

CODE 7 TACTICAL DRILLS & EXERCISES

(For Live Fire or Dry Fire – Adapt as Needed)



These drills are designed for use with the included Code 7 Tactical targets. The suggested drills are intended as a starting point only. Use them as written or adapt them for your skill level, distance, and environment. The final pages in this packet are intended for dry fire practice.

DOT TORTURE:

- Baseline run for accuracy.
- Timed version for pressure.
- Strong-hand only / support-hand only variations.

6" CIRCLE WITH 2" CIRCLES:

- Alternate shots between large and small circles.
- Throttle control: Work on cadence as you move to the smaller circles.
- Failure drill: large circle body shot, small circle head shot.

USPSA A-ZONE:

- Bill Drill (6 shots, speed with accuracy).
- Transitions between two A-zones.
- Movement into position, engage A-zone.

THREE INCH CIRCLES:

- Precision at 10–15 yards.
- Engage multiple circles in sequence.
- Work on target transitions.

ZEROING TARGET

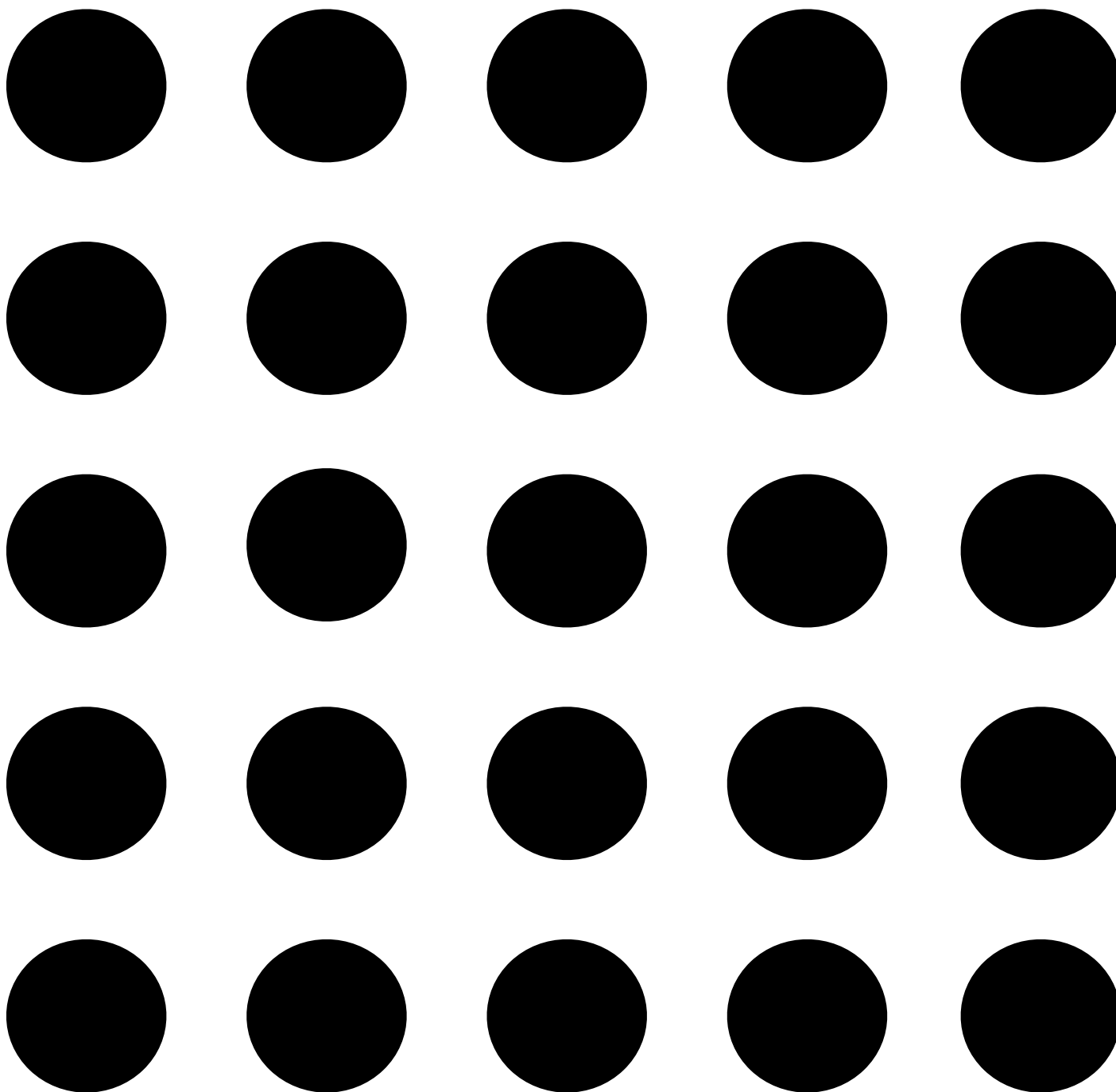
DRY FIRE TARGETS:

