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

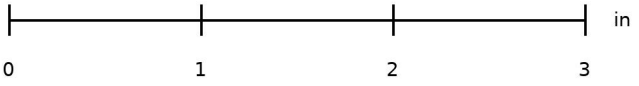
Follow your range rules. Eye and ear protection on. Draw, move, transition and shoot multiple targets only on a range that allows it. Confirm every weapon is unloaded before dry practice.

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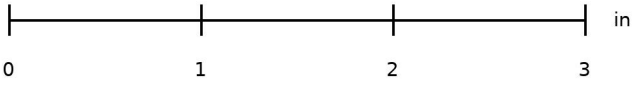
SOURCES **8**

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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 _____

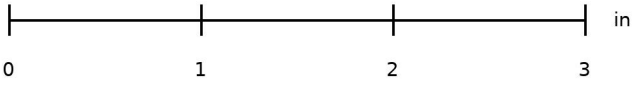
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8. BLAKE DRILL
Credit: Named for Blake Miguez; write-up by Ben Stoeger. Distance: 7 yd. Rounds: 6.
Target: Three USPSA targets 1 yd apart.
Standard: Draw and fire 2 on each target. Goal: 2 s, same as a Bill Drill goal. [6]
Date _____ Time _____ Hits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

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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 _____

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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 _____

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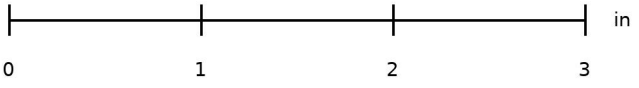
17. FBI PISTOL QUALIFICATION (2019)
Credit: FBI. Distance: 3 to 25 yd. Rounds: 50.
Target: QIT-99.
Standard: 10 strings from concealment, e.g. 3 yd 3 SHO + 3 WHO in 6 s ... 25 yd 4 standing + 4 kneeling in 20 s. 100 points; 90 for instructors. [1]
Date _____ Time _____ Hits ____ / ____ Pass / Fail _____

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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 _____

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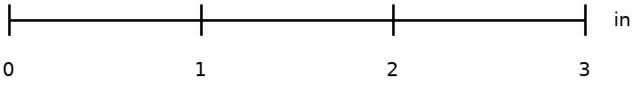
19. TRIPLE NICKEL
Credit: A DHS agency firearms training unit. Distance: 5 yd. Rounds: 10.
Target: Five Tran Star-II or QIT targets.
Standard: From concealment, 2 on each of 5 targets with a reload before the last target. Standard: under 5 s, all hits. [9]
Date _____ Time _____ Hits ____ / ____ Pass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

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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 _____

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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 _____

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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 _____

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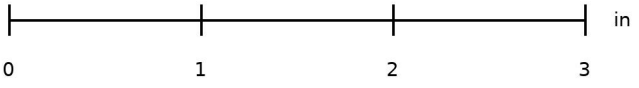
34. ARMY RIFLE QUALIFICATION (TC 3-20.40)
Credit: U.S. Army. Distance: Up to 300 m. Rounds: 40.
Target: Pop-up silhouettes (range only).
Standard: Timed run: unsupported prone, supported prone, kneeling and standing behind a barricade, with magazine changes. Marksman 23, Sharpshooter 30, Expert 36 of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

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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 _____

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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/
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[11] shootingillustrated.com/content/the-2x2x2-drill/
[12] drilllane.com/drills/vtac-1-5-drill/ (secondary source)
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[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.

WARPATH

SIGHT ADJUSTMENT

PISTOL – CARBINE – LONG RANGE

WHO THIS IS FOR
First-time shooters who want hits where they aim, and experienced shooters who want a fast reference. Plain English first, math second.

THE ONE RULE TO REMEMBER
Move the rear sight, dot or scope turret TOWARD where you want the hits to go. A front sight post works the other way: move it AWAY from where you want the hits to go.

HOW TO USE
1. Read Basics (pages 3-4) once.
2. Go to your section: Pistol, Carbine or Long Range.
3. Shoot on a Warpath zero target (#1 pistol, #2 rifle). Log it on the range log (#6) or DOPE card (#7).
4. Cut out the quick-reference card (page 13) and keep it in your range bag.

SAFETY
Follow your range rules. Eye and ear protection on. Make sure the firearm is unloaded before you touch the sights, and keep the muzzle in a safe direction.

Every click value in this guide is a typical value. Your sight manual is the final word.

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BASICS

WHAT "ZERO" MEANS
Your sights and the barrel do not point the same way. The sights look in a straight line; the bullet flies in a curve that starts below the sights. Zeroing means adjusting the sights so the bullet path crosses your line of sight at a distance you choose (the zero distance). At that distance, hits land where you aim.

POINT OF AIM (POA) vs POINT OF IMPACT (POI)
POA is where the sights are on the target. POI is where the bullet hits. Zeroing makes POI match POA at your zero distance.

GROUP FIRST, THEN ADJUST
Never adjust off one shot. Fire 3 to 5 careful shots at the same aim point from a stable rest. Find the center of the group, measure from the aim point to that center (up/down and left/right, in inches), then adjust. Fire a new group to confirm. If the group is bigger than the size of your correction, work on the shooting first.

THE GOLDEN RULE

YOU ADJUST	WHICH WAY	RESULT
Rear sight / dot / turret	Toward where you want hits	Hits move that way
Front sight post (rifle)	Opposite	Post down = hits up
Front sight height (pistol)	Taller / shorter	Taller = hits lower

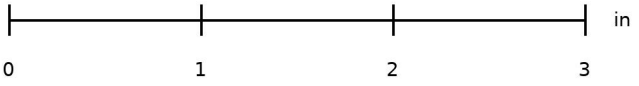
Dots and scopes have arrows on the cap or turret marked U (up) and R (right). Turning in the arrow direction moves the hits that way. Check the markings on your own optic.

1 in

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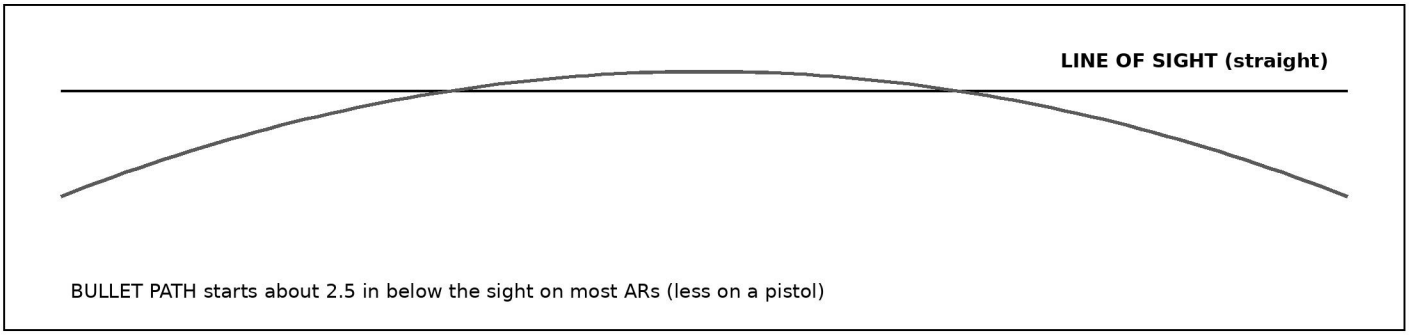
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BASICS: SIGHT HEIGHT AND CLICKS

MECHANICAL OFFSET (SIGHT HEIGHT) - not to scale



Up close, the bullet hits LOW by about the sight height, even with a good zero. That is why a rifle with an optic hits low at 5-10 yd: aim higher by that amount ("holdover" up close). Learn your offset on target #17 Precision + Offset.

