

### Five Shot Warm Up

<u>Rounds Per Repetition</u>	<b>5</b>	<u>Total Rounds</u>	<b>15+</b>
<u>Total Repetitions</u>	<b>3+</b>	<u>Accuracy and Time Goals</u>	<b>Group</b>
<p><b>Purpose:</b> To verify gun/ammunition combination is shooting point of aim, point of impact, by shooting a group on a specific spot. To verify basic mechanics on the process of sight and trigger management. Once you verify the gun is shooting where we want it to, with the ammunition you are training with, analysis of other training factors is easier (i.e. you don't blame the gun for a bad shot).</p>			
<p><b>Start position:</b> IPSC Ready (where hands meet after draw).</p> <p><b>Target type and setup:</b> Standard IPSC @ 10 yards, centered on the shooter, with a 2x2 piece of black tape or a black paster.</p> <p><b>Prop setup:</b> N/A</p> <p><b>Action/s:</b> With no time limitations, shoot 3 groups, using the following guidelines:</p> <ul style="list-style-type: none"> <li>➤ First group of five shots, fire as slowly and accurately as possible. Assess group for size, and position. Repeat if necessary. Fliers should be noted and called when shot.</li> <li>➤ Second group of five shots, fire at controlled competition speed (as fast as you can hit the tape/paster. Look for a group shift from the slow fire group.</li> <li>➤ Third group of five shots, fire each shot after extending the gun from the IPSC ready. Assess group for shift from the slow fire group.</li> </ul>			
<p><b>Critical Points:</b> Touch trigger program, building a proper grip, follow through and reset.</p> <p><b>Visual Cues:</b> Focal shift from front target center, to front sight.</p> <p><b>Mental Cues:</b> Actively visualize the entire drill.</p>			
<p><b>Advanced Distance:</b> Increase distance to 15 yards</p> <p><b>Phase 3:</b> N/A</p> <p><b>IDPA Option:</b> N/A</p>			