 meters, assume proper shooting stance and check Natural Point of Aim.
Shoot first 5 rounds eyes at the #5 yellow square.
Shoot 4x5 rounds at different cadences at the black circles.
White/Yellow dots: The two lines of dots can be used for different warm ups. Each dot must be hit with 3-5 rounds.
5x Small white: Grip, Stance, Friction – 5x Small white: Front Sight Focus
2x Large white: Target Focus – 2x Large white: Trigger Pull (90-10-Finish Flat)
Yellow circles: 15 individual draws, combining everything.

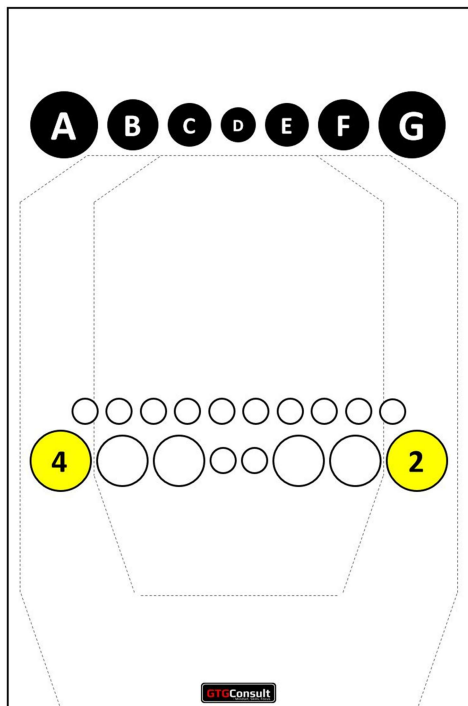
Miscellaneous: View video link for full explanation.

Video Link:



Baseline Exercise 02.

Deliberate Practice – Cadence Circles



Category: 01.Warmup & Precision

Purpose: Deliberate Practice ‘forces’ the shooter to slow down and focus on technique instead of chasing the timer, with sloppy execution of weapon manipulation. Proper technique will ensure faster execution of drills later.

Range Setup: 1x GTG Baseline Target. The Black/White/Yellow circles are the target zones. Distance to target = 3-5-10 meters depending on skill level

Procedure: Draw/1 shot: Set the timer to a PAR time of 5 seconds. On signal, draw pistol while starting a verbal countdown from 5-4-3-2-1-Bang, making sure to stay within 0,10 sec. of the allowed time (4,90 – 5,10)
Progress with lowering PAR times to 4-3-2-1 seconds, until you reach your ‘breaking point’, then stay there and continue working on getting proficient and repeatable.
1 shot/Reload/1 shot: Same as above but start with the weapon pointed at target on signal.

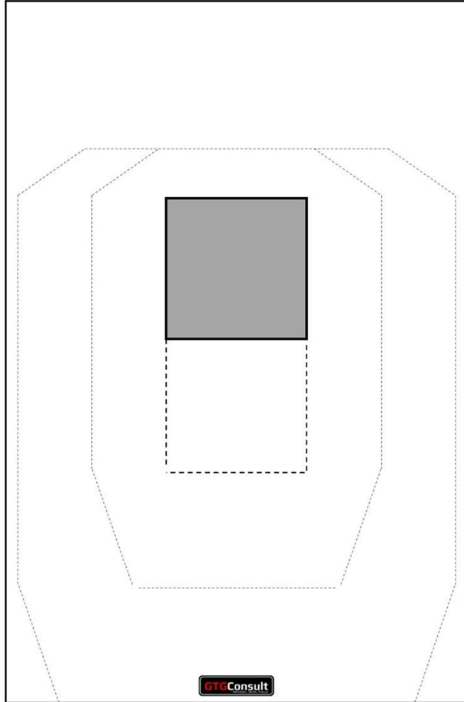
Miscellaneous: Can be shot with Carbine or Pistol.


Video Link:



Baseline Exercise 03.

