

Dot Torture



Idaho Gun School

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adapted from David Blinder, www.personaldefensetraining.com



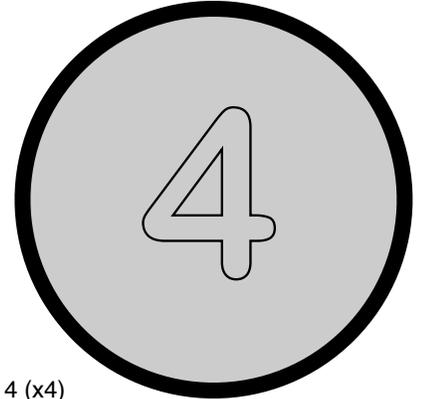
5 shots slow fire



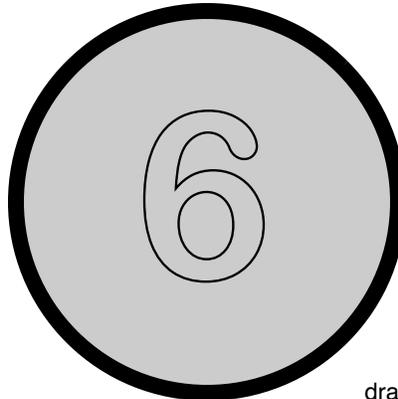
draw, one shot (x5)



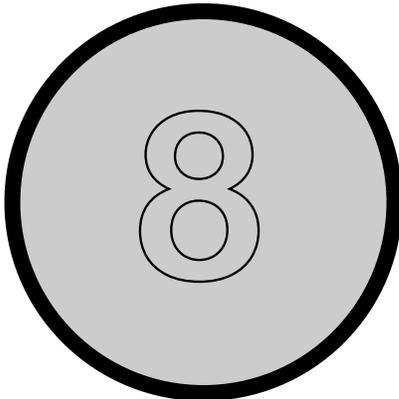
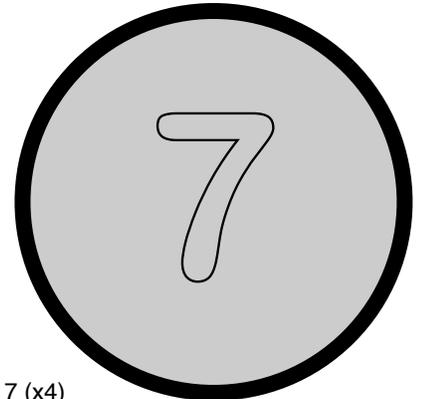
draw, 1 on 3, 1 on 4 (x4)



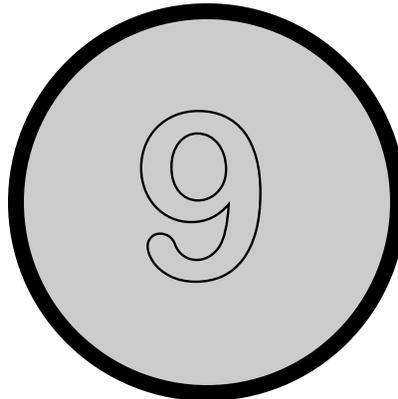
draw, five shots strong hand



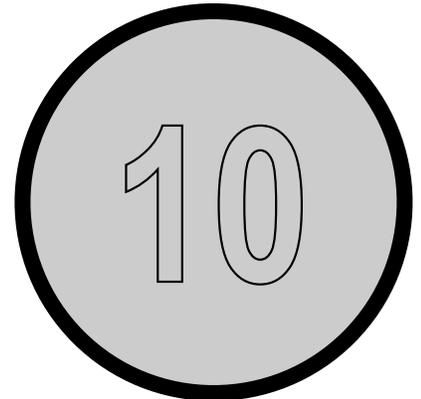
draw, 2 on 6, 2 on 7 (x4)



ready, five shots weak hand



draw, 1 on 9, speed reload, 1 on 10 (x3)



Date: _____

Score: _____ / 50

Distance: _____

Total Time: _____

do this at 3 yds, then when you get perfect score, increase distance to 5, 7 or 10 yards.
if you consistently get a perfect score, time yourself from start to finish, try for under 5 minutes total time.

Use 4 or 5 magazines, 5 magazine = penalty +5 to time.