WARPATH

DRILL BOOK

HOW TO USE

1. Pick a drill from the contents. Read its source [n] before you shoot it.
2. Set the distance and target listed. A Warpath library sheet is fine for practice; use the official target to score for real.
3. Run it cold first, then log date, time and hits on the score line.
4. Par times and pass scores come only from the cited source. Nothing here is invented; weak sources are flagged.

SAFETY

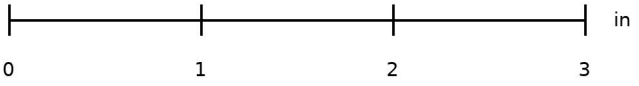
Follow your range rules. Eye and ear protection on. Draw, move, transition and shoot multiple targets only on a range that allows it. Confirm every weapon is unloaded before dry practice.

1 in

PRINT AT 100% / ACTUAL SIZE - turn off "fit to page".

Check: square = 1.00 in and ruler = 3.00 in.

warpath-performance.com



CONTENTS

PISTOL **3**

1. Bill Drill 3
2. Gabe White Technical Skills Test (Pins) 3
3. F.A.S.T. (Fundamentals, Accuracy & Speed Test) 3
4. Dot Torture 3
5. 5x5 Drill 3
6. Wilson 5x5 Skill Test (IDPA 5x5 Classifier) 3
7. El Presidente 3
8. Blake Drill 3
9. The Accelerator 4
10. Hackathorn Standards 4
11. The Test (10-10-10) 4
12. The Wizard 4
13. Super Test 4
14. 3 Seconds or Less (v6) 4
15. Rangemaster Core Skills Test (Comstock) 4
16. Rangemaster Instructor Qualification 4
17. FBI Pistol Qualification (2019) 4
18. Casino Drill 5
19. Triple Nickel 5
20. Defoor Pistol Test 5 5
21. Defoor Pistol Test 3 5

RIFLE AND TRANSITIONS **6**

22. 2x2x2 Drill 6
23. VTAC 1-5 Drill 6
24. Half and Half 6
25. 9-Hole Barricade 6
26. Defoor Carbine Test 1 6
27. Defoor Carbine Test 2 (run-and-shoot) 6
28. Defoor Carbine Test 3 6
29. Haley CET Static Block 6
30. Haley CET Manipulation Block 7
31. Gunfighter Standards (rifle and transition) 7
32. Rifle-to-Pistol Transition 7
33. President Pro-Tem 2 7
34. Army Rifle Qualification (TC 3-20.40) 7
35. USMC Annual Rifle Qualification 7
36. Cold Bore Log 7

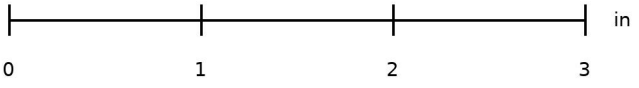
SOURCES **8**

1 in

PRINT AT 100% / ACTUAL SIZE - turn off "fit to page".

Check: square = 1.00 in and ruler = 3.00 in.

warpath-performance.com



PISTOL

1. BILL DRILL
Credit: Bill Wilson (Wilson Combat). Distance: 7 yd. Rounds: 6.
Target: IPSC/IDPA body A/-0 zone. Warpath library: #3 First in Fight body box.
Standard: Wilson: 3.0 s from open carry is a goal for a good shooter. Draw and fire 6, all A/-0. [1]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

2. GABE WHITE TECHNICAL SKILLS TEST (PINS)
Credit: Gabe White. Distance: 7 yd. Rounds: 33 (2 runs each of 4 drills).
Target: USPSA/IDPA target + 4 in circle or 3x5 card on the head. Warpath library: #10 Head + Body (4 in circle or 3x5) over #3 body box.
Standard: Bill 6 body / Failure 2+1 head / Immediate Incap. 2 head / Split Bill 4+2 head. Dark: 3.50/2.90/3.00/4.70 s. Light: 2.50/2.25/2.50/3.50 s. Turbo: 2.00/1.70/2.00/2.60 s. Best 4 of 8 count; -0.25 s for concealment. [2]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

