



Defenders USA's Training Target

Height Over Bore, Acceptable to Precise Accuracy,
& Fight Speed Recoil Management

Distance: 3 yards. Line breaks count as good hits for each target.

Top line of boxes (15 total rounds):

Objective: Learn height over bore for different guns and ammo, while also portraying consistency of fundamentals.

Only three shots per box, with either the top of the optic dot or the top of the front sight post superimposed right at the top edge of the bold, dark line, while also centered on the fainter center line of each of the first three boxes. The fainter center line has hash marks every 1/4" down from the top darker line to give measurements for the impacts. The last two boxes are done the same but without the center fainter horizontal line.

1st box: Draw and fire three shots as perfectly as possible, learning from each shot and finding the average of the three of height over bore.

2nd & 3rd boxes: Draw and fire one round, three times. Shows consistency in building a grip, along with all other fundamentals.

4th & 5th boxes: Draw and fire three rounds at each upper angled line within the box, with the gun and upper shooting platform mimicking the angles of the aiming line in each box.

Second line of boxes (15 total rounds):

Objective: hit a 1" target (ability to hit this target consistently is mathematically the same as hitting an 8" target at 25 yards).

1st & 2nd box: Draw and fire three shots. Portrays understanding of height over bore learned from the previous line and consistency in shooting fundamentals.

3rd - 5th box: One draw, one shot, three times per box. Portrays all the same as the first two boxes and consistency in building a grip.

Third line of boxes (round count will vary, with minimum of 5 to max of 15):

Objective: Hit all 9mm targets, showing excellent understanding of height over bore at that distance and portraying mastery of shooting fundamentals. (Excellent is 3 to 5 hits on the first attempt, with the goal of hitting all five through all three allowed repetitions).

First attempt: One draw, one shot at each dot for a total of 5 shots. Even slight or grease ring touches of the dot count as a hit. Write down the score on the target.

Second attempt: One draw, one shot at each dot that was NOT hit on the first attempt. Write down the score on the target.

Third attempt: One draw, one shot at any dot that was NOT hit during the first two attempts. Write down the score on the target.

Fourth line of boxes (round count will vary):

