

THE COMPLETE COMBATANT'S 4 SCORED DRILLS

The following courses of fire challenge the armed citizen to perform the most common technical skills from a concealed draw. A well-designed interlocking curriculum provides a platform for building and evaluating core skills, efficiency, effectiveness, and mental fortitude.

I use martial art belt ranks as the basis for the patch system when shooting the CORE 4. I have taught and developed this curriculum for four decades, and I have a deep understanding of the developmental process of athletes.

The Bullseye course checks shot calling, dot tracking, and accuracy using an extended prep and press to work on hand stopping (95-5, 90-10, 80-20) vision cues (flash, floating, focused), and trigger speed (quickly, carefully, precisely).

The Trifecta is a simple test to measure the shooter's ability to adjust hand, trigger, and vision speed relative to the target size with maximum efficiency.

Mixed Six is a basic course of fire with par times to teach different hand position that armed citizen may need to employ.

The Core Four establishes a baseline for current level of skill in common shooting drills. It also provides a percentage rating for the belt test patch.

Bullseye Drill



Score Sheet for Day # _____

YOUR NAME: _____



Bullseye Score	<input type="text"/>
Trifecta Score	<input type="text"/>
Mixed 6 Score	<input type="text"/>
Core 4 Score	<input type="text"/>
Total Score	<input type="text"/>

DRILL #1 BULLSEYE | 300 points possible

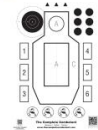
Total Possible	<input type="text" value="300"/>
Total Points Down	<input type="text"/>
Your Bullseye Score	<input type="text"/>

Scoring
 X & 10 ring minus 0 pts
 9 ring minus 1 pt
 8 ring minus 2 pts
 7 ring minus 3 pts
 outside 7 ring minus 10pts



DRILL #2 TRIFECTA | 100 points possible

Body	<input type="text"/>
Head	<input type="text"/>
3" Circle	<input type="text"/>
Time	<input type="text"/>
$\times 10 =$ <input type="text"/>	
<input type="text" value="125"/> - <input type="text"/>	<input type="text"/> %
Time	Trifecta %



Body	<input type="text" value="103"/>
Head	<input type="text" value="113"/>
3" Circle	<input type="text" value="114"/>
Time	<input type="text" value="367"/>
$\times 10 =$ <input type="text" value="367"/>	
<input type="text" value="125"/> - <input type="text" value="367"/>	<input type="text" value="883"/> %
Time	Trifecta %

DELIBERATE COACHING

BRIAN HILL

THE COMPLETE COMBATANT

Target: B-8 repair center

Distance: 5, 10, 15, 20, 25 yards

Untimed

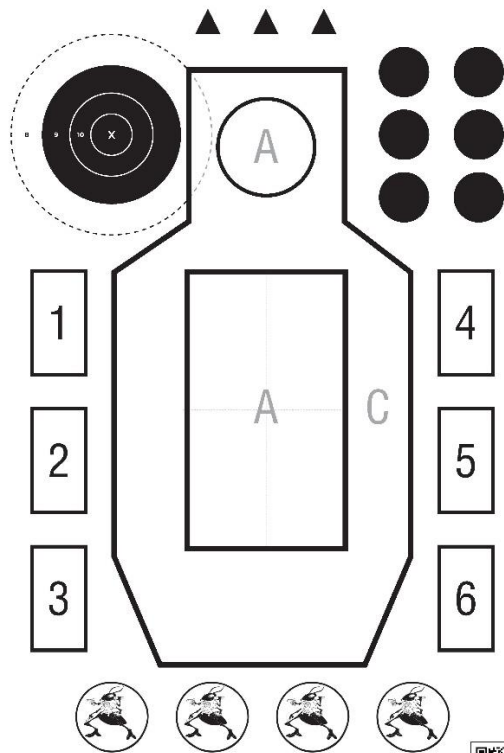
Directions: Extended prep and press. Fire 1, 2, then 3 shots from the press out with no time limits at each distance above.

Scoring: 10,9,8,7,0 points

Rounds: 30 rounds total.

