

Beginning Shooter's Course of Fire (Indoor Range)

One IDPA target with Targ Dot center of -0 zone -- un-timed, 50 rounds of ammunition

	Load 2 magazines with 6 rounds.	Shots
	Move target to 5 yard line	
String 1	Start from low ready, fire 3 shots at Targ dot slow fire.	3
	<i>Examine location of hits in relation to dot</i>	
String 2	Start from low ready, fire 3 shots at Targ dot slow fire.	3
	<i>Reload when slide locks back, place pistol down.</i>	
	<i>Bring target back and place tape over holes</i>	
	Move target to 5 yard line	
String 3	Start from low ready, fire 1 shot to the body. Repeat twice.	3
String 4	Start from low ready, fire 1 shot to the head at own speed. Repeat twice	3
	<i>Place pistol down, recharge magazines with 6 rounds each, reload pistol, and place pistol down.</i>	
	<i>Bring target back and place tape over holes</i>	
	Move target to 5 yard line	
String 5	Pick up pistol and fire 3 shots at body "Dominant" hand only. Decock or engage safety, if appropriate.	3
String 6	Transfer pistol to Non-Dominant hand and fire 3 shots at body "Non-Dominant" hand only.	3
	<i>Transfer pistol to Dominant hand, reload from slidelock, and place pistol down.</i>	
String 7	Starting with pistol in hand, held in front of chest, fire 2 shots to the body then 1 shot to the head. Repeat once.	6
	<i>Place pistol down, recharge magazines with 6 rounds each, reload pistol, and place pistol down.</i>	
	<i>Bring target back and place tape over holes</i>	
	Move target to 7 yard line	
String 8	Pick up pistol and fire 2 shots to the body. Repeat twice.	6
	<i>Reload pistol, place pistol down, and recharge empty magazine with 6 rounds.</i>	
String 9	Pick up pistol and fire 2 shots to the body and one shot to head.	3
String 10	Starting with pistol in Dominant hand only, pointed at base of target, fire 2 shots to the body, then 1 shot to the head, using Dominant hand only.	3
	<i>Reload pistol, place pistol down, and recharge empty magazine with 6 rounds.</i>	
	<i>Bring target back and place tape over holes</i>	
	Move target to 7 yard line	
String 11	Pick up pistol and fire 3 shots at body.	3
String 12	Pick up pistol and fire 1 shot at head.	1
	<i>While holding pistol toward target, remove magazine and place in pocket, insert spare magazine into pistol. Place pistol down.</i>	
	<i>Take magazine out of pocket and place it back in pouch.</i>	
	Move target to 10 yard line	
String 13	Starting with pistol at low ready, fire 2 shots to the body. Repeat 2 shot strings until slide locks back, reload, continue 2 shot strings until 2nd magazine is empty.	10

Notes:

- 1) The large amount of gunhandling in this course is deliberate. Handling the gun often is the only way to learn to handle it well, which is why most people handle their guns poorly.
- 2) If the pistol has a decocker or safety, it should be decockered or placed on safe before the pistol is placed down. It is not necessary nor desirable to decocker it AND place it on safe, if the pistol has that dual capability.
- 3) Anytime you are manipulating the pistol, your finger should be out of the trigger guard and on the frame of the pistol above the trigger guard (the register position). This includes when you pick the pistol up until your sights are on the target.
- 4) When handling the gun, be sure to keep the muzzle pointed downrange. It is easy to let the muzzle point at the booth next to you. The person there won't appreciate being pointed at if they understand gun safety.
- 5) All strings are fired with two hands, unless otherwise specified.
- 6) Low ready means pistol in both hands, pointed at base of target, unless otherwise specified.
- 7) Dominant hand is the one you write with.
- 8) Non-dominant hand is the one you don't write with.
- 9) Your hits should all be within 4 inches of the Targ Dot, except head shots. If your hits are all over the target, you are not seeing the sights adequately or you are jerking the trigger.
- 10) Masking tape is fine for covering the bullet holes. Keeping the target taped is important to understanding where you are shooting for each shot. Shooters who don't tape their targets will never become proficient.