

My Rifle Torture



5 SHOT GROUP

All drills start with rifle at low ready and on safe.

Distance is 7 meters

Total Rounds: 30 carbine & 3 pistol

Each round that misses circle add 1 sec to time

Date: _____

Total Time: _____



**ONE SHOT X3
PAR 1.0 SEC**



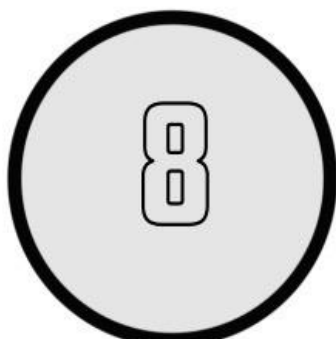
**ONE ON 3 AND ONE ON 4
LEFT TO RIGHT X1 + RIGHT TO LEFT X1
PAR 1.75 SEC**



**DOUBLE TAP X3
PAR 1.2 SEC**



**ONE ON 6, TRANSITION TO HANDGUN, ONE ON 7 X3
PAR 3.5 SEC**



**ONE SHOT SUPPORT SIDE X3
PAR 1.5 SEC**



**ONE ON 9, EMERGENCY RELOAD, ONE ON 10 X3
PAR 4.5 SEC**

