

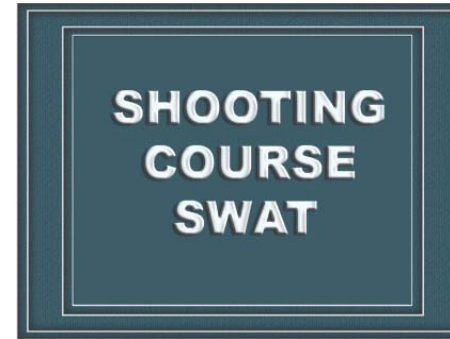
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## Collection of exercises "Shooting Course: SWAT"

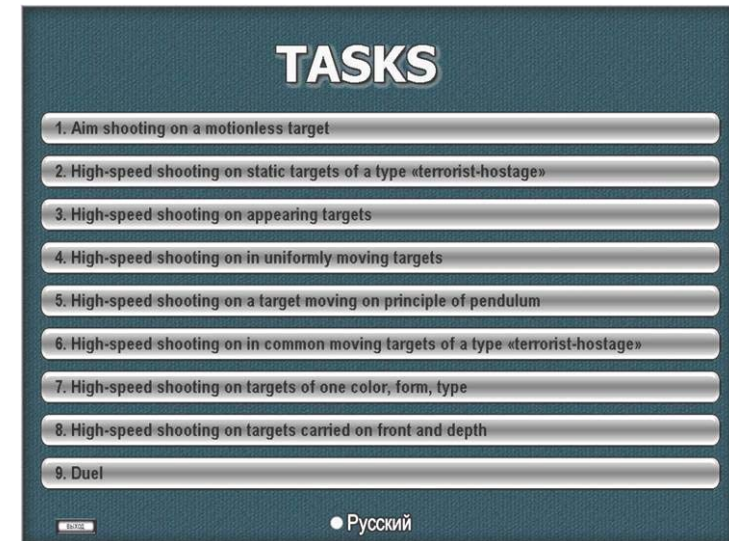
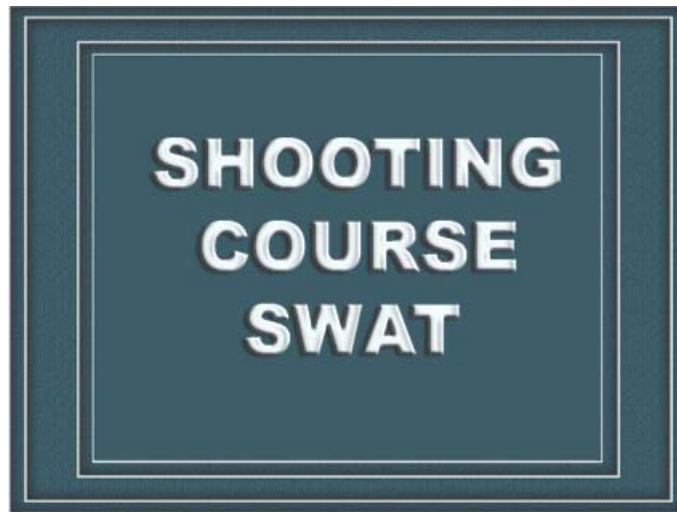
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This program is designed for the interactive shooting gallery "RUBY" and includes nine training exercises for developing skills in quick pinpoint and intuitive shooting. Exercises are conducted without cartridges. Weapon used during exercises are "RUBY" laser simulators (laser Makarov pistol).

The simulators are available in two variants: LT-110PM with visible red laser beam, and LT-110PM (invisible) with invisible infrared beam.



As it was fairly noticed by Vitalij Kryutchin in his monograph "Live Practice" /1/: "Dry fire allows you to develop good shooting fundamentals: grip, position, aim, pulling the trigger, first shot, retargeting, magazine changing, shooting on the move, prone shooting, shooting by strong (dominant) and weak hand... ..Prior to shooting with live ammunition, one should by all means practice in dry fire. Shooter needs to master all movements and positions and practice them in perfection. Once you are done with this, all is left is to actually make a shot."

Training course “SWAT” allows you to develop basic shooting skills.

**Exercise 1. Pinpoint firing at fixed targets.**

This exercise is for practicing body positioning, handling, fast aiming, quick pinpoint shooting, retargeting, precise aiming and smooth pulling the trigger.

**Exercise 2. Quick firing at static targets “friend-or-foe”.**

This exercise is for practicing quick pinpoint and intuitive shooting along with retargeting, as well as for improving memory and attention skills. The exercise also develops the skills of controlling the sight and target layout by using peripheral vision and gives motion coordination, muscle memory, and intuition.

**Exercise 3. Quick firing at pop-up targets.**

This exercise is for practicing quick pinpoint and intuitive shooting along with retargeting, as well as for improving memory and attention skills. The exercise also develops the skills of aiming by using peripheral vision and gives motion coordination, muscle memory, and intuition.

**Exercise 4. Quick firing at uniformly moving targets.**

This exercise is for practicing quick pinpoint shooting at moving targets, as well as for improving memory and attention skills.

**Exercise 5. Quick firing at pendulum targets.**

This exercise is for practicing quick pinpoint and intuitive shooting at “Pendulum” target. While moving, the target swings in a pendulous manner and at the same time transforms from one type of target to another.

**Exercise 6. Quick firing at simultaneously moving targets: “terrorist-hostage”.**

This exercise is for practicing quick pinpoint shooting at irregularly moving “terrorist-hostage” targets, as well as for developing attention skills and intuition.

**Exercise 7. Quick firing at same color/shape/type targets.**

This exercise is for practicing quick pinpoint and intuitive shooting along with retargeting, as well as for improving memory and attention skills.

**Exercise 8. Quick firing at targets spaced laterally and in depth.**

This exercise is for practicing aiming technique, aiming speed interchanging, retargeting and firing of a shot, motion coordination, muscle memory, attention and intuition.

**Exercise 9. Duel.**

This exercise is for practicing pulling the pistol and making first shot, aiming by using peripheral vision.

The program offers a wide range of parameters, allowing instructors to simplify or complicate the exercises depending on trainees’ qualification and purpose of a particular training session.



The available parameters are: target type, target color, target visibility; firing distance; number of targets and the distance between them; number of shots per target; speed of target motion; exercise time; background on which the targets appear; sounds; number of shooters performing the exercise.

