

Use this target for the "Kostas Style" 1-2-3-4
or the modified Mozambique
Any shots outside the "A" Zone
add 1/2 second to total time

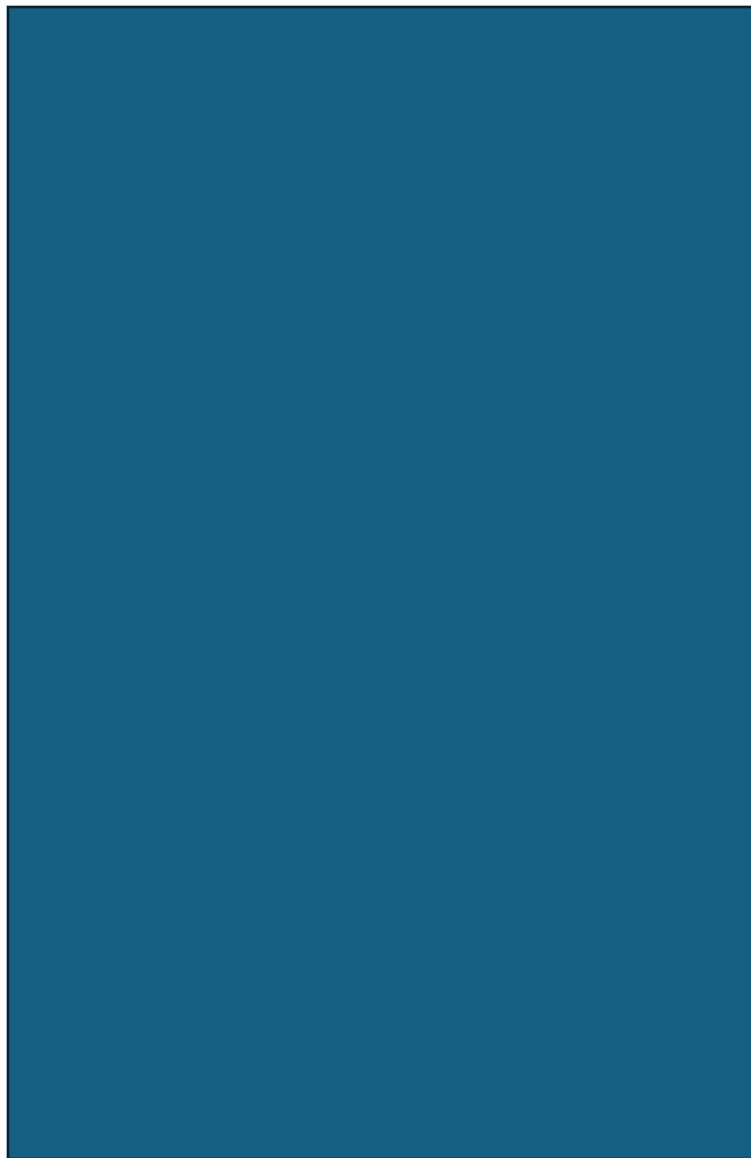


Beginner: 3m, Time _____

Intermediate: 5m, Time _____

Advanced: 7m, Time _____

"A" Zone Target



For more training material visit <https://northidahofirearms.com/training-section/>