

Three Seconds Or Less

Karl Rehn - KR Training (<http://www.krtraining.com>) – v6 May 2018

Any ready position that is not “full extension, aimed at target” can be used.

Start with 10 rounds in the gun (9 in magazine, 1 in chamber). A second magazine of 10 or more is needed.

Lower capacity guns start with 5 rounds in the gun (4 +1). 20 rounds total required for this course of fire.

YARDS	START POSITION / INSTRUCTIONS
3	Hands at sides, gun concealed. Step left , draw and fire 3 body shots, 2 handed . <i>(after) Holster, step right.</i>
	Firing hand on gun, support hand on chest. Draw and fire 2 head shots, 2 handed .
	RELOAD OR VERIFY THAT GUN HAS 5 AND ONLY 5 ROUNDS, HOLSTER
	Hands at sides, gun concealed. Step right , draw and fire 3 body shots, 2 handed . <i>(after) Holster, step left.</i>
	Take one step forward (2 yards), firing hand on gun, support hand on chest. Draw and fire 2 body shots, firing hand only , while backing up.
	<i>(after) UNLOAD GUN, LOCK SLIDE, HOLSTER GUN WITH SLIDE LOCKED, MOVE TO 7 YARD LINE</i>
7	Start with magazine in support hand, slide-locked gun in firing hand. Magazine 1”-2” from mag well, ready to insert to complete the load. On signal, insert mag, rack slide, fire 1 body shot, 2 handed . <i>(after) Return to ready position.</i>
	Ready, finger off trigger. Fire 2 head shots, 2 handed . <i>(after) Holster.</i>
	Firing hand on gun, support hand on chest. Fire 2 body shots, firing hand only .
	RELOAD OR VERIFY THAT GUN HAS AT LEAST 5 ROUNDS
	Face 90° to the left (<i>LH shooters, face right</i>), hand on gun. Turn, draw and fire 3 body shots, 2 handed . <i>(after) Transfer gun to support hand.</i>
	Firing hand on chest, gun in support hand, aimed at target, finger OFF trigger. Fire 2 body shots, support hand only . <i>(after) Transfer gun to firing hand, unload/reload and holster.</i>

SCORING: use Spaulding HC-1 or KRT-2 center zone. Can also use IDPA target and count hits in the 0 rings. Can use USPSA target, counting A-zone hits and head hits in the A/B upper box, or F.A.S.T. target.

DPS-1: 13 hits in body, 1 in head, total of 14 or more to pass

DPS-2: 14 hits in body, 2 in the head, total 16 or more to pass

DPS-3: 15 hits in body, 3 in the head, total 18 or more to pass

100%: 16 hits in body, 4 hits in the head, total of 20.

Can increase difficulty by decreasing par time to 2.5, 2.25, 2.0 sec, and/or start all strings from hands at sides.