Scores are given depending on the target type and impact area. The total score is the sum of all targets scores. After an exercise is completed, the detailed results of each shooter are displayed on the screen:

- Number of scores;
- Time spent to perform the exercise;
- Hit factor (total score/exercise time);
- On-target shots number
- Number of zero hits.



After each shooter completes the exercise, a final table with the results is displayed on the screen (you can print it if necessary). The picture below shows an example of such table generated for ten shooters.

	score	task time, s	hit factor
SHOOTER 1	300	10.1	29.7
SHOOTER 2	300	14.4	20.83
SHOOTER 3	300	12.6	23.81
SHOOTER 4	300	13	23.08
SHOOTER 5	300	13.2	22.73
SHOOTER 6	300	10.8	27.78
SHOOTER 7	300	12.6	23.81
SHOOTER 8	290	15.5	18.71
SHOOTER 9	280	13	21.54
SHOOTER 10	300	13.5	22.22

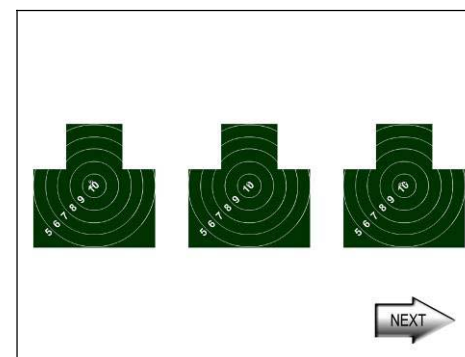
## EXERCISE 1. Pinpoint firing at fixed target.



This exercise is for practicing body positioning, handling, fast aiming, quick pinpoint shooting, retargeting, precise aiming and smooth pulling the trigger.

The program offers 14 parameters. Depending on parameters values, an exercise can be used for developing different skills: aiming with two hands, aligning the gun with the target and firing a precise shot, reducing time spent on making a shot, retargeting, step shooting, etc.

- Number of shooters 1 - 20
- Target type One of 30 available types (half-silhouette, sporting, etc, see Appendix 1)
- Target color one of 5 colors
- Target visibility, % 10 - 100, step 10
- Shooting distance, m 5 - 50, step 5
- Number of targets 1 - 4, step 1
- Exercise time, s 1 - 60, step 1, or unlimited
- Number of shots per target 1 - 20, step 1, or unlimited
- Show bullet-holes on/off (bullet-hole sizes available: 1, 2, or 3)
- Shot sound on/off
- Background one of 30 available backgrounds
- Timer signal on/off
- Background sound one of 10 sounds, or off
- Target appearance mode one of four: static, raising, turnover, pop-up



## Default values of the parameters:

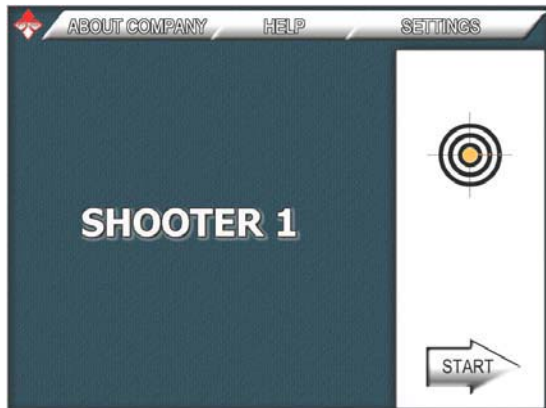
- Number of shooters 1
- Target type 6 (№ 4 half-silhouette target with circles, green)
- Target color standard
- Target visibility, % 100
- Shooting distance, m 15
- Number of targets 3
- Exercise time, s unlimited
- Number of shots per target 10
- Show bullet-holes on (1)
- Shot sound on
- Background 1 (black)
- Timer signal off
- Background sound off
- Target appearance mode raising

## EXERCISE 2. Quick firing at static targets “friend-or-foe”.



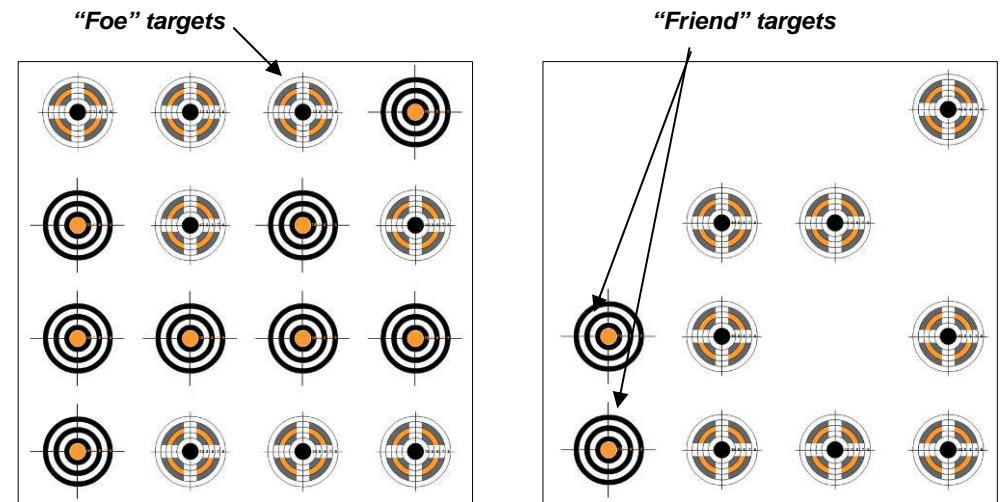
The exercise is for practicing quick pinpoint and intuitive shooting along with retargeting, as well as for improving memory and attention skills. The exercise also develops the skills of controlling the sight and the target layout by using peripheral vision and gives motion coordination, muscle memory, and intuition.

The lay-out of training targets is a 4x4 matrix of static targets. Matrix geometry always remains the same, while it is possible to decrease/increase the size of each target within the matrix cell.



Each target can be a "friend" (allowed to be hit) and a "foe" (a "false" target, not allowed to be hit). The number of targets "friend-or-foe" is set in the program settings. The layout of the targets is random.

Before the exercise starts, a "friend" target is exposed.



