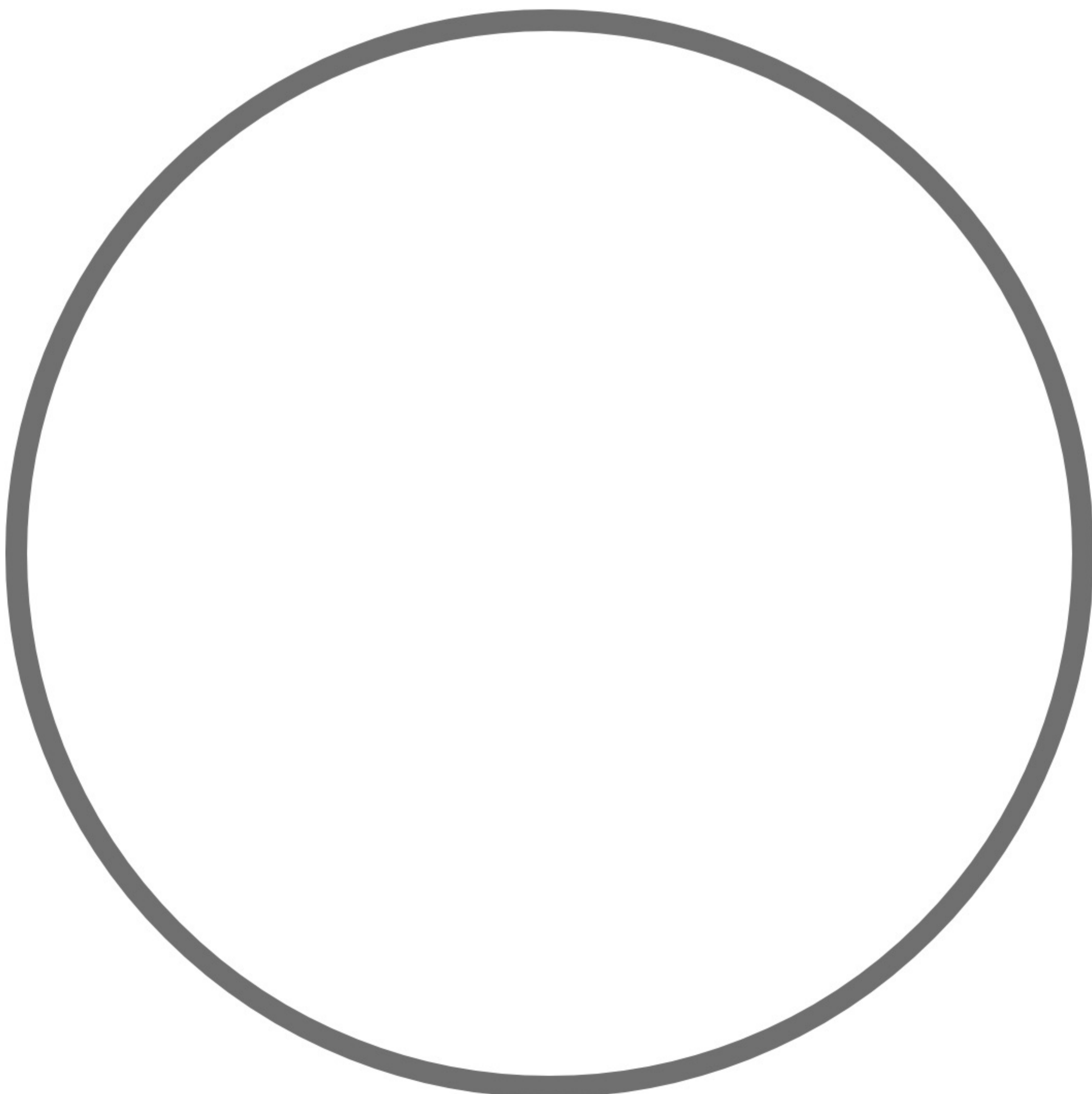
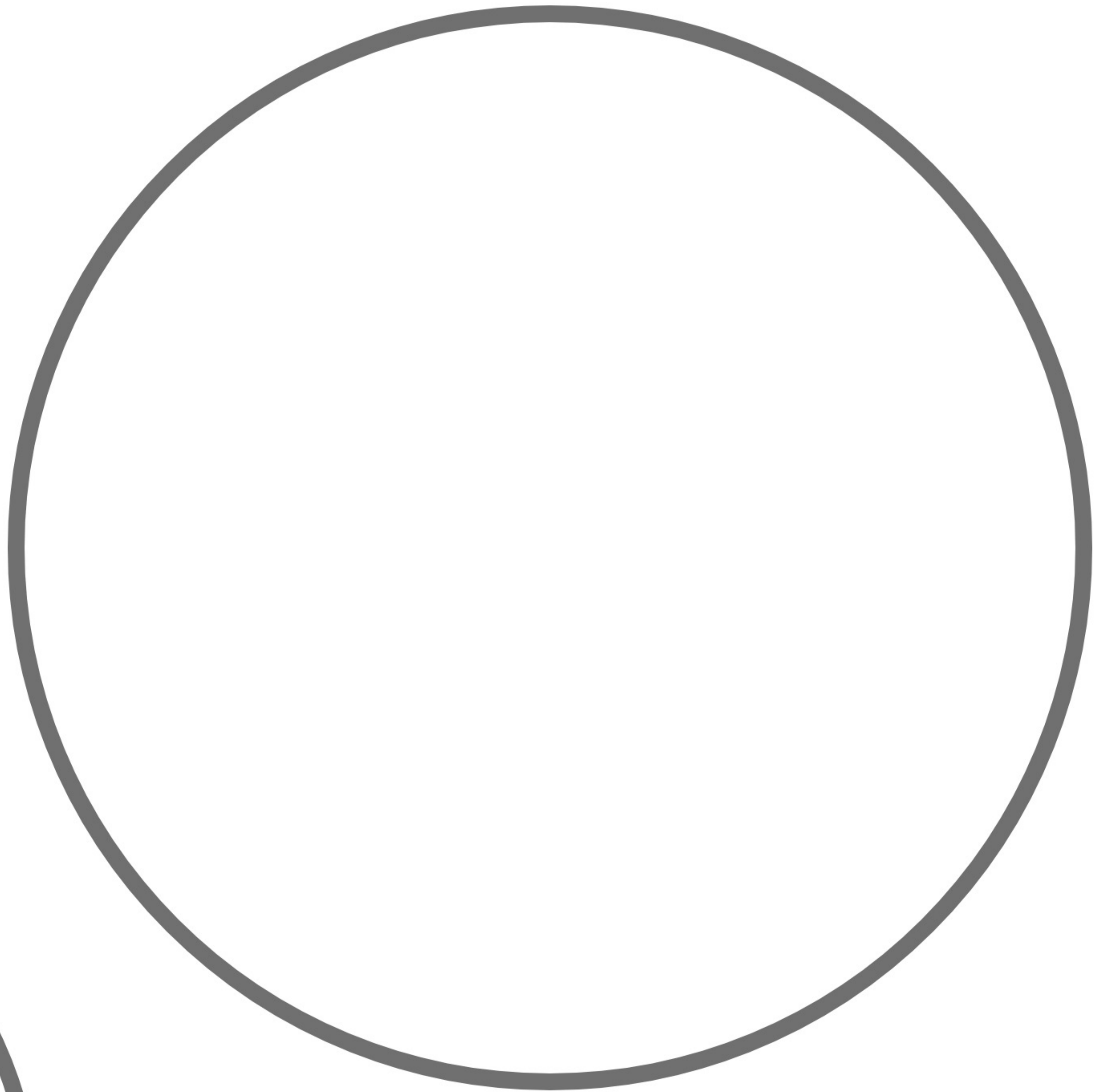
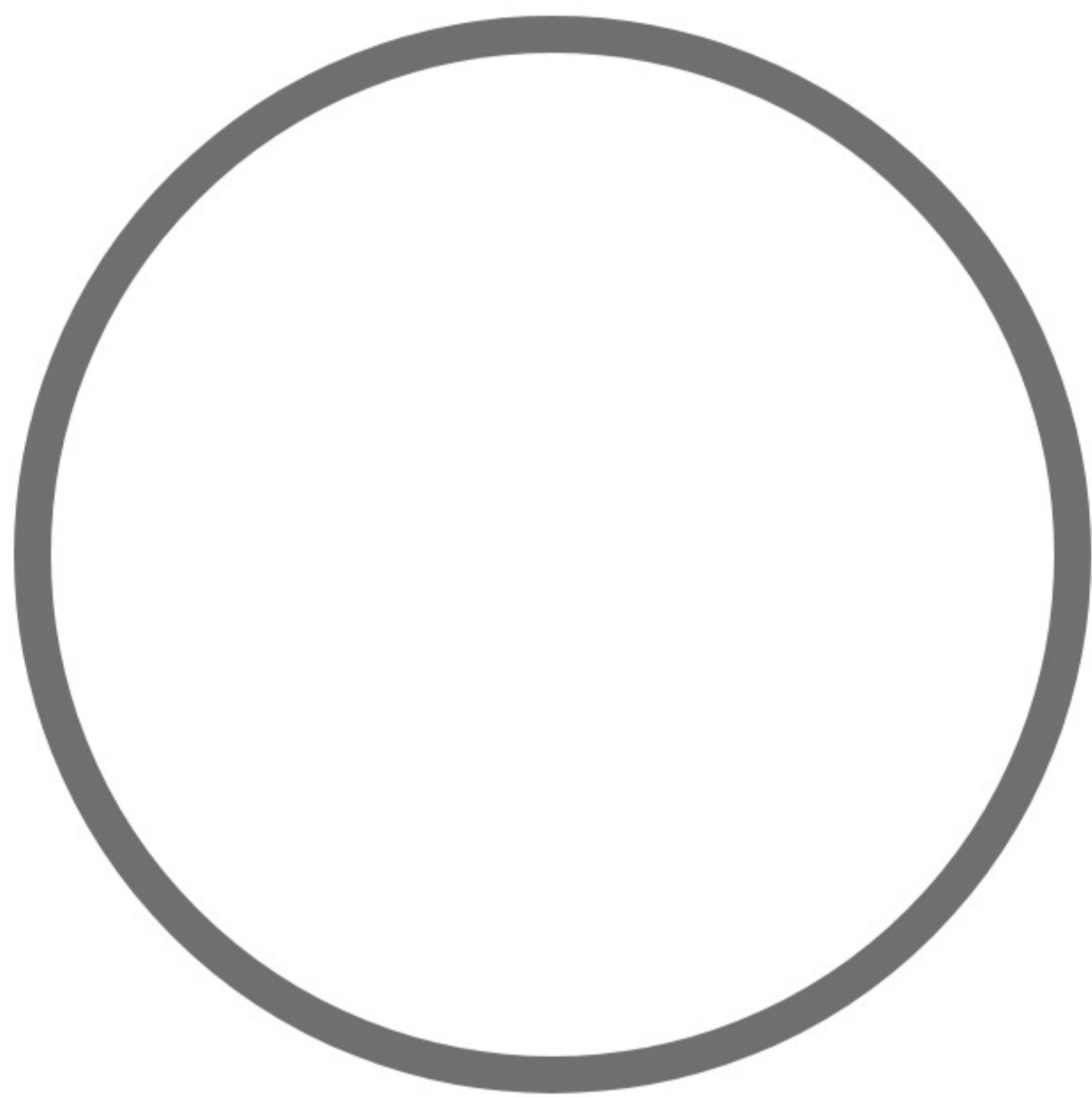
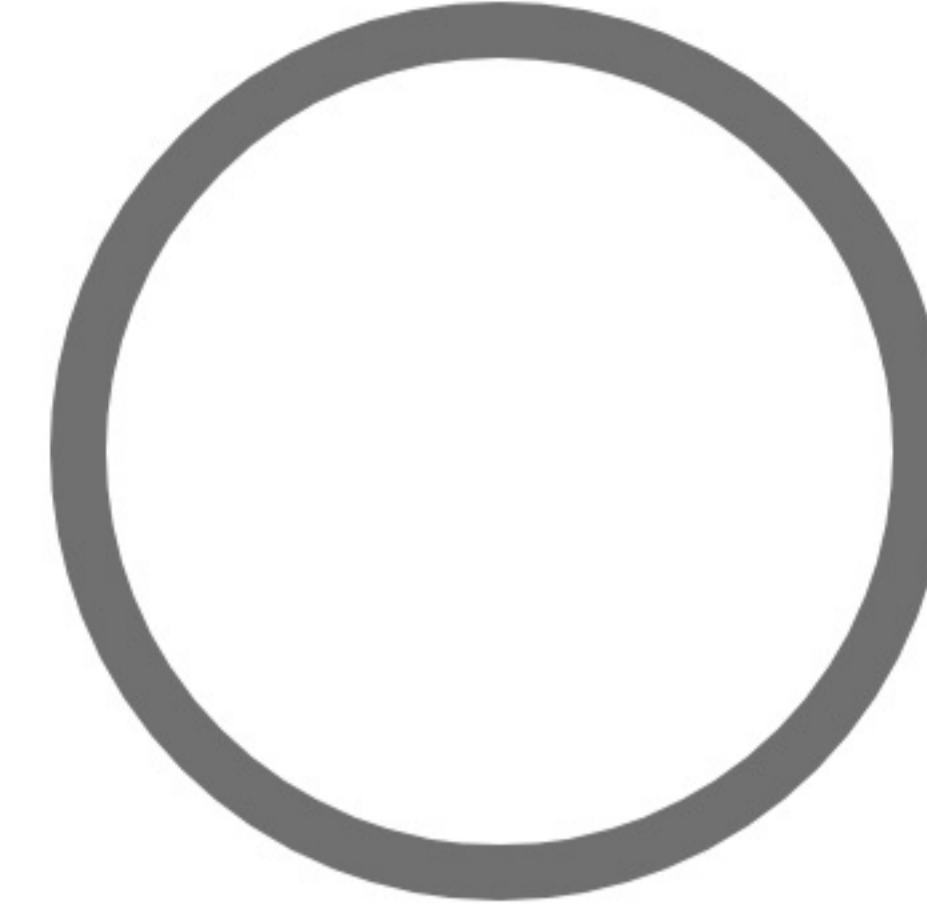
