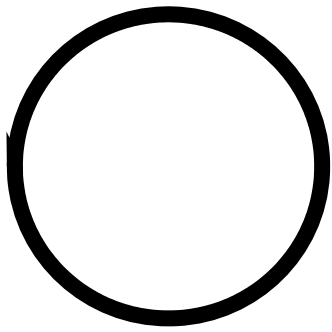
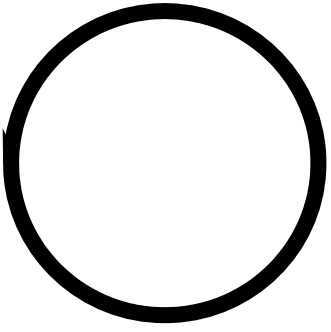
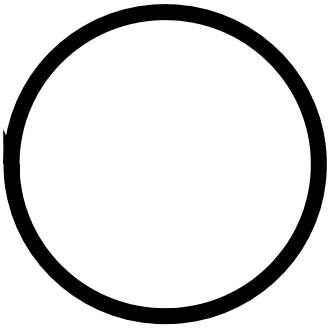
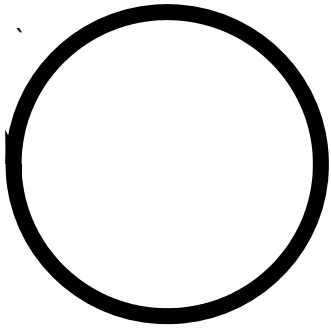


feet

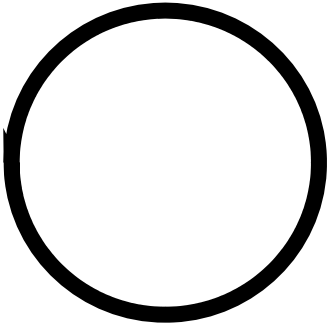
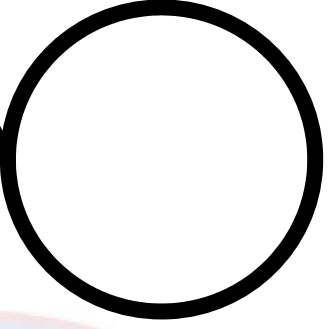
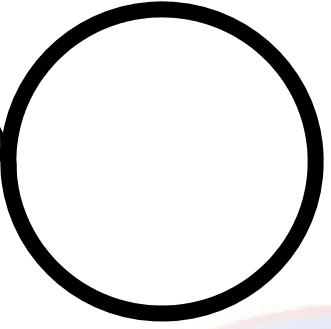
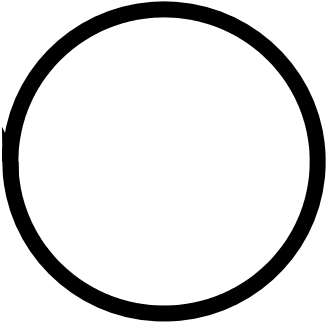
weight

Thumb + forefinger+ rap

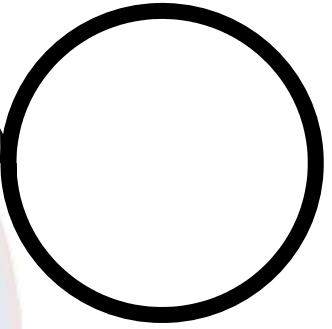
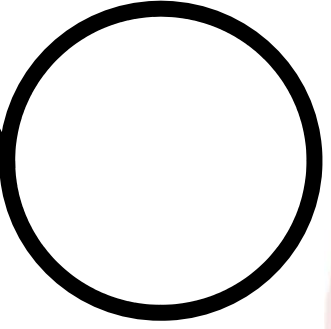
feel



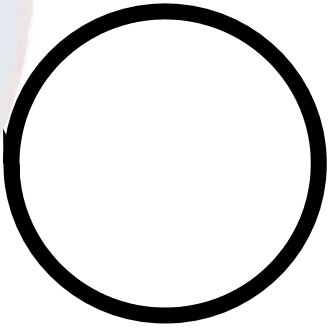
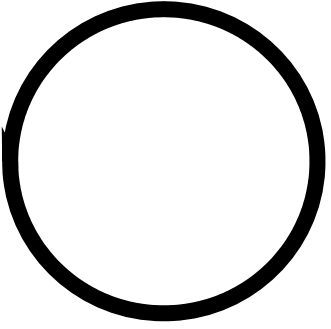
Front sight



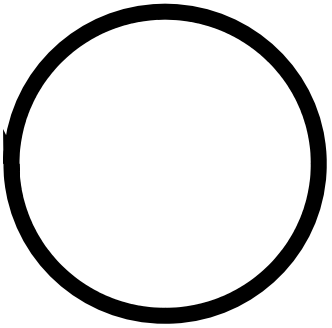
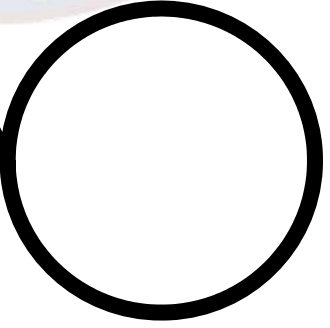
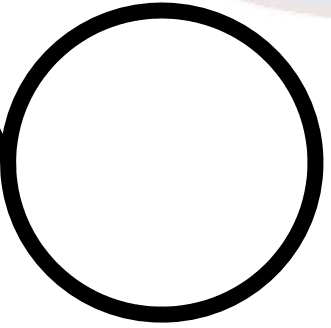
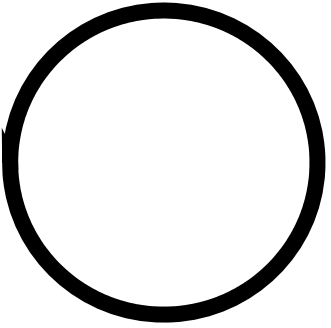
Clear target



