

Correct and Efficient practice requires a Stopwatch or similar.

In all of our practical shooting exercises a stopwatch is started when the shooter "makes his move."

The Shooter stands facing the target which is often as close as 6~10 feet (never more than 20 FEET away). The one shown below was 3-steps away which is very realistic.

Shooters hands are up at shoulder level with palms facing the target.

The Range Safety Officer (and stopwatch operator aka RSO) asks, "are you ready?"

Shooter replies, "I'm ready." RSO says, "make your move" and then watches the shooter carefully. Any movement at all starts the time.

The average time in the picture below was just under 2-seconds going in a casual and smooth set of motions and movements. This guy wears a T-shirt that covers his holstered revolver. (He practices regularly and it shows.)

The hoped-for time is anything less-than 2.5-seconds.