MOA AND MIL IN PLAIN ENGLISH
Both are angles, so the inches they cover grow with distance.
1 MOA = 1.047 in at 100 yd (call it 1 in). 1 MIL = 3.6 in at 100 yd. A MOA dial and a MIL reticle do not mix; use matching units.

ONE CLICK MOVES THE HIT THIS MANY INCHES

CLICK	25 YD	50 YD	100 YD	200 YD	300 YD
1/4 MOA	0.07	0.13	0.26	0.52	0.79
1/2 MOA	0.13	0.26	0.52	1.05	1.57
1 MOA	0.26	0.52	1.05	2.09	3.14
0.1 MIL	0.09	0.18	0.36	0.72	1.08

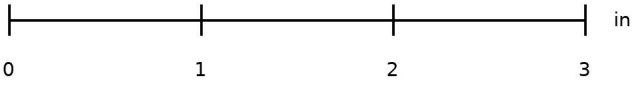
Clicks needed = inches to move / inches per click. Round to the nearest click. Example: 1/4 MOA at 100 yd, hits 1.5 in low: 1.5 / 0.26 = 5.8, so 6 clicks UP.

1 in

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

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

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PISTOL

ZERO DISTANCE
Confirm at 25 yd if you can (errors show up bigger). Start at 10-15 yd to get on paper. Use target #1.

FIXED IRON SIGHTS
Windage: drift the REAR sight toward where you want hits (drift right = hits right). Use a sight pusher tool, not a hammer and punch, if you can. Elevation on most fixed sights is set by front sight height: a TALLER front sight moves hits DOWN, a SHORTER one moves hits UP. Some makers sell fronts in several heights; check your maker's chart.

ADJUSTABLE REAR
Raise the rear = hits go up. Move the rear right = hits go right. Turn the screw in the direction of the marked arrow.

PISTOL RED DOTS
Typical click values: Trijicon RMR and Holosun 507C 1 MOA per click; other dots vary. Check your manual [3][4].

DOT CLICK	INCH / CLICK 15 YD	CLICKS / IN 15 YD	INCH / CLICK 25 YD	CLICKS / IN 25 YD
1 MOA	0.16	6.4	0.26	3.8
1/2 MOA	0.08	12.7	0.13	7.6

SHOOTER OR SIGHTS?
Most pistol misses are the shooter, not the sights. Before you touch the sights: shoot from a rest, or have a skilled shooter fire a group. If both of you land in the same spot, adjust the sights. If the shots scatter or string low (common: low-left for right-handed shooters from jerking the trigger or pushing against recoil), fix grip and trigger first. See the Troubleshooting chart.

PISTOL CHEAT SHEET

Dot or adjustable rear: turn toward where you want hits.
Drift rear sight right = hits right.
Taller front sight = hits LOWER. Shorter = higher.
1 MOA dot at 25 yd: 4 clicks = about 1 in [3][4].
Shoot 5 from a rest, adjust from group center, confirm.

CARBINE

AR FRONT SIGHT POST (elevation)
Press the detent and turn the post with a sight tool. The housing is marked with an arrow and "UP": turning that way lowers the post and moves hits UP. Front post = opposite rule.

A2 / CARRY-HANDLE REAR SIGHT
Windage drum (right side): turn the way the arrow marked R shows to move hits right. Elevation drum (under the aperture): turning it raises or lowers the rear sight, which moves hits up or down. Zero with the front post; use the drum for distance. Values per Army FM 3-22.9 [1]:

ONE CLICK	25 M	100 M	200 M	300 M
Front sight post	0.9 cm	3.5 cm	7 cm	10.5 cm
Rear windage drum	0.3 cm	1.25 cm	2.5 cm	about 4 cm

From FM 3-22.9 Table 2-7 (M4) and the 25 m click rule (0.33 cm windage per click, scaled by distance). About 3/8 in per front click and 1/8 in per windage click at 25 m.

RED DOTS AND LPVOs
Same rule as a pistol dot: turn the turret toward where you want hits, using the U and R arrows. Typical values: EOTech HWS 1/2 MOA per click [5]; Aimpoint Micro T-2 13 mm at 100 m per click (0.5 in at 100 yd) [6]. Many LPVOs use 1/2 MOA or 0.1 MIL per click; read the turret cap.

BACKUP IRONS
Zero the optic first, then the irons, or the other way round: just do one at a time and confirm both at the same distance.

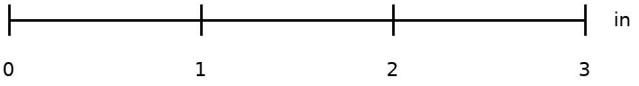
25 M IRON SIGHT MATH

Move 1 in (2.5 cm) up or down: about 3 front post clicks.
Move 1 in left or right: about 8 rear windage clicks.
Front post: turn the UP arrow way = hits UP.
Rear drum: turn the R arrow way = hits RIGHT [1].

1 in

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



CARBINE: WHICH ZERO?



Schematic only - not to scale

The bullet starts below the sight, rises through the line of sight (1st crossing), peaks, and drops back through it (2nd crossing). Picking a near zero sets the far one.

Zeroing on a short range is a starting point: the first and second crossings depend on sight height and velocity, so always confirm at the far distance before you trust it.

ZERO	CROSSES AGAIN NEAR	GOOD FOR
50 yd	about 200 yd	General carbine use
36 yd	about 300 yd	Longer point-blank; higher mid-range
100 yd	Hits fall low past 100 yd	Precision, LPVO, dialing

Commonly reported for 5.56 from a 14.5-16 in barrel. Exact distances change with ammo, barrel and sight height: check a ballistic calculator and confirm on paper. Army FM 3-22.9 zeros M4 iron sights at 25 m for a 300 m battlesight zero [1].

BEFORE YOU PICK

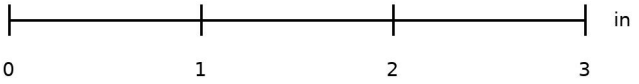
Short range zero is a start. Confirm at the far distance.
Write your zero and ammo on a piece of tape on the stock.

1 in

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

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

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LONG RANGE

SCOPE TURRETS
Elevation on top, windage on the side. Turn in the direction of the arrow (U, R) to move hits that way. Read the cap: it says 1/4 MOA or 0.1 MRAD (MIL) per click. Match the turret to the reticle.

