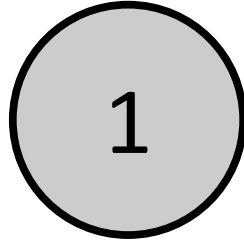


# 30 Round Dot Torture

Inspired by David Blinder's Drill  
([www.personaldefensetraining.com](http://www.personaldefensetraining.com))

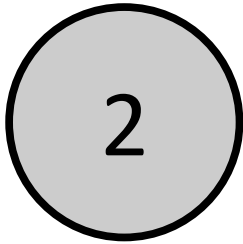


3 rounds for group

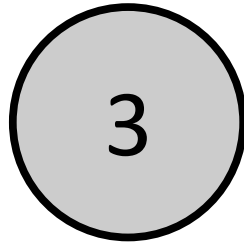
Date: \_\_\_ / \_\_\_ / \_\_\_

Score: \_\_\_\_\_ / 30

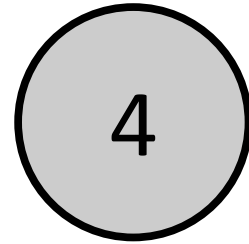
Distance: \_\_\_\_\_ yards



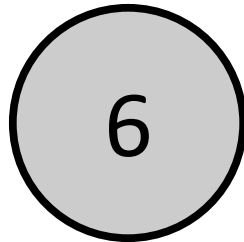
Draw and fire 1 round (3 times)



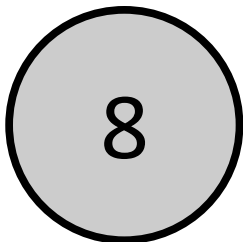
Draw and fire 1 round to 3 and 4 (3 times)



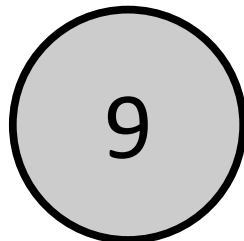
Draw and fire 3 rounds strong hand only



Draw and fire 1 round to 6 then 7 then 6 then 7 then 6 then 7 (6 rounds)



3 rounds non-dominant hand only



Draw and fire one round to 9, reload, one round to 10 (3 times)