Maximum possible score = 300 points. Goal 270 and above (90%)

The Trifecta Drill



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Score Sheet for Day # _____

YOUR NAME: _____



Bullseye Score	
Trifecta Score	
Mixed 6 Score	
Core 4 Score	+
Total Score	

DRILL #1 BULLSEYE | 300 points possible

Total Possible	3 0 0
Total Points Down	
Your Bullseye Score	

Scoring
X & 10 ring minus 0 pts
9 ring minus 1 pt
8 ring minus 2 pts
7 ring minus 3 pts
outside 7 ring minus 10pts



DRILL #2 TRIFECTA | 100 points possible

Body	
Head	
3" Circle	+
Time	× 1 0 =
1 2 5 -	= %
Time	Trifecta %



Body	1 0 1
Head	1 2 3
3" Circle	+ 1 4 1
Time	3 6 7 × 1 0 = 3 6 7
1 2 5 -	3 6 7 = 8 8 3 %
Time	Trifecta %

DELIBERATE COACHING

BRIAN HILL

THE COMPLETE COMBATANT

Target: The Complete Combatant target. Use inner body "A" (full rectangle acceptable). If more advanced, you can use the bullseye on shoulder (full 8 ring acceptable). head circle, one of the 2-inch black circles on shoulder)

Distance: 3 yards.

Timed

Directions: Draw and fire one shot on the timer individually to each of the targets mentioned above. Add the three times together for the score. Line breaks count. Three misses total are allowed (1 ea., 2/1 mix, or 3 on one target)

Rounds: 3 rounds total.

Measuring Performance on The Trifecta Drill:

Master: 3 seconds or less

"A" Body .8. Head 1.0. Black circle 1.2

Expert: 3.1 - 4 seconds

"A" Body 1.0. Head 1.25. Black circle 1.5

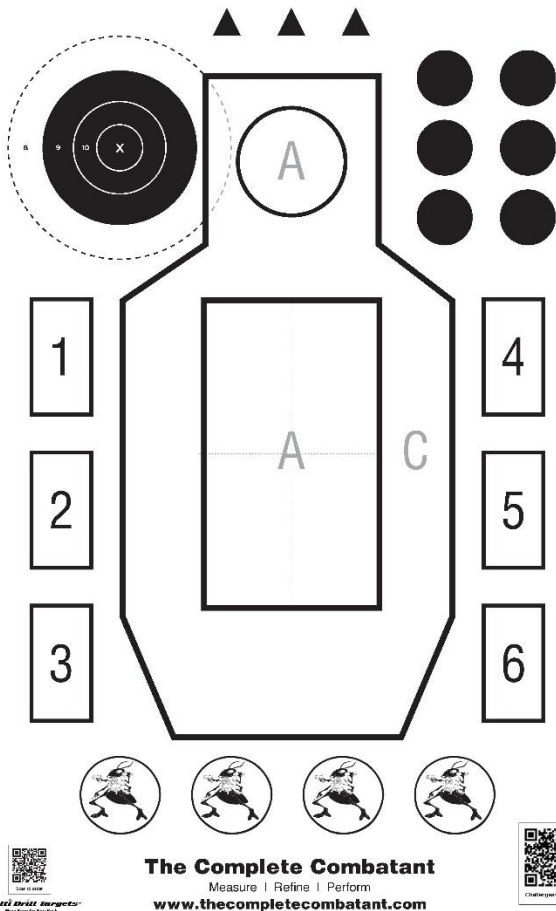
Advanced: 4.1 - 5 seconds

"A" Body 1.25. Head 1.50. Black circle 1.75

Intermediate: 5.1 - 6 seconds

"A" Body 1.50. Head 1.75. Black circle 2.00

Mixed Six



DRILL #3 MIXED 6 | 150 points possible

Total Possible	1 5 0	Stage	Par Time
Total Points Down	-	Draw & fire 2 to X ring	3.00
Your Mixed 6 Score		With dominant hand only, draw & fire 2 to X ring	5.00
		Draw & fire 2 to body & 1 to head	4.00
		Drop item in support hand, draw & fire 2 to X ring	3.00
		From low ready, issue verbal command, upon beep fire 2 to body	4.00
		Draw & fire 2, reload, fire 2	9.00

DRILL #4 CORE 4 | 75 points possible

Draw & fire 2 to body		Total points divided by total time multiplied by 11 equals your score as a percentage.			
Draw & fire 6 to body					
Draw & fire 2 to body 1 to head					
Draw & fire 2 to body, reload, 2 to body	+				
Add 1 second if not shooting from concealment or duty/retention holster	+ 1 0 0				
	Time				
	Total Time				
Points	÷	Total Time	× 1 1 =	%	Your Core 4 Score

DELIBERATE COACHING BRIAN HILL THE COMPLETE COMBATANT

Target: The Complete Combatant target. Bullseye/B8 on shoulder

Distance: 7 yards

Par time.