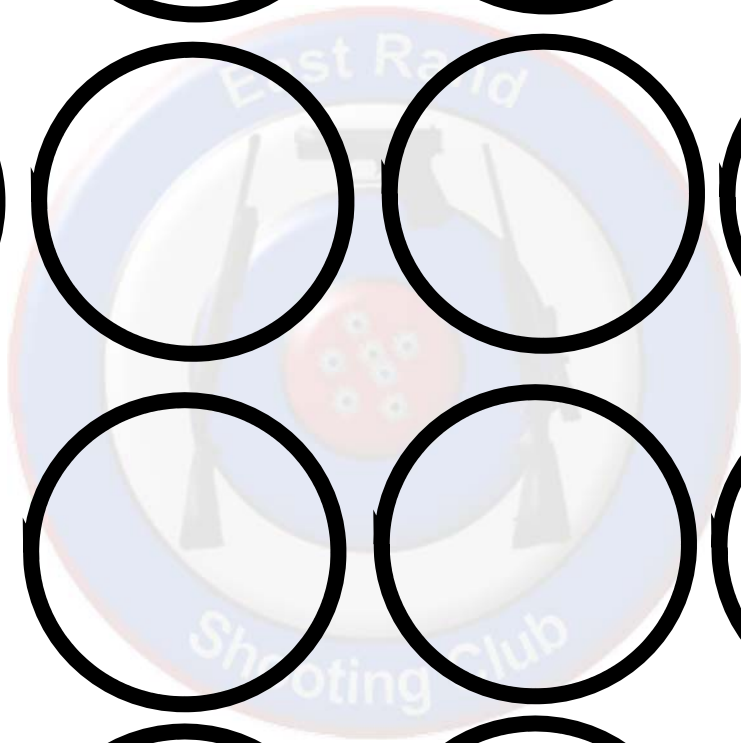
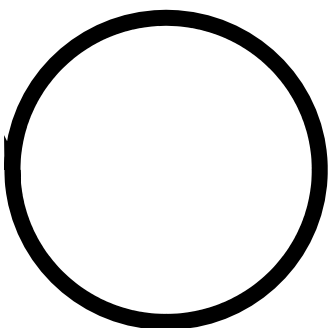
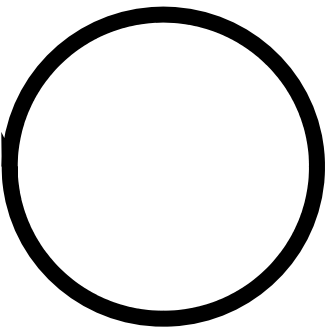
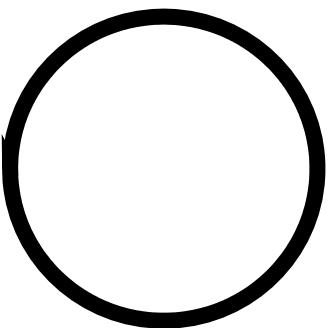
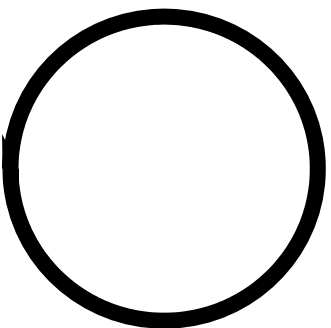
Trigger



Draw and fire



Tempo



1

2



6

7

5

3

4

## **Modified Venti 100**

(with thanks to Haley Strategic and Henning Wilkinson):

<b>COF</b>	<b>Round Count</b>	<b>PROCEDURE</b>	<b>TARGET</b>
<b>1</b>	4	Aim, fire 4 rounds with eyes closed after aiming (x1). <b>(BEFORE RESULT)</b>	6 RING
<b>2</b>	12	<b>FEEL:</b> Ensure all contact with gun is correct, grip, stance, feet etc	ROW 1
<b>3</b>	12	<b>FRONT SIGHT:</b> Focus on the front sight only	ROW 2
<b>4</b>	12	<b>CLEAR TARGET:</b> Observer rear sight, front sight, target, fire	ROW 3
<b>5</b>	12	<b>TRIGGER:</b> 90/10/Flat/Follow-through	ROW 4
<b>6</b>	12	<b>DRAW &amp; FIRE:</b> Draw & Fire 1 (x3) per circle, try increase speed as you go along. (TRY FOR DOUBLE TAPS IN LAST TWO)	ROW 5
<b>7</b>	12	<b>TEMPO :</b> Fire 3 rounds per circle, increasing tempo as you progress.	ROW 6
<b>8</b>	20	Fire 1 round into each circle, try to speed up as you go along (4 times)	1-2-3-4-5 RING
<b>9</b>	4	Aim, fire 4 rounds with eyes closed after aiming (x1). <b>(AFTER RESULT)</b>	7 RING

**Total Rounds  
= 100**

### **NOTES:**

Remember to talk to yourself while doing the shoot. Saying it out loud helps reinforce the segment you are trying to shoot at the given time. If all fundamentals are correctly applied there will be a definite improvement at the end of the shoot. Remember this is not a timed event, shoot at your pace. if you find you have shot outside of a circle, stop and diagnose what you did wrong and correct it with the next shot. If you feel yourself tiring, or getting frustrated, holster and walk it off and come back and complete.