

The Live Fire Training Safety Check List

1. Know & Honor the Cardinal Rules of Firearms Safety at All Times! ✓

- I. Treat all firearms as though they are loaded.
- II. Keep muzzles pointed in a SAFE DIRECTION!
- III. Keep your finger outside the trigger guard until you are on target and have decided to fire.
- IV. Be sure of your target and what is around and beyond it.

2. Always Wear Your Safety Gear! ✓

Minimum Safety Equipment Requirements: ✓ ✓

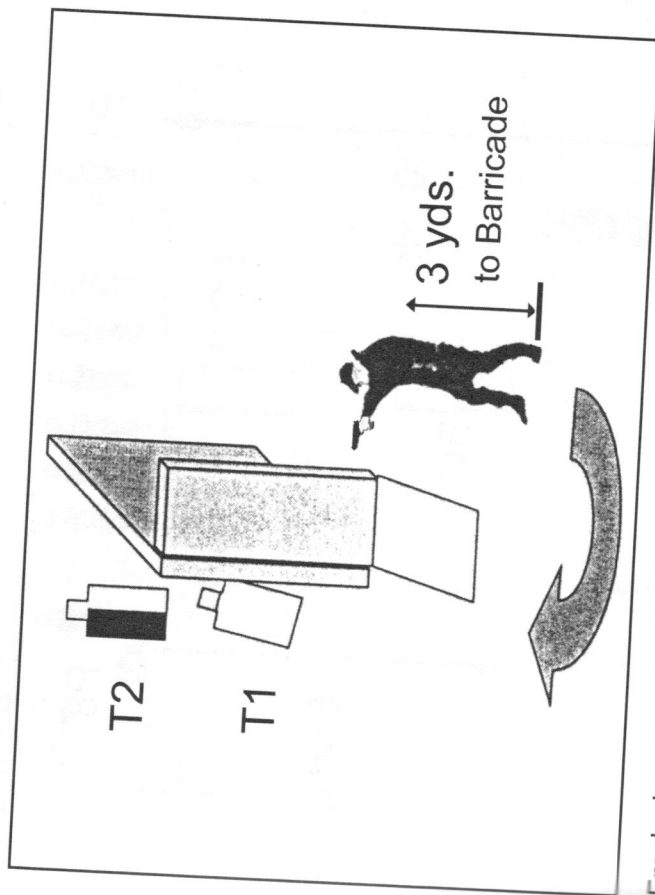
Wrap-Around Eye Protection
Hearing Protection

Additional Recommended Safety Equipment: ✓ ✓ ✓ ✓

Ballistic Helmet or Brimmed Cap
Body Armor
Hand, Knee, and Elbow Protection

3. Only Use Steel Targets in Strict Accordance with Manufacturer's Instructions! ✓

1. VISUAL LEVERAGE DRILL



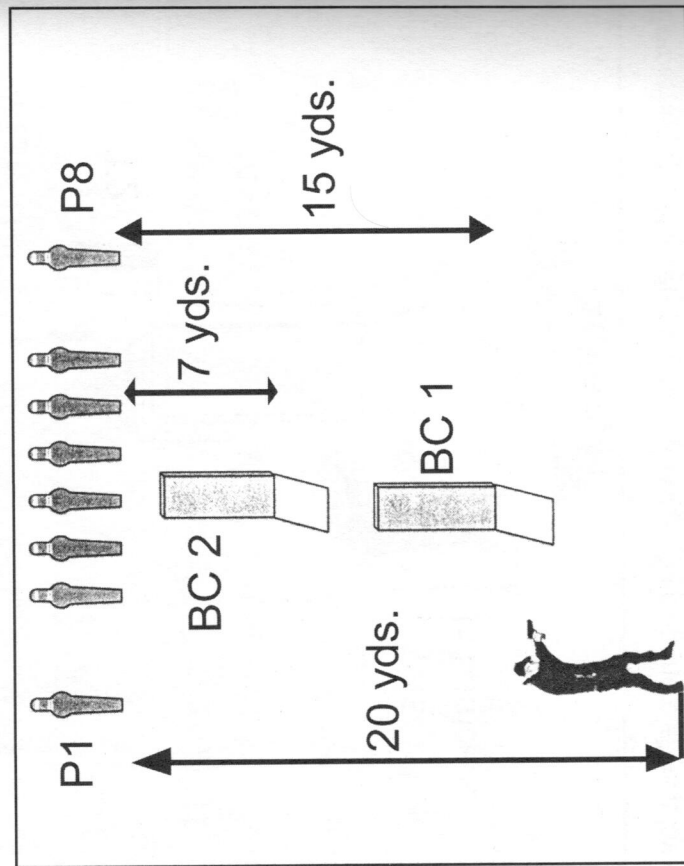
Employing visual leverage (also known as "slicing the pie") is a law enforcement clearing technique for clearing external corners.

SET-UP: Barricades are placed as illustrated to create a corner and vision barrier. Hostile and non-hostile / hostage targets should be used. (T2 is "masked" or partially obscured). Targets are situated in standing and kneeling (High / Low) positions. Pistol-mounted lasers can be employed to increase the tactical advantage for the shooter. Drill can also be run in low light while using weapon-mounted or hand-held white light. This drill combines tactical movement, threat identification, and rapid threat engagement.

EXECUTION: First, distance yourself from the corner. By leaning out and using a side-step and drag, you can detect a potential threat who is hugging the wall around the corner.

As soon as you detect a hostile threat, step around quickly and engage it.

2. POINT-TO-POINT MOVEMENT DRILL



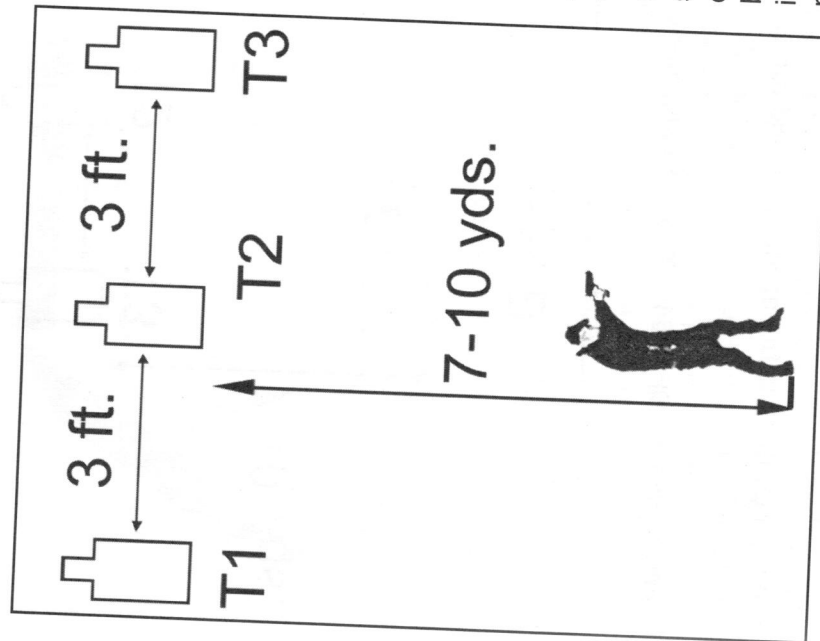
SET-UP: Eight pepper poppers are situated down range. The pistol is loaded with 8 rounds. Two barricades are erected at 15 and 7 yards. This drill exercises rapid closing with threat, precision fire, ammo conservation, rushing to cover, setting up, and use of cover.

EXECUTION: Starting at 20 yards with your pistol at Ready Gun, rush forward to the first barricade at the 15 yard line and engage P1 and P8 in any order.

Then run to the second barricade, set up on left side and engage P2 to P4, then immediately engage P5 through P7 from the right side of the barricade. (See **Chapter 6**.)

NOTE: If you commence firing from the right side of barricade one, you must initiate firing from the left side of barricade two. On additional runs, you may have your magazines loaded to capacity.

3. SCANNING / MULTIPLE TARGET ACQUISITION DRILLS



SET-UP: Three targets are placed seven to ten yards down range, three feet apart. Operator centers on the middle target. Gun can be holstered or held at Ready Gun.

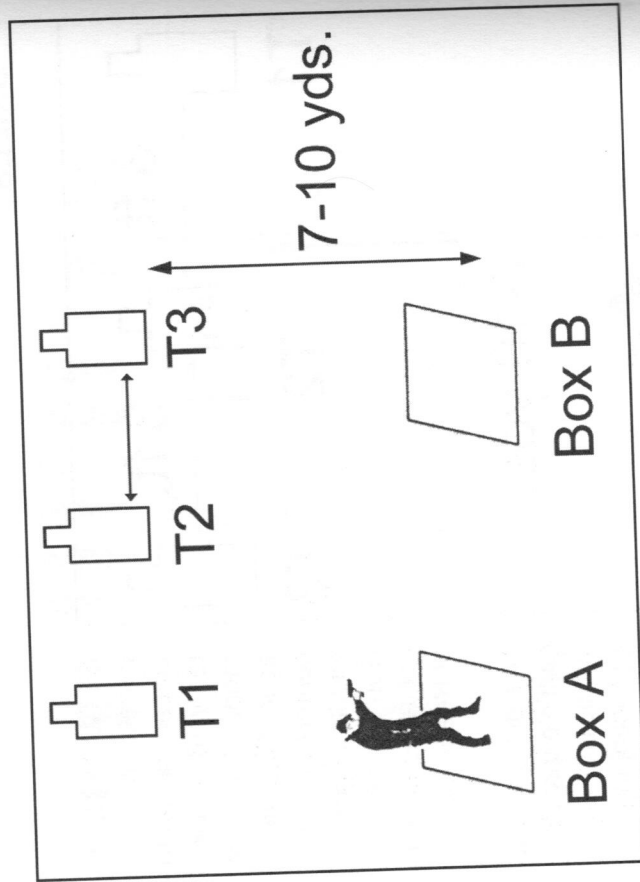
This drill involves multiple targets acquisition via the Scanning Technique (See **Chapter 6**), single shots, double taps, and burst fire. There is no specified round count.