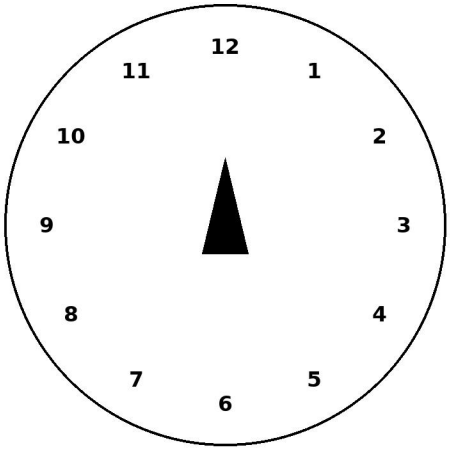
FIRST vs SECOND FOCAL PLANE
First focal plane (FFP): reticle marks are correct at every magnification. Second focal plane (SFP): marks are correct at only one power, usually max; check your manual [2].

MATH (no calculator? use these)
MIL needed = inches x 27.78 / yards (or: inches / (3.6 x yards / 100)).
MOA needed = inches / (1.047 x yards / 100).
Example: 300 yd, hits 6 in low. MIL: 6 x 27.78 / 300 = 0.56, dial 0.6 MIL (6 clicks) UP. MOA: 6 / 3.14 = 1.9, dial 2 MOA (8 clicks of 1/4) UP.

ZERO STOP
After you zero (usually 100 yd), loosen the turret, set it to 0 and set the zero stop per the manual. Now the dial cannot go below zero, so you can always return to zero by feel, even in the dark [7].

DOPE (Data On Previous Engagements)
DOPE is the elevation and wind you actually needed at each distance. Use your ballistic app for a first guess, then shoot and record what really worked on the Warpath DOPE card (#7): distance, elevation, wind, temperature, humidity, date and time. Real data beats the app. Re-check when ammo lot, altitude or weather changes a lot.

LONG RANGE: WIND, PARALLAX, CANT



WIND CLOCK
You face 12 o'clock (the target).
Wind from 3 or 9: full value.
From 1, 2, 4, 5, 7, 8, 10, 11: half value (Army clock method) [8].
From 12 or 6: no value.
Many shooters count 2, 4, 8, 10 as about 85-90% (commonly reported).
Wind pushes the bullet the way it blows: wind from 9 pushes hits RIGHT, so hold or dial LEFT.

PARALLAX
With the rifle still, move your head a little behind the scope. If the reticle seems to slide on the target, adjust the parallax (side focus or objective) until it stops moving and the target is sharp. Then the reticle will not shift with your eye position [2].

CANT (tilted rifle)
If the scope is tilted, dialing up also moves the hit sideways, and the error grows with distance. Level the reticle to the rifle when you mount it, and use a scope level bubble when you shoot.

COLD BORE
The first shot from a cold, clean or oiled barrel can land in a different spot from the shots after it. Do not adjust off that shot. Log it: 1 cold shot, then a group, every session (Cold Bore Log drill, and the DOPE card #7) [9]. After several sessions you will know your cold-bore shift.

WIND QUICK MATH

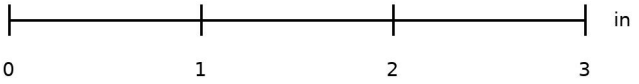
Correction = wind speed x value x your 1 mph drift.
Example: 8 mph from 9 o'clock, full value, 0.5 MOA per mph (USAMU 600 yd example) = 4 MOA. Half value = 2 MOA [8].
Your drift per mph comes from your DOPE, not this guide.

1 in

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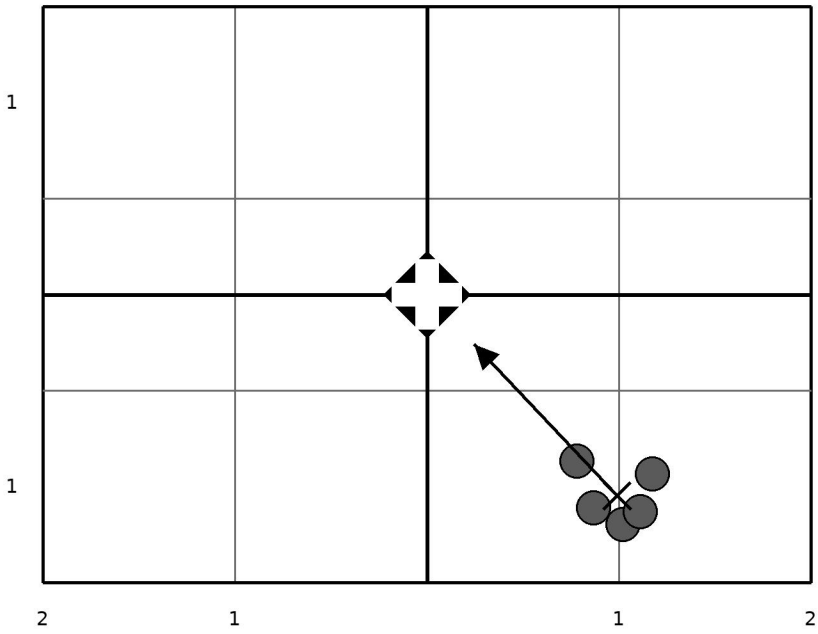
TROUBLESHOOTING

WHAT YOU SEE	LIKELY CAUSE	FIX
Tight group, off center	Sights not zeroed	Adjust using this guide
Clicks do nothing / jump	Loose mount or ring	Torque per maker; re-zero
Moves after each session	Loose optic, cold bore	Witness marks; log cold shot
Big, scattered group	Shooter, ammo or rest	Fix basics; stable rest
Pistol low-left (righty)	Jerk or anticipation	Dry fire; slow press
Hits move with your head	Parallax	Adjust parallax knob
Off sideways when dialed up	Cant (tilt)	Level reticle; use bubble
Up close, hits low	Sight height (normal)	Hold over up close
Zero shifts with new ammo	Different load	Re-zero on that ammo
Ran out of adjustment	Mount or base issue	Check mount; canted base
Dot moves opposite way	Turned against arrow	Follow U / R arrows

Rule of thumb: if two good shooters, or one shooter from a solid rest, land in the same off-center spot, it is the sights. If the group is all over, it is the shooting. Pistol shot diagnostics charts are a starting point, not a diagnosis (commonly reported).

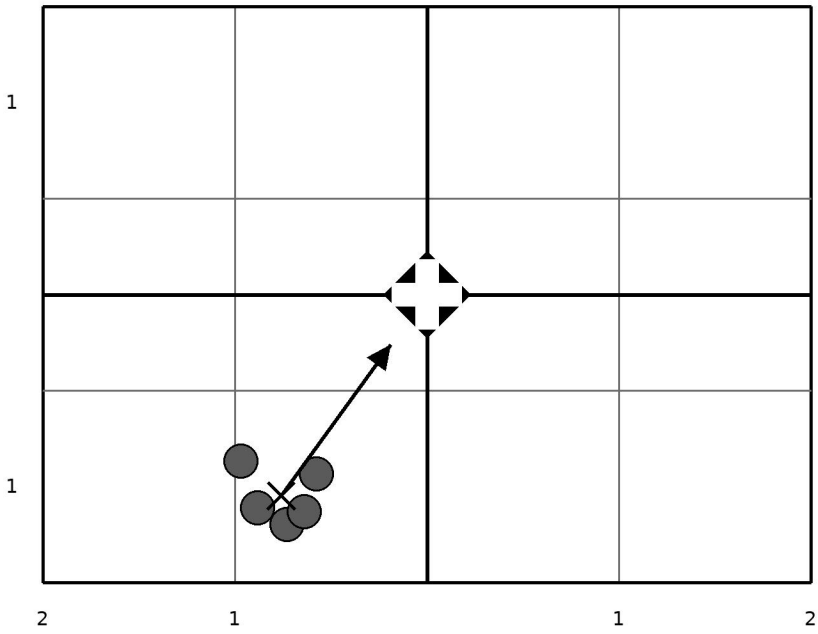
WORKED EXAMPLES

1. PISTOL RED DOT - target #1, 25 yd, 1 MOA per click



Group center: 1 in LOW, 1 in RIGHT.
1 MOA at 25 yd = 0.26 in.
Up: 1 / 0.26 = 3.8 = 4 clicks UP.
Left: 1 / 0.26 = 3.8 = 4 clicks LEFT.