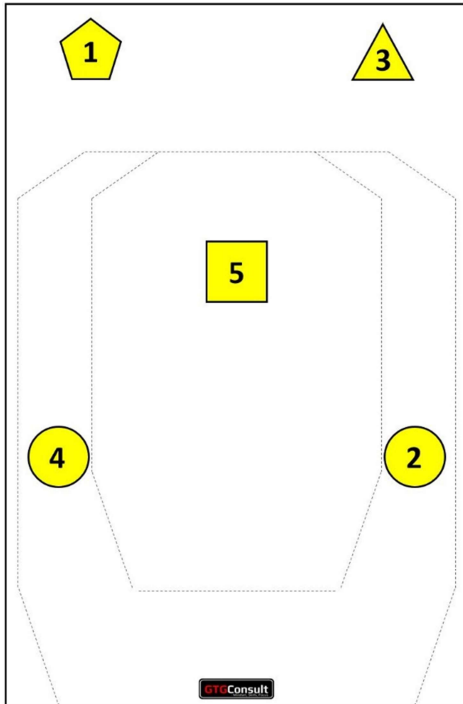
Bill Drill & 1-10 Drill



Category:	03. Recoil Control Drills
Purpose:	1-10 Drill is a good build-up exercise to find shooter level of competency with recoil management. Bill Drill is a classic measurement test of recoil management.
Range Setup:	1x GTG Baseline Target. The USPSA outlines and dark grey square are the target zones. Distance to target = 6 meters
Procedure:	<p>1-10 Drill: Set timer to desired PAR time (see below). On signal, draw and fire 1 round. Next, draw and fire 2 rounds. Next, draw and fire 3 rounds, etc. until shooter reaches failure point or 10 rounds within the set PAR time. 55 rounds total for the exercise.</p> <p>Bill Drill: On signal, draw and fire 6 rounds as quickly as possible at the target. Add time for hits outside A (C = +1 sec, D = +2 sec, Miss = +5 sec)</p>
Miscellaneous:	<p>The 1-10 Drill exercise is excellent to work on the draw as well as first shot accuracy. Can be shot with Carbine or Pistol.</p> <p>Depending on shooter level, adjust the allotted time. Example: Advanced level 2,5 sec. Intermediate level 3,5 sec. Beginner level 5 sec.</p>
Video Link:	

Baseline Exercise 04.

WOTG 'Eye of The Tiger' Exercise



Category: 05. Target Transition Drills

Purpose: This is an eye speed and visual processing exercise, developed to train the shooter in 'seeing what he needs to see' faster.

Range Setup: 1x GTG Baseline Target. The yellow 1-5 shapes are the target zones.
Distance to target = 5-10 meters

Procedure: Start with Carbine in high ready. On signal, shoot 1 round to each rectangle in numerical order. Aim for even splits/cadence between all targets.

When shooters reach the 0,35-0,40 second transition benchmark, have the shooter shoot 2 rounds to each number before proceeding. Still trying to keep even splits/cadence, not double-tapping targets.

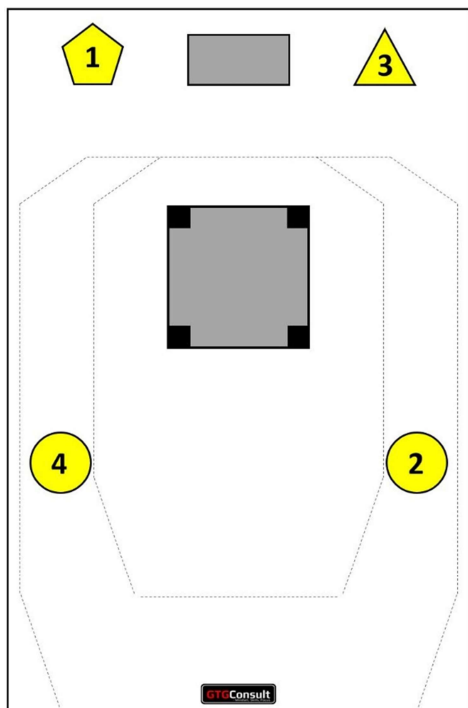
5 to 10 rounds total per run.

Miscellaneous: Beware of Mechanical Offset of your sights. Aim at top/above the yellow shape to hit inside it.

Video Link:



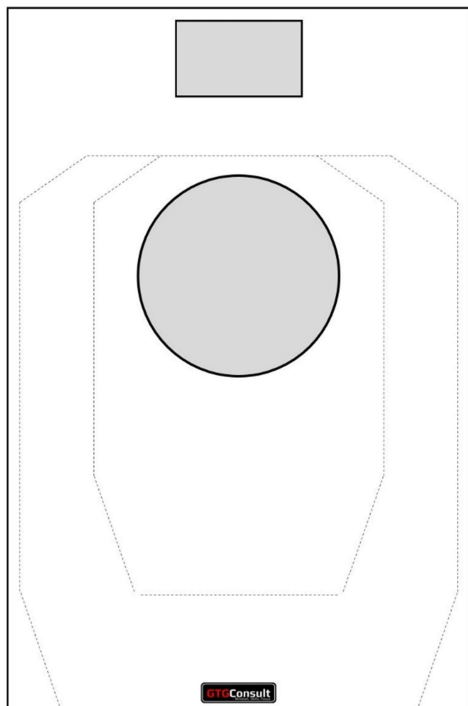
Baseline Exercise 05. CTTS Offset Drill



Category:	05. Target Transition Drills
Purpose:	To rehearse close range POA/POI offset at different CQB distances.
Range Setup:	1x GTG Baseline Target. The Yellow 1-4 shapes and the Dark Grey squares are the target zones. Distance to target = 5-10-15 meters depending on skill level/weapon system.
Procedure:	On signal draw/present and engage the target zones in the following order: A-zone square: 2 rounds – Figure 1: 1 round A-zone square: 2 rounds – Figure 2: 1 round A-zone square: 2 rounds – Figure 3: 1 round A-zone square: 2 rounds – Figure 4: 1 round A-zone square: 2 rounds – ‘Credit Card’ box: 1 round
Miscellaneous:	15 rounds total. Can be shot with Carbine or Pistol. PAR times (Carbine): Expert: 5 sec. Advanced: 7,5 sec. Intermediate: 9 sec. shot clean (all hits)
Video Link:	

Baseline Exercise 06.