The target layout at the beginning of the exercise

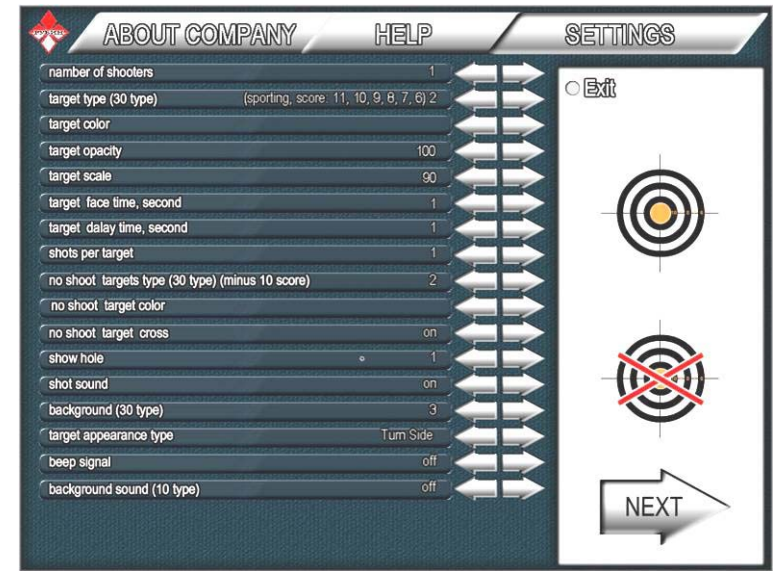
There are two targets left to be hit

## The program offers 17 parameters for this exercise:

- Number of shooters 1 - 20, step 1
- Target type one of 30 available types (see Appendix 1)
- Target color one of 5 available colors
- Target visibility, % 10 - 100, step 10
- Target scale, m 20 - 90, step 10
- Number of "friendly" targets 1 - 16, step 1
- Number of target exposures 1 - 10, step 1
- Number of shots per target 1 - 8, step 1
- Type of "false" target one of 30 available types (see Appendix 1)
- Color of "false" target one of 5 available colors
- Strikethrough "false" target on/off
- Show bullet-holes on/off (bullet-hole sizes available: 1, 2, or 3)
- Shot sound on/off
- Background one of 30 backgrounds
- Target disappearance mode one of four 4 (static, raising, turnover, pop-up)
- Timer signal on/off
- Background sound one of 10 sounds (or off)

**Default values of the parameters:**

- Number of shooters 1
- Target type 2 (sporting target)
- Target color standard
- Target visibility, % 100
- Target scale, % 90
- Number of targets 8
- Number of target exposures 2
- Number of shots per target 1
- Type of "false" target 3 (sporting target)
- Color of "false" target standard
- Strikethrough "false" target off
- Show bullet-holes on (1)
- Shot sound on
- Background black
- Target disappearance mode turnover
- Timer signal off
- Background sound off



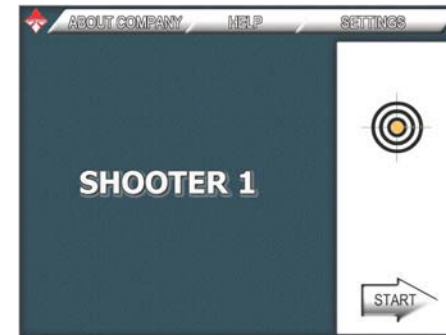
**EXERCISE 3. Quick firing at pop-up targets**



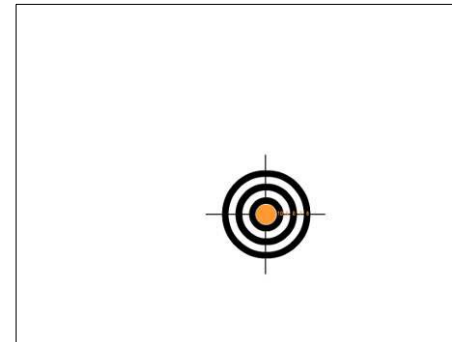
This exercise is for practicing quick pinpoint and intuitive shooting along with retargeting, as well as for improving memory and attention skills. The exercise also develops the skills of aiming by using peripheral vision and gives motion coordination, muscle memory, and intuition.

The targets appear at predefined intervals and disappear after being hit or upon elapse of the exposure time. The layout of the targets is random. It is possible to expose several targets simultaneously; if the target's exposure time is far greater than the time interval at which the next target is exposed. For example: the target's exposure time is 3 seconds, and the next target appears in 0.5 seconds.

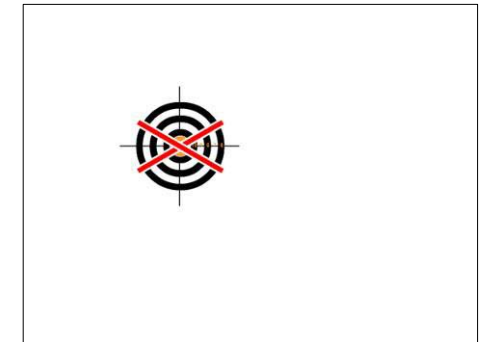
You can complicate the exercise, by enabling "false" target appearing.



Before the exercise starts, a "friend" target is exposed.



The "friend" target is displayed on the screen



If the probability of false target appearance is set to 50%, then every other exposed target will be a "false" one.

**The program offers 19 parameters for this exercise:**

- Number of shooters 1 - 20
- Target type one of 30 available types (see Appendix 1)
- Target color one of 5 available colors
- Target visibility, % 10 - 100, step 10
- Target scale 30 - 150, step 10
- Target exposure time, s 0.3 - 5.0, step 0.1
- Time between target exposures (delay), s 0.3 - 5.0, step 0.1
- Number of shots per target 1, 2 or 3
- Number of target exposures 10 - 100, step 5
- Probability of false target appearance, % 0 - 90, step 10
- Type of "false" target one of 30 available types
- Color of "false" target one of 5 available colors
- Strikethrough "false" target on/off
- Show bullet-holes on/off (bullet-hole sizes available: 1, 2, or 3)
- Shot sound on/off
- Background one of 30 available backgrounds
- Target appearance mode one of 4 (static, raising, pop-up, turnover)
- Timer signal on/off
- Background sound one of 10 sounds, or off