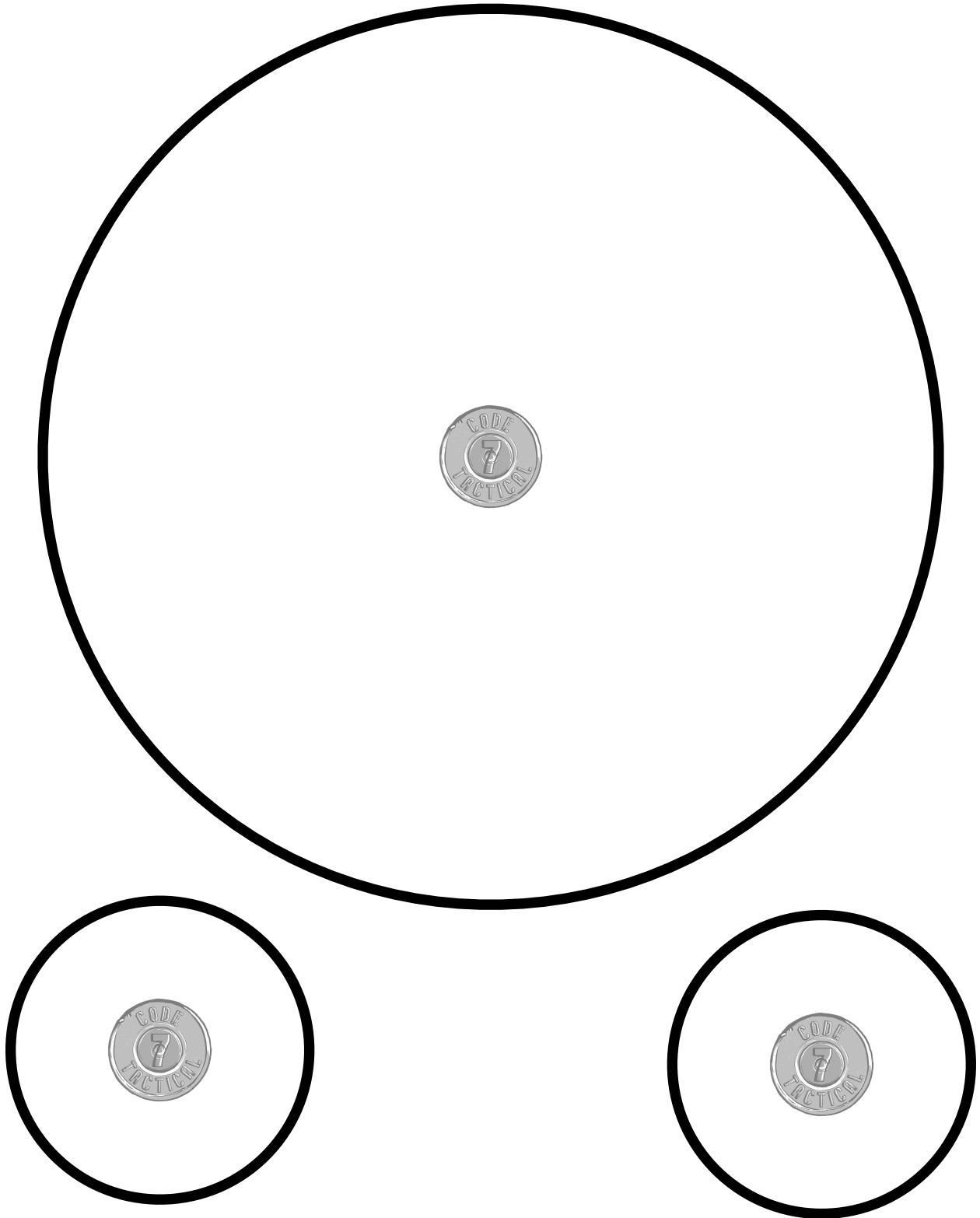
- These targets are 1/3 scale
- Use them to simulate different stages
- Work on focusing on on a small portion of the target. Drive your eyes then your gun.