2. SCOPE IN MIL - 100 yd, 0.1 MIL per click

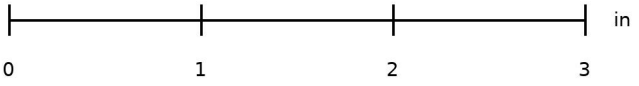


Group center: 1 in LOW, 0.75 in LEFT.
0.1 MIL at 100 yd = 0.36 in.
Up: 1 / 0.36 = 2.8 = 3 clicks UP.
Right: 0.75 / 0.36 = 2.1 = 2 clicks RIGHT.

1 in

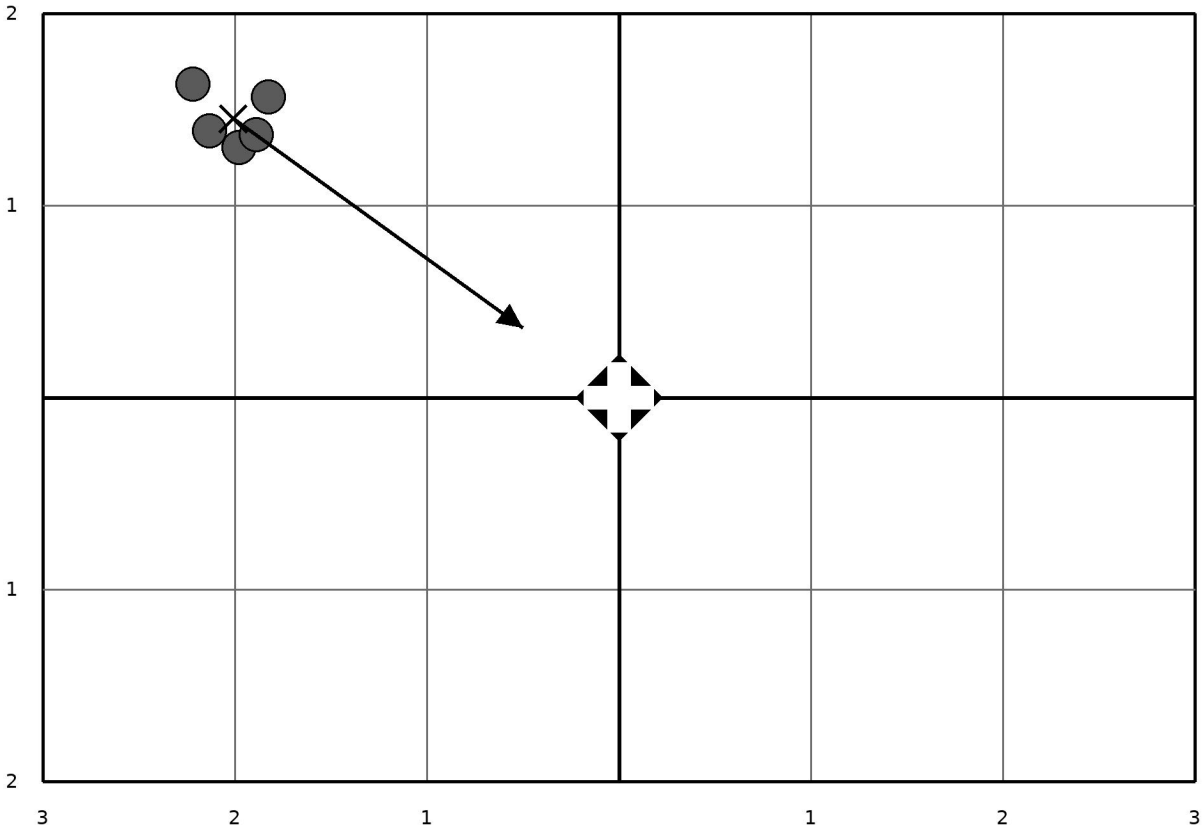
PRINT AT 100% / ACTUAL SIZE - turn off "fit to page".

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



WORKED EXAMPLES (CONT.)

3. CARBINE DOT - target #2, 50 yd, 1/2 MOA dot



Group center: 1.5 in HIGH, 2 in LEFT. 1/2 MOA at 50 yd = 0.26 in. Down: 1.5 / 0.26 = 5.8 = 6 clicks DOWN. Right: 2 / 0.26 = 7.7 = 8 clicks RIGHT. Fire a new group to confirm.

4. AR FRONT SIGHT POST - 25 m, hits 1 in (2.5 cm) HIGH
One post click moves hits about 0.9 cm at 25 m [1]. 2.5 / 0.9 = 2.8, so 3 clicks to move hits DOWN: turn the post OPPOSITE the "UP" arrow (raises the post).

QUICK-REFERENCE CARD

Cut on the outline (two cards: 3.5 x 4.0 in each). Fold or laminate.

THE RULES

Rear sight, dot, turret:
move TOWARD where you
want the hits to go.
Front post: the opposite.
Taller pistol front:
hits go lower.
Shoot a 3-5 shot group.
Adjust from the group
center. Fire to confirm.
Up close, hits land low
by about the sight height.

CLICK MATH

Inches per click, 100 yd:
1/4 MOA = 0.26
1/2 MOA = 0.52
1 MOA = 1.05
0.1 MIL = 0.36
Scale by yards / 100.
Clicks = inches / per click
MIL = in x 27.78 / yd
MOA = in / (1.047 x yd / 100)
Wind: 3 and 9 full value;
other angles half value.

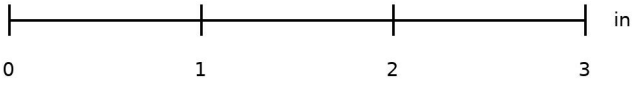
Typical values only. Your sight or optic manual wins.