3. F.A.S.T. (FUNDAMENTALS, ACCURACY & SPEED TEST)
Credit: Todd Louis Green. Distance: 7 yd. Rounds: 6.
Target: 3x5 in box (head) over 8 in circle (body). Warpath library: #10 Head + Body (3x5 + 8 in).
Standard: From concealment, 2 in gun: 2 on the 3x5, slide-lock reload, 4 on the 8 in. Under 10 s Intermediate, under 7 s Advanced, under 5 s Expert. Miss on 3x5 +2 s, on 8 in +1 s. [3]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

4. DOT TORTURE
Credit: David Blinder (Personal Defense Training). Distance: 3 yd, then farther. Rounds: 50.
Target: Ten 2 in dots (use the original sheet from the source). Warpath library: #9 Nine Dot for 2 in dot practice (Dot Torture itself uses 10 dots: use the original sheet).
Standard: Accuracy test, no par: all 50 hits to pass, then move back. Optional time limit suggested by the source: under 5 minutes. [4]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

5. 5X5 DRILL
Credit: Gila Hayes; "5^5" repeat added by Claude Werner. Distance: 5 yd. Rounds: 5 (x5 runs).
Target: 5 in circle. Warpath library: #11 Five Inch.
Standard: 5 rounds in 5.0 s from the ready, 100% hits. Werner version: 5 times in a row. [1]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

6. WILSON 5X5 SKILL TEST (IDPA 5X5 CLASSIFIER)
Credit: Bill Wilson. Distance: 10 yd. Rounds: 25.
Target: IDPA target with 4 in head circle.
Standard: 4 strings: 5 freestyle; 5 strong hand; 5 + slide-lock reload + 5; 4 body + 1 head. Total time + 0.5 s per point down. 15 s GM, 20 s Master, 25 s Expert, 32 s SS, 41 s Marksman. [1]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

7. EL PRESIDENTE
Credit: Jeff Cooper. Distance: 10 yd. Rounds: 12.
Target: Three IPSC/IDPA targets 1 yd apart.
Standard: Face uprange, 6 in gun. Turn, draw, 2 on each, slide-lock reload, 2 on each. Par 10 s (string 8 of the Hackathorn Standards). [5]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

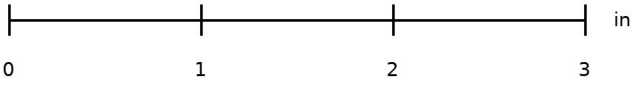
---

8. BLAKE DRILL
Credit: Named for Blake Miguez; write-up by Ben Stoeger. Distance: 7 yd. Rounds: 6.
Target: Three USPSA targets 1 yd apart.
Standard: Draw and fire 2 on each target. Goal: 2 s, same as a Bill Drill goal. [6]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

1 in

PRINT AT 100% / ACTUAL SIZE - turn off "fit to page".

Check: square = 1.00 in and ruler = 3.00 in.



9. THE ACCELERATOR
Credit: Ben Stoeger (write-up). Distance: Targets near / mid / far (e.g. 7, 15, 25 yd). Rounds: 12.
Target: Three USPSA targets at different distances.
Standard: 2 on each, reload, 2 on each. Goal: about 6 s with good points (a couple of C hits). [7]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

10. HACKATHORN STANDARDS
Credit: Ken Hackathorn (1993). Distance: 5 to 25 yd. Rounds: 60 (13 strings).
Target: Three IPSC/IDPA targets 1 yd apart at 5, 6 and 4 ft.
Standard: Per-string pars from 2 to 24 s (see source). 250+ Excellent, 200-249 Acceptable, under 200 Needs Improvement. [5]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

11. THE TEST (10-10-10)
Credit: Ken Hackathorn. Distance: 10 yd. Rounds: 10.
Target: NRA B-8 repair center. Warpath library: #13 Ring Bullseye.
Standard: 10 rounds in 10 s from the ready. Scored by rings: 80% pass, 90% good, 95% excellent. [1]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

12. THE WIZARD
Credit: Ken Hackathorn. Distance: 3, 5, 7, 10 yd. Rounds: 5.
Target: IDPA target (4 in head, 8 in body). Warpath library: #10 Head + Body.
Standard: From concealment, 2.5 s par every string: 3 yd 1 head strong hand only; 5 yd 1 head; 7 yd 1 head; 10 yd 2 body. Missed head shot or overtime = fail. [1]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

