**Paul Howe’s CSAT STANDARDS**

The drills below are designed with three purposes in mind:

1. A measurable standard to maintain.
2. An efficient stair-stepped workout program that covers all the bases.
3. To test the individual shooter at various times to show areas needing improvement.

Breaking the line counts as a hit.

Shooting/Scoring is done on the CSAT target. A CSAT target can me made by marking the A box of a USPSA target. (See page 2 for an example.)

Only score shots in the center box and head of the CSAT target. If an enemy turns sideways, that will be all the shooter has to engage, resulting in the appropriate size kill zone.

Explanation for strings of fire 4-6

#4. From the high ready, shoot a total of five rounds center mass in 6 seconds.

#5. From the high ready, shoot 2 rounds on 1 target, transition to a second target and shoot 2 rounds.

#6. From the high ready, 1 hand shooting. 2 rounds week hand 2 rounds strong hand.

#7. From the high ready and with an empty chamber and magazine full, on the beep point in press trigger, complete a type 1 malfunction drill (tap/rack) then shoot one round.

#8. From the high ready, shoot 2 rounds, speed reload shoot 2 rounds.

#9. Either hold a rifle pointed in with finger on trigger or an air rifle pointed in. Dry fire rifle, then transition to pistol.

#10. Pistol in holster while standing, on the sound of the beep draw your pistol while taking a kneeling position and shoot 1 rounds center mass.

**STANDARDS** **STANDARD**

1. High Ready 1 shot center mass 7 yards 1.0 seconds

2. Holster 1 shot center mass 7 yards 1.7 seconds

3. High Ready 2 shots center mass 7 yards 1.5 seconds

4. High Ready 5/1 shots center mass 7 yards 3.0 seconds

5. High Ready 4 shots 2 x target 7 yards 3.0 Seconds

6. High Ready 4 shots 2week 2strong 7 yards 5.0 Seconds

7. High Ready 1 shot Tap Rack 7 yards 3.0 seconds

8. High Ready 4 shots 2 reload 2 7 yards 5.0 seconds

9. Rifle up 1 shot dry fire/transition center mass 7 yards 3.25 seconds

10. Holster 1 shot kneeling center mass 25 yards 3.25 secnds

**Total: 25 Rounds**

All rounds should be shot in the A Zone of the target.

INSTRUCTORS MUST PASS 8-10 STANDARDS IN ONE COURSE OF FIRE.

-All stations shot at 7 yards except #10.

Diagram

Description automatically generated