



# I.C.E. Course-of-Fire (“Paragon” Version)

*\*Note: The following ammunition management philosophy is orchestrated so that the magazine with the least amount of ammunition is always placed into the “rear” magazine pouch and the magazine with the most amount of ammunition is always placed into the firearm. The technique is as follows:*

Start with one (1) 17-round magazine in your non-shooting hand after placing the additional 17-round magazine into your “front” magazine pouch and the 16-round magazine into your rear pouch. Once directed to do so, draw and load your firearm with the 17-round magazine in your non-shooting hand by pointing the firearm safely downrange and “tapping,” “racking,” then holstering it. (Ensure your firearm is securely “snapped in” as well.)

## Stage 1: Bent Elbow Drill (30 Points)

Target Position: 1.5 Yards / 4.5 Feet

- 1 round in 2 seconds, bent elbow technique...holster;
- 2 rounds in 2 seconds, bent elbow technique...holster;
- 3 rounds in 2 seconds, bent elbow technique...holster.

At this point, retrieve the 16-round magazine from your rear pouch; now administratively remove the 10-round magazine from your firearm and place it into your empty rear magazine pouch. Complete the setup process by now securely placing the 16-round magazine you just retrieved from your rear pouch into your holstered firearm.

## Stage 2: Speed Drill (30 Points)

Target Position: 3 Yards / 9 Feet

- 3 rounds in 3 seconds, both hands extended...holster;
- 3 rounds in 3 seconds, both hands extended...holster.

## Stage 3: Body Armor Drill (30 Points)

Target Position: 7 Yards / 21 Feet

- 2 rounds to the chest then 1 round to the head, both hands extended...all in 5 seconds...continue;  
\*\*\*REMAIN AIMED IN\*\*\*
- 2 rounds to the chest then 1 round to the head, both hands extended...all in 4 seconds...holster.

At this point, retrieve the 17-round magazine from your front pouch; now administratively remove the 4-round magazine from your firearm and now securely place the 17-round magazine you originally retrieved from your front pouch into your holstered firearm. Now place the 10-round magazine from your rear pouch into your empty front pouch. Complete the setup process by placing the 4-round magazine into your empty rear magazine pouch.



## Stage 4: Strong Hand / Weak Hand Drill (60 Points)

Target Position: 7 Yards / 21 Feet

- 3 rounds, both hands extended...continue;
- 3 rounds, strong hand only...all in 10 seconds...continue;
- 3 rounds, both hands extended...continue;
- 3 rounds, weak hand only...all in 10 seconds...holster.

## Stage 5: Standing / Kneeling Drill (60 Points)

Target Position: 15 Yards / 45 Feet

- 6 rounds standing, both hands extended...all in 10 seconds...continue;  
\*\*\*REMAIN AIMED IN\*\*\*  
\*\*\*WAIT FOR THE SIGNAL\*\*\*  
\*\*\*IMMEDIATELY GO TO THE KNEELING POSITION\*\*\*  
\*\*\*COMPLETE AN EMERGENCY RELOAD IN 5 SECONDS\*\*\*
- 6 rounds kneeling, both hands extended...all in 10 seconds...holster.

## Stage 6: Right-Side Barricade Drill (20 Points)

Target Position: 15 Yards / 45 Feet

- 2 rounds standing, both hands extended...continue;  
\*\*\*MUZZLE OF THE FIREARM MUST BE BEYOND THE RIGHT-SIDE BARRICADE\*\*\*  
\*\*\*TRANSITION SAFELY TO THE KNEELING POSITION\*\*\*  
\*\*\*FINGER MUST BE OFF OF THE TRIGGER\*\*\*
- 2 rounds kneeling, both hands extended...all in 20 seconds...continue.

At this point, your firearm will be empty. Remove the magazine from your firearm and place it into your empty front magazine pouch. Now conduct an emergency reload with the 4-round magazine from your rear pouch by performing a “tap/rack” technique then safely holstering your firearm. (Ensure your firearm is snapped in and secured in its holster.)



## Stage 7: Left-Side Barricade Drill (20 Points)

Target Position: 15 Yards / 45 Feet

- 2 rounds standing, both hands extended...continue;  
\*\*\*MUZZLE OF THE FIREARM MUST BE BEYOND THE LEFT-SIDE BARRICADE\*\*\*  
\*\*\*TRANSITION SAFELY TO THE KNEELING POSITION\*\*\*  
\*\*\*FINGER MUST BE OFF OF THE TRIGGER\*\*\*
- 2 rounds kneeling, both hands extended...all in 20 seconds...continue.

**At this point, your firearm will be empty. Remove the magazine from your firearm and place it into your empty rear magazine pouch. Safely holster your firearm with its slide locked in the “open” position.**