entire body that unbalances us, giving our body after the pivot a back-and-forth, side-to-side swing that makes it seriously difficult – if not impossible – to fire that first, accurate, aimed shot fast, and is just generally a loser of a technique. By contrast, turning on the ball of the foot does not require lifting our body up, then back down, the contact portion of our body to the ground, and therefore our body as a whole, stays on the same level throughout the pivot. This allows the body to stabilize after the pivot MUCH faster.

IMPORTANT: The front of the right foot does not touch the ground until after the body is completely turned around.

Tip #4: When reloading, keep the gun high, in line of sight, don’t drop it down. We’re just going to have to bring it back up again to fire after the reload anyway; why add all that excess movement and time by going up then down?

Tip #5: Drop the slide with the support hand thumb on the slide release, it’s much faster than slingshotting the slide.

Tip #6: Again we have an instance where shooting with both eyes open becomes very important. With both eyes open we’ll be able to see the next target in our peripheral vision even as we’re moving the gun to the target, rather than having it suddenly appear in our vision.

Tip #7: Prep the trigger between targets. It saves immense amounts of time if, when the gun arrives, it’s ready to fire instead of having to complete that first trigger pull on the next target from scratch AFTER it gets there.

We have now completed Stage 1. As I mentioned in Part 1 of the series, I am giving you, for each string, the times I posted on the classifier run when earning my Stock Service Pistol Master rank. As we have seen thus far, my times for each string were decent but not blazingly fast. Accuracy-wise, I dropped seven points for the entirety of Stage 1. Thus we figure my score for the stage thus:

STAGE 1 RAW SCORE: 26.99 seconds
DROPPED POINTS: 7 x 0.5 = 3.50 seconds
OVERALL SCORE: 30.49 seconds

In our next installment, we continue on to Stage 2, and discuss shooting while moving, Strings 8 and 9 of the IDPA classifier.