

Date:

Score: /

Instructions for shooting the SEAL team pistol Standards.

1. All serials are shot from the holster.
2. Distance: as per requirements in each segment.
3. Target: A4 as a body target, A4 folded two times as a head target
4. Scoring zones: A4
5. Total score possible: 26 points
6. Passing score: 24 points

Scoring the target

- Each round in scoring zone = 1 point
- Each round outside scoring zone = 0 points
- Rounds fired after time limit = Fail

Drill	Time	Distance
- 1 round to head	1.50 sec	3 m
- 2 rounds to body	1.50 sec	3 m
- 1 round, reload, 2 rounds to body	5.50 sec	7 m
- 2 rounds to body, 1 round to head	3.00 sec	7 m
- 6 rounds strong hand, reload, 6 rounds weak hand (body)	12.00 sec	7 m
- 1 round to body, reload, 2 rounds to body	7.50 sec	25 m
- Double feed, clear, 2 rounds to body	4.50 sec	7 m