

1. Precision & Zone Confirmation (40 rounds)				
Distance	Action	Rounds	Par / Notes	Scoring Goal
7 yd	Slow-fire to 1" chest/head dots	10	NT	All in dots
7 yd	Controlled pairs to 3"x5" inner chest box (dot)	10	NT	Inner box preferred
10 yd	Rounds to 10"x8" chest box	10	NT	Outer chest / bottle
15 yd	Rounds to bottle / chest box	10	3-4 s per shot	≥80% in bottle
2. Draw-to-First-Shot & Speed Fundamentals (30 rounds)				
Distance	Action	Rounds	Par Time	Scoring Goal
3-5 yd	Draw & fire 1 to #1 or head	10	1.5-2.0 s	Referenced target
5-7 yd	Draw & fire 2 to #2 or bottle	10	2.5-3.0 s	Referenced target
7 yd	Draw, 2 body + 1 head (Failure Drill) or #5 (diamond only) & #4	10	3.5-4.0 s	Referenced target
3. One-Handed & Support-Hand Work (20 rounds)				
Distance	Action	Rounds	Par Time	Scoring Goal
5 yd	Dominant-hand only – draw/ready, 2 shots	10	3 s	Bottle / chest box
5 yd	Non-Dominant-hand only – ready/transfer, 2 shots	10	4 s	Bottle / chest box
4. Reload & Multi-Shot Strings (30 rounds)				
Distance	Action	Rounds	Par Time	Scoring Goal
7 yd	Draw, 2-3 shots, combat reload, 2-3 shots	20-24	6-8 s	Chest box
10 yd	Ready, 4 shots, reload, 4 shots	6-10	8-10 s	Chest box
5. Distance & Position Transitions (30 rounds)				
Distance	Action	Rounds	Par Time	Scoring Goal
3→7 yd	Draw on move / lateral step, engage bottle or #6 (entire area)	10	NT	Referenced target
10-15 yd	Draw, 2 standing + 2-3 kneeling	10-12	8-10 s	Bottle
15-25 yd	Controlled pairs / singles to chest box/bottle	8-10	Accuracy focus	≥80% overall
6. Integrated Capability Assessment (50 rounds) - New Target				
Distance	Action	Rounds	Par Time	Scoring Goal
3 yd	Draw, 3 SHO → transfer → 3 WHO	6	6-7 s	Bottle
5 yd	Draw & fire 3	3	3 s	Bottle
5 yd	Ready, fire 3	3	2 s	Bottle
5 yd	Ready, fire 6	6	4 s	Bottle
7 yd	Draw & fire 5	5	5 s	Bottle
7 yd	Draw, 4 shots, reload, 4 shots	8	8-9 s	Bottle
15 yd	Draw & fire 5 (or 2 standing + 3 kneeling)	5	10-12 s	Bottle
Various	Failure drills or precision on inner boxes/shapes	14	As assigned	Inner zones preferred
Overall Pass Standard: ≥80% of all rounds inside the GALEFI-Q bottle / outer chest box (90%+ = instructor level). Late shots past par time count as misses.				