EXECUTION: Using either an electronic timer or a partner to initiate the drill, commence firing and engage targets while traversing left-to-right or right-to-left.

When you complete the drill return to the starting position. Targets may also be designated and fired in random order.

When training with others have them call out misses. You must immediately make up for any missed shot. At conclusion of string of fire make your weapon safe and holster while facing down range.

4. OFFSET TARGET ACQUISITION DRILLS



SET-UP: Three targets, three yards apart are situated seven to ten yards down range.

Two shooting boxes are placed opposite targets one and three.

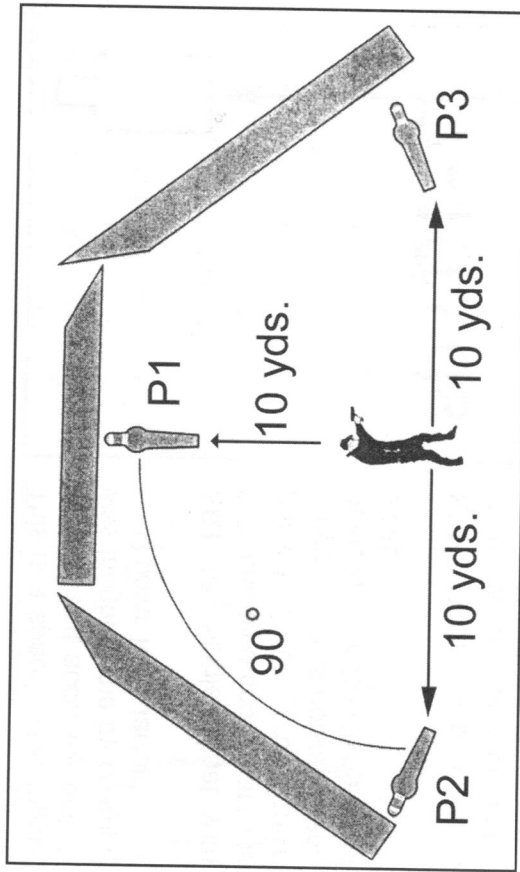
Rounds count specified by instructor.

Drill exercises increasing angled target acquisition and shifting point of aim for vital organ hits.

EXECUTION: Starting in one shooting box, engage targets sequentially, in tactical order (Near-Far) in either direction.

Then, with gun at ready with muzzle pointed down range (and with finger out of trigger, up along frame), run to the opposite box and engage targets in tactical order. (See Chapter 6.)

5. LOOKING / MULTIPLE TARGET DRILLS



When flanked by threats, you must break from your sight picture and move your head from behind the gun and turn it to the threatened flank before engaging. This "Looking Technique" (See Chapter 6) permits you to maintain your primary direction of advance and to control your sector of fire while simultaneously addressing each threat in turn without pivoting.

SET-UP: Three pepper poppers are set up, one each to your front, right, and left flanks.

EXECUTION: Break from your sight picture and move your head from behind the gun and turn it to the threatened flank. Address each threat in turn without pivoting.

NOTE: This drill should only be set-up where the range's berms intersect and create a viable corner.

For safety in regard to metal splash-back, the distance from shooting point to metal poppers should be ten yards at a minimum. **Eye and ear protection and body armor are required for this drill.**

6. COVER AND RESPONSE DRILL

This is a speed draw, trigger control, and accuracy drill. It was taught to me by champion shooter Todd Jarrett.

SET-UP: Single target with "A" zone type scoring area is placed 7-10 yards down range. Pistol is holstered and operator stands with hands at sides.

EXECUTION: Upon signal from a timer or partner, "burn" your draw and cover the target.

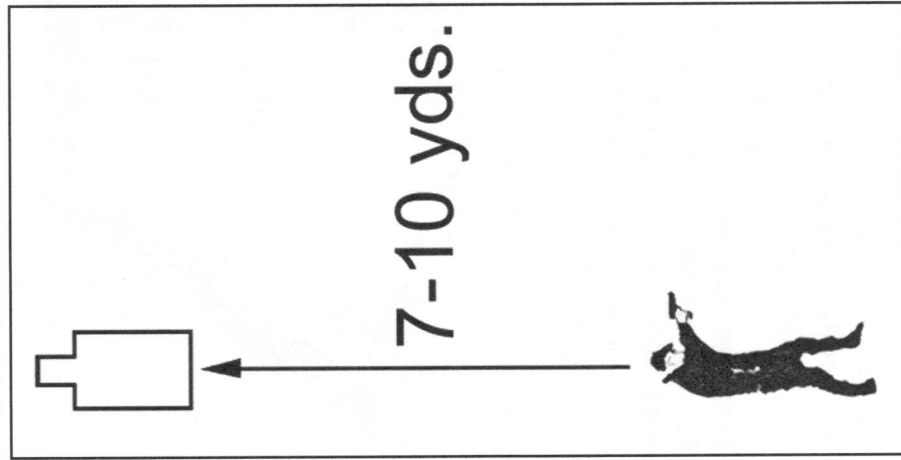
On the next signal, squeeze off a precise shot as quickly as possible and still maintain the required accuracy.

The goal is to break the shot in .25 seconds or less without missing the vital target area.

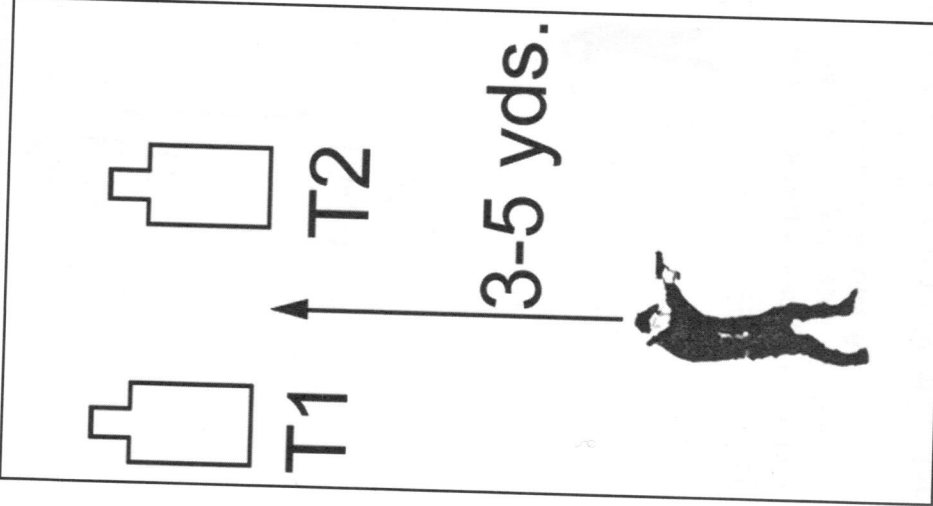
The shot is "command detonated" without a surprise trigger break.

As you become proficient in this drill, add the command, "Police - Don't move!" as you draw in response to the first signal.

As skills develop, move the target back to 15 and then 25 yards.



7. SPLIT HAMMER DRILL, STATIC AND MOVING



From Ready Gun and beginning at close ranges, this is a speed target acquisition drill.

SET-UP: This drill simulates simultaneously confronting two threats that are stacked close to each other.

The Scanning Technique (**Chapter 6**) is employed and the goals are a split between both shots of .25 seconds or less and center hits.