1 in

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SOURCES (each opened and checked October 27, 2026)

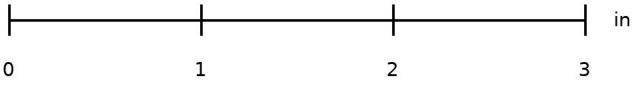
[1] U.S. Army FM 3-22.9, Rifle Marksmanship M16-/M4-Series Weapons (2003): Tables 2-5 and 2-7 (click values, 25 m zero for 300 m), Chapter 5, 25 m click rule (0.33 cm windage, 0.83 cm front post).
[2] Vortex Optics riflescope manuals (Viper PST, Razor HD): first vs second focal plane subtensions; parallax check by moving your head.
[3] Trijicon RMR instruction manual PML1016-1, trijicon.com: "one (1) MOA per click".
[4] Holosun HS507C manual and holosun.com product page: about 1 MOA per click (1/4 in at 25 yd).
[5] EOTech HWS manuals (EXPS2, 5-series), eotechinc.com: about 1/2 MOA per click, 1/2 in at 100 yd.
[6] Aimpoint Micro T-2 user manual 13939-6: 1 click = 13 mm at 100 m = 0.5 in at 100 yd.
[7] Nightforce ZeroStop instructions (nightforceoptics.com/zerostop) and ATACR owner manual: set only after zeroing.
[8] U.S. Army FM 23-10, Sniper Training, para 3-12: full value 3 and 9; half value 1, 2, 4, 5, 7, 8, 10, 11; no value 12 and 6. Also CMP / USAMU wind article (odcmp.org).
[9] getballisticapp.com/training/cold-bore/: 1 cold shot, wait 2 minutes, 4 more, repeat on 8 or more days.

MATH

1 MOA = 1/60 degree = 1.047 in at 100 yd. 1 MIL = 1/1000 radian = 3.6 in at 100 yd. Table values are calculated from these.

CONFIDENCE

Click values come from the maker and Army manuals above. Zero crossing distances (50/200, 36/300), the 85-90% oblique wind value and the low-left pistol diagnosis are commonly reported and change with your gun and ammo. Always confirm on paper.



WARPATH

GEAR CHECKLIST

HOW TO USE
1. Pick the list that fits the day: Kit Loadout (duty / pro), Range Day, Prep Bag, Vehicle, or the blank Custom page.
2. Write the quantity you carry in QTY.
3. Tick PACKED when it is in the bag or on the kit. Tick FUNC only after you have checked that it works.
4. BATT/EXP: write the date you last changed batteries or the expiry date. On the Prep Bag page, ROTATE/EXP is the date to swap food, water, meds and batteries.
5. Sign the PCC / PCI line before you leave. Make copies; do not write on the master.

ABOUT THE ITEMS
The lists are generic so they fit any kit. Models named on the Pro Kit Reference pages are what public sources report; they are not endorsements or requirements.

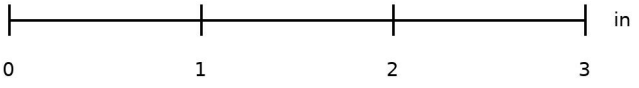
SAFETY AND LAW
Know and follow the laws where you live and travel, plus your range and agency rules. Medical gear is only useful if you are trained: Stop the Bleed or TCCC.

1 in

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KIT LOADOUT – DUTY / PRO

HEAD

ITEM	QTY	PACKED	FUNC	BATT/EXP	NOTES
Helmet (fit, retention, pads)		☐	☐		
NVG mount + shroud		☐	☐		
NODs + lens caps		☐	☐		
Counterweight		☐	☐		
Comms headset + PTT		☐	☐		
Eye protection (clear / dark)		☐	☐		
Ear protection (plugs backup)		☐	☐		

PLATE CARRIER

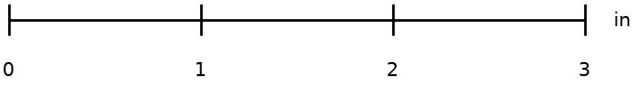
ITEM	QTY	PACKED	FUNC	BATT/EXP	NOTES
Front plate (cut / level ___)		☐	☐		
Back plate (cut / level ___)		☐	☐		
Side plates (size / level ___)		☐	☐		
Cummerbund		☐	☐		
Front placard / mag pouches		☐	☐		
Admin pouch		☐	☐		
IR / ID patches		☐	☐		

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KIT LOADOUT – DUTY / PRO

BELT

ITEM	QTY	PACKED	FUNC	BATT/EXP	NOTES
Holster + retention check		☐	☐		
Rifle mag pouches		☐	☐		
Pistol mag pouches		☐	☐		
Dump pouch		☐	☐		
Tourniquet (belt)		☐	☐		
IFAK		☐	☐		

WEAPON - PRIMARY

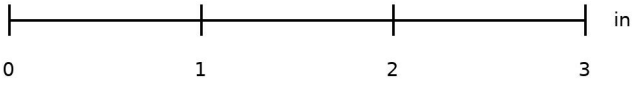
ITEM	QTY	PACKED	FUNC	BATT/EXP	NOTES
Rifle (serial ____)		☐	☐		
Optic (zero confirmed)		☐	☐		
Backup sights / offset		☐	☐		
Weapon light		☐	☐		
Laser / IR aiming device		☐	☐		
Sling		☐	☐		
Mags (count ___)		☐	☐		
Suppressor / muzzle device		☐	☐		

1 in

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KIT LOADOUT – DUTY / PRO

WEAPON - SECONDARY

ITEM	QTY	PACKED	FUNC	BATT/EXP	NOTES
Pistol (serial ____)		☐	☐		
Optic / sights		☐	☐		
Weapon light		☐	☐		
Mags (count ___)		☐	☐		

MEDICAL

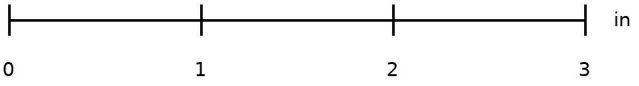
ITEM	QTY	PACKED	FUNC	BATT/EXP	NOTES
Tourniquet	2	☐	☐		
Chest seals (vented)		☐	☐		
Hemostatic gauze		☐	☐		
Compressed gauze / pressure bandage		☐	☐		
NPA + lube		☐	☐		
Trauma shears		☐	☐		
Marker + casualty card		☐	☐		
Gloves (nitrile)		☐	☐		

Get trained: take a Stop the Bleed class (stopthebleed.org) or a TCCC course before you carry or use these items. Check expiry dates; replace anything opened.

