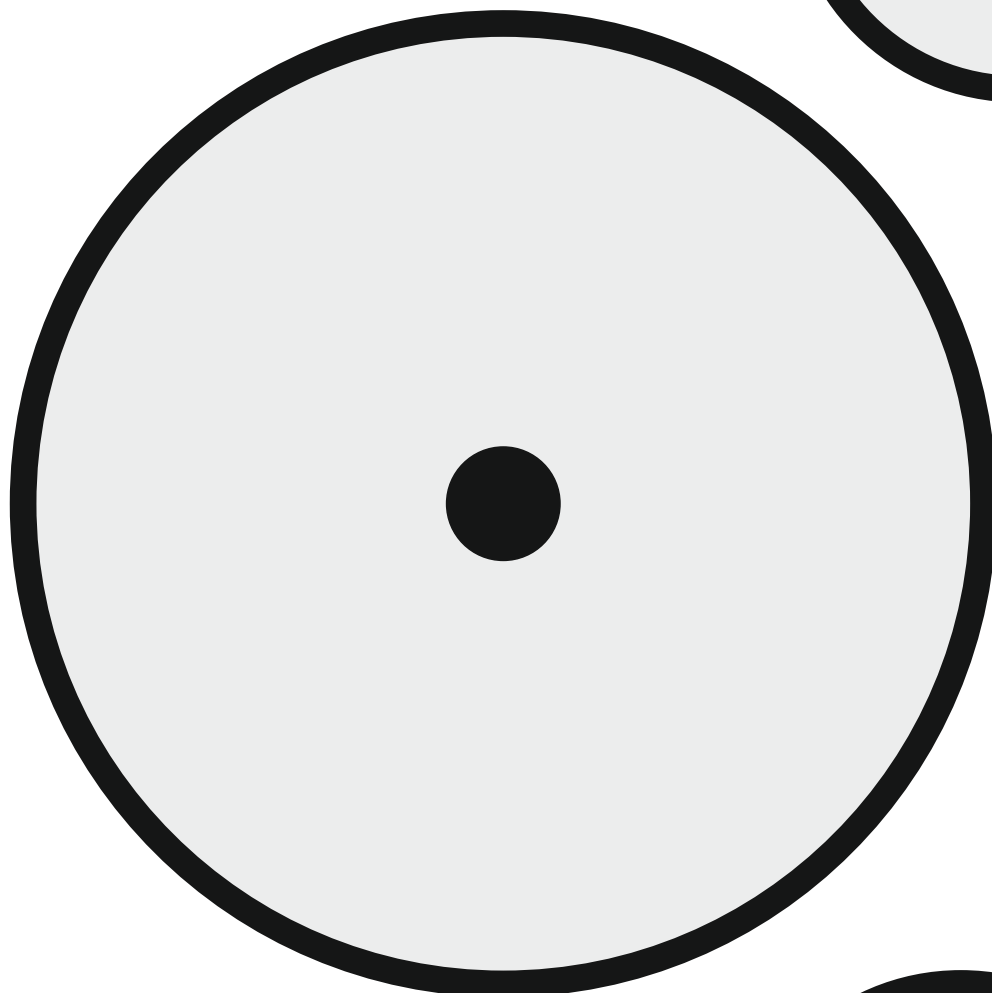




DIAMOND DEFENCE



Instructions:

- Set up the target at 5m
- Prepare 14 shots and a dummy. Load two magazines with 7 and 8 rounds
- Load the pistol with a magazine (ready to shot) and place the other magazine in the battle belt
- Gun in holster
- 1 shot big circle, 1 shot circle Nr. 1, holster the gun, 5 push-ups, 1 shot big circle, 2 shots circle Nr. 2, holster the gun, 5 push-ups, 1 shot big circle, 3 shots circle Nr. 3, holster the gun, 5 push-ups, 1 shot big circle, 4 shots to circle Nr. 4
- Clear and reload as necessary

Scoring:

- Each round in the correct circle = 1 Point

Level:

- <70s | >12 Points | Basic
- <60s | >12 Points | Advanced
- <50s | >12 Points | Professional

SHOOT & SWEAT 1.0

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