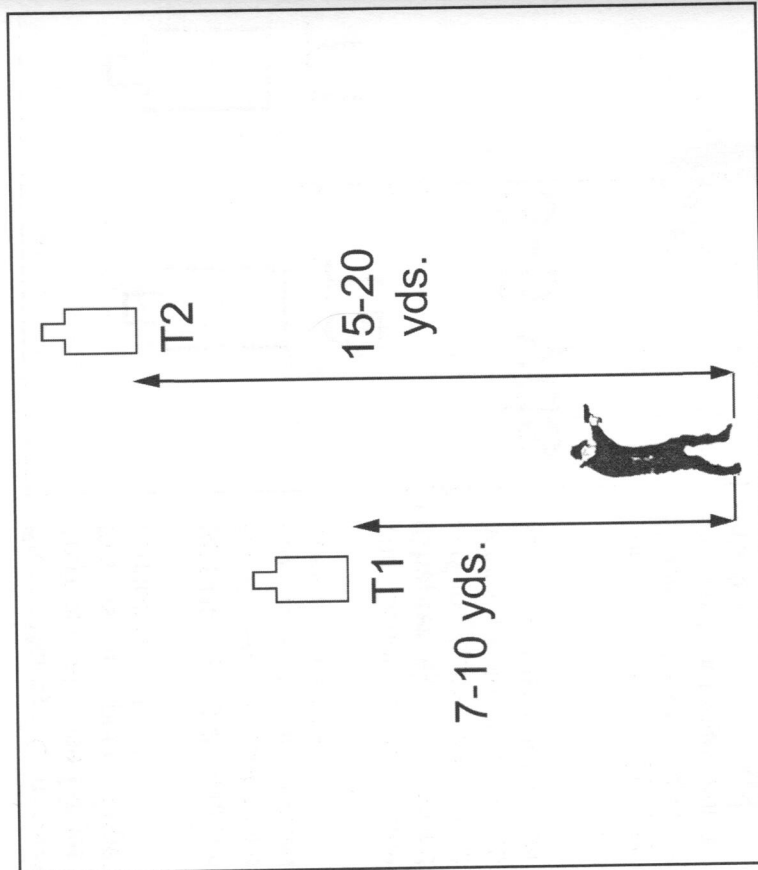
For most advanced shooters seven yards is the practical range limit for this drill.

EXECUTION: Shooter fires a hammer or fast double-tap while laterally moving the gun from target to target.

Initially perform the drill from a static position, then advance to performing it while shooting on the move. As your skills increase include head shots into the exercise. Always be prepared to deliver follow-up shots.

As skills develop, initiate the drill from the holster using transition draw.

8. NEAR TO FAR - FAR TO NEAR DRILL



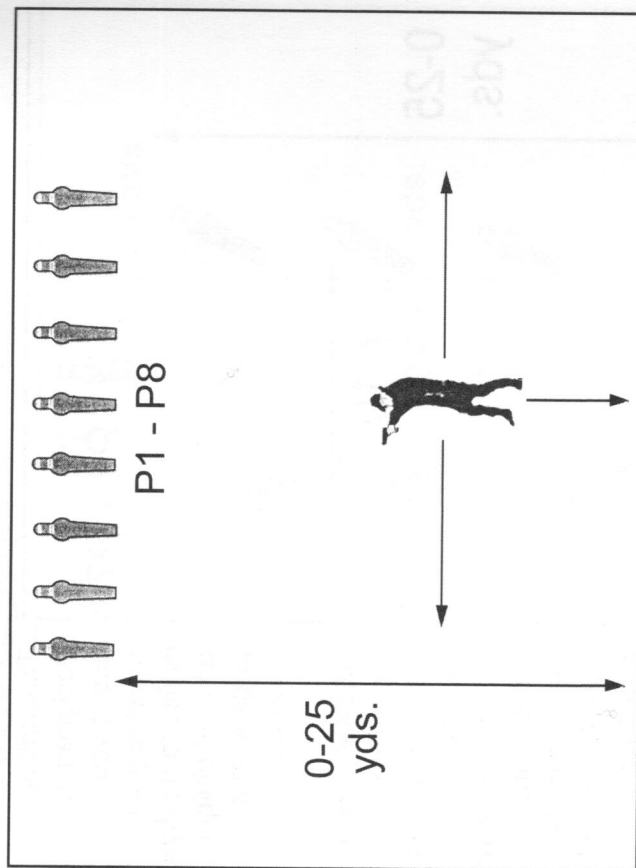
This drill forces the shooter to shift shooting speed gears. A third target is recommended to increase the challenges of changing shot tempo and achieving center hits. (See Chapter 6.)

SET-UP: Targets are placed at 3-5, 7-10, and 15-20 yards. The drill exercises trigger control and your ability to alternate between crude and refined sight pictures. Starting positions may be from the holster or Ready Gun.

With experience, you will be able to establish a par time for this drill.

EXECUTION: Engage the targets in tactical order. If working with a partner he may also call out the targets in random order.

9. MARCHING DRILLS



This is a moving and shooting, position shooting, and pivoting drill.

SET-UP: Several pepper poppers are situated downrange set so they will not fall from repeated hits from heavy calibers. Ten yards is minimum engagement distance for safety. **NOTE:** Always inspect steel reactive targets for pits, craters and other deformities that might propel fragments back at the shooters. Body armor, eye and ear protection is required.

EXECUTION: A corresponding number of operators are arranged in a skirmish line with the instructor in the middle rank. The instructor calls the skill to be executed, direction of movement, and number of shots delivered. Guns are holstered during movement. Always reholster facing down range. Reload as required. You will walk, jog, and run during the drill. Ranges will vary from 10 to 25 yards. All shooting will be done from a static position after the movement is completed. (See Chapter 6.)

12. SNAKE DRILL

This is another Ken Hackathorn drill designed to enhance linear shooting on the move skills, moving in and out of cover, and target acquisition. It should be noted that when we originally practiced this drill, body armored operators stood in place of the barricades and further served as a confidence builder. This modification of the drill should only be used by advanced, professional operators.

SET-UP: Three targets are placed side by side down range. Three to four barricades or vision barriers are placed approximately 5 yards apart starting at the 20 yard line.

EXECUTION: Stand at arm's length away from the 15 yard barricade. Hold your pistol at the Low Ready.

Begin the drill by moving to the right or left of the first barricade and engage the target you can see with one shot while you are on the move.

Immediately return to Low Ready gun and "snake" back in and behind the second barricade located at the 15 yard line.

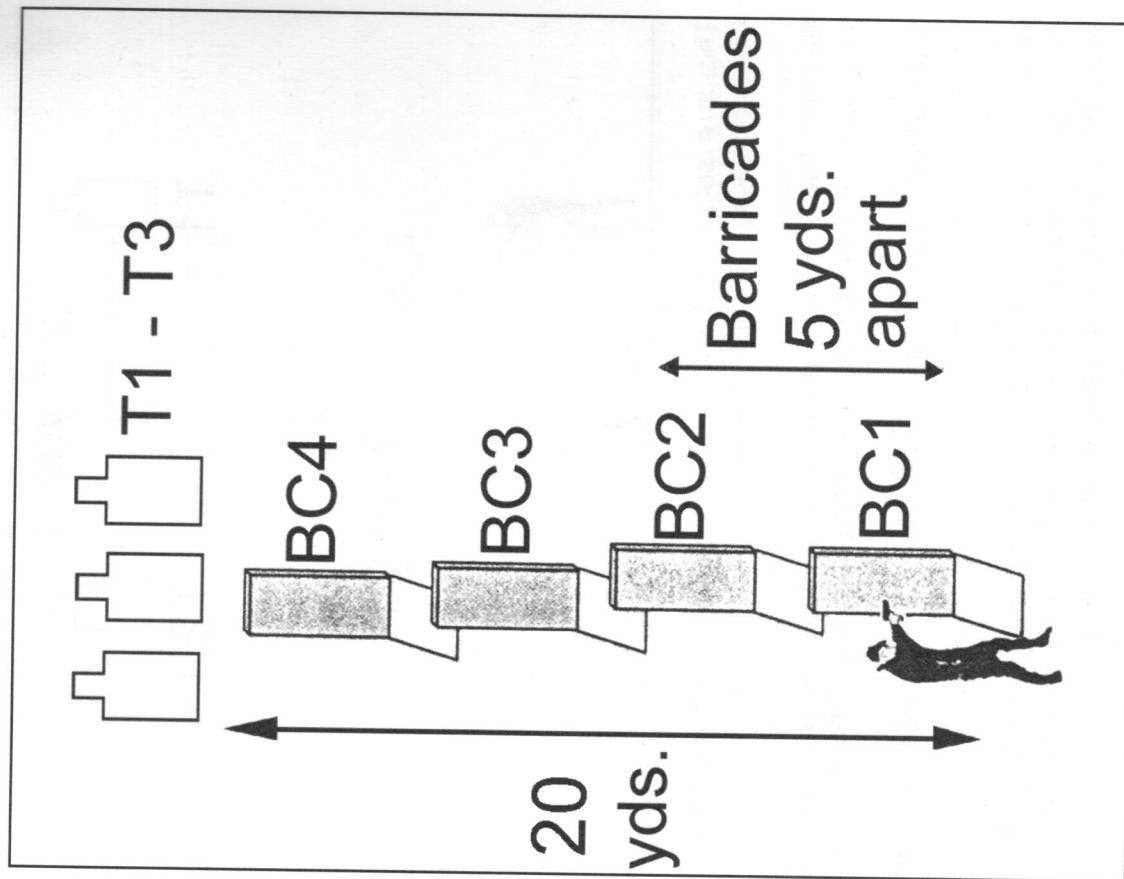
While continuously moving, engage the target on that side with one shot, return to the Low Ready and snake back in behind the 10 yard barricade. Continue to move to the 5 yard barricade and engage the flanking target and then bore into the middle target and fire 2 shots center mass.

After completing the drill reholster while facing down range.