DOT TORTURE

For training and additional resources visit [www. code7tactical.com](http://www.code7tactical.com)



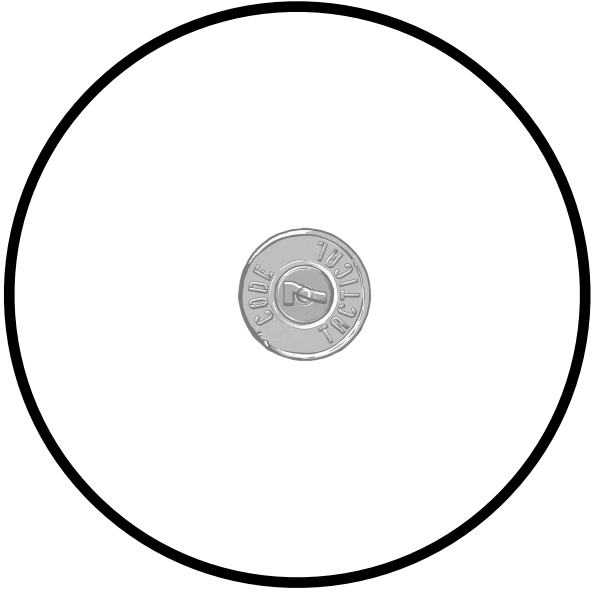
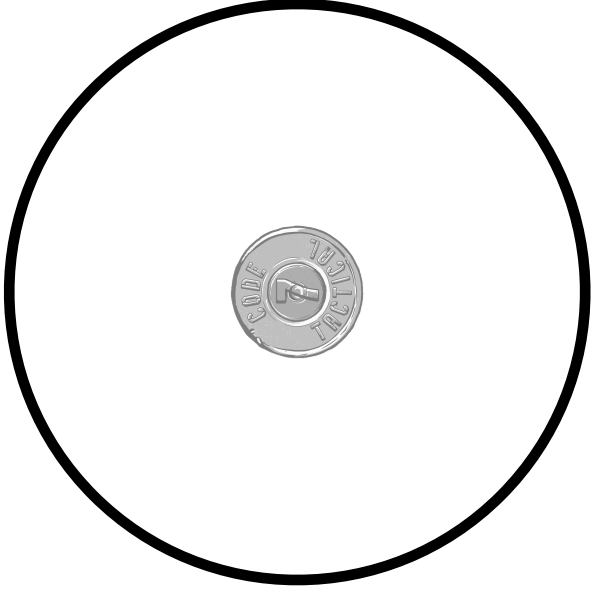
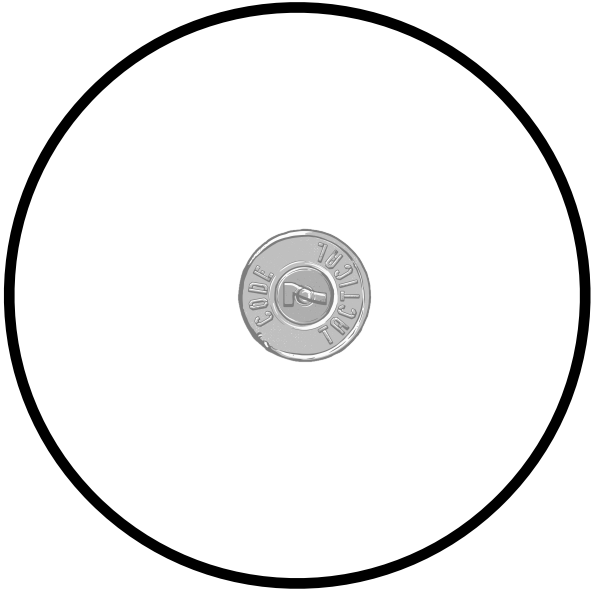


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USPSA A ZONE
(11.02" X 5.91")