**Default values of the parameters:**

- Number of shooters 1
- Target type 2 (sporting target)
- Target color standard
- Target visibility 100
- Target scale 100
- Target exposure time, s 1
- Time between target exposures, s 1
- Number of shots per target 1
- Number of target exposures 20
- Probability of false target appearance, % 50
- Type of "false" target 1 (sporting target)
- Color of "false" target standard
- Strikethrough "false" target on
- Show bullet-holes on (1)
- Shot sound on
- Background black
- Target appearance mode static
- Timer signal on
- Background sound off

**EXERCISE 4. Quick firing at uniformly moving targets.**



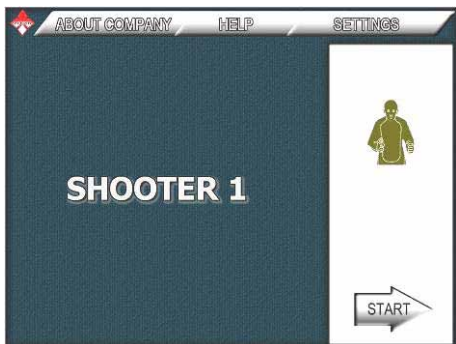
This exercise is for practicing quick pinpoint shooting at moving targets, as well as for improving memory and attention skills.

Depending on its speed and moving direction, the target moves horizontally (X-axis), vertically (Y-axis), and in depth (Z-axis). The speed for each direction (Vx, Vy, Vz ) is configured in the program settings.

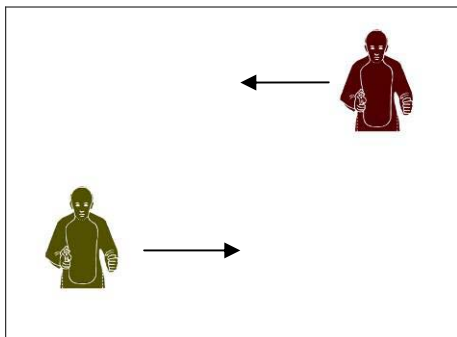
The target appears from the left/right or top/bottom side of the screen – depending on the values of Vx and Vy parameters. The target disappears upon reaching the opposite side of the screen. After that another target appears, moving at the same speed as the previous one. The exercise finishes when the time limit is reached or when all shots are used.

You can complicate the exercise, by enabling "false" target appearing.





Before the exercise starts, a "friend" target is exposed.



If the appearance of "false" target is enabled in the program settings, then two targets are displayed on the screen simultaneously: "friend" and "false". The start position and the motion direction of the targets are random. On the picture above, "false" and "friend" targets move toward each other at equal speed.

#### Default values of the parameters:

- Number of shooters 1
- Target type 7 (sporting target)
- Target color standard
- Target visibility, % 100
- Target scale, m 80
- target's horizontal speed 4
- target's vertical speed 0
- target's in-depth speed 0
- exercise time 60
- Number of shots per target 20
- «False» target on
- Type of "false" target (target description) 7 (sporting target)
- Color of "false" target red
- Strikethrough "false" target off
- Show bullet-holes on (1)
- Shot sound on
- Background black
- Timer signal off
- Background sound off

#### The program offers 19 parameters for this exercise:

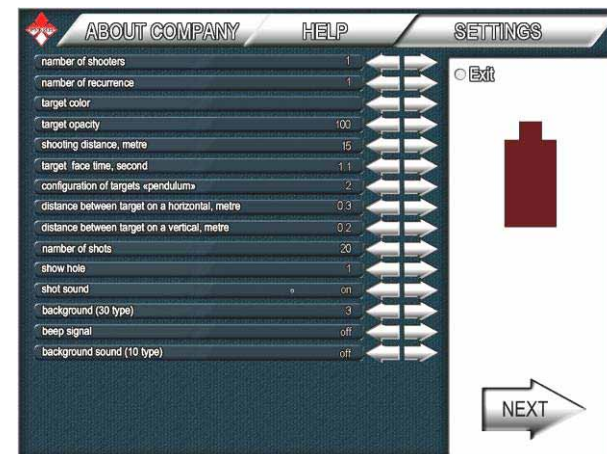
- Number of shooters 1 - 20, step 1
- Target type one of 30 available types (see Appendix 1)
- Target color one of 5 available colors
- Target visibility, % 10 - 100, step 10
- Target scale, m 20 - 150, step 10
- target's horizontal speed 0 - 20, step 1
- target's vertical speed 0 - 20, step 1
- target's in-depth speed 1 - 10, step 1
- exercise time, s 5 - 60, step 5
- Number of shots per target 5 - 60, step 5
- «False» target on/off
- Type of "false" target (target description) one of 30 available types (see Appendix 1)
- Color of "false" target one of 5 available colors
- Strikethrough "false" target on/off
- Show bullet-holes on/off (bullet-hole sizes available: 1, 2, or 3)
- Shot sound on/off
- Background one of 30 backgrounds
- Timer signal on/off
- Background sound one of 10 sounds, or off

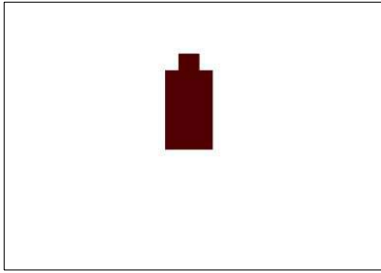
#### EXERCISE 5. Quick firing at pendulum targets.



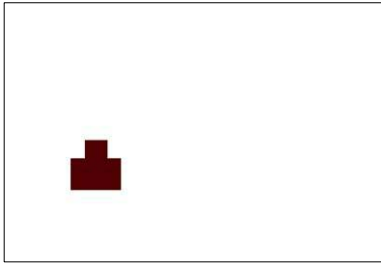
This exercise is for practicing quick pinpoint and intuitive shooting at "Pendulum" target. While moving, the target swings in a pendulous manner and at the same time transforms from one type of target to another.

On the program settings menu, you can select one of six available configurations for the "Pendulum" target; define the horizontal and vertical distance between the targets, and configure other parameters.