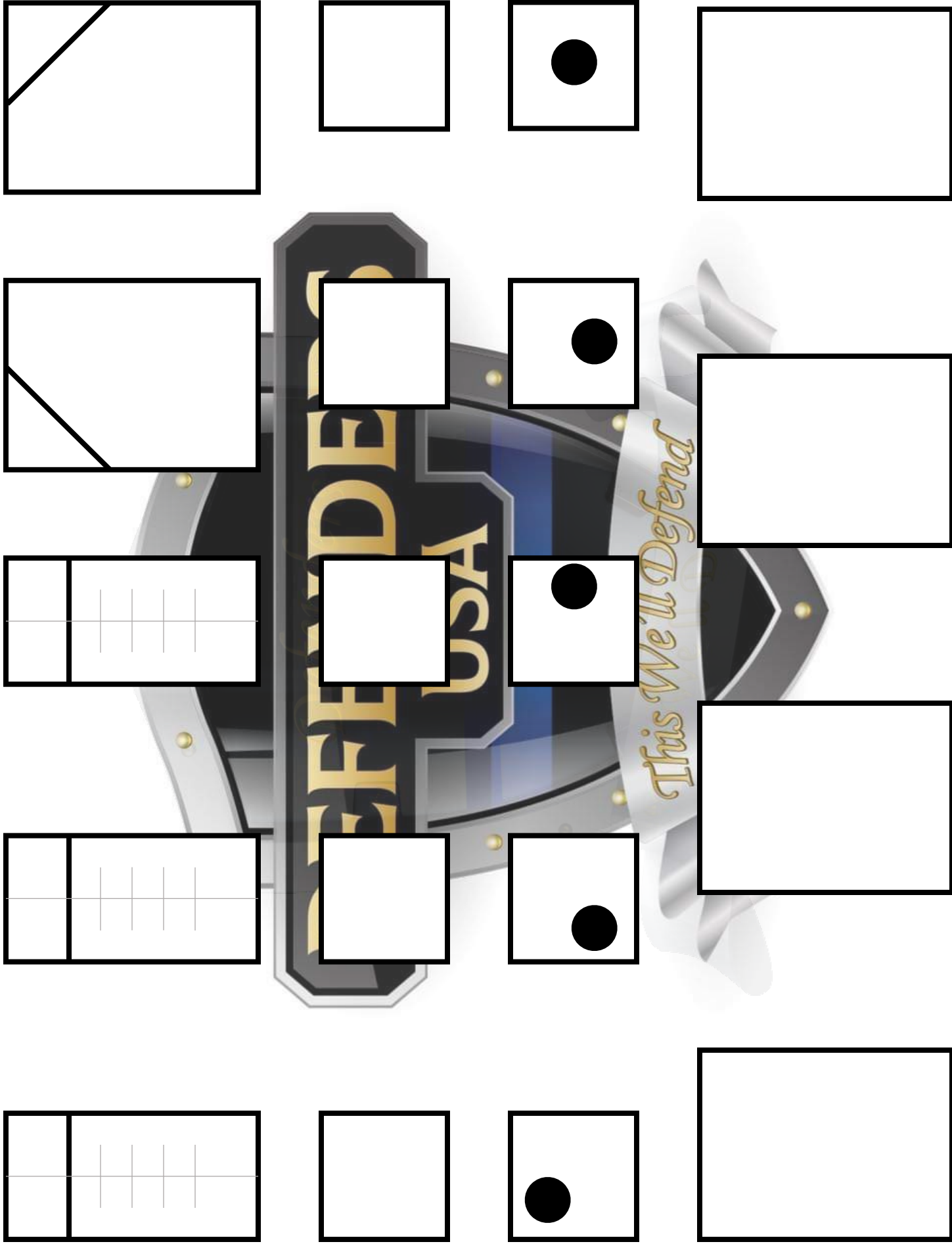
Objective: Learn their individual acceptable fight speed accuracy while maintaining consistency of shooting fundamentals during follow up shots and showing an understanding of height over bore on a 1.5" x 2" target. Use approx. 6 rounds and up to a full magazine in each box.

1st box: Approx. 1 shot per second or as fast as one can while easily maintaining all shooting fundamentals needed for consistent impacts while maintaining the same general cadence of fire. Fix any breakdowns in the grip or other fundamentals while maintaining the cadence.

2nd box: Approx. 1 shot per half second or slightly faster, while trying to maintain all shooting fundamentals needed for consistent impacts with the same general cadence of fire. Fix any breakdowns in the grip or other fundamentals while maintaining the cadence.

3rd box: Shoot as fast as physically possible with some attempt to make the hits within the box yet being willing to go so fast that misses do or can occur. This will generally be approx. 3 to 6 rounds per second, shooter-dependent. The goal is to see what is too fast for each shooter to maintain fundamentals and control for accuracy.

4th box: This is the "Confirmation Box". Using the first three boxes to determine each shooter's ability to properly manage recoil before failure in accuracy at speeds and in shooting fundamentals during a string of fire, use the 4th box to shoot the fastest speed possible while still maintaining accuracy. Therefore, if a shooter does really well in the first box but poorly in the second box, then their accurate fight speed shooting cadence with a gun would be generally somewhere between the speeds of the first two boxes. Similarly, if the shooter does well at the speeds of the second box but failures happen in box three, then their accurate fight speed shooting cadence will likely be somewhere between boxes two and three. If box three - going as fast as humanly possible - was easy and all on target, then that is generally their ability to manage recoil with fight speed accuracy. Use the fourth box for each individual shooter to learn with confidence the limit of their shooting abilities while shooting at the highest possible speed while still maintaining control and acceptable accuracy.



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