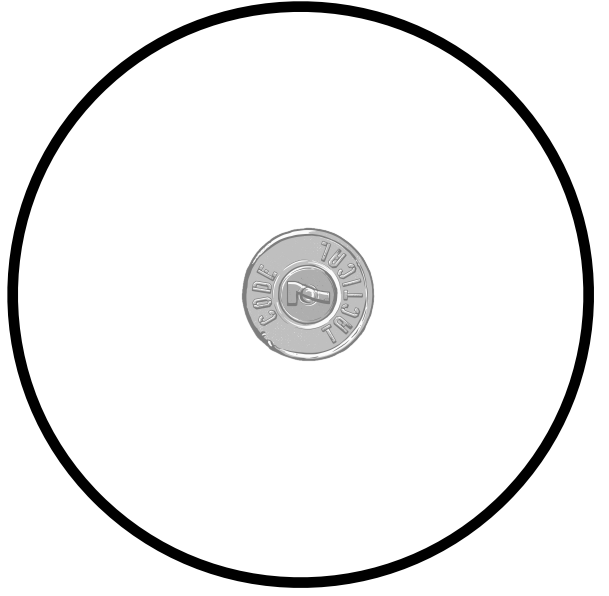
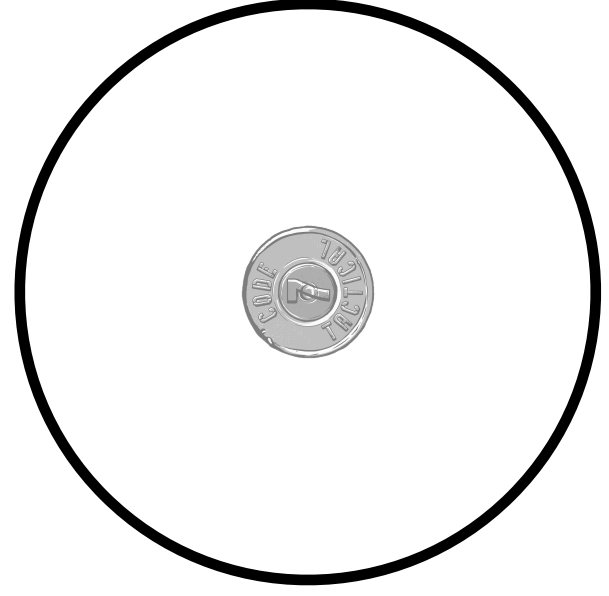
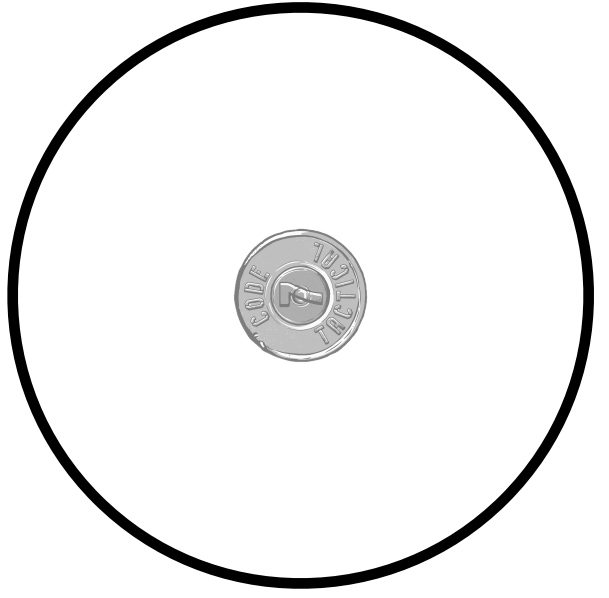


