

Name: _____

Date: _____

Sas Number: _____

Place: _____

Sports Adventure Shooting

EDC Self Defence - PAPER PLATES

It is a standard Sas sport shooters every day carry (EDC) course of fire (COF) challenge which will test your awareness, mental and physical composure and ultimately your accuracy from a defensive to an offensive state under a stressed environment.

EDC Fire Arm Make		Caliber	
EDC Fire Arm Sights			

EDC Self Defence				SCORE																	
Level 1	Sports shooter to start at 8m	Time	Shooting																		
<p>INDIVIDUALLY: Rotate detail, one attack one sport shooter and one RO. GROUP: Max =or<4 Group shoot. Split detail one attack one sport shooter and one RO. Attackers to verify target sequence shot. From concealed EDC. Each sport shooter has 4 round paper plates to be shot in sequence of threat level. After each COF the sports shooter goes forward and scores his shots. Rotate roles. Individual shooters can be timed, stop on last shot. Group shooting on a par time.</p> <p>NB: RO or day coordinator is free to change threats, target images or numbers. Friendlies welcome.</p>				15s to 30s	Awareness Yes <input type="checkbox"/> No <input type="checkbox"/> /6 /6 /12																
A	Attack/Defend parry pads/fists for 15 to 30 seconds (Chief RO decides)																				
B	On indication (CLEAR) defend knife attacker																				
C	Move to 7m mark																				
Target 1	Draw and fire 3 shots on target 1																				
Target 2	3 shots on target 2																				
		<table border="1" style="margin: auto;"> <tr><th colspan="3">Shooting sequence</th></tr> <tr><th colspan="3">threat</th></tr> <tr><th>Std seq</th><th>RO seq</th><th>nr</th></tr> <tr><td>1</td><td>Gun</td><td></td></tr> <tr><td>2</td><td>Panga</td><td></td></tr> </table>					Shooting sequence			threat			Std seq	RO seq	nr	1	Gun		2	Panga	
Shooting sequence																					
threat																					
Std seq	RO seq	nr																			
1	Gun																				
2	Panga																				
D	Speed reload on the move to 5m mark																				
Target 3	From cover fire 3 shots on target 3																				
Target 4	3 shots on target 4																				
<table style="margin: auto;"> <tr> <td style="border: 1px solid black; padding: 2px;">Awareness</td> <td style="border: 1px solid black; padding: 2px; margin-left: 20px;">YES</td> <td style="border: 1px solid black; padding: 2px; margin-left: 20px;">NO</td> </tr> </table>		Awareness	YES	NO																	
Awareness	YES	NO																			

Range officer signature: _____ Sport shooter signature: _____