



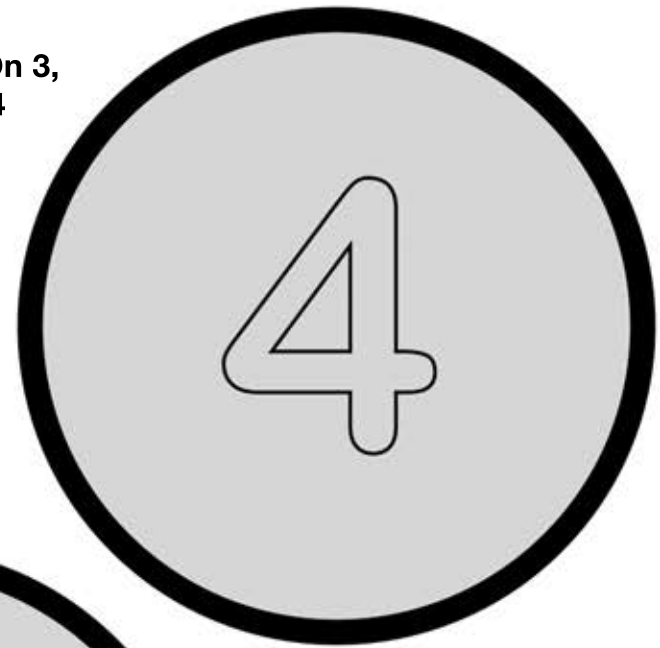
**Dot 1**  
**5x Shots**  
**Slow Fire**



**Dot 2**  
**Draw, One Shot**  
**(x5)**



**Dots 3 and 4**  
**Draw, One Shot On 3,**  
**One Shot On 4**  
**(x4)**



# Dot Torture 5 Yards



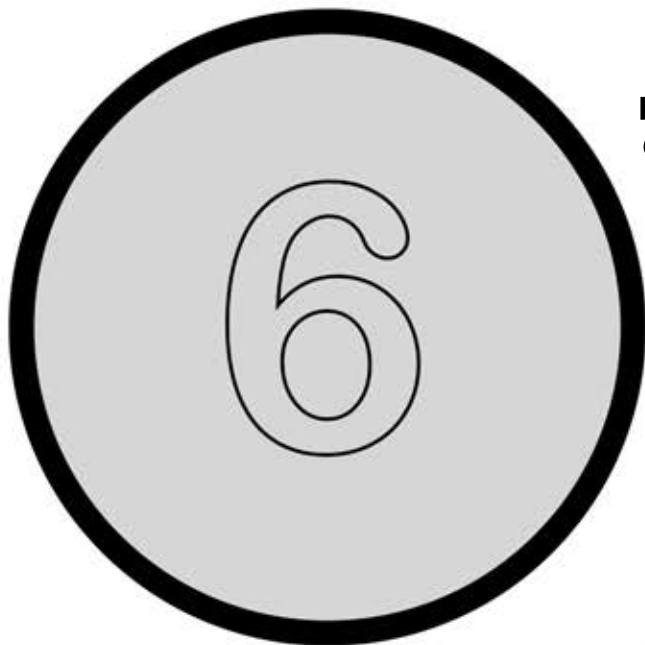
**Dot 5**  
**Draw, Five Shots**  
**Strong Hand**

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adapted from David Blinder,  
[www.personaldefensetraining.com](http://www.personaldefensetraining.com)

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

Score: \_\_\_\_\_ / 50

Distance: 5 Yards

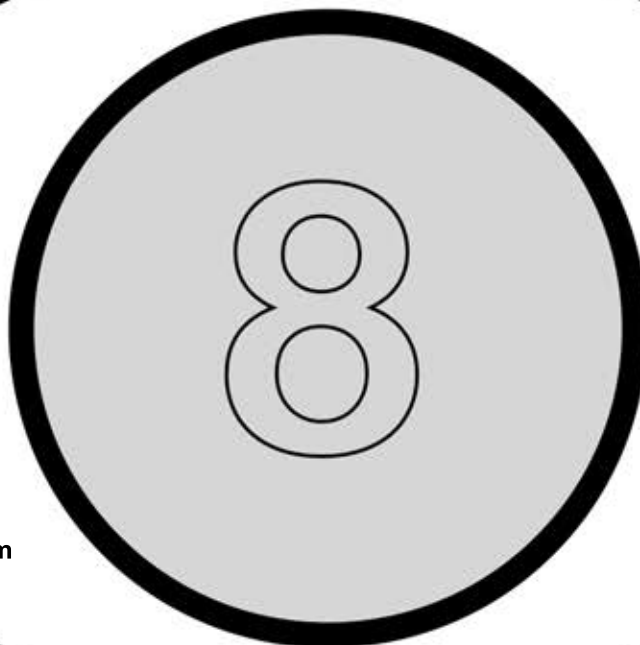


**Dots 6 and 7  
Draw, Two Shots  
On 6, Two Shots  
On 7 (x4)**

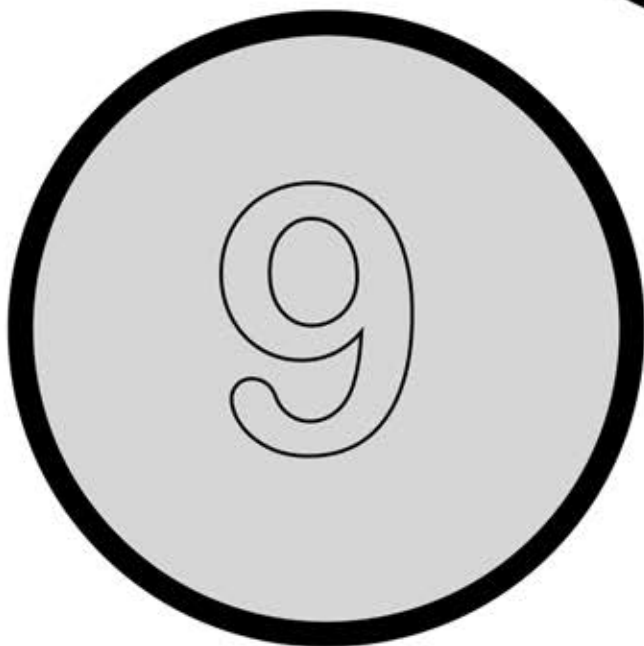


# **Dot Torture 5 Yards**

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**Dot 8  
Ready, Five Shots  
Weak hand**



**Dots 9 and 10  
Draw, One Shot  
On 9, Speed  
Reload, One  
Shot On 10  
(x3)**