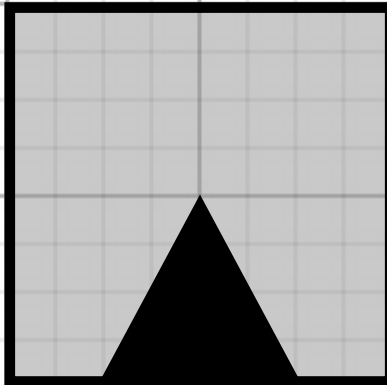
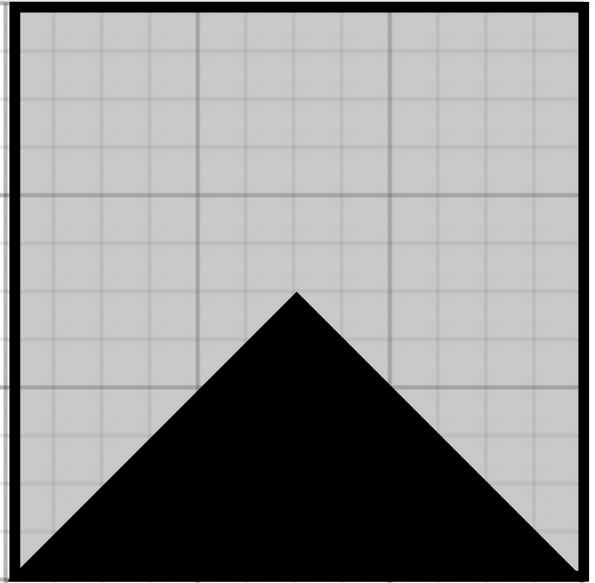
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Three Inch Circles

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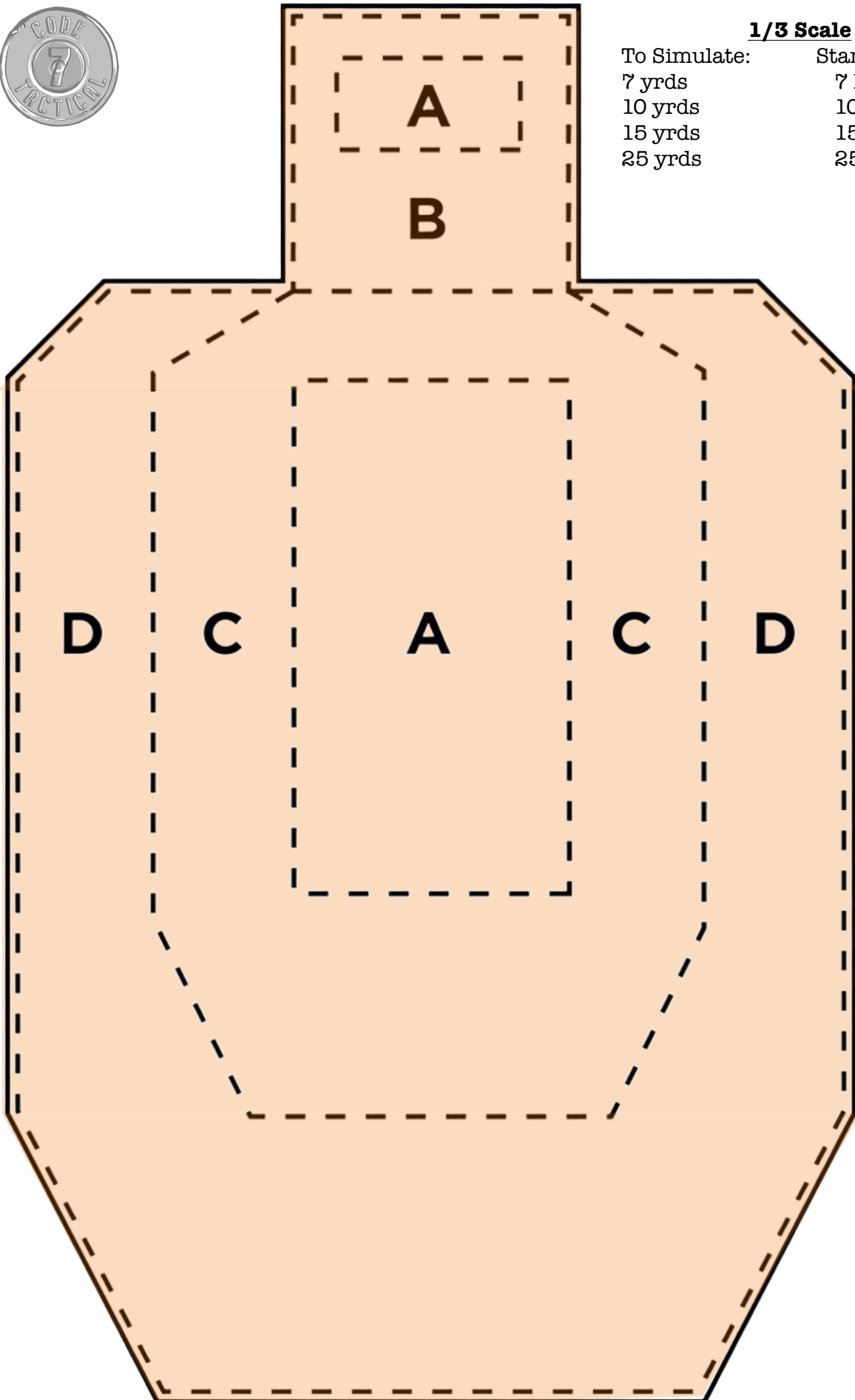