13. SUPER TEST
Credit: Wayne Dobbs and Darryl Bolke (HiTS). Distance: 15, 10, 5 yd. Rounds: 30.
Target: NRA B-8 repair center. Warpath library: #13 Ring Bullseye.
Standard: From low ready: 10 in 15 s at 15 yd, 10 in 10 s at 10 yd, 10 in 5 s at 5 yd. Goal 270 or better (90%). Advanced version from the holster. [1]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

14. 3 SECONDS OR LESS (V6)
Credit: Karl Rehn (KR Training). Distance: 2 to 7 yd. Rounds: 20.
Target: KRT-2, IDPA, IPSC or F.A.S.T. target.
Standard: Every string has a 3 s par. Pass levels: 14+, 16+ or 18+ of 20 hits (see source for the strings). [1]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

15. RANGEMASTER CORE SKILLS TEST (COMSTOCK)
Credit: Tom Givens (Rangemaster). Distance: 3 to 25 yd. Rounds: 40.
Target: IALEFI-QP, RFTS-Q or IDPA.
Standard: 9 strings, no per-string par: score / total time x 20. Par score 100; 100-124 Advanced; 125+ Master. [1]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

16. RANGEMASTER INSTRUCTOR QUALIFICATION
Credit: Tom Givens (Rangemaster). Distance: 3 to 25 yd. Rounds: 50.
Target: RFTS-Q.
Standard: Strings from 3 rounds in 3 s at 3 yd to 5 rounds in 15 s at 25 yd. 250 possible; 225 (90%) to pass. [1]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

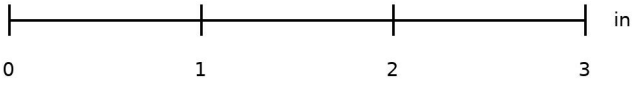
17. FBI PISTOL QUALIFICATION (2019)
Credit: FBI. Distance: 3 to 25 yd. Rounds: 50.
Target: QIT-99.
Standard: 10 strings from concealment, e.g. 3 yd 3 SHO + 3 WHO in 6 s ... 25 yd 4 standing + 4 kneeling in 20 s. 100 points; 90 for instructors. [1]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

1 in

PRINT AT 100% / ACTUAL SIZE - turn off "fit to page".

Check: square = 1.00 in and ruler = 3.00 in.

warpath-performance.com



18. CASINO DRILL
Credit: Tom Givens (Rangemaster). Distance: 5 yd. Rounds: 21.
Target: Six numbered shapes (Action Target DT-2A/B/C). Warpath library: #12 Numbered Shapes (practice version).
Standard: Three mags of 7. 1 round on #1, 2 on #2 ... 6 on #6, reloading as needed. Par 21 s; +1 s per miss or out of order. [8]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

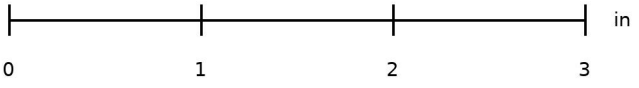
19. TRIPLE NICKEL
Credit: A DHS agency firearms training unit. Distance: 5 yd. Rounds: 10.
Target: Five Tran Star-II or QIT targets.
Standard: From concealment, 2 on each of 5 targets with a reload before the last target. Standard: under 5 s, all hits. [9]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

20. DEFOOR PISTOL TEST 5
Credit: Kyle Defoor. Distance: 5, 10, 15, 20 yd. Rounds: 24.
Target: USPSA target.
Standard: From concealment, 6-round Bill Drill at each distance: under 3.0 / 3.5 / 4.0 / 4.5 s. 20 A hits and no D hits to pass. [10]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

21. DEFOOR PISTOL TEST 3
Credit: Kyle Defoor. Distance: 25 yd. Rounds: 10.
Target: NRA B-8. Warpath library: #13 Ring Bullseye.
Standard: From concealment, 10 rounds under 10 s, score 90 or better. [10]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____