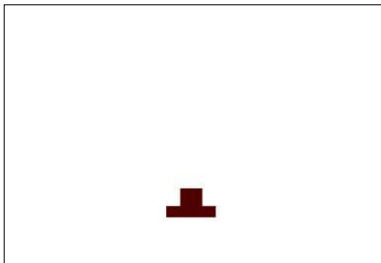




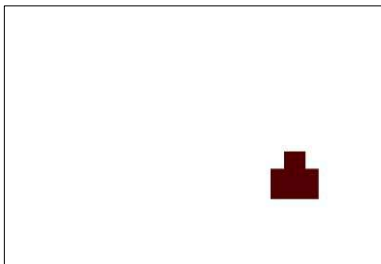
For configuration №2 the exercise procedure is as follows:  
First, a waist-figure target appears on the screen. In a predefined period of time T, the target shifts to the left and downwards and transforms into half-silhouette target.



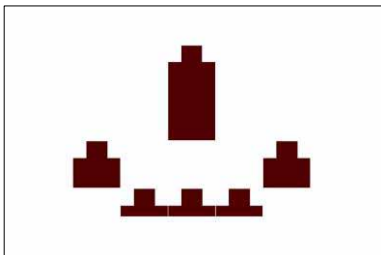
Then, in time period T, the target shifts to the right and downwards and transforms into head-silhouette target.



After that the head-silhouette target gradually shifts two spaces right.



Finally, the head-silhouette shifts to the right and upwards and transforms in a half-silhouette target. In time period T the target resumes moving and transforming - in reverse order.



On the picture, you can see the layout of the "Pendulum" target for configuration №2.

**The program offers 15 parameters for this exercise:**

- Number of shooters 1 - 20, step 1
- Number of repetitions 1 - 10, step 1
- Target color one of 5 available colors
- Target visibility, % 10 - 100, step 10
- Shooting distance, m 5 - 30, step 1
- Target exposure time, s 0.3 - 3.0, step 0.1
- Configuration of the "Pendulum" target 1 - 6, or random
- Horizontal distance between the targets 0.0 - 1.0, step 0.1
- Vertical distance between the targets 0.0 - 1.0, step 0.1
- Number of shots 1 - 60, step 1
- Show bullet-holes on/off (bullet-hole sizes available: 1, 2, or 3)
- Shot sound On/off
- Background one of 30 backgrounds
- Timer signal On/off
- Background sound one of 10 sounds, or off

**Default values of the parameters:**

- Number of shooters 1
- Number of repetitions 1
- Target color red
- Target visibility, % 100
- Shooting distance, m 15
- Target exposure time, s 1,0
- Configuration of the "Pendulum" target 1
- Horizontal distance between the targets, m 0
- Vertical distance between the targets 0
- Random layout of the targets on
- Number of shots 10
- Show bullet-holes On (1)
- Shot sound On
- Background black
- Timer signal Off
- Background sound Off

**EXERCISE 6. Quick firing at simultaneously moving targets: "terrorist-hostage".**



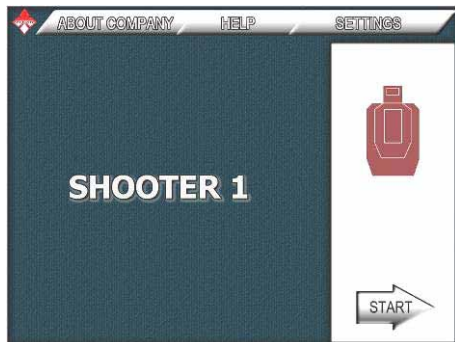
This exercise is for practicing quick pinpoint shooting at irregularly moving "terrorist-hostage" targets, as well as for developing attention skills and intuition.



Besides the standard parameters, this exercise allows you to configure the following settings:

- The speed of the "terrorist" and "hostage" targets;
- Reaction time of the "hostage" target against the "terrorist" target;
- Temperament of the "terrorist" target (phlegmatic, sanguine, choleric).

Target's temperament defines its motion and "freeze" time:  
 Phlegmatic - (motion time - 0,2-1,0 s; "freeze" time - 0,5-3,0 s)  
 Sanguine - (motion time - 0,1-0,7 s; "freeze" time - 0,3-1,5 s)  
 Choleric - (motion time - 0,1-0,5 s; "freeze" time - 0,2-1,0 s)



Before the exercise starts, the "terrorist" target is exposed.



The "hostage" target obscures the "terrorist" target. The "terrorist" target moves irregularly and right-left on the screen. The "hostage" target follows the "terrorist" target with a little delay. During the first motion interval, the "terrorist" target disengages from the "hostage" target and becomes allowed to be shot at. During the next motion interval, the "hostage" target follows the "terrorist" target and obscures it. The task of the trainee is to quickly and precisely hit the "terrorist" target at the moment when it is not obscured with the "hostage" target and not to hurt the "hostage" target.

The program offers 18 parameters for this exercise:

- |                                         |                                                  |
|-----------------------------------------|--------------------------------------------------|
| • Number of shooters                    | 1 - 20                                           |
| • Target type                           | one of 30 available types (see Appendix 1)       |
| • Target scale                          | 30 - 150, step 10                                |
| • Target visibility, %                  | 10 - 100, step 10                                |
| • Color of the "terrorist" target       | one of 5 available colors                        |
| • Speed of the "terrorist" target       | 1 - 20, step 1                                   |
| • Temperament of the "terrorist" target | phlegmatic, sanguine, choleric.                  |
| • Target "hostage"                      | on/off                                           |
| • Color of the "hostage" target         | one of 5 available colors                        |
| • Speed of the "hostage" target         | от 1 до 20, step 1                               |
| • Reaction time of the "hostage" target | 0 - 1.0 , step 0.1                               |
| • Exercise time                         | 1 - 60, step 1                                   |
| • Number of shots per target            | 1 - 60, step 1                                   |
| • Show bullet-holes                     | on/off (bullet-hole sizes available: 1, 2, or 3) |
| • Shot sound                            | on/off                                           |
| • Background                            | one of 30 available backgrounds                  |
| • Timer signal                          | on/off                                           |
| • Background sound                      | one of 10 available sounds, or off               |

Default values of the parameters:

- |                                            |                                         |
|--------------------------------------------|-----------------------------------------|
| • Number of shooters                       | 1                                       |
| • Type of the "terrorist" target           | 7 (half-silhouette with circles, green) |
| • Target scale                             | 100                                     |
| • Target visibility, %                     | 100                                     |
| • Color of the "terrorist" target          | brown                                   |
| • Speed of the "terrorist" target          | 10                                      |
| • Temperament of the "terrorist" target    | phlegmatic                              |
| • Target "hostage"                         | on                                      |
| • Color of the "hostage" target            | green                                   |
| • Speed of the "hostage" target            | 5                                       |
| • Reaction time of the "hostage" target, s | 0,3                                     |
| • Exercise time, s                         | 30                                      |
| • Number of shots per target               | 10                                      |
| • Show bullet-holes                        | on(1)                                   |
| • Shot sound                               | on                                      |
| • Background                               | black                                   |
| • Timer signal                             | off                                     |
| • Background sound                         | off                                     |

## EXERCISE 7. Quick firing at same color/shape/type targets.



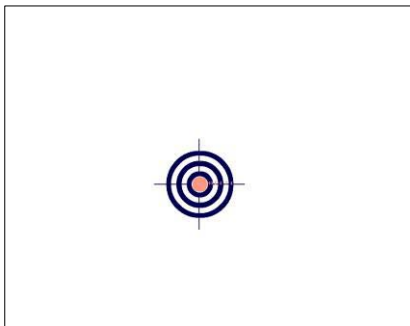
This exercise is for practicing quick pinpoint and intuitive shooting along with retargeting, as well as for improving memory and attention skills.

The program allows you to set four groups of targets to be simultaneously displayed on the screen. The targets from different groups

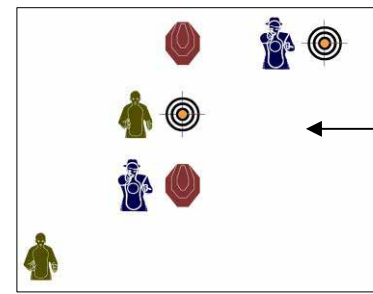


have different colors and/or types. The number of targets varies from 1 to 8. All targets within one group are equal. The minimum number of targets on the screen is 4, the maximum number is 32. The targets can be arranged in line (if the total number of targets is not greater than 8), or randomly spread over the screen.

Targets in three groups are “false”, that is they cannot be shot at.

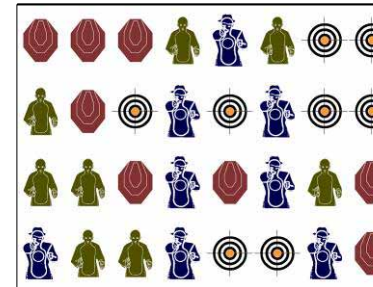
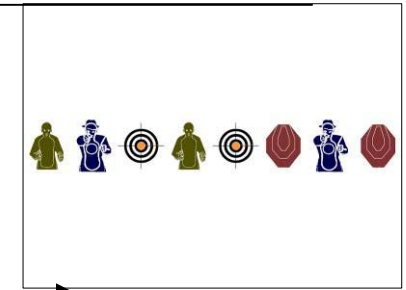


At the very beginning of the exercise the target to be shot at is exposed for a predefined period of time. It is necessary for the trainee to remember the target he must hit. Then the “FIRE!” message is displayed and four groups of targets appear on the screen. The task of the trainee is to as quick as possible hit the “friend” targets without missing and hitting the “false” targets.



The number of targets in the group – 2 (8 targets total), targets layout – “randomly spread”

The number of targets in the group – 2 (8 target total), Targets layout – «in line»



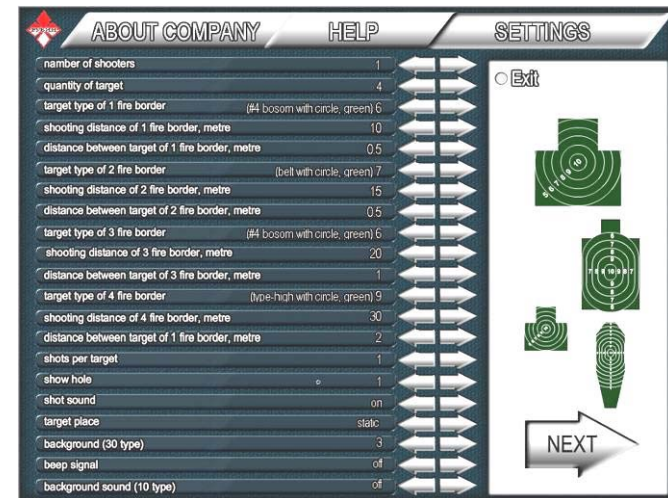
The number of targets in the group – 8 (32 target total) layout – “randomly spread”

### The program offers 21 parameters for this exercise:

- Number of shooters 1 - 20
- Number of repetitions 1 - 10, step 1
- Number of one-type targets 1 - 8, step 1
- Type of target 1 one of 30 available types (see Appendix 1)
- Color of target 1 one of 5 available colors
- Type of target 2 on/off
- Color of target 2 one of 5 available colors
- Type of target 3 on/off
- Color of target 3 one of 5 available colors
- Type of target 4 on/off
- Color of target 4 one of 5 available colors
- Target scale 30 - 150 step 10
- Target exposure time for remembering, s 0.3 - 5, step 0.1
- Number of shots per target 1, 2 or 3
- Show bullet-holes on/off (bullet-hole sizes available: 1, 2, or 3)
- Shot sound on/off
- Background one of 30 available backgrounds
- Target appearance mode static/dynamic
- Timer signal on/off
- Background sound one of 10 sounds, or off
- Targets layout on the screen in line / randomly spread

## Default values of the parameters:

- Number of shooters 1
- Number of repetitions 1
- Number of equal targets 2
- Type of target 1 (target description) 12
- Color of target 1 standard
- Type of target 2 (target description) on
- Color of target 2 red
- Type of target 3 (target description) on
- Color of target 3 blue
- Type of target 4 (target description) on
- Color of target 4 green
- Target scale 70
- Target exposure time for remembering, s 2
- Number of shots per target 1
- Show bullet-holes on(1)
- Shot sound on
- Background dark gray
- Target appearance mode static
- Timer signal off
- Background sound no
- Targets layout on the screen randomly spread



## EXERCISE 8. Quick firing at targets spaced laterally and in depth.



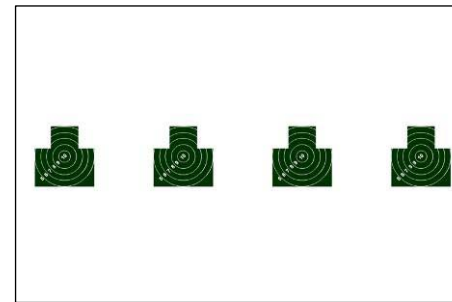
This exercise is for practicing aiming technique, aiming speed interchanging, retargeting and firing of a shot, motion coordination, muscle memory, attention and intuition.

