

“Ground Hog” Challenge

Objective:

This is not a timed event. The goal of this challenge is to be accurate with an elevated heart rate while using unconventional shooting techniques. Starting at the 40-yard line (pistol loaded and holstered) the competitor will run to the 10-yard line, turn around and run to the 25-yard line. The competitor will run back and forth from the 25-yard line to the 10-yard line 5 times. Once the competitor reaches the 25-yard line for the last time, they will turn and run to the 15-yard line and do 10 jumping jacks. Once the competitor has finished their 10 jumping jacks, they will go to the ground, lay on their support side, draw their pistol from the holster and engage the 8” steel target (orange) with 1 round, keeping the pistol pointed in a safe direction (down range) the competitor will roll onto their back (supine) and engage the 10” steel target (green) with 1 round. Again, keeping the pistol pointed in a safe direction (down range), the competitor will roll onto their strong side and engage the silhouette steel target (pink) with 1 round. To successfully pass this challenge, the competitor and the challenger(s) must complete the exercises and tasks.

IMPORTANT: *Once the shooter goes to the ground their feet should be facing downrange (towards the targets). Since everyone’s body type is different and this challenge utilizes unconventional shooting techniques, body position and movement while on the ground is dependent on the shooter.*

Tasks:

Moving, unconventional shooting techniques from the ground, and hit (ding) on each target

Distance:

Moving, running from the 40-yard line to the 10-yard line (1x), running from the 10-yard line to the 25-yard line (5x) and running from the 25-yard line to the 15-yard line (shooting position)

Loadout:

1 magazine with 3 live rounds

Time:

N/A

Targets:

- 1: 8” steel plate (orange)
- 2: 10” steel plate (green)
- 3: Silhouette steel plate (pink)

Skills Strengthened:

Stress induced shooting (simulated with the use of cardio) and unconventional shooting techniques