RIFLE AND TRANSITIONS

22. 2X2X2 DRILL
Credit: Kyle Lamb (Viking Tactics). Distance: 5 yd. Rounds: 6.
Target: Three USPSA/IDPA targets.
Standard: From low ready, 2 on each. Source: most first runs 2.0-2.5 s; 1.5 s all A-zone = mastered. [11]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

23. VTAC 1-5 DRILL
Credit: Kyle Lamb (Viking Tactics). Distance: 5 yd. Rounds: 15.
Target: Three USPSA targets.
Standard: From low ready: 1 left, 2 center, 3 right, 4 center, 5 left. Par 5.0 s, all A-zone (secondary source). [12]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

24. HALF AND HALF
Credit: Kyle Lamb (Viking Tactics). Distance: 20, 10, 5 yd. Rounds: 30.
Target: IPSC target, A-zone.
Standard: From low or high ready: 10 in 10 s at 20 yd, 10 in 5 s at 10 yd, 10 in 2.5 s at 5 yd. A-zone only. [14]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

25. 9-HOLE BARRICADE
Credit: Kyle Lamb (Viking Tactics). Distance: 50-100 yd (paper at 25 yd for CQB). Rounds: 9-18.
Target: Steel; 9-port VTAC-style barricade. Warpath library: #15 Positional 100 at 50-100 yd, or steel.
Standard: 1-2 rounds through each port. Lamb: everyone under 60 s at 50 yd; under 30 s with one shot per hole is a very fast run. [15]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

26. DEFOOR CARBINE TEST 1
Credit: Kyle Defoor. Distance: 10, 20, 30 yd. Rounds: 18.
Target: USPSA target.
Standard: Standing low ready, on safe: 6 in under 2 s at 10 yd, 6 under 3 s at 20 yd, 6 under 4 s at 30 yd. 14 A hits to pass. [16]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

27. DEFOOR CARBINE TEST 2 (RUN-AND-SHOOT)
Credit: Kyle Defoor. Distance: 100 to 7 yd. Rounds: 8.
Target: USPSA target.
Standard: Run 50 yd to the 100 line, prone 2 body; run to 50, 2 body; to 25, 2 head; to 7, 2 head. 1 minute limit; 18 body points and all 4 head hits (2 in head A). [16]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

28. DEFOOR CARBINE TEST 3
Credit: Kyle Defoor. Distance: 100 yd. Rounds: 10.
Target: NRA B-8. Warpath library: #13 Ring Bullseye.
Standard: Standing low ready, on safe: drop to prone, 10 rounds under 12 s, 90 or better. [16]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

29. HALEY CET STATIC BLOCK
Credit: Travis Haley / Haley Strategic. Distance: 3 to 100 yd. Rounds: 70 (5 x 2 per line).
Target: Haley Performance Target D3 / D5 zones. Warpath library: Haley Performance Target (zones are theirs).
Standard: 5 rounds twice per line. Pars D3/D5: 3 yd 1/1 s; 5 yd 1/2; 10 yd 2/3; 15 yd 3/5; 25 yd 5/7; 50 yd 10/14; 100 yd 15/20 s. [17]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

30. HALEY CET MANIPULATION BLOCK (TRANSITION)
Credit: Travis Haley / Haley Strategic. Distance: 5 or 10 yd. Rounds: varies.
Target: Haley Performance Target.
Standard: Tac load 6 s; reload 1-R-1 4 s; tap-rack 2 rds 3 s; stovepipe 2 rds 3 s; double feed 2 rds 6 s; rifle 1 round to bolt lock, pistol 1 round in 3 s. [18]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

31. GUNFIGHTER STANDARDS (RIFLE AND TRANSITION) (TRANSITION)
Credit: Action Target instruction sheet (originator not named). Distance: 5 yd. Rounds: 1-3 per test.
Target: Hits in the black. Warpath library: #16 Transition (practice).
Standard: Rifle 1 round from low ready 1.3 s; from high ready 1.3 s; 1-reload-1 in 6 s. Rifle 1 then pistol 1 in 4 s (rifle on safe). Check Drill 13 s. [19]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

32. RIFLE-TO-PISTOL TRANSITION (TRANSITION)
Credit: Refactor Tactical (training blog). Distance: 7 yd. Rounds: 4.
Target: A-zone. Warpath library: #16 Transition.
Standard: Low ready or high port: 2 rifle, transition, 2 pistol. Novice 4.5 s, Intermediate 4.0 s, Advanced 3.5 s. Weak source. [20]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

