



# MPD Course-of-Fire (9mm Version)

*\*Note: A GLOCK 19 with 15-round magazines or GLOCK 17 with 17-round magazines will be used.*

Start with three (3) 15-round magazines or three (3) 17-round magazines filled with only fifteen (15) rounds each. At this time, you will be provided seven (7) loose rounds by the range safety officer(s). Now place one (1) of the magazines in your non-shooting hand and the two (2) additional 15-round magazines into your “front” and “rear” magazine pouches, respectively. Once 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.) At this point, ***administratively*** remove the 14-round magazine from your firearm and insert one (1) of the seven (7) loose rounds previously provided to you into it. Complete the setup process by now securely placing the 15-round magazine you just loaded into your holstered firearm.

## Stage 1: Strong-Side Barricade Drill (4 Rounds)

Target Position: 25 Yards / 75 Feet

- 2 rounds standing, both hands extended...***continue***;  
\*\*MUZZLE OF THE FIREARM MUST BE BEYOND THE STRONG-SIDE BARRICADE\*\*  
\*\*TRANSITION SAFELY TO THE KNEELING POSITION\*\*  
\*\*FINGER MUST BE OFF OF THE TRIGGER\*\*
- 2 rounds kneeling, both hands extended...all in 12 seconds...holster.

## Stage 2: Standing / Kneeling Drill (6 Rounds)

Target Position: 15 Yards / 45 Feet

- 4 rounds standing, both hands extended...***continue***;  
\*\*TRANSITION SAFELY TO THE KNEELING POSITION\*\*  
\*\*FINGER MUST BE OFF OF THE TRIGGER\*\*
- 2 rounds kneeling, both hands extended...all in 12 seconds...holster.

## Stage 3: Long-Distance Acquisition Drill (3 Rounds)

Target Position: 10 Yards / 30 Feet

- 3 rounds in 6 seconds, both hands extended...holster.

## Stage 4: Emergency Reload Drill (6 Rounds)

Target Position: 7 Yards / 21 Feet

- 3 rounds, both hands extended...***continue***;  
\*\*REMAIN AIMED IN\*\*  
\*\*IMMEDIATELY COMPLETE AN ***EMERGENCY RELOAD***\*\*
- 3 rounds, both hands extended...all in 13 seconds...holster.



At this point, your firearm will have twelve (12) rounds in it—eleven (11) in the magazine and one (1) in the chamber—and your front magazine pouch will be empty. Remove the 15-round magazine from your rear pouch and place it into the empty front pouch. Do not retrieve the empty magazine from the floor at this time; it will be retrieved and loaded again after Stage 7.

## Stage 5: Tactical Reload Drill (4 Rounds)

Target Position: 7 Yards / 21 Feet

- 2 rounds, both hands extended...continue;  
\*\*REMAIN AIMED IN\*\*  
\*\*IMMEDIATELY COMPLETE A TACTICAL RELOAD\*\*
- 2 rounds, both hands extended... all in 10 seconds...holster.

At this point, your firearm will have fourteen (14) rounds in it—thirteen (13) in the magazine and one (1) round in the chamber. Complete the setup process by removing the 9-round magazine from whichever location you just tactically placed it and place it into your empty front magazine pouch for easier retrieval after Stage 8.

## Stage 6: Strong Hand / Weak Hand Drill (4 Rounds)

Target Position: 7 Yards / 21 Feet

- 2 rounds, strong hand only...continue;
- 2 rounds, weak hand only...all in 8 seconds...holster.

## Stage 7: Speed Drill (4 Rounds)

Target Position: 7 Yards / 21 Feet

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

At this point, retrieve the empty magazine from the floor and load the six (6) loose rounds into it that had been previously provided to you by the range safety officer(s). Now place the 6-round magazine into your empty rear pouch. *Complete the setup process by safely pointing the firearm downrange and in the “low-ready” position with both hands.*



## Stage 8: Rapid Acquisition Drill (6 Rounds)

Target Position: 3 Yards / 9 Feet

- 2 rounds in 1.5 seconds, both hands extended...continue;  
\*\*REMAIN AIMED IN\*\*
- 2 rounds in 1.5 seconds, both hands extended...continue;  
\*\*REMAIN AIMED IN\*\*
- 2 rounds in 1.5 seconds, both hands extended...continue.

At this time, remove the empty magazine from your firearm and drop it to the floor. Now conduct an **emergency reload** with the 9-round magazine from your front magazine pouch by performing a “tap/rack” technique then safely holstering your firearm. (Ensure your firearm is snapped in and secured in its holster.) Now remove the 6-round magazine from your rear pouch and place it into your empty front magazine pouch for easier retrieval after Stage 9.

## Stage 9: Body Armor Drill (9 Rounds)

Target Position: 3 Yards / 9 Feet

- 2 rounds to the chest then 1 round to the head, both hands extended... all in 3 seconds...continue;  
\*\*REMAIN AIMED IN\*\*
- 2 rounds to the chest then 1 round to the head, both hands extended... all in 3 seconds...continue;  
\*\*REMAIN AIMED IN\*\*
- 2 rounds to the chest then 1 round to the head, both hands extended... all in 3 seconds...continue.

At this time, remove the empty magazine from your firearm and drop it to the floor. Now conduct an **emergency reload** with the 6-round magazine from your front magazine pouch by performing a “tap/rack” technique then safely holstering your firearm. (Ensure your firearm is snapped in and secured in its holster.)

## Stage 10: Bent Elbow Drill (6 Rounds)

Target Position: 1.5 Yards / 4.5 Feet

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

At this point, your firearm will be empty. Remove the magazine from your firearm and drop it to the floor. All three (3) magazines should be on the floor at this time. Safely holster your firearm with its slide locked in the “open” position.