1 in

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

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



KIT LOADOUT – DUTY / PRO

COMMS / NAV

ITEM	QTY	PACKED	FUNC	BATT/EXP	NOTES
Radio + antenna		☐	☐		
Spare antenna / cable		☐	☐		
Phone / device + case		☐	☐		
Map + protractor		☐	☐		
Compass		☐	☐		
GPS		☐	☐		
Frequency / call sign card		☐	☐		
Watch (GPS/OPSEC settings checked)		☐	☐		

POWER (batteries: write spares and date changed)

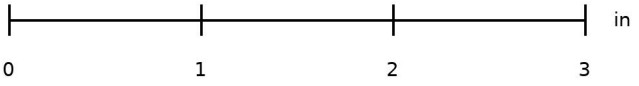
TYPE	QTY	SPARES	PACKED	DATE CHG	NOTES
CR123A		☐	☐		
AA		☐	☐		
AAA		☐	☐		
CR2032		☐	☐		
Rechargeable packs + cable		☐	☐		

1 in

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KIT LOADOUT – DUTY / PRO

SUSTAIN / ADMIN

ITEM	QTY	PACKED	FUNC	BATT/EXP	NOTES
Water (bladder / bottles)		☐	☐		
Gloves		☐	☐		
Knife		☐	☐		
Multitool		☐	☐		
Handheld light / headlamp		☐	☐		
IR marker / strobe		☐	☐		
ID card + admin docs		☐	☐		
Watch		☐	☐		
Snacks / electrolytes		☐	☐		
Rain / warming layer		☐	☐		

PRE-MISSION PCC / PCI

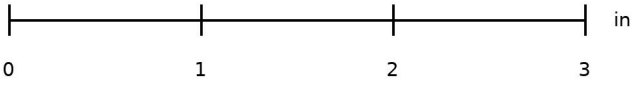
Checked by (init.)	Date	Leader (init.)	Mission / event

1 in

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

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

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RANGE DAY

FIREARMS + AMMO

ITEM	QTY	PACKED	FUNC	BATT/EXP	NOTES
Firearm 1 (case, lock)		☐	☐		
Firearm 2 (case, lock)		☐	☐		
Ammo - caliber ____ (rds)		☐	☐		
Ammo - caliber ____ (rds)		☐	☐		
Mags / speed loaders (count)		☐	☐		
Optic batteries		☐	☐		

PROTECTION

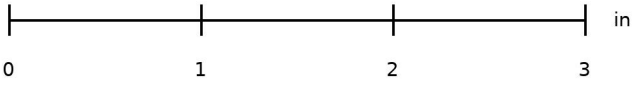
ITEM	QTY	PACKED	FUNC	BATT/EXP	NOTES
Eye protection		☐	☐		
Ear protection (plugs + muffs)		☐	☐		
Hat / brim		☐	☐		
Closed-toe shoes		☐	☐		

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

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RANGE DAY

TARGETS + DATA

ITEM	QTY	PACKED	FUNC	BATT/EXP	NOTES
Targets (Warpath sheets)		☐	☐		
Stapler + staples		☐	☐		
Target pasters / tape		☐	☐		
Shot timer		☐	☐		
DOPE card / range log		☐	☐		
Pen / marker		☐	☐		
Phone + chargers		☐	☐		

TOOLS + MAINTENANCE

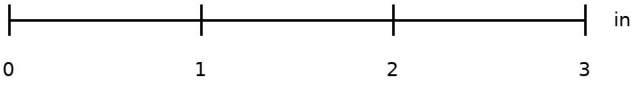
ITEM	QTY	PACKED	FUNC	BATT/EXP	NOTES
Cleaning kit / bore snake		☐	☐		
Lube		☐	☐		
Multitool / driver bits		☐	☐		
Torque driver		☐	☐		
Rest / bags / mat		☐	☐		
Spare parts		☐	☐		

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RANGE DAY

FIRST AID

ITEM	QTY	PACKED	FUNC	BATT/EXP	NOTES
Tourniquet	1+	☐	☐		
Hemostatic or compressed gauze		☐	☐		
Pressure bandage		☐	☐		
Gloves + shears		☐	☐		
Basic first aid (boo-boo kit)		☐	☐		

Get trained: take a Stop the Bleed class (stopthebleed.org) or a TCCC course before you carry or use these items. Check expiry dates; replace anything opened.

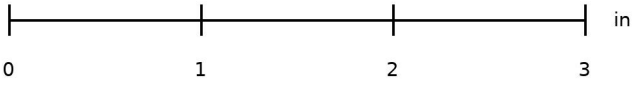
COMFORT

ITEM	QTY	PACKED	FUNC	BATT/EXP	NOTES
Chair		☐	☐		
Shade / canopy		☐	☐		
Water		☐	☐		
Snacks		☐	☐		
Sunscreen / bug spray		☐	☐		
Trash bag		☐	☐		
Range rules + membership card		☐	☐		

1 in

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PREP / BUG-OUT BAG

WATER + FOOD

ITEM	QTY	PACKED	FUNC	ROTATE/EXP	NOTES
Water (liters)		☐	☐		
Filter / purification tabs		☐	☐		
Metal bottle / pot		☐	☐		
Food (days)		☐	☐		
Utensil + stove + fuel		☐	☐		

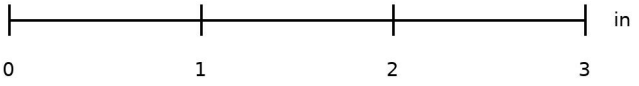
SHELTER + FIRE

ITEM	QTY	PACKED	FUNC	ROTATE/EXP	NOTES
Tarp / tent / bivy		☐	☐		
Sleeping bag / blanket		☐	☐		
Lighter + matches		☐	☐		
Tinder / fire starter		☐	☐		
Cordage		☐	☐		

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PREP / BUG-OUT BAG

FIRST AID + HYGIENE

ITEM	QTY	PACKED	FUNC	ROTATE/EXP	NOTES
Tourniquet		☐	☐		
Trauma + first aid kit		☐	☐		
Personal meds (days)		☐	☐		
Glasses / contacts		☐	☐		
Hygiene kit + sanitizer		☐	☐		
Masks		☐	☐		

Get trained: take a Stop the Bleed class (stopthebleed.org) or a TCCC course before you carry or use these items. Check expiry dates; replace anything opened.

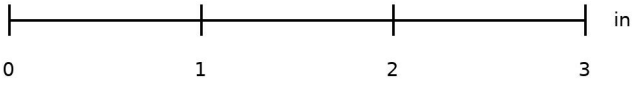
LIGHT, POWER, COMMS

ITEM	QTY	PACKED	FUNC	ROTATE/EXP	NOTES
Headlamp		☐	☐		
Flashlight		☐	☐		
Batteries (by type)		☐	☐		
Power bank + cables		☐	☐		
Radio (weather / AM-FM)		☐	☐		
Two-way radio + freq card		☐	☐		

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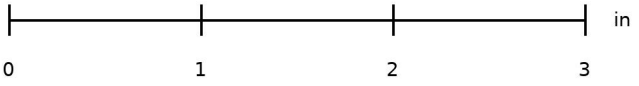
PREP / BUG-OUT BAG

NAV, DOCS, CASH

ITEM	QTY	PACKED	FUNC	ROTATE/EXP	NOTES
Paper maps + compass		☐	☐		
Copies of ID, insurance		☐	☐		
Contact list (paper)		☐	☐		
Cash (small bills)		☐	☐		
USB drive (encrypted)		☐	☐		

CLOTHING + TOOLS

ITEM	QTY	PACKED	FUNC	ROTATE/EXP	NOTES
Base / mid / outer layers		☐	☐		
Socks + underwear		☐	☐		
Rain gear		☐	☐		
Work gloves		☐	☐		
Knife / multitool		☐	☐		
Duct tape		☐	☐		
Sewing / repair kit		☐	☐		

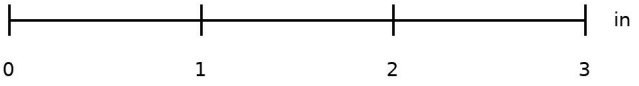


PREP / BUG-OUT BAG

SELF-DEFENSE (where legal)

ITEM	QTY	PACKED	FUNC	ROTATE/EXP	NOTES
Personal defense item		☐	☐		
Spare mags / ammo		☐	☐		
Permit / documents		☐	☐		

Follow the laws where you live and travel.



