

Rifle and Pistol Training Exercises

These maneuvers are listed here merely as suggested options. These are not set in stone, and are only meant to be very basic maneuvers. Do not try to perform any of these maneuvers without the proper training in safety and handling skills. Seek out competent instructors in your area.

This PDF is merely something I drew up for myself so that I would have a list of things to work on, and not get lazy or forgetful with my range time. I published it to the web so that others who have had basic training and also might like a list had something free to print out. Some of the rifle maneuvers were taken from Paul Howe's CSAT training, others were simply added arbitrarily- use what you like, discard the rest. I am not a certified trainer- just someone who has sought out training, gets as much range time as possible, and wants the most that I can get out of my range time.

No special targets are needed- you may use a pie plate or a sheet of printer paper stapled to some cardboard for most shots, and can draw a box about the size of your hand at head height for central nervous system shots. A shot timer is especially helpful, as it allows you to see your progress objectively. For items like "transition to backup gun" or "transition to iron sights"- if this does not apply to you, just disregard it.

A few things to clarify the tables;

- COM (center of mass) shots are to be placed in a letter paper or pie plate sized area, chest height (for rifle drills- shots 200 yards and out can be registered on steel paladin or other targets, if available)
- Central Nervous System shots are to be placed in a 3"x4" area, head height
- Distances are in yards
- All drills start from a standing position, unless otherwise noted
- Supported shots or shots from cover should utilize available structure to stabilize weapon, if practicable
- Standards to be performed weekly, as practicable
- If you want to run these drills with manually activated lights or lasers, add .5 to .75 seconds (depending on model) to maneuver when activating equipment and run maneuver as normal
- "Time" is the allotted time in seconds to complete the drill with no misses.
- "Used" is the time you actually used to complete the drill
- "Tries" is how many times you ran the drill to complete it under time with no misses
- "MOA" is a measurement of your grouping; Minute of Angle recording optional- focus on getting hits more than tight groups
- Ready or low ready means that both hands are on the weapon, and the muzzle is at or below your waist
- Start positions: H= Holstered; R= Low Ready; C= Concealed; B= Backup gun (holstered); T= On Target
- Pistol Firing positions: E= Two hand grip, arms Extended; R= One hand grip, retention position

Rules of Safe Gun Handling

RULE 1. Treat every gun as if it were loaded.

RULE 2. Never let the muzzle cover anything you are not willing to destroy.

RULE 3. Keep your finger off the trigger until you are ready to fire.

RULE 4. Be sure of your target and what is beyond it.

Visit <http://louisianacarry.org> for free targets and other good info.

Rifle Standards:

Dist.	Start	Maneuver	Time	Used	Tries	MOA
7	R	1 shot on 1 target	1			
7	R	2 shots on 1 target	1.5			
7	R	5 shots, 1 shot CNS on 1 target	3			
7	R	2 shots each on 2 targets	3			
7	T	1 shot rifle, 1 shot pistol each on 1 target	3.25			
7	T ²	2 shots, SPORTS drill, 1 shot	6.0			
25	R	5 shots on 1 target	6			
25	R	2 shots, magazine change, 2 shots on 1 target	10			
25	T	Transition to BUIS, 2 shots on 1 target	7			
25	R	5 shots, 1 shot CNS on 1 target	12			
7/25	R	2 shots COM on near, 2 shots COM on far; 1 shot CNS on near	6			
7/25	R	2 shots on near, 2 shots on distant	5			
7/50	R	2 shots on near, go kneeling, 2 shots on distant	10			
50	R	Go kneeling- 5 shots on 1 target	15			
75	R	Go kneeling- 5 shots on 1 target	15			
100	R	Go prone- 5 shots each on 1 target	15			
100	R	2 shots, go prone, two shots on one target	15			
200	R	Go prone- 5 shots each on 1 target	20			
200	R	Go prone- 2 shots each on 2 targets	20			
200	R	2 shots each on 2 targets	20			
200	R	2 shots each on 2 targets supported	20			
200	R	2 shots on one, go prone, 2 shots on one	20			
200/300	R	Go prone- 2 shots on 2 targets	20			
300	R	Go kneeling- 5 shots on 1 target	25			

Pistol Standards:

Yds	Start	Pos	Maneuver	Time	Used	Tries	MOA
3	R	R	1 shot COM on 1 target	1.0			
3	H	R	1 shot COM on 1 target	1.25			
3/7	R	E	2 shots COM on near, 2 shots COM on far	3.25			
3/7	H	E	2 shots COM on near, 2 shots COM on far	3.75			
3/7	H	E	2 shots COM on near, 2 shots COM on far; 1 shot CNS on near	4.5			
7	R	E	1 shot COM on 1 target	1.0			
7	H	E	1 shot COM on 1 target	1.5			
7	R	E	2 shots COM on 1 target	1.25			
7	H	E	2 shots COM on 1 target	1.75			
7	R	E	2 shots COM on 1 target using weak hand	2.25			
7	R	E	2 shots COM each on 2 targets using weak hand	4.25			
7	R	E	2 shots COM, 1 shot CNS on 1 target	2.0			
7	H	E	2 shots COM, 1 shot CNS on 1 target	2.5			
7	R	E	2 shots COM each on 2 targets	2.5			
7	H	E	2 shots COM each on 2 targets	3.0			
7	R	E	5 shots COM on 1 target	5.5			
7	H	E	5 shots COM on 1 target	6.0			
7	R ¹	E	1 shot COM, magazine change, 1 shot COM on 1 target	7.0			
7	R ²	E	2 shots COM, tap-rack, 1 shot COM on 1 target	5.0			
7	H ³	E	Turn 90 degrees left, 2 shots COM on 1 target	1.75			
7	H ³	E	Turn 90 degrees right, 2 shots COM on 1 target	1.75			
3	C	R	2 shots COM on 1 target	2.0			
3/7	C	E	2 shots COM on near, 2 shots COM on far	4.5			
7	C	E	1 shot COM on 1 target	2.25			
7	C	E	2 shots COM on 1 target	2.5			
7	C	E	2 shots COM, 1 shot CNS on 1 target	3.5			
7	C	E	2 shots COM each on 2 targets	3.75			
7	C	E	5 shots COM on 1 target	6.0			
7	R	E	1 shot COM, transition to BUG, 1 shot COM on 1 target	7.0			
7	B	R	1 shot COM on 1 target	3.25			
7	B	E	2 shots COM on 1 target	4.0			
7	H	E	Go supine, 2 shots COM on 1 target	5.0			
12	R	E	2 shots COM on 1 target	2.0			
12	R	E	2 shots COM each on 2 targets	3.0			
7/12	R	E	2 shots COM on near, 2 shots COM on far	4			
25	R	E	2 shots COM on 1 target	4.0			
25	R	E	2 shots COM each on 2 targets	5.0			
25	R	E	2 shots each on 2 targets from cover, supported	6.0			

1. Magazine should be loaded with one round only
2. Start with a live round chambered and a snap cap (dummy round) first in magazine, if available
3. Start turned in such a way that when the buzzer rings you will be turning toward the target