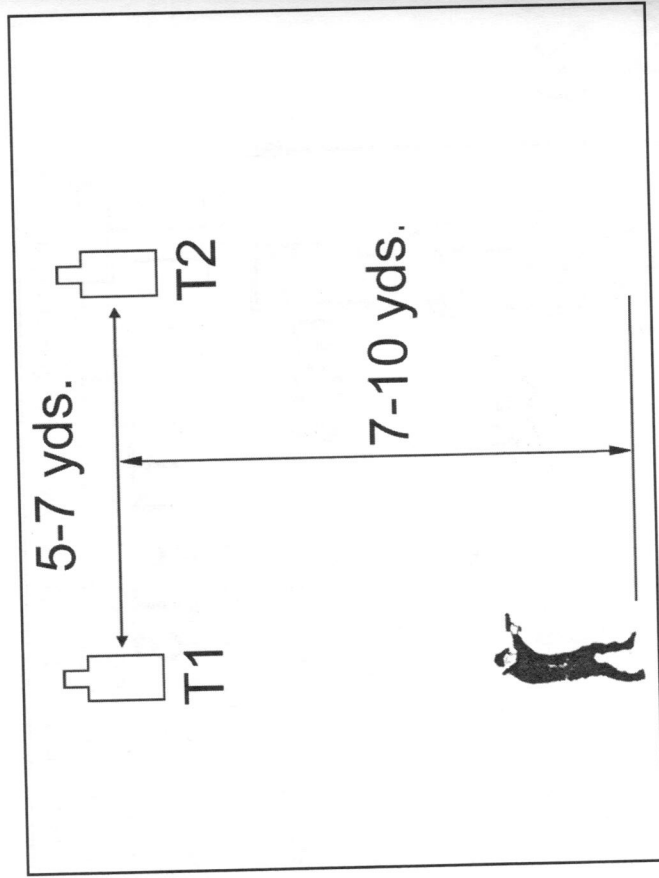
Once you can perform this exercise safely and successfully repeat the drill firing multiple shots on each target while on the move.

Note that while engaging targets the flow is continuous -- **DO NOT STOP to take the shot!**

12a. SNAKE DRILL ILLUSTRATION



13. OPERATOR ASSIST WARMUP DRILL



This is a solo operator drill and a prelude to the two person Operator Assist Drill which follows.

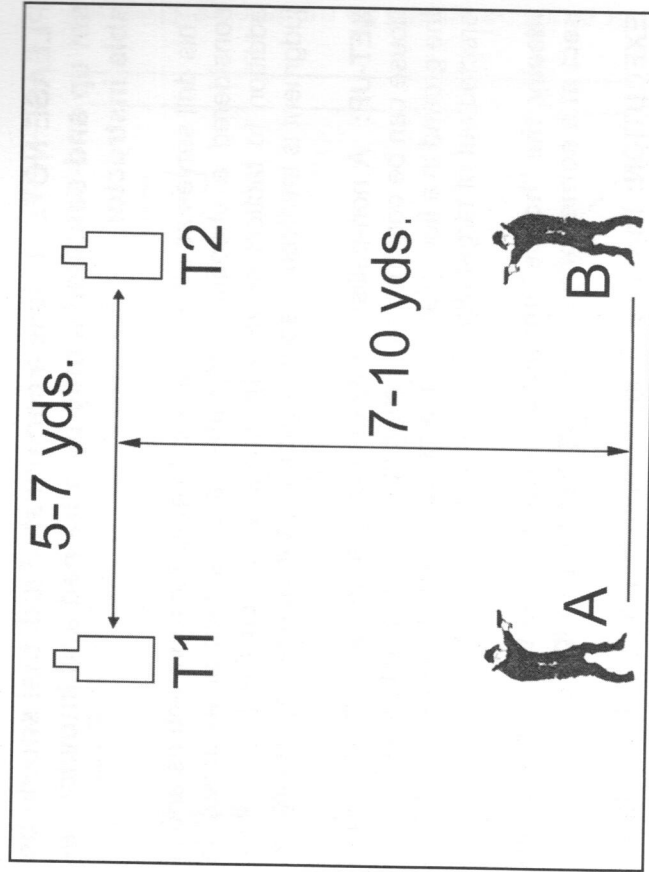
SET-UP: Two targets are placed 7- 10 yards downrange and 5-7 yards apart. If working with a partner he can specify round count.

EXECUTION: Stand opposite either target one or target two with the gun at the Low Ready.

Begin the drill by engaging the immediate target to the front, then come back to the Low Ready and, with your finger off the trigger, move laterally to a point opposite the other target.

Engage the second target as soon as you are stabilized. Then repeat the drill in the other direction. The Israeli side-step and drag method is preferred while executing this drill, but any one or two-handed lateral moving technique is acceptable. (See **Chapter 6**.)

14. OPERATOR ASSIST DRILL



This drill simulates coming to the assistance of a teammate who is out of action because of an injury, pistol stoppage, or malfunction or who is in the process of reloading. This drill is conducted with 2 shooters (Operator "A" and Operator "B").

Reminder: Operator symbols indicate starting position only, not direction of aim or fire!

SET-UP: Same as Operator Assist Warmup Drill. You and your partner should be setup at Ready Gun position, on line, opposite each target (See diagram).

EXECUTION: The operator providing assistance must clear his part of the room first before responding to his teammate. A third target may be placed between the two targets in the center of the impact area, so the responding shooter can deal with it on the move. Repeat drill in both directions with shooters trading responsibilities. (See **Chapter 6**.)

15. SOLO OPERATOR ROOM CLEARING DRILL

PLEASE NOTE: This is a complicated drill that should be set up and conducted only by a trained and knowledgeable instructor.

This drill serves as an introduction to dynamic room entries and is considered a shooting drill rather than a tactical exercise. In addition to tactical movement and shooting on the move skills, judgment is involved in sorting out hostile from non-hostile targets.

SET-UP: A non-ballistic, one-dimensional mock, 2 room shoot-house can be constructed of firing strips or railroad ties laid out on the ground in a floor plan, or a three-dimensional set's walls can be erected out of target cloth to provide vision barriers.

Ideally, the "house" should be placed where two berms intersect at a corner of an approved shooting range.

EXECUTION: This is a more complicated drill that should be conducted only by a trained and knowledgeable instructor. Prior to participating, all participants should receive a thorough safety and training briefing to include a demonstration of basic room entry techniques.

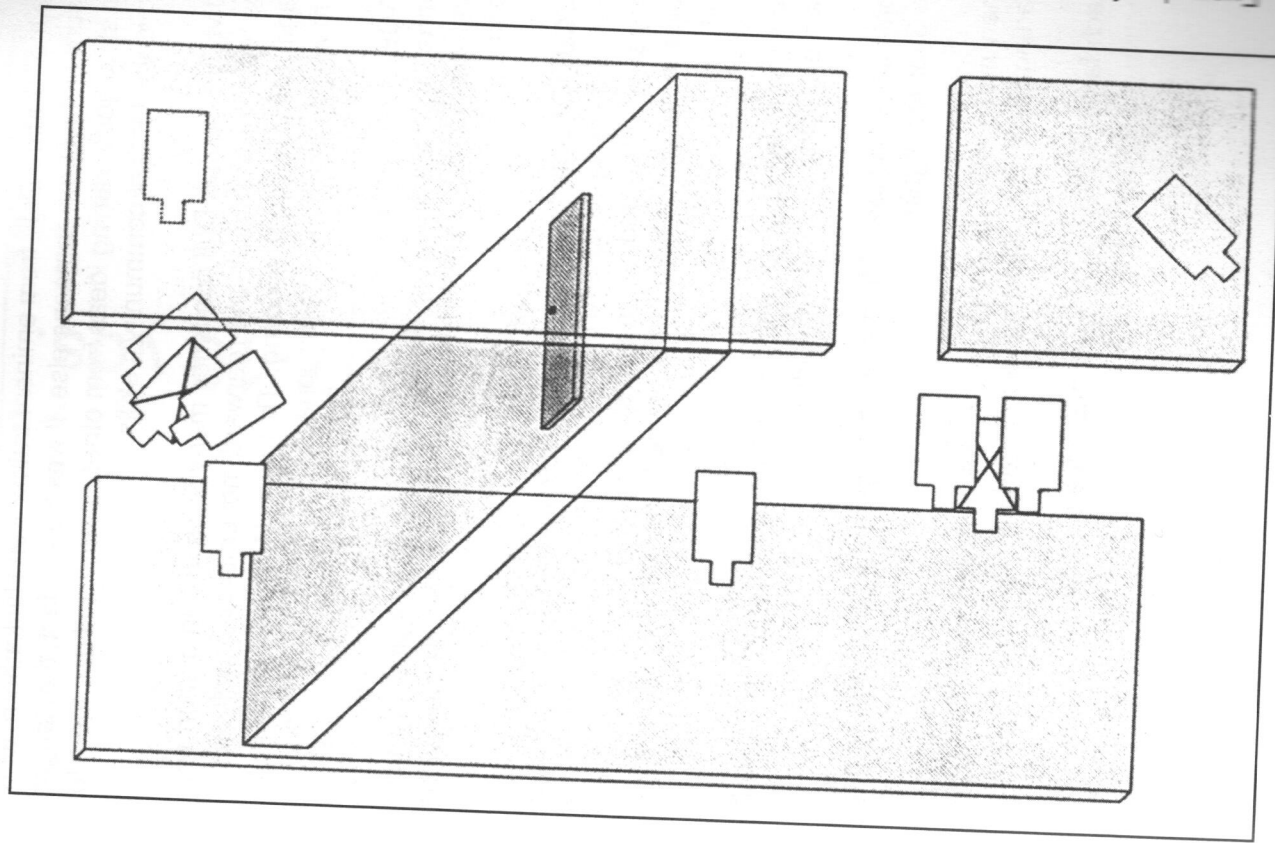
The instructor acts as the mentor and number two man, following closely behind the operator / trainee throughout the drill.

