

## Single Load Drills



### *5-round capacity pistol*

Rounds	Position
2	Standing, 1-hand, (dominant) bent elbow, point shooting
3	Standing, 2-hand, aimed, 2 (@ torso, 1@ groin)

### *6-round capacity pistol*

Rounds	Position
2	Standing, 1-hand, (dominant) bent elbow, point shooting
4	Standing, 2-hand, aimed, 2 (@ torso, 2@ groin)

### *7-round capacity pistol*

Rounds	Position
2	Standing, 1-hand (dominant), bent elbow, point shooting
2	Standing, 2-hand (dominant), extended arms, point shooting,
3	Standing, 2-hand, aimed, body armor (2 (@ torso, 1@ groin)

### *10-round capacity pistol*

Rounds	Position
2	Standing, 1-hand, (dominant) bent elbow, point shooting
2	Standing, 2-hand (dominant), extended arms, point shooting,
4	Standing, 2-hand, aimed, 2 (@ torso, 2@ groin)
2	Standing, 1-hand (support), aimed

### *15-round capacity pistol*

Rounds	Position
2	Standing, 1-hand (dominant), bent elbow, point shooting
2	Standing, 1-hand (dominant) extended, point shoot
2	Standing, 1-hand (dominant), extended arm, aimed
4	Standing, 2-hand, aimed, 2 (@ torso, 2@ groin)
2	Standing, 1-hand (support), aimed
3	Standing, 2-hand (dominant), aimed

### *17-round capacity pistol*

Rounds	Position
2	Standing, 1-hand (dominant), bent elbow, point shooting
2	Standing, 1-hand (dominant) extended, point shoot
2	Standing, 1-hand (dominant), extended arm, aimed
6	Standing, 2-hand, aimed, (3 @ torso, 3@ groin)
2	Standing, 1-hand (support), aimed
3	Standing, 2-hand (dominant), aimed

Quick and easy drills for shooters using a fully loaded handgun. Single target, time standards optional, adjust round count as needed for each handgun.

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