Directions: All shots to the B-8 except for 1 head shot

Needs: 15 rounds. 2 magazines, or 3, if single stack. Simulated phone/ammo tray.

1- Hands up (fence/frames) draw and fire 2 in 3 seconds

2-Primary hand only draw and fire 2 in 5 seconds

3- Support hand on the phone by the ear, draw and fire 2 in 3 seconds

4- Failure to neutralize. Draw and fire 2 to the body and 1 to the ocular cavity in 4 seconds.

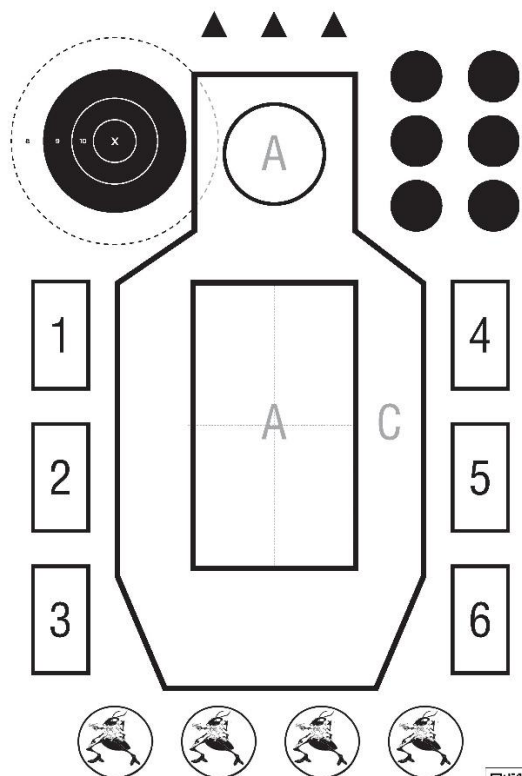
5- Low ready, issue verbal command, on the start signal fire 2 in 3 seconds

6- Start with 2 rounds in the gun. Draw and fire 2, reload fire 2 more in 9 seconds.

Maximum score=150. Goal: 90% and above (135)

B-8 scoring: 10,9,8,7,0 points. Head shot: 10 points in the ocular box, 9 if in the head.

Core Four



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DRILL #3 MIXED 6 | 150 points possible

Total Possible	150	Stage	Per Time
Total Points Down		Draw & fire 2 to X ring	3.00
Your Mixed 6 Score		With dominant hand only, draw & fire 2 to X ring	5.00
		Draw & fire 2 to body & 1 to head	4.00
		Drop item in support hand, draw & fire 2 to X ring	3.00
		From low ready, issue verbal command, upon beep fire 2 to body	4.00
		Draw & fire 2, reload, fire 2	9.00

DRILL #4 CORE 4 | 75 points possible

Draw & fire 2 to body		Total points divided by total time multiplied by 11 equals your score as a percentage.
Draw & fire 6 to body		
Draw & fire 2 to body 1 to head		
Draw & fire 2 to body, reload, 2 to body		
Add 1 second if not shooting from concealment or duty retention holster	Time	
	+ 1 0 0	
	Total Time	
	Points ÷ Total Time × 11 =	Your Core 4 Score %

DELIBERATE COACHING

BRIAN HILL

THE COMPLETE COMBATANT

Target: The Complete Combatant target. IDPA or USPSA target will also work.

Distance: 7 yards

Hit Factor (points/seconds x multiplier)

Directions:

Needs: 15 rounds, 2 magazines

1-Hands Up (fence/frames). Draw and fire 2 rounds to the body (Goal: 1.25 and under)

2-Bill Drill. Draw and fire 6 rounds to the body. (Goal: 2.00 and under)

3-Failure to Neutralize. Draw and fire 2 to the body & 1 to the head. Goal: 1.5 and under)

4-Draw and fire 2 to the body perform a speed reload and fire 2 to the body (Goal: 3.25 seconds)

Scoring:

Shooters Qualify for:

Black Ant Rank 90% and ABOVE

Brown Ant Rank 80% - 89.99%

Purple Ant Rank 70% - 79.99%

Blue Ant Rank 60% - 69.99%