The student is the only one who engages targets. Body armor is required and students move at a controlled walk while participating in the drill. Several dry runs are conducted so the basic choreography becomes familiar.

Instructors must place targets so that all rounds are contained by the range and any observers are kept in a safe location.

Shoot and no-shoot and hostage targets should be arrayed throughout the two rooms.

15a. SOLO OPERATOR ROOM CLEARING DRILL DIAGRAM



Example of training area set-up. Only one shooter at a time should be run through this drill.

16. SQUARE DRILL

I stole the "Square Drill" from eminent trainer Ken Hackathorn, who I am sure stole it from someone else. It was Ken, in fact, that taught me to steal good training ideas from other trainers and use them to improve the tactical community's skills.

The live fire Square Drill combines many skills and in a short time frame tests linear, lateral, and rearward movement, as well as off-set and multiple target shooting. This is a 24-round exercise, so you must reload when it is appropriate.

SET-UP: Four traffic pylons (A, B, C, and D in diagram) are arranged in a square, 7 yards apart. Three targets at a 2-3 yard lateral interval are centered between the two downrange pylons (B and C).

EXECUTION: Start at either corner of the uprange pylons (A or D) in the ready gun position. To begin the drill move forward to the first downrange pylon and, while shooting on the move, engage the 3 targets in sequence from the nearside to farside with 2 rounds on each.

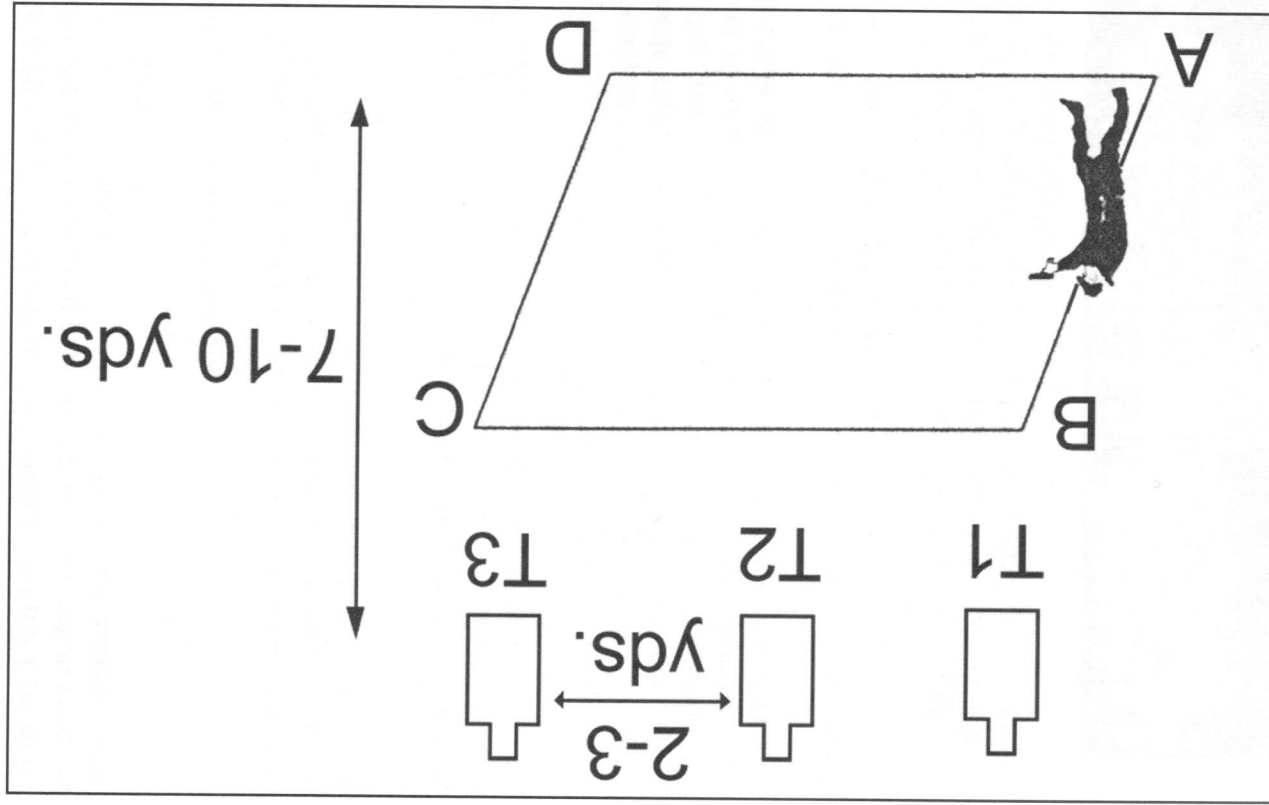
Then move laterally toward the second downrange pylon while again engaging each of the 3 targets.

Continuing, backpedal to the nearest up range pylon and engage the 3 targets again.

Then move laterally again, but in the opposite direction to your starting point while shooting each target with 2 rounds each.

Each target should have eight hits once the drill is completed.

16a. SQUARE DRILL DIAGRAM



The Square Drill live fire exercise.

17. GSG 9 SPECIAL PAR COURS DRILL

This is a 20 round, timed drill with an established par time of 60 seconds. It combines rushing to cover, cover and position shooting while firing controlled pairs, reloading, strong and support hand target engagements.

SET-UP: See diagram for specifics.

EXECUTION: Starting with your back to the target at the zero yard line or from the 50 yard line, run, with pistol holstered and loaded with 10 rounds (Second 10 round magazine is in pouch on belt) to the 25 yard line.

Drop to a prone position and fire two rounds at the target directly to your front. Fire two more rounds at same target standing left and standing right side of barricade for a total of six rounds.

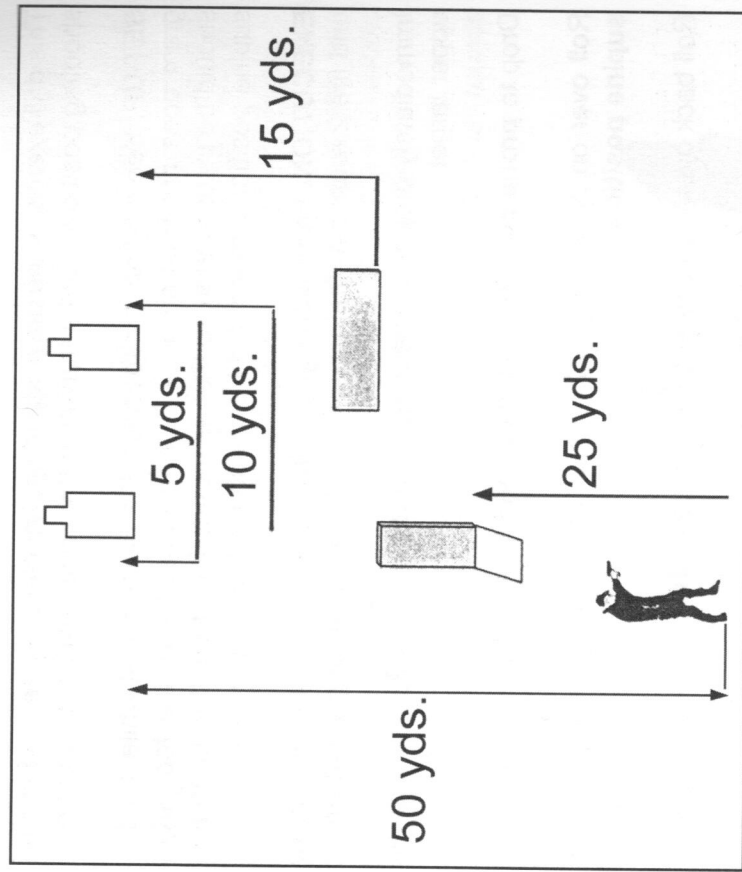
With muzzle pointed down range and finger off trigger, rush diagonally to the 15 yard line and kneel at the right side of a low barricade representing a vehicle. Fire two rounds kneeling right side, fire two rounds over the top, execute a speed reload with second 10-round magazine, transition to kneeling position left side of barricade and fire two more rounds, all at the right side target.

Immediately rush to the center 10 yard line and with two hands standing, double tap each target.

Rush forward to the five yard line and with strong hand double tap each target with two rounds. (A variation can be to double-tap one target with one hand, transition to the other hand and double-tap the other target with that hand.)



17a. GSG 9 PAR COURS DRILL DIAGRAM



NOTE: I spent 1 month training with Germany's GSG 9 in Saint Augustine. Ten other nation's national counter-terrorist teams were present. One of their favorite drills was the "Par Cours," which they ran on their indoor range. It's fast and aggressive. Par time is 60 seconds for moving and shooting 20 rounds and an Israeli para-trooper won the match with a time under 50 seconds. I met him twice again, once at the FBI Academy where he joined us in shooting exercises and finally as a border guard brigadier general in Jerusalem. The Germans started at the zero-yard line, back to the target, and sprinted to the barricades at the 25 yard line, turned around and dropped to the prone phase of the barricade. At our range, we started at the 50 yard line and sprinted forward to the 25 yard line. (GSG 9 badge shown on opposing page.)