33. PRESIDENT PRO-TEM 2 (TRANSITION)
Credit: Refactor Tactical (training blog). Distance: 10 yd. Rounds: 12.
Target: Three targets 24-36 in apart, A-zone.
Standard: 2 rifle on each, transition, 2 pistol on each. Novice 11 s, Intermediate 10.5 s, Advanced 10 s. Weak source. [20]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

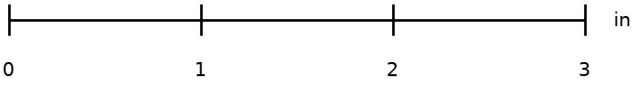
34. ARMY RIFLE QUALIFICATION (TC 3-20.40)
Credit: U.S. Army. Distance: Up to 300 m. Rounds: 40.
Target: Pop-up silhouettes (range only).
Standard: Timed run: unsupported prone, supported prone, kneeling and standing behind a barricade, with magazine changes. Marksman 23, Sharpshooter 30, Expert 36 of 40. [21]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

35. USMC ANNUAL RIFLE QUALIFICATION
Credit: U.S. Marine Corps. Distance: 25 to 500 yd. Rounds: see order.
Target: Range only.
Standard: Multi-day course: 100 yd zero confirm, 25 yd failure-to-stop and box drills, moving threats, barricade holds at 100/200 yd, 300 and 500 yd. Read Appendix J for strings and scores. [22]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

---

36. COLD BORE LOG
Credit: Procedure (Ballistic app guide). Distance: Your zero distance. Rounds: 5 per session.
Target: A fresh aim point. Warpath library: #17 Precision + Offset or #2 Rifle Zero.
Standard: 1 cold shot, wait 2 min, 4 more. Measure cold shot vs. group center. Repeat on 8 or more days. No par: it is a measurement. [23]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____



SOURCES (checked October 2026)

[1] krtraining.com/Drills-Qualifications-Standards-and-Tests-2021-05.pdf (John Daub / KR Training compilation)
[2] gabewhitetraining.com/technical-skills-tests/
[3] pistol-training.com/shooting-drills/the-fast/
[4] pistol-training.com/shooting-drills/dot-torture/
[5] bcfirearmsacademy.ca/hackathorn-standards/ (from pistol-training.com)
[6] benstoeger.com/live-fire-drill-blake-drill
[7] benstoeger.com/livefire-drill-the-accelerator
[8] luckygunner.com/lounge/think-first-shoot-second-a-pistol-drill-to-mess-with-your-head/
[9] pistol-training.com/shooting-drills/triple-nickel/
[10] defoor-proformance-shooting.myshopify.com/pages/pistol-shooting-tests
[11] shootingillustrated.com/content/the-2x2x2-drill/
[12] drilllane.com/drills/vtac-1-5-drill/ (secondary source)
[14] ridgelinedefense.com/blog/half-and-half-drill/ (instructor blog)
[15] gunsandammo.com/editorial/firearms-training-the-9-hole-barricade/307337 (Kyle Lamb article)
[16] defoor-proformance-shooting.myshopify.com/pages/carbine-shooting-tests
[17] Haley Strategic video "Performance Target Carbine CET (static)", May 2020 (description via youlibs.com mirror)
[18] Haley Strategic video "Performance Target Carbine Manipulation", May 2020 (watchwpsn.com)
[19] shop.actiontarget.com/images/Gunfighter standards instructions.pdf (no author named)
[20] blog.refactortactical.com/blog/range-drills-draw-reloads-and-transitions/ (weak: training blog)
[21] army.mil/article/237739 and TC 3-20.40 (armypubs.army.mil)
[22] MCO 3574.2M, Appendix J (marines.mil)
[23] getballisticapp.com/training/cold-bore/ (procedure, no par)

NOTES

Sources marked secondary, weak, or no author named should be confirmed with the originator before you treat those standards as official. El Presidente par is from the Hackathorn Standards listing [5]. Haley CET zones are on Haley Strategic's own target.
Target designs named in this book belong to their owners; Warpath does not reproduce them.