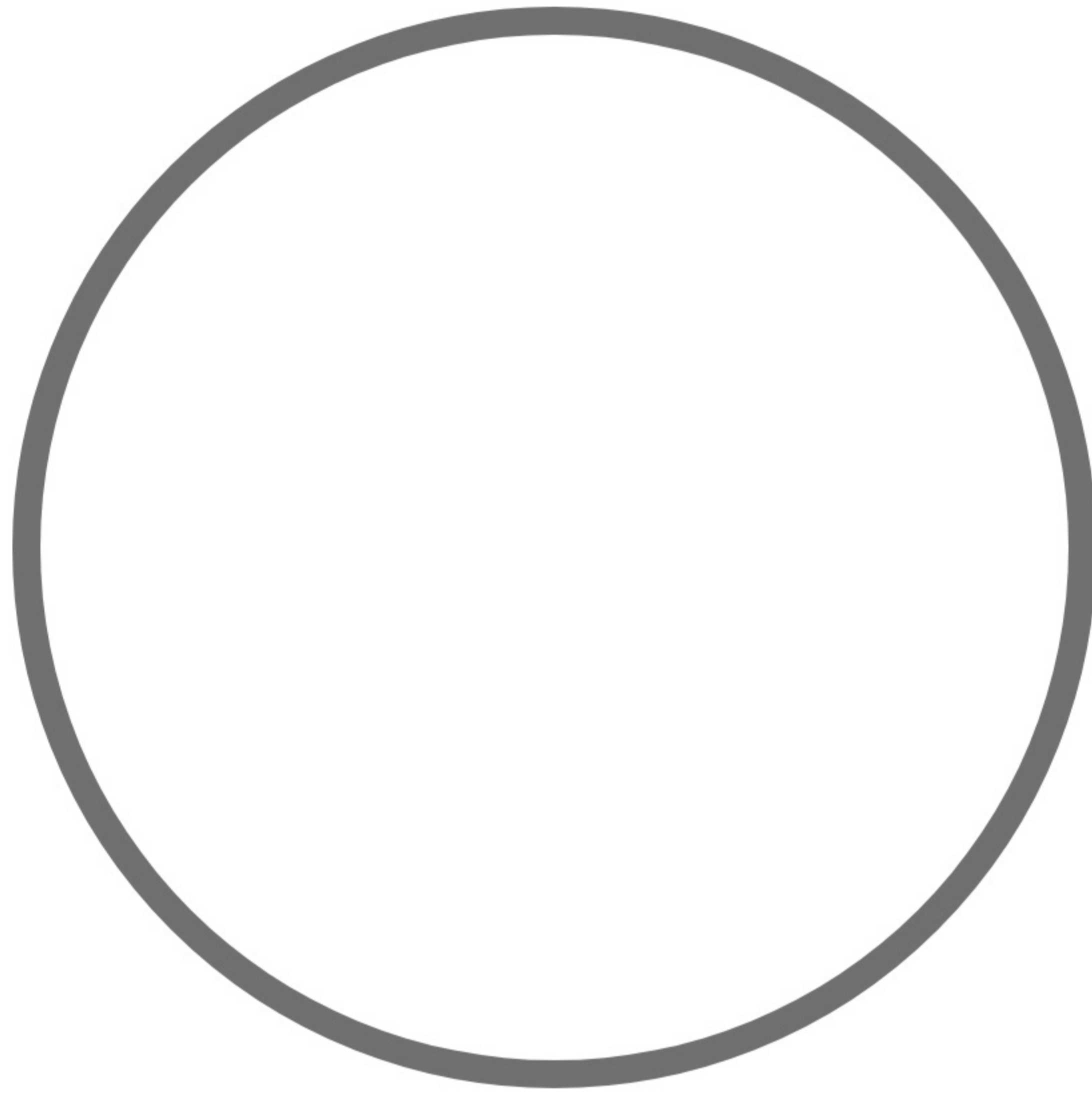




### BASIC RHYTHM DRILL

- With a magazine of 25 rounds load, make ready and adopt the standing alert position at 5m
- On the signal, engage each circle with 5 rounds in any order
- Focus on getting consistent splits with a steady rhythm that guarantees hits. The bigger the circle, the faster you should go!



### SCORING

Score is time +1s for every missed shot. But, it should be noted that the goal is not necessarily to push for speed. Look at your splits and seek consistency between your shots.