18. SAS AGILITY DRILL

This drill exercises the draw, standing, kneeling, prone, and supine shooting positions, and a transition from one position to another.

SET-UP: See diagram for specifics. Please note that while the diagram does not illustrate it, a second target below the top target should be incorporated so that all rounds fired from the prone and supine positions impact the berms and remain in the range.

EXECUTION: From ready gun or from the holster, transition draw and fire 2 rounds at the upper target from a **standing position**.

Immediately drop to a **kneeling position** and fire 2 rounds at the upper target.

Drop to **prone position** and fire 2 rounds at the lower target.

Roll over on back and fire 2 rounds at the lower target from the **supine position**.

Roll back over to **prone** and fire 2 more rounds at the lower target.

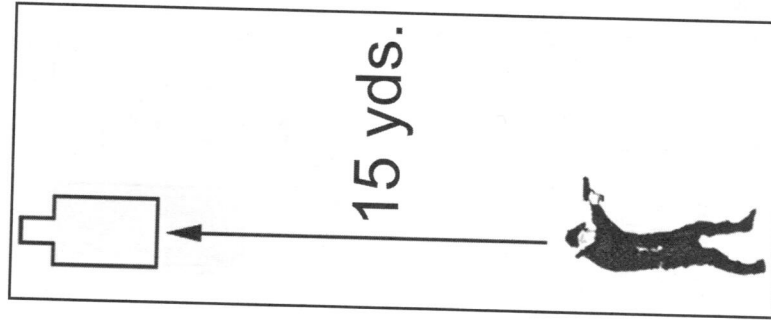
Go to **kneeling** and fire 2 rounds at the upper target.

Stand and fire 2 more rounds at the upper target.

Course can be modified to include a speed reload in shooting mix. Add one to two seconds for reload and presentation from holster.

NOTE: Members of the British SAS visited the FBI many times and an exchange was set up. They demonstrated a number of drills they used to sharpen their CQB capabilities. One of them was a timed position shooting exercise that was designed around their FN High Power pistols. (Since then they have adopted the SIG SAUER P226 9 mm pistol.) The 14-second course corresponds to the full capacity of the 13 + 1 FN pistol. As noted above the drill can be expanded to a higher round count and incorporate a speed reload in the mix.

18a. SAS AGILITY DRILL DIAGRAM

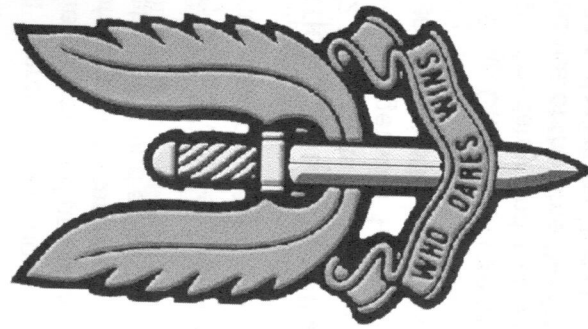


RANGE SET-UP CONSIDERATION:

Depending upon the height of the berm and/or configuration of the range, it may be necessary to add a second target at a lower height than the first target when conducting this exercise.

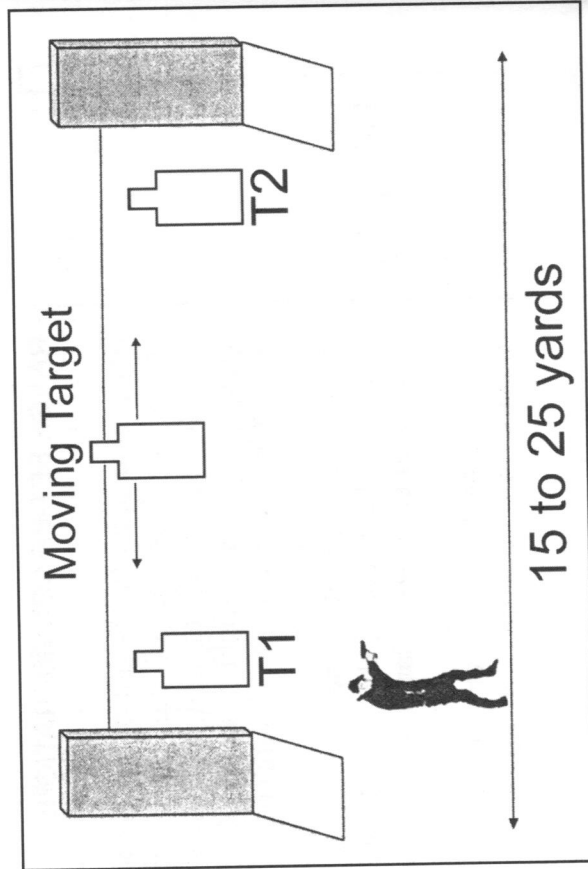
All rounds fired from the prone and supine positions during this drill should be directed at the lower target.

This is done to ensure that all rounds remain in the range area.



Special Air Service (SAS) Device

19. GIBRALTAR DRILL



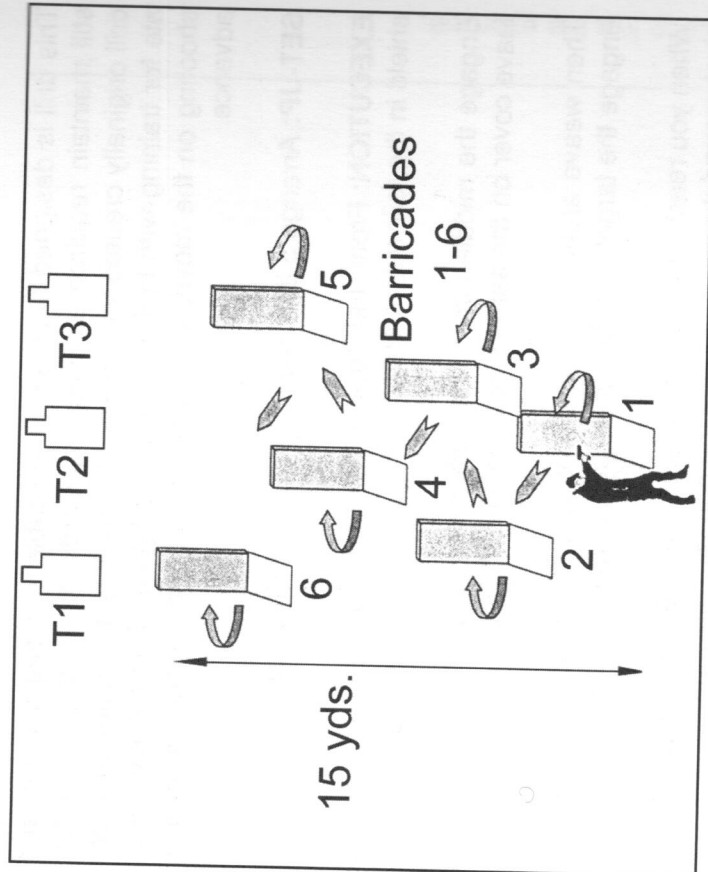
This drill exercises hip shooting, blitz movement with a firearm, threat interception, and precision shooting with one and two hands. Speed of the moving target can be increased commensurate with the athletic ability and skills of the operators.

SET-UP: A controlled-speed moving target capability is required for this drill. See diagram for specifics.

EXECUTION: Starting from the hip or close combat position deliver 2 body shots to the static target, pursue and then engage the moving target with 1 head shot. Then repeat drill having the moving target traverse in the opposite direction.

NOTE: Ray Chapman introduced this exercise to us at the Chapman Academy and I called it the Gibraltar drill, because it reminded me of the time the SAS physically ran down and eliminated IRA terrorists that they had tracked to Gibraltar.

20. MAZE DRILL



This shooting-on-the-move drill was originally designed for shield work, but certainly can be used without one. Please note that all shooting is done from ready gun position.

SET-UP: Arrange 6 barricades in a staggered and offset configuration in a 15-yard envelope as illustrated. Three targets are placed down range as shown.

EXECUTION: Move in a zigzag pattern from cover to cover. When cover is broken, engage the first target you can see in plain view without stopping and then move to the next nearest barricade.

Movement is continuous and when the last barricade is negotiated, move laterally across the front of the three targets and engage them in tactical order. Round counts can be varied but you should strive to ensure good hits.

21. LOOP-THE-LOOP DRILL

This drill is designed to create an unstable shooting platform and still maintain required accuracy standards. While this is another drill originally created for use with shields, it is also quite appropriate for training with both long and short guns. This drill exercises shooting on the move, target acquisition, and changes in axis of advance.

SET-UP: Arrange 5 barricades as illustrated in diagram.

EXECUTION: From the Ready Gun position, proceed without shield in the following manner:

Engage the middle target from either side of the barricade. Then leave cover on the same side of delivered shot.

