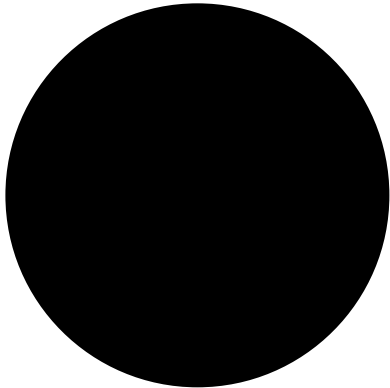
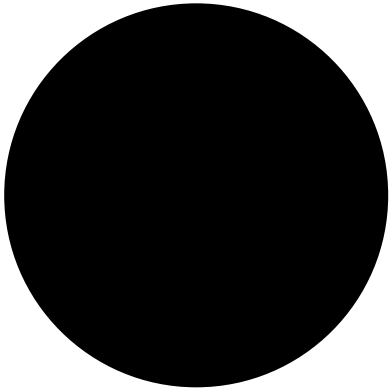
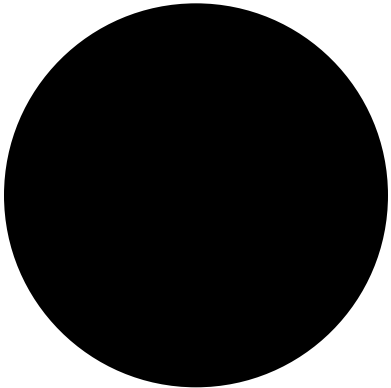
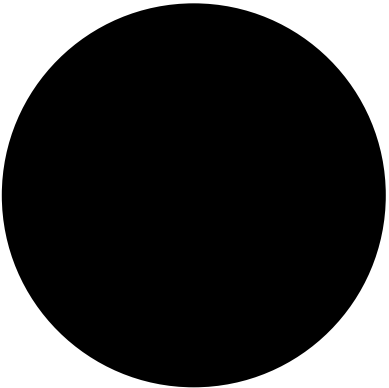
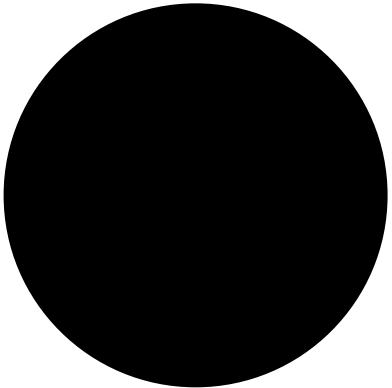
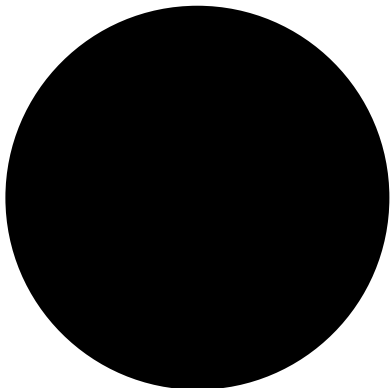
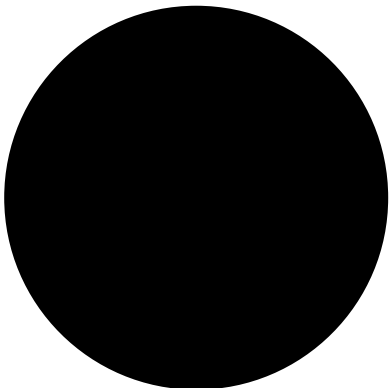
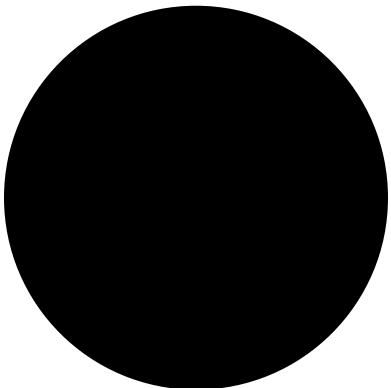
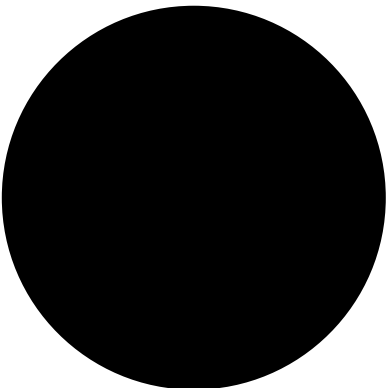
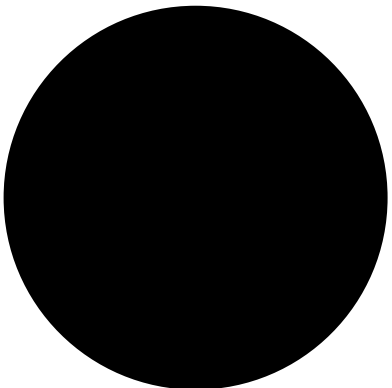


DOT TORTURE

Fifty rounds, ten dots, no time limit. Clean it at 3 yd before you move back to 5, then 7.

START AT 3 YARDS

PRINT AT 100% / ACTUAL SIZE — turn OFF "Fit to Page" and "Shrink oversized pages"

				
1 5 rounds slow fire	2 4 draws, 1 round each	3 4 draws, 2 rounds each	4 5 rounds strong hand only	5 4 draws, 1 round each
				
6 3 draws, 2 rounds — dot 6 then dot 7	7 5 rounds support hand only	8 2 draws, 3 rounds each	9 2 draws, 2 rounds — dot 9 then 10	10 (fired with dot 9)

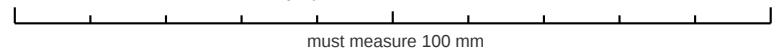
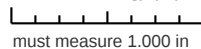
FIFTY ROUNDS — clean means every round inside its dot

Dots 1–5 and 8 are fired from the holster unless noted. Reholster between strings.

No time limit — accuracy is the whole point. If you drop a round, start the sheet again.

When you can clean it at 3 yards, move to 5. When you clean 5, move to 7.

Drill created by David Blinder (Personal Defense Training); popularised by the late Todd Louis Green. Sheet redrawn by Apex Ballistics.



Dots are 2.00 in. Pistol drill — verify the bar before use.