

ProtectorInstinct.com - Defensive Firearms Training

Where do you stand?

Name: _____

Date: _____

Starting Position: _____

Firearm: _____

Sights: _____

Caliber: _____

Follow Universal Safety Rules: Always treat every firearm as if it's loaded. Never point a firearm at anything you are not willing to shoot. Always keep your finger straight and off the trigger until you intend to fire. Understand your target and what lies beyond.

| DRILL BENCHMARKS v4 | | Handgun Starting Position of Choice | | | AR15 Starting Position | Description |
|---------------------|---------|-------------------------------------|--------------|-------------------|------------------------|--|
| | | Compressed Ready | Duty Holster | Concealed Holster | Low Ready | |
| Single Shot | 5 yards | 1 sec | 1.5 sec | 2 sec | 1 sec | 1 to chest |
| Box Drill | | 4 sec | 5 sec | 5.5 sec | 4 sec | 2 rounds to left target chest followed by 2 rounds to right target chest. (1 yard apart) Then 1 round to right target head and 1 round to left target head |
| Nightmare Drill | | 5 sec | 5.5 sec | 6 sec | 5 sec | 5 successful rounds to chest with 1 Failure to Fire in between (5 live rounds + 1 dummy round mixed into magazine) |
| Failure to Stop | 7 yards | 2.5 sec | 3 sec | 3.5 sec | 2.5 sec | 2 rounds to chest, 1 round to head |
| Bill Drill | | 3 sec | 3.5 sec | 4 sec | 2.5 sec | 6 rounds to chest |
| F.A.S.T. Drill | | 5.5 sec | 6.5 sec | 7 sec | 5.5 sec | 2 rounds to head, Speed Reload, 4 rounds to chest |

Record Time (seconds) and Accuracy (example: 3/3 shots) for each Attempt

| PERSONAL SCORECARD | | Attempt 1 | Attempt 2 | Attempt 3 | MY AVERAGE | <p>*Shot Timer Required. TARGET: *IDPA Target or Target with 8" chest circle and 4" head circle. Hits outside of circles are Misses. Train to improve your average/consistent performance.</p> |
|--------------------|---------|-----------|-----------|-----------|------------|---|
| Single Shot | 5 yards | | | | | |
| Box Drill | | | | | | |
| Nightmare Drill | | | | | | |
| Failure To Stop | 7 yards | | | | | |
| Bill Drill | | | | | | |
| F.A.S.T. Drill | | | | | | |