

# “Only the Strong” Challenge

## Objective:

This is a timed event. The goal of this challenge is to quickly reload your pistol once it is empty using only your strong hand. Once the competitor is staged and ready at the 10-yard line (pistol loaded and holstered), they will check with the timekeeper and make sure they are ready. Once the timekeeper is set, the competitor will say “standby...GO” and begin the drill from the holster (time starts on GO). The competitor will draw their pistol from the holster and engage the silhouette steel target (pink) with 1 round. The weapon should go into slide lock following that shot, at which point the competitor will holster their pistol, perform a combat reload (with ONLY their strong hand) and reengage that same target. This will continue until all magazines are complete. The time stops once the competitor gets a hit (ding) on their last target. To successfully pass this challenge, the competitor and the challenger(s) must complete the tasks in the allotted time frame.

## Tasks:

Strong hand shooting, reloading, hits (dings) on target, and beat the clock

## Distance:

Stationary, 10-yard line

## Loadout:

3 magazines with 1 live round in each magazine

## Time:

22 seconds

## Targets:

1: Silhouette steel plate (pink)

## Skills Strengthened:

Response while injured/disoriented, strong hand shooting, problem solving, and combat reloads