

Horizontal (L-R) Prep and Press

<u>Rounds Per Repetition</u>	3	<u>Total Rounds</u>	45
<u>Total Repetitions</u>	15	<u>Accuracy and Time Goals</u>	90% A's, no D's
<p>Purpose: To work on the touch trigger mental program (touch trigger/shift visual focus from the target to sights) and elements of the firing cycle using an ACP (accelerated competition pull) and CCP (controlled competition pull) trigger management while driving the gun horizontally.</p>			
<p>Start position: IPSC Ready [IR] (where hands meet after draw).</p> <p>Target type and setup: Two (2) Standard IPSC 10 yards away 5 yards apart.</p> <p>Prop setup: N/A</p> <p>Action/s: Center yourself between the targets. From IR on the sound of the timer, extend the gun toward the left target, prepping the trigger while running the touch trigger program (visual shift and verification), fire the shot and reset and prep while driving the gun to the right target body A/O zone, fire one shot, and then drive the gun back to the left target and fire one shot on the upper (head) A/B/O zone. Return to IPSC Ready and repeat for the remaining repetitions.</p>			
<p>Critical Points: Touch trigger program, building a proper grip, follow through (call the shot before driving to the next target) and reset. MAKE UP SHOTS!</p> <p>Visual Cues: Focal shift from front target center, to front sight.</p> <p>Mental Cues: Actively visualize the entire drill.</p>			
<p>Advanced Distance: Increase distance to 15 yards.</p> <p>Phase 3: N/A.</p> <p>IDPA Option: N/A</p>			

