

F.A.S.T. - Fundamentals, Accuracy Speed Test

7 yards

Stage 1 - Fast Drill – Magazine Load – 2, 14, 10 - 1st magazine loaded with 2 rounds only, 2 magazine to IDPA capacity. At the beep, Draw and fire 2 rounds to head zone, reload and fire 4 shots to Down 0 circle. Shoot only once.

10+ seconds: **Novice**
less than 10 seconds: **Intermediate**
less than 7 seconds: **Advanced**
less than 5 seconds: **Expert**

Stage 2 - Head Shot Drill - Magazine Load – continue from Stage 1 - At the beep, draw and fire 2 to the head, repeat 10 times.

Stage 3 - Mozambique Drill - Magazine Load – 15, 15 - Draw and fire 2 shots to the Down 0 area then 1 to the head. Repeat 10 times.

Stage 4 - 1 Reload 2 Drill - Magazine Load – 1, 15, 14 - load 1 round only. 2nd magazine to IDPA capacity. With weapon pointed at the head zone, at the beep, 1 round to the head zone, reload, 2 to the Down 0 zone. Repeat 10 times.

15 yards

Stage 5 - Draw 4 - Magazine Load – 16, 16, 8 - At the beep, draw and fire 4 shots to the Down 0 zone. Repeat 10 times. Goal is 32 hits in the Down 0 zone.

5 yards

Stage 6 - Bill Drill - Magazine Load – 6, 6 - At the beep, Draw and fire 6 shots to the Down 0 zone. Repeat twice. Drill is pure speed.

7 yards

Stage 7 - Fast Drill - Magazine Load – 2, 6, 4 - 1st magazine loaded with 2 rounds only, 2 magazine to IDPA capacity. At the beep, draw and fore 2 rounds to head, 4 shots to Down 0 circle. Shoot twice.

10+ seconds: **Novice**
less than 10 seconds: **Intermediate**
less than 7 seconds: **Advanced**
less than 5 seconds: **Expert**

Fast Drill – 150 rounds

<p>Stage 1 – 7 Yards – 2 to head-reload-4 to body</p> <p style="margin-left: 40px;">STR 1 _____</p> <p style="margin-left: 40px;">PTS DOWN_____</p> <p>Total_____</p>	<p>Stage 2 – 7 Yards – 2 to the 3x5 (Total 20)</p> <p style="margin-left: 40px;">STR 1 _____</p> <p style="margin-left: 40px;">STR 2 _____</p> <p style="margin-left: 40px;">STR 3 _____</p> <p style="margin-left: 40px;">STR 4 _____</p> <p style="margin-left: 40px;">STR 5 _____</p> <p style="margin-left: 40px;">STR 6 _____</p> <p style="margin-left: 40px;">STR 7 _____</p> <p style="margin-left: 40px;">STR 8 _____</p> <p style="margin-left: 40px;">STR 9 _____</p> <p style="margin-left: 40px;">STR 10 _____</p> <p style="margin-left: 40px;">PTS DOWN_____</p> <p>Total_____</p>	<p>Stage 3 – 7 Yards – 2 body/1 head (Total 30)</p> <p style="margin-left: 40px;">STR 1 _____</p> <p style="margin-left: 40px;">STR 2 _____</p> <p style="margin-left: 40px;">STR 3 _____</p> <p style="margin-left: 40px;">STR 4 _____</p> <p style="margin-left: 40px;">STR 5 _____</p> <p style="margin-left: 40px;">STR 6 _____</p> <p style="margin-left: 40px;">STR 7 _____</p> <p style="margin-left: 40px;">STR 8 _____</p> <p style="margin-left: 40px;">STR 9 _____</p> <p style="margin-left: 40px;">STR 10 _____</p> <p style="margin-left: 40px;">PTS DOWN_____</p> <p>Total_____</p>
<p>Stage 4 – 7 Yards – 1 reload 2 (Total 30)</p> <p style="margin-left: 40px;">STR 1 _____</p> <p style="margin-left: 40px;">STR 2 _____</p> <p style="margin-left: 40px;">STR 3 _____</p> <p style="margin-left: 40px;">STR 4 _____</p> <p style="margin-left: 40px;">STR 5 _____</p> <p style="margin-left: 40px;">STR 6 _____</p> <p style="margin-left: 40px;">STR 7 _____</p> <p style="margin-left: 40px;">STR 8 _____</p> <p style="margin-left: 40px;">STR 9 _____</p> <p style="margin-left: 40px;">STR 10 _____</p> <p style="margin-left: 40px;">PTS DOWN_____</p> <p>Total_____</p>	<p>Stage 5 – 15-25 Yards – Draw 4 (Total 40)</p> <p style="margin-left: 40px;">STR 1 _____</p> <p style="margin-left: 40px;">STR 2 _____</p> <p style="margin-left: 40px;">STR 3 _____</p> <p style="margin-left: 40px;">STR 4 _____</p> <p style="margin-left: 40px;">STR 5 _____</p> <p style="margin-left: 40px;">STR 6 _____</p> <p style="margin-left: 40px;">STR 7 _____</p> <p style="margin-left: 40px;">STR 8 _____</p> <p style="margin-left: 40px;">STR 9 _____</p> <p style="margin-left: 40px;">STR 10 _____</p> <p style="margin-left: 40px;">PTS DOWN_____</p> <p>Total_____</p>	<p>Stage 6 – 5-7 Yards – 6 rds x 2 (Total 12)</p> <p style="margin-left: 40px;">STR 1 _____</p> <p style="margin-left: 40px;">STR 2 _____</p> <p style="margin-left: 40px;">PTS DOWN_____</p> <p>Total_____</p> <p>-----</p> <p>--</p> <p>Stage 7 – 7 Yards – 2 to head-reload-4 to body (Total 12)</p> <p style="margin-left: 40px;">STR 1 _____</p> <p style="margin-left: 40px;">STR 1 _____</p> <p style="margin-left: 40px;">PTS DOWN_____</p> <p>Total_____</p>