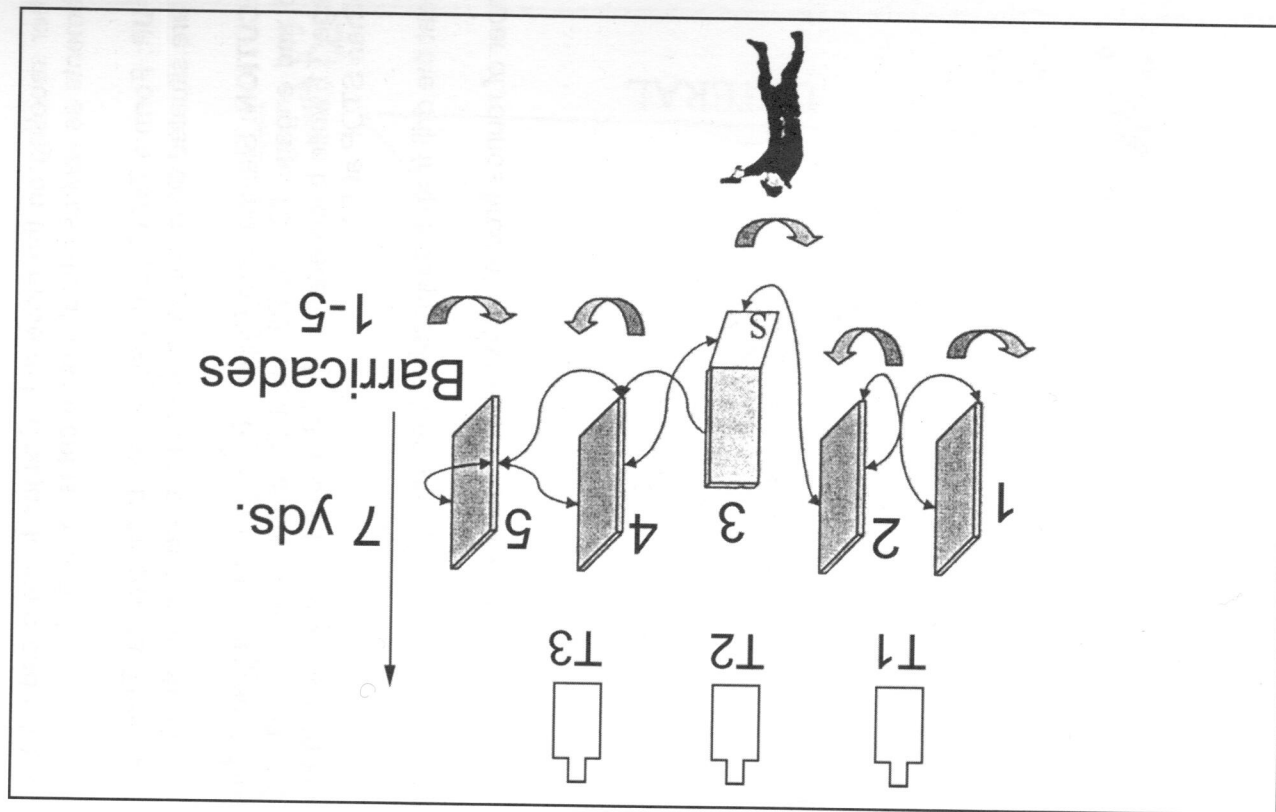
Then weave around the barricades and when facing downrange engage the target immediately opposite your position.

When you reach the last barricade on the side action was initiated, pivot around it and continue in the opposite direction.

The drill is completed when you return to the start position after negotiating the two opposite-side barricades.

Movement flow should be continuous and since you will be facing uprange periodically, it is imperative that you return to Ready Gun position after breaking the shot.

21a. LOOP-THE-LOOP DRILL DIAGRAM



The Loop-the-Loop live fire exercise.

22. DELTA DRILL

Another shooting on the move drill. Oblique forward and reverse movements as well as lateral movement is exercised.

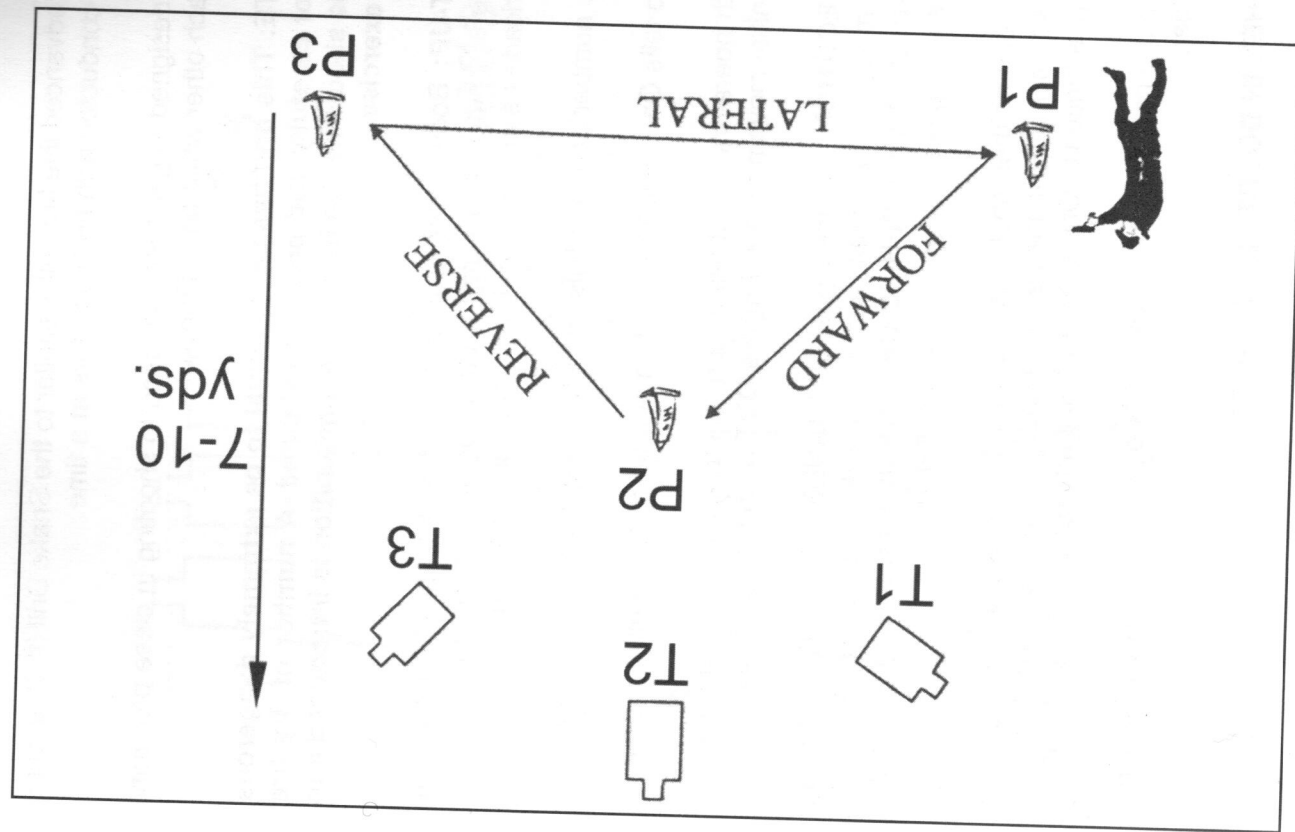
SET-UP: Form a 7x7x7 yard triangle with traffic pylons. Three targets are situated down range, 5-yards from the forward pylon.

EXECUTION: Starting from Pylon 1 (P1) on the left, advance forward and engage T3. At P2, pivot 90 degrees to your left and engage T1 while backpedaling. At P3, move laterally and engage T2. Then STOP at P1.

Repeat the drill from the opposite direction.

Number of rounds fired at each target may be varied.

22a. DELTA DRILL DIAGRAM



The Delta Drill live fire exercise.

23. SCISSORS DRILL

This advanced live fire drill is similar to the Snake Drill (#12) except it is conducted with two operators at a time.

It is designed to get operators used to shooting in close proximity to each other while on the move.

NOTE: This drill has the potential to be extremely dangerous if not carefully and properly executed. A number of dry fire drills should be run before live ammunition is introduced into the exercise.

SET-UP: Body armor is a must here and I usually act as the shooter's number two man. Both of us stand behind the 15-yard barricade as indicated in the diagram on the facing page.

The number one man tells two which way he is going to "break."

Two tells One he will key on him and break to the opposite side.

Both operators are at ready gun, muzzle oriented in the direction of initial movement and **fingers OUT of the trigger guard**.