Besides the standard parameters, this exercise allows you to configure the settings for four firing lines:

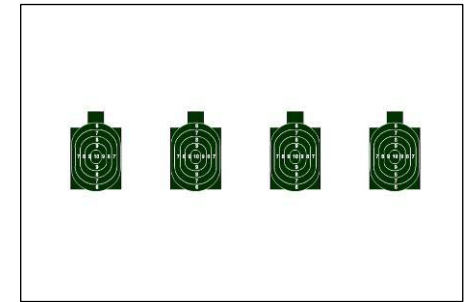
- Firing distance (5 - 50 m),
- Distance between the targets ( 0.5 - 3 m),
- Target type.

The number of targets is equal for all firing lines (1-8).

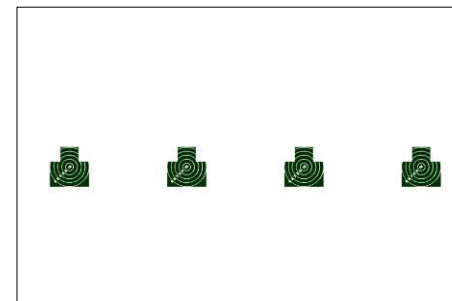
At a sound signal, the targets for the first firing line appear. When a target is hit with the required number of shots, it disappears from the screen. After all targets for the first firing line are hit or after all the ammunition is spent, the targets for the second firing line appear, etc.



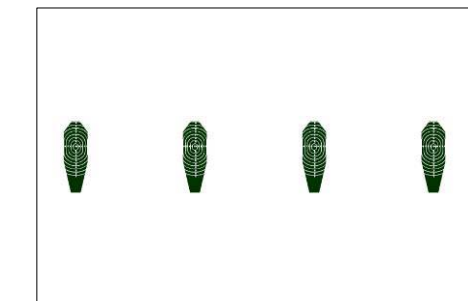
1-st firing line  
Four half-silhouette targets  
Firing distance – 10 m  
Distance between the targets – 0.5 m



2-nd firing line  
Four waist-figure targets  
Firing distance – 15 m  
Distance between the targets – 0.5 m



3-d firing line  
Four half-silhouette targets  
Firing distance – 20 m  
Distance between the targets – 1 m



4-th firing line  
Four full-height figure targets  
Firing distance – 30 m  
Distance between the targets – 2 m

**The program offers 21 parameters for this exercise:**

- Number of shooters 1 - 20, step 1
- Number of targets 1 - 8, step 1
- Target type for the 1st firing line one of 30 available types (see Appendix 1)
- Firing distance for the 1-st firing line, m 5 - 50, step 5
- Distance between the targets for the 1-st firing line 0 - 3.0, step 0.5
- Target type for the 1st firing line one of 30 available types (see Appendix 1)
- Firing distance for the 2nd firing line, m 5 - 50, step 5
- Distance between the targets for the 2nd firing line 0 - 3.0, step 0.5
- Target type for the 3d firing line one of 30 available types (see Appendix 1)
- Firing distance for the 3d firing line, m 5 - 50, step 5
- Distance between the targets for the 3d firing line 0 - 3.0, step 0.5
- Target type for the 4th firing line one of 30 available types (see Appendix 1)
- Firing distance for the 4th firing line, m 5 - 50, step 5
- Distance between the targets for the 4th firing line 0 - 3.0, step 0.5
- Number of shots per target 1, 2 or 3
- Show bullet-holes on/off (bullet-hole sizes available: 1, 2, or 3)
- Shot sound on/off
- Targets layout on the screen static/random
- Background one of 30 available backgrounds
- Timer signal on/off
- Background sound one of 10 available sounds, or off

**Default values of the parameters:**

- Number of shooters 1
- Number of targets 4
- Target type 1—ro OP 6 (№4 half-silhouette with circles, green)
- Target type for the 1st firing line, m 5
- Distance between the targets for the 1-st firing line, m 0.5
- Target type for the 2nd firing line 7 (waist-figure with circles, green)
- Firing distance for the 2nd firing line, m 10
- Distance between the targets for the 2nd firing line 0.5
- Target type for the 3d firing line 6 (№4 half-silhouette with circles, green)
- Firing distance for the 3d firing line, m 25
- Distance between the targets for the 3d firing line 1.0
- Target type for the 4th firing line 9 (full-height figure target with circles, green)
- Firing distance for the 4th firing line, m 50
- Distance between the targets for the 4th firing line, m 2.0
- Number of shots per target 1
- Show bullet-holes on(1)
- Shot sound on
- Targets layout on the screen static
- Background black
- Timer signal on
- Background sound off

**EXERCISE 9. Duel.**

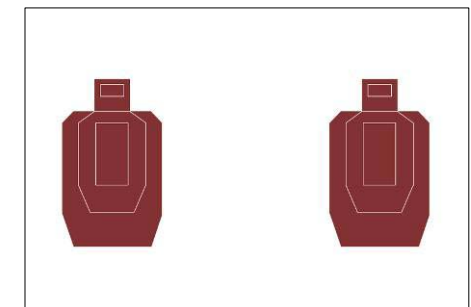
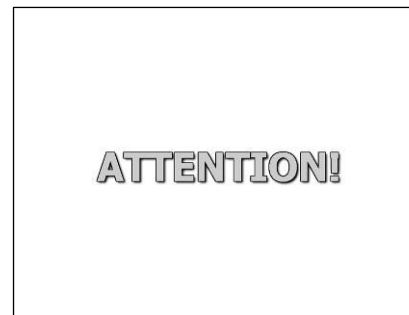


This exercise is for practicing pulling the pistol and making first shot, aiming by using peripheral vision.



Two shooters are involved into the exercise. The shooters pull their pistols and make one or two precise shots – each shooter shoots at his own target.