FAST Drill (Pistol)



Category: 06. Weapon Manipulation

Purpose: FAST = Fundamentals, Accuracy and Speed Test.

Range Setup: 1x GTG Baseline Target. The light grey circle and 'Credit Card' rectangle are the target zones.
Distance to target = 7 meters

Procedure: Load Pistol with 2 rounds, have a second magazine with 4 rounds ready. On signal, draw and shoot 2 rounds at 'Credit Card' rectangle for a slide lock reload.
Reload pistol and shoot 4 rounds at the center target circle.

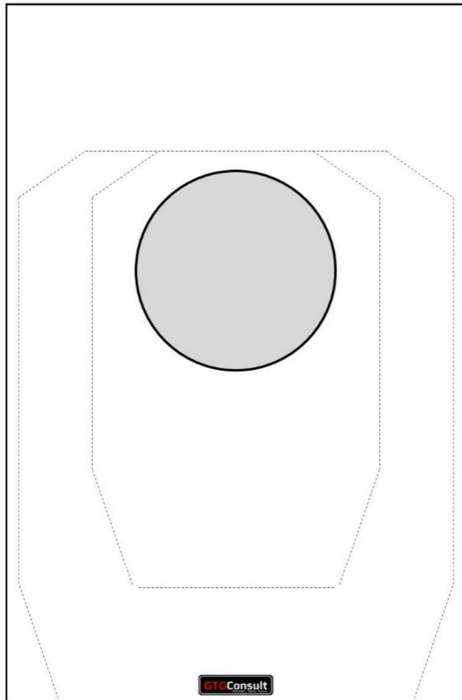
6 rounds total. PAR time: 7 seconds.

Miscellaneous: Accuracy standard: All rounds must hit designated area(s)
Advanced level: Less than 7 sec. Intermediate level: Less than 10 sec. Beginner: +10 sec.

Video Link:



Baseline Exercise 07. RB1 'Operator Readiness Test'



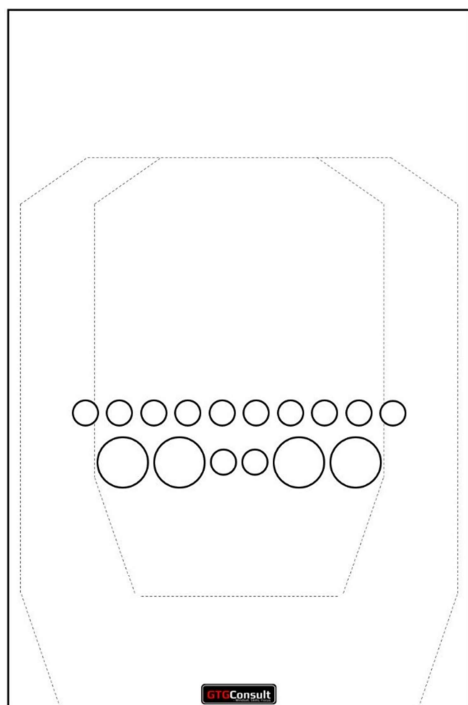
Category:	07. Primary to Secondary Transition Drills
Purpose:	To test fast and accurate P&S weapon manipulation as well as for use as a unit standard.
Range Setup:	1x GTG Baseline Target. The light grey circle is the target zone. Distance to target = 7 meters
Procedure:	<p>Load Carbine and Pistol with exactly 10 rounds each. Have extra magazines for both.</p> <p>On signal, shoot 10 rounds Carbine, then transition to Pistol and shoot 10 rounds Pistol to slide lock.</p> <p>Reload pistol and shoot 2 rounds. Holster Pistol and reload Carbine.</p> <p>Shoot 2 rounds Carbine.</p> <p>PAR time: 20 seconds. 12 rounds Carbine, 12 rounds Pistol total.</p>
Miscellaneous:	<p>Accuracy standard: 22 out of 24 rounds must hit within the circle.</p> <p>Depending on shooter level, adjust the allotted time. Example: Advanced level 20 sec. Intermediate level 25 sec. Beginner level 35 sec.</p>

Video Link:



Baseline Exercise 08.

Guerilla Approach Consistency Drill



- Category:** 01.Warmup & Precision (Pistol)
- Purpose:** To test the shooters ability to control the recoil/sight picture and trigger manipulation cycles under time pressure.
- Range Setup:** 1x GTG Baseline Target. Use the two lines of white dots as your target zones.
Distance to target = 3 yards/2,5 meters
- Procedure:** Load Pistol with a maximum of 20 rounds. Have 1-2 extra fully loaded mags ready.
On signal draw and shoot one hit on each of the small circles, and 3 hits on each of the larger circles, for a minimum of 24 rounds.
Change magazine when necessary.
- Miscellaneous:** 24 rounds minimum.
Start with top row (small circles) and shoot left to right. Shoot bottom row R-L
Must have all 24 hits (linebreakers count) to pass.
PAR times: Expert: 15 sec. Advanced: 20 sec. Intermediate: 25 sec. Basic: 35 sec.
- Video Link:**