



I.C.E. Course-of-Fire (“First Coast” Version)

Start with the 16-round magazine in your non-shooting hand and the two additional 17-round magazines in your “front” and “rear” magazine pouches. After being directed to do so, draw your firearm and point it safely downrange then “tap,” “rack,” and holster 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 17-round magazine from your rear pouch; now *administratively* remove the 9-round magazine from your firearm and place it into your empty rear magazine pouch. Complete the setup process by now securely placing the 17-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.



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;

At this point, your firearm will be empty. Remove the empty magazine from your firearm and drop it to the floor. Conduct an emergency reload with the 17-round magazine from your front pouch by performing a “tap/rack” technique then safely holstering your firearm. (Ensure your firearm is snapped in and secured in its holster.) Now retrieve the 9-round magazine from your rear magazine pouch and place it into the empty front magazine pouch for easier retrieval during the tactical reload that is to occur in Stage 5.)

- 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 A TACTICAL RELOAD IN 5 SECONDS
- 6 rounds kneeling, both hands extended...all in 10 seconds...holster.

At this point, you will be directed to retrieve only the 4-round magazine from the floor (if you had chosen to rest the magazine onto the floor instead of tactically tucking it on your person) and place it into your empty front magazine pouch. (If you had chosen to tactically place it somewhere on your person, place it at this time into your empty front magazine pouch.)



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 rear magazine pouch. Now conduct an emergency reload with the 4-round magazine from your front 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 front magazine pouch. Safely holster your firearm with its slide locked in the “open” position.