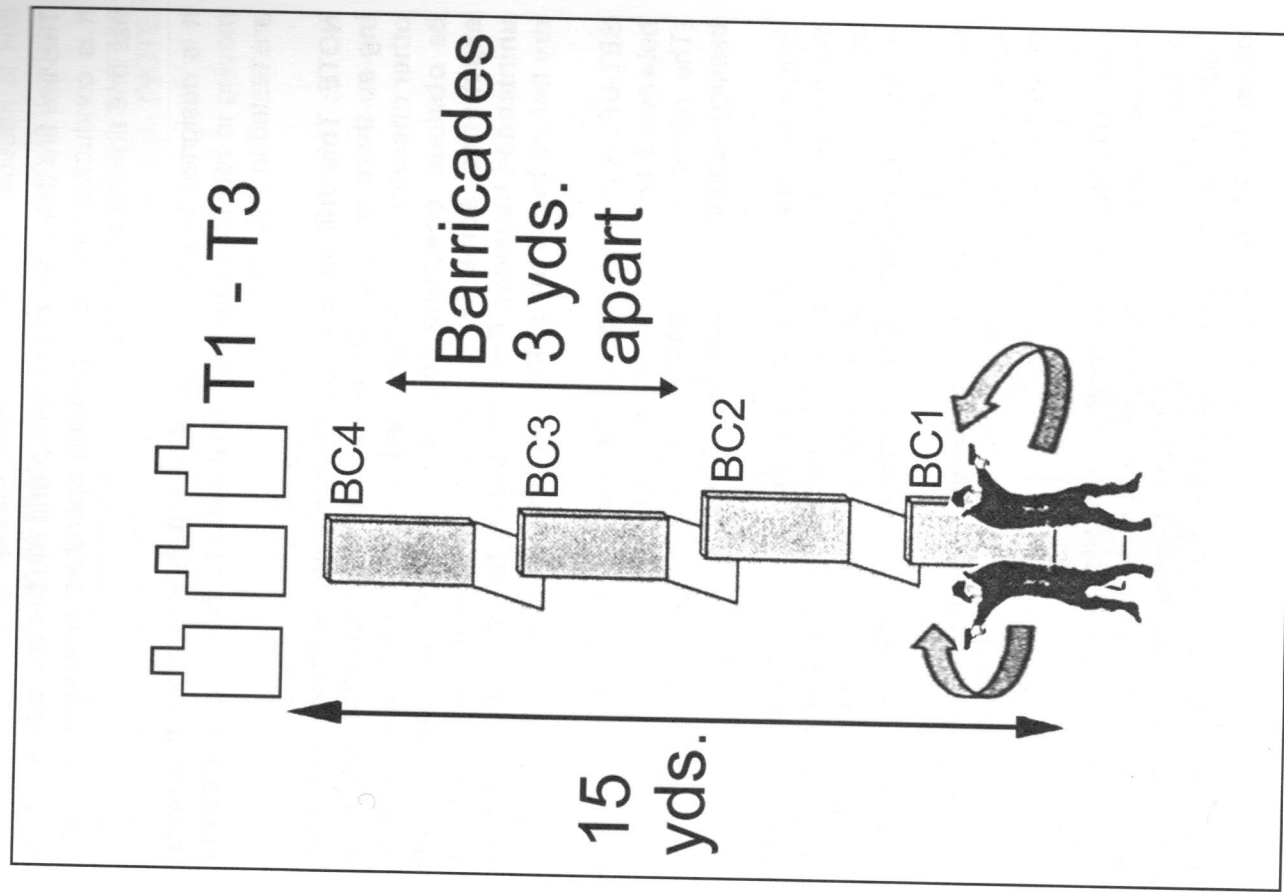
EXECUTION: On the signal of "STANDBY, EXECUTE," One, for example, breaks right and two breaks left. **NOTE! Two (the instructor) stays BEHIND One (the student) throughout drill.** One engages his target and two fires at his.

As soon as their shots are released, both return to ready gun and move back behind the next barricade. It is very important that Two pays attention to One's whereabouts and keeps his muzzle off him.

The drill continues as above, but Two lets One dispatch the middle target.

WHEN IN DOUBT - DON'T FIRE!

23a. SCISSORS DRILL DIAGRAM



24. DUELING DRILL

This live fire drill is simple to set up and run but complex in effect. It is conducted with two opposing operators simultaneously and pits one against the other.

It is designed to provide operators with a visual threat stimulus moving in real-time that they must react to. Speed and accuracy are tested in this drill.

NOTE: This drill must be clearly explained to those participating so there is no doubt as to what is expected. Neither the other operator nor the mirror is the target! While this seems to be obvious, operators competing against one another may experience some levels of stress which can result in unintended behavior. For this reason, this drill should be run dry before live ammunition is introduced into the exercise.

SET-UP: A common door mirror is placed in an upright position between 2 targets as shown in the diagram on the facing page. (The mirror may be attached to a piece of plywood or other backing/supporting material if necessary.)

Both operators stand on line, approximately 3 feet apart, in front of the targets approximately 7-10 yards from the target line. They adjust their position (laterally only) until both can see one another's reflection in the mirror. One operator is designated the "aggressor."

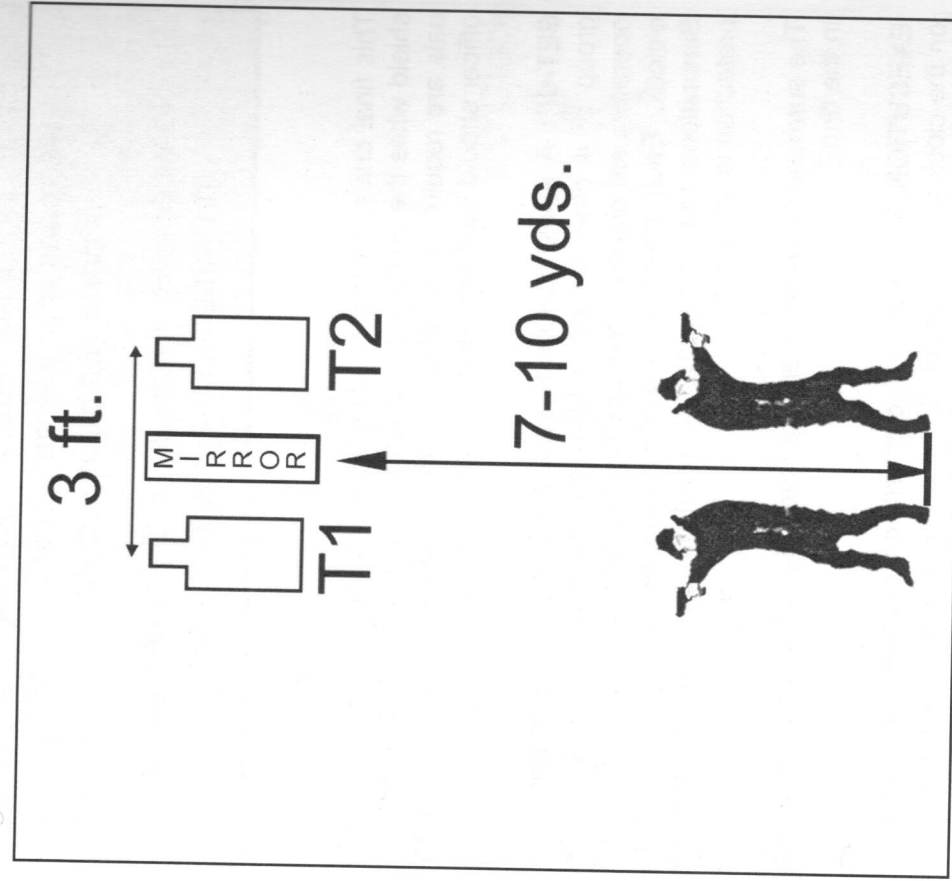
Both operators stand in transition from primary to holstered secondary weapon (pistol) position. Hands are raised in a rifle-mounted position.

EXECUTION: On the general commands "Standby—Execute," the aggressor in his/her time transitions to the pistol, draws and fires at the target to his/her direct front. Number of rounds fired and body or head engagements are arbitrary and selected by training officer during the drill.

Upon seeing the threatening movement from the aggressor, the second or responding operator draws and fires his sidearm at HIS ASSIGNED TARGET in an attempt to "beat" his adversary to the draw.

After three runs to determine a winner, the roles in drill are reversed and the aggressor becomes the defender. Repeat drill. (NOTE: Several pairs of operators can be run simultaneously.)

24a. DUELING DRILL DIAGRAM



25. BULL IN THE RING DRILL – NO LIVE FIRE!

NOTE: THIS IS NOT A LIVE FIRE TRAINING DRILL!

This is a ballistic shield drill utilizing ONLY paintball, Simunition[®], or airsoft weapons. Each participant must be searched for any weapons and live ammunition prior to participating in this drill.

No weapons or live ammunition should be permitted in the exercise area.

This final drill exercises reaction time and pivoting with a ballistic shield while the driver is performing under stress. Multiple individuals are required to conduct this drill, and an instructor or safety officer should be designated to control the drill.

SET-UP: A shield-equipped operator stands in the middle of a group of 4 other operators also equipped with shields. The 4 operators are placed in the cardinal directions or at 12, 3, 6, and 9 o'clock. Each operator is armed with either a paintball gun, Simunition[®] modified pistol, or airsoft handgun. As always eye protection is mandatory.

The surrounding shield operators stand facing away from the "Bull in the ring."

EXECUTION: When an instructor calls out the direction or position on the clock (e.g. "6 o'clock!"), the operator assigned to that loca-

tion will pivot and attempt to shoot the Bull.

Simultaneously, the Bull will pivot and attempt to place his shield between himself and the threat and hit the threat with his training weapon.

As these exercises progress, commands should be delivered in more rapid sequences.

NOTE: There has been some literature published regarding the negative reaction of paint with the ballistic lenses of shields. I don't know if this degradation has been substantiated, but shields should be cleaned as soon as the exercise is concluded.

25a. BULL IN THE RING DRILL DIAGRAM