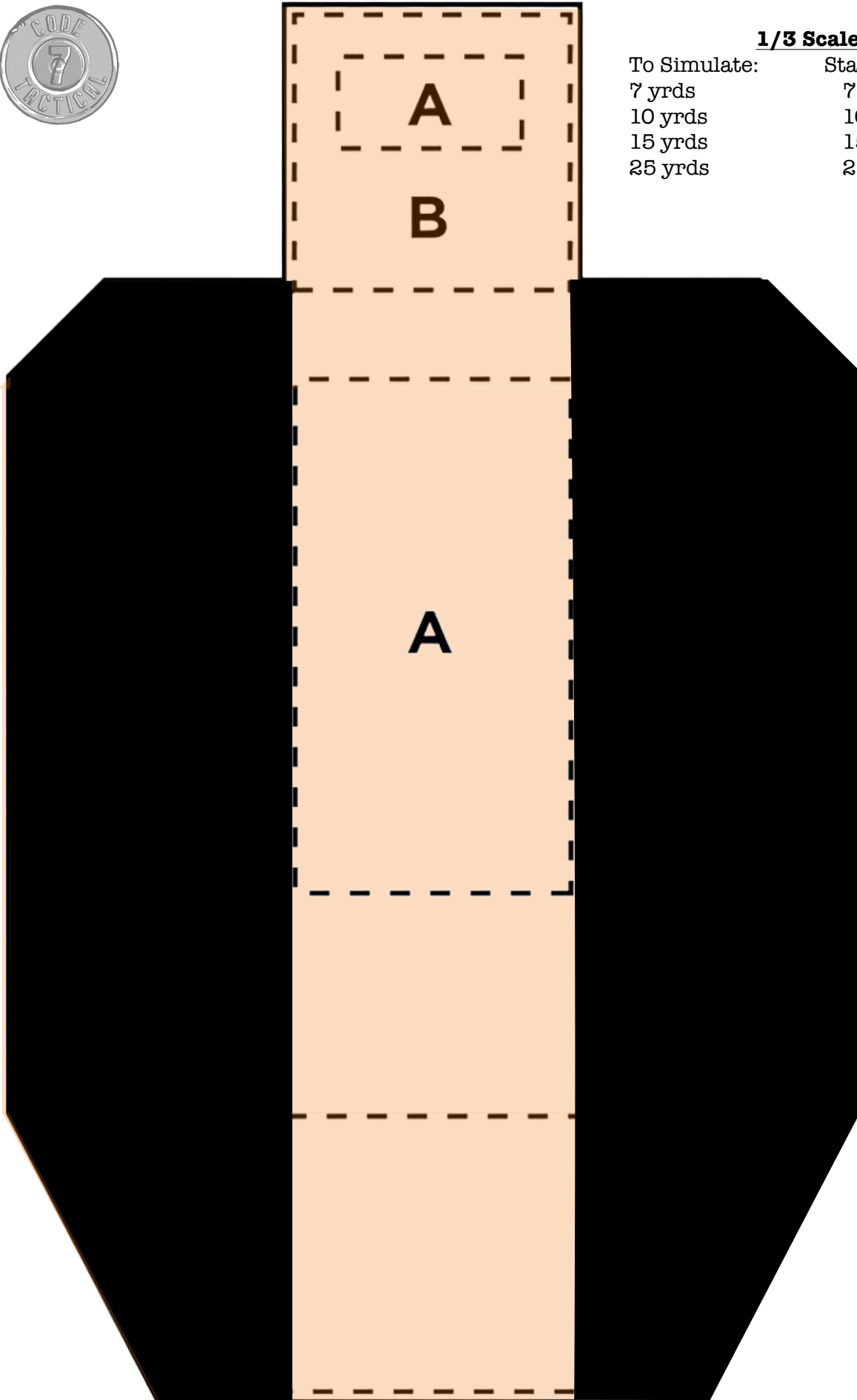
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1/3 Scale