VEHICLE

VEHICLE KIT

ITEM	QTY	PACKED	FUNC	ROTATE/EXP	NOTES
Spare tire + jack checked		☐	☐		
Jump starter / cables		☐	☐		
Tire inflator + gauge		☐	☐		
Tow strap		☐	☐		
Fluids (oil, coolant)		☐	☐		
Fuel can		☐	☐		
Tool kit		☐	☐		
Flashlight + batteries		☐	☐		
Reflective triangles		☐	☐		
Fire extinguisher		☐	☐		
Tourniquet + first aid kit		☐	☐		
Water + food		☐	☐		
Blanket + warm layer		☐	☐		
Window breaker / cutter		☐	☐		
Paper maps		☐	☐		
Phone charger		☐	☐		
Shovel + traction aids		☐	☐		

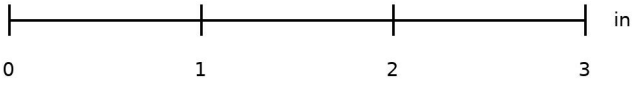
Get trained: take a Stop the Bleed class (stopthebleed.org) or a TCCC course before you carry or use these items. Check expiry dates; replace anything opened.

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CUSTOM LOADOUT

Loadout: _____

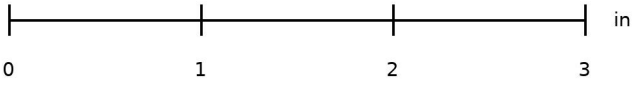
ITEM	QTY	PACKED	FUNC	BATT/EXP	NOTES
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PRO KIT REFERENCE (PUBLIC SOURCES)

Units do not publish loadouts. This is a reference built from public contracts, press releases and reporting, 2018-2026. Tags: DOCUMENTED = contract or official release; COMMONLY REPORTED = memoir, secondary or dealer source; UNVERIFIED = seen or claimed but no source found. Not an endorsement. Your checklist pages stay generic.

SOF-WIDE (USSOCOM)
DOCUMENTED: Helmet: Ops-Core FAST SF, SOCOM SPEAR FTHS award (2019, $95M ceiling). [R1]
DOCUMENTED: Comms headset: Gentex selected for SOCOM CASL (comms accessory suite). [R1]
DOCUMENTED: NODs: GPNVG-18 and F-BINO sustained under a SOCOM-funded L3 contract (2022-2026 orders). [R2]
DOCUMENTED: Pistol: Mk27 = Glock 19 variants; suppressor SIG MOD-X9 selected (2021-22). [R5]
DOCUMENTED: Rifle upper: SIG SURG (MCX-based, suppressed), extended 2023. [R6]
DOCUMENTED: LPVO: Nightforce ATACR 1-8 (S-VPS) and 5-25 / 7-35 (P-VPS), 2022 award. [R7]
COMMONLY REPORTED: LPVO: Vortex Razor 1-6 Gen II "SOCOM kit" (seen as contract overrun). [R8]
UNVERIFIED: Plate carriers: Crye JPC / AVS, Ferro, Velocity Systems. Common in public photos; no contract found.
UNVERIFIED: Headsets: Peltor ComTac, TCI Liberator. No contract found this round.
UNVERIFIED: Optics / lasers: EOTech, Aimpoint, NGAL, PEQ-15, Cloud Defensive. No award found (lights: see secondary pages).
UNVERIFIED: Batteries: CR123A, AA, CR2032 run most lights, lasers and optics (check each manual).

DEVGRU (NSWDG)
COMMONLY REPORTED: Rifle: HK416 reported in memoirs and public reporting. [R14]
COMMONLY REPORTED: HK416 listed as used by U.S. SOF units (secondary list). [R13]
UNVERIFIED: Everything else: no official loadout is published. Treat photos and forum claims as unverified.
UNVERIFIED: NODs: GPNVG-18 widely reported; only the SOCOM-wide sustainment contract is documented. [R2]

DELTA FORCE (1st SFOD-D / CAG)
COMMONLY REPORTED: Rifle: HK416 reported (secondary list). [R13]
UNVERIFIED: Most kit is not public. No contract names the unit; treat claims as unverified.
UNVERIFIED: Pistol: Glock family reported; the documented item is SOCOM-wide Mk27. [R5]

ARMY SPECIAL FORCES (GREEN BERETS)
COMMONLY REPORTED: Rifle: M4A1 with URG-I upper (Daniel Defense barrel, Geissele rail), USASOC from 2018. [R9]
DOCUMENTED: NGSW (XM7 / XM157) fielding to Army SOF (75th Ranger Regiment) in FY25. [R10]
DOCUMENTED: ENVG-B is an Army program; SF use not confirmed in sources found. [R4]
UNVERIFIED: Pistol: M17 / M18 (Army MHS); SF issue not confirmed this round.
DOCUMENTED: Plus SOF-wide items above (FAST SF, Mk27, SURG, S-VPS). [R1]

MARSOC (MARINE RAIDERS)
DOCUMENTED: Suppressors: KAC NT-4 for M27, M4, M4A1; fielded incl. special operation units (2020-). [R11]
DOCUMENTED: M27 IAR (HK416-based) is the suppressor host named in the USMC award. [R12]
UNVERIFIED: MARSOC-specific helmet or plate carrier contract: none found this round.
DOCUMENTED: Plus SOF-wide items above (MARSOC is a SOCOM component). [R1]

PRO KIT REFERENCE - SECONDARY GEAR

By category. Each line: GROUP - TAG: item [source]. ALL DoD = military-wide stock or guidance, not proof of unit use. Same tags as above, plus FIRSTHAND REPORT = private account from a serving member, not public. Not an endorsement.

MEDICAL / IFAK
ALL DoD - DOCUMENTED: Tourniquets on CoTCCC list: CAT Gen 7, SAM-XT, SOFTT-W, TMT, RMT-T, TX2/TX3 (each with NSN). [R15]
ALL DoD - DOCUMENTED: Combat Gauze is the CoTCCC hemostatic of choice; Celox, ChitoGauze, XStat, iTClamp are alternatives. [R16]
ALL DoD - DOCUMENTED: Vented chest seal is called for in TCCC guidelines (no brand named). [R16]
SOF-WIDE - UNVERIFIED: Brands of NPA, decompression needle, shears and IFAK pouch: no SOF award found.
DEVGRU / DELTA - UNVERIFIED: Unit medical loadouts are not public.

COMMS
SOF-WIDE - DOCUMENTED: L3Harris AN/PRC-163 handheld, PRC-167 manpack, PRC-161 Link 16 (IDIQ 2024-2031); sustains legacy PRC-152 / 117G. [R17]
SOF-WIDE - DOCUMENTED: Ops-Core AMP headset selected for SOCOM CASL (2019). [R18]
ARMY (not SOF) - DOCUMENTED: Samsung S23 Tactical Edition bought as the Nett Warrior ATAK end-user device (2025). [R19]
SOF-WIDE - UNVERIFIED: PRC-148 MBITR, TCI Liberator, Peltor ComTac, PTT brands: no current SOF award found.

