

ACTION PISTOL COURSE OF FIRE QUICK SHEET

bulletin
action pistol resource hub



BARRICADE

Start Position
Handgun holstered with hands flat on barricade.

10 yard line (Unloaded Sight Picture Allowed)
String 1: 6 shots on 1 target from 1 side of barricade in 5 sec.
String 2: 6 shots on the remaining target from the alternate side of the barricade in 5 sec.

15 yard line
String 1: 6 shots on 1 target from 1 side of barricade in 6 sec.
String 2: 6 shots on the remaining target from the alternate side of the barricade in 6 sec.

25 yard line (Loaded Sight Picture Allowed)
String 1: 6 shots on 1 target from 1 side of barricade in 7 sec.
String 2: 6 shots on the remaining target from the alternate side of the barricade in 7 sec.

35 yard line
String 1: 6 shots on 1 target from 1 side of barricade in 8 sec.
String 2: 6 shots on the remaining target from the alternate side of the barricade in 8 sec.

PRACTICAL

Start Position
Handgun holstered with wrists shoulder high.

10 yard line
String 1: 1 shot each target in 3 sec.
String 2: 2 shots each target 4 sec.
String 3: 3 shots each target weak hand only 8 sec.

15 yard line
String 1: 1 shot each target in 4 sec.
String 2: 2 shots each target 5 sec.
String 3: 3 shots each target 6 sec.

25 yard line
String 1: 1 shot each target in 5 sec.
String 2: 2 shots each target 6 sec.
String 3: 3 shots each target 7 sec.

50 yard line
String 1: 1 shot each target in 7 sec.
String 2: 2 shots each target 10 sec.
String 3: 3 shots each target 15 sec.

MOVING TARGET

Start Position
Handgun holstered with wrists shoulder high.
Target begins on the right side of the range moving left for the first string and left to right for the second. This is repeated throughout the course

10 yard line
String 1: 6 shots on target
String 2: 6 shots on target

15 yard line
String 1: 6 shots on target
String 2: 6 shots on target

20 yard line
String 1: 3 shots on target
String 2: 3 shots on target
String 3: 3 shots on target
String 4: 3 shots on target

25 yard line
String 1: 3 shots on target
String 2: 3 shots on target
String 3: 3 shots on target
String 4: 3 shots on target

FALLING PLATE

Start Position
Handgun holstered with wrists shoulder high.

10 yard line
String 1: 1 shot per plate 6 sec.
String 2: 1 shot per plate 6 sec.

15 yard line
String 1: 1 shot per plate 7 sec.
String 2: 1 shot per plate 7 sec.

20 yard line
String 1: 1 shot per plate 8 sec.
String 2: 1 shot per plate 8 sec.

25 yard line
String 1: 1 shot per plate 9 sec.
String 2: 1 shot per plate 9 sec.