To Simulate:	Stand:
7 yds	7 Ft
10 yds	10ft
15 yds	15 ft
25 yds	25 ft

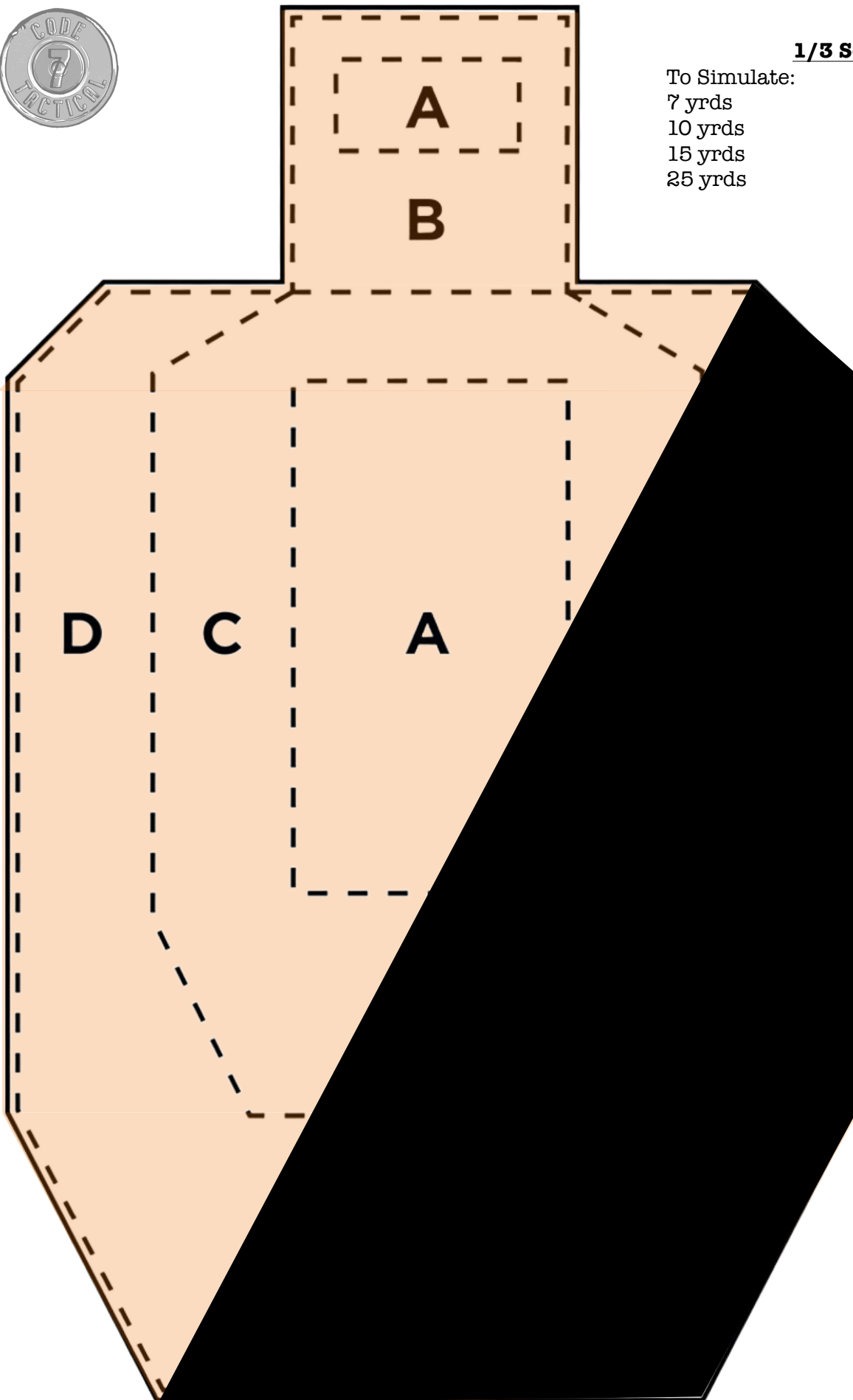






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