Zero hits are not scored. The number of shots is unlimited. Each attempt ends after each shooter hits his target. The exercise ends when the last attempt ends. The winner is not the one who has the biggest total score, but the one who has more successful attempts.



Before the exercise starts, the “Attention!” message is displayed during the time *T* defined by the instructor.

After the exercise is completed, a final table with the results of each pair of shooters is displayed on the screen (you can print it if necessary).

PAIR SHOOTERS 1		
ATTEMPT 1		
attempt	shooter 1	shooter 2
1	winer: 1.48 / 6.8	loser: 2.3 / 4.3
summ hit factor	6.8	4.3
winer	winer	loser

**The program offers 17 parameters for this exercise:**

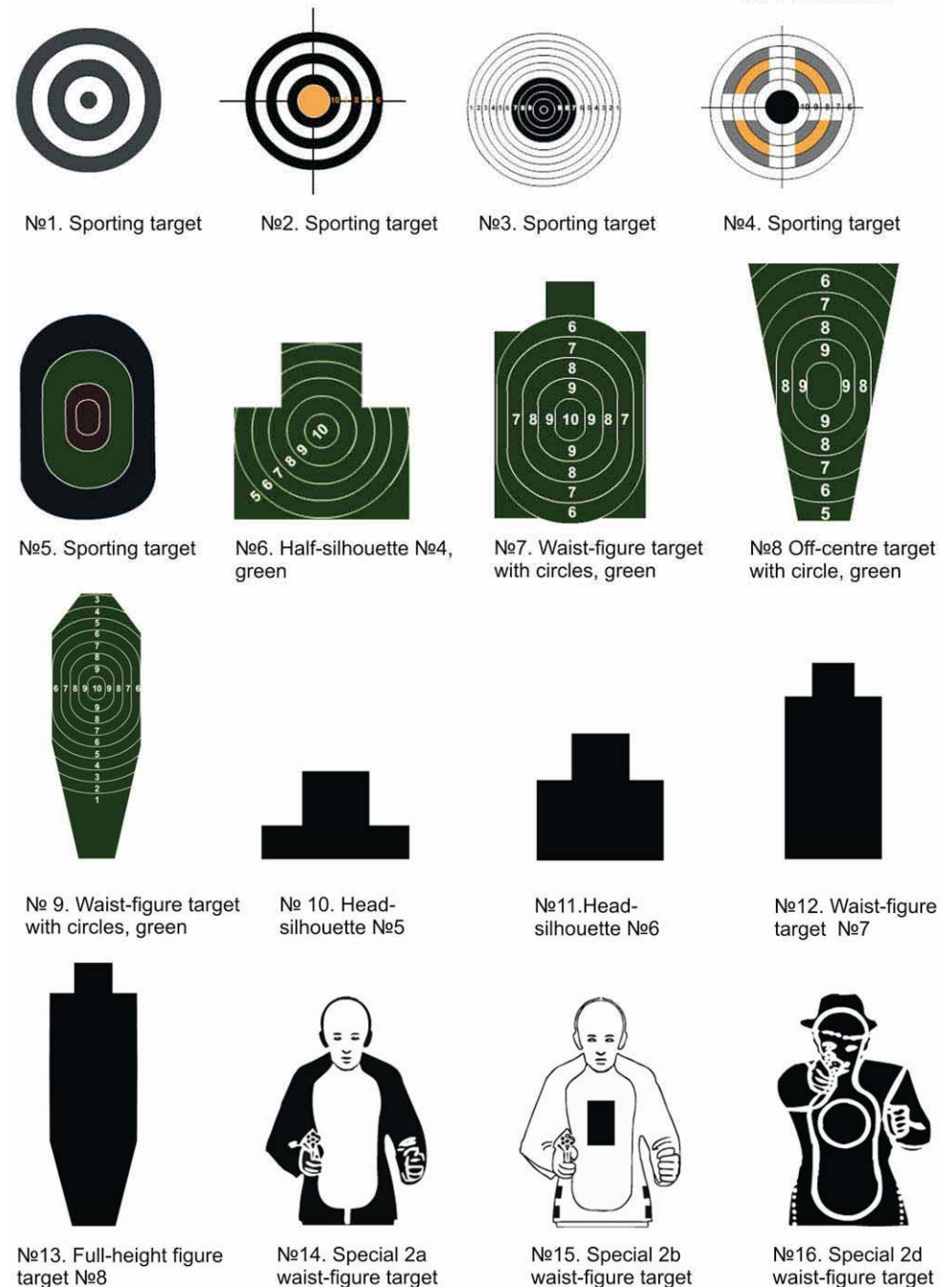
- Number of pairs of shooters 1 - 10, step 1
- Number of attempts 1 - 10, step 1
- Target type one of 30 available types (see Appendix 1)
- Target color one of 5 available colors
- Target visibility, % 10 - 100, step 10
- Firing distance 5 - 20, step 1
- Target layout static/random
- Waiting time 1 - 10; random; defined by the instructor
- Number of shots per target 1, 2
- Show bullet-holes on/off (bullet-hole sizes available: 1, 2, or 3)
- Shot sound on/off
- Background one of 30 available backgrounds
- Timer signal on/off
- Background sound one of 10 available sounds, or off
- Blinding light flash yes/no
- Target appearance mode static/dynamic
- Consider the results of the loser shooter yes/no

**Default values of the parameters:**

- Number of pairs of shooters 1
- Number of attempts 3
- Target type 27
- Target color standard
- Target visibility, % 100
- Firing distance, m 7
- Target layout random
- Waiting time, s random
- Number of shots per target 1
- Show bullet-holes on(1)
- Shot sound on
- Background (30 types) black
- Timer signal on
- Background sound (10 types) off
- Blinding light flash no
- Target appearance mode fall
- Consider the results of the loser shooter yes

**TARGET TYPES**

**APPENDIX 1.**



## TARGET TYPES

### APPENDIX 1.



№17. Special 2e waist-figure target



№18. Waist-figure



№19. Anatomic target



№20. Waist-figure target 1g



№21. Waist-figure



№22. Waist-figure



№23. Waist-figure



№24. Waist-figure



№25. Waist-figure



№26. Waist-figure with circle



№ 27. Terrorist



№ 28. Terrorist with a hostage



№ 29. Classic target IPSC



№ 30. Metric target IPSC

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