KNIVES
SOF (unnamed) - DOCUMENTED: Winkler Knives states it has made team-specific knives and axes for SOF since 2004. [R21]
DEVGRU - COMMONLY REPORTED: Winkler tomahawks reported (NYT via Business Insider, 2015). [R21]
DEVGRU / DELTA - COMMONLY REPORTED: Winkler says individual DEVGRU and CAG members asked for his blades. [R22]
USMC / MARSOC - COMMONLY REPORTED: Ontario OKC-3S is the Marine bayonet (secondary source). [R23]
ALL DoD - COMMONLY REPORTED: Gerber LMF II is an aircrew survival (ASEK) knife with NSNs. [R23]
SOF-WIDE - UNVERIFIED: Benchmade, Spyderco, Microtech, ESEE: no award or issue statement found.

MULTITOOLS
ALL DoD - DOCUMENTED: Leatherman MUT, MUT EOD and Super Tool 300 carry NSNs (stock-listed, not unit issue). [R20]
SOF-WIDE - UNVERIFIED: Leatherman Surge / Wave, Gerber MP600: no award found this round.

GLOVES
ARMY - DOCUMENTED: Massif flame-resistant gloves are an Army LIN (A05025) with NSNs. [R24]
ALL DoD - DOCUMENTED: Nomex flyer gloves (GS/FRP-2) are stock-listed by NSN. [R24]
ALL DoD - COMMONLY REPORTED: Mechanix MG55 listed with an NSN in a DLA solicitation. [R25]
SOF-WIDE - UNVERIFIED: PIG, Oakley SI: sold to military buyers, no SOF award found.

LIGHTS + MARKERS
SOF-WIDE - DOCUMENTED: SureFire M620V Scout and M720V RAID won SOCOM VBL-III (2010; may be outdated). [R26]
ALL DoD - DOCUMENTED: ACR Firefly 3 distress strobe has an NSN. [R27]
ALL DoD - COMMONLY REPORTED: ACR MS-2000M strobe NSN reported on a forum. [R27]
SOF-WIDE - UNVERIFIED: Headlamp and handheld light brands, current weapon lights: no award found.

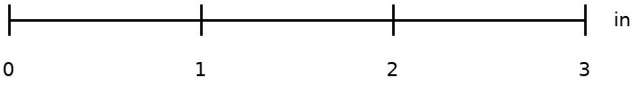
WEARABLES (WATCHES)
ALL DoD - DOCUMENTED: 2018 DoD memo bans geolocation features on personal and issued devices (fitness trackers, smartwatches) in operational areas unless a commander authorizes. [R28]
DoD (unit not named) - DOCUMENTED: DAPS II handheld navigation kit listed on sam.gov includes a Garmin Tactix watch with DAPS software. [R29]
MAKER - DOCUMENTED: Garmin markets Tactix to military users (MGRS, night-vision mode, Jumpmaster). [R30]
AFSOC / USMC / NSW - COMMONLY REPORTED: Garmin Fenix and Tactix government orders and photos reported (secondary). [R31]
75th RANGER REGT - FIRSTHAND REPORT: Garmin watch worn; reportedly common among Rangers. Source: firsthand report, 75th Ranger Regiment (private).
DEVGRU / DELTA / SF / MARSOC - UNVERIFIED: Unit watch choice: no public source found.
OPSEC NOTE - DOCUMENTED: Before field use: turn off GPS recording, location sharing, auto-upload and public profiles (e.g. Strava) on fitness wearables; follow unit policy. [R28]

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REFERENCE SOURCES (checked October 2026)

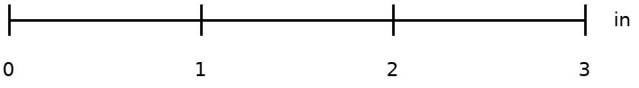
[R1] soldiersystems.net/2019/04/13/ussocom-selects-ops-core-fast-sf-helmet-for-family-of-tactical-headborne-systems-awards-95-mil-contract/ and gentexcorp.com news, May 2019
[R2] govtribe.com, contract N0016422DJQ01 (L3 VAS sustainment, SOCOM-funded, GPNVG and F-BINO orders 2022-2026)
[R3] shephardmedia.com, "Two firms obtain US night-vision contracts" (PVS-31 spares, Navy)
[R4] l3harris.com press release, Apr 15 2024 (ENVG-B production order, U.S. Army)
[R5] soldiersystems.net/2022/02/01/sig-mod-x9-selected-by-ussocom-for-mk27-handgun-suppressor/
[R6] soldiersystems.net/2018/07/29 (SURG award) and thefirearmblog.com 2023/07/20 (SURG extension)
[R7] spartanat.com/en/neue-lpvo-optiken-fuer-socom (DoD notice Oct 2022, Nightforce S-VPS / P-VPS)
[R8] snipershide.com forum, Nov 2024: dealer sale of Razor 1-6 "SOCOM kit" contract overrun (weak)
[R9] en.wikipedia.org/wiki/URG-I (secondary, weak)
[R10] army.mil/article/255827 (NGSW award 2022) and armytimes.com Sep 30 2024 (NGSW fielding to 75th Ranger Regiment)
[R11] soldiersystems.net/2020/09/28 (USMC KAC NT-4 award) and marcorsyscom.marines.mil Dec 29 2020 (fielding incl. special operation units)
[R12] guns.com, "KAC Snags $25M Marine Corps Suppressor Award" (M27 is HK416-based)
[R13] en.wikipedia.org/wiki/Heckler_%26_Koch_HK416 users list (secondary, weak)
[R14] Mark Owen, "No Easy Day" (2012 memoir; older than 2024)
[R15] CoTCCC Recommended Devices & Adjuncts (as of 15 Dec 2021, with NSNs; library.texsar.org copy) and dodstopthebleed.org/equipment/tourniquets
[R16] TCCC Guidelines 2024, J Spec Oper Med (jsomonline.org/wp-content/uploads/2024/11/20241100Deaton.pdf)
[R17] sam.gov award H92401-24-D-0001 and war.gov Contracts for Jan. 3, 2024 (USSOCOM, L3Harris, up to $479M)
[R18] gentexcorp.com news: Ops-Core AMP selected by USSOCOM (CASL, 2019); soldiersystems.net/2019/04/08
[R19] readthegovcontract.com W91CRB25F0205 (Samsung S23 Tactical Edition as Nett Warrior EUD, 2025)
[R20] Leatherman 2012 Military Catalog (NSNs for MUT, MUT EOD, Super Tool 300); militarytimes.com GearScout 2010/01/20
[R21] winklerknives.com/pages/about (maker statement) and businessinsider.com 2015 (citing NYT on SEAL Team 6)
[R22] loadoutroom.com/winkler-knives-2 (maker interview naming DEVGRU and CAG; weak)
[R23] Wikipedia OKC-3S Bayonet and Aircrew Survival Egress Knife (secondary, weak); soldiersystems.net 2024/01/25 Gerber NSNs
[R24] armyproperty.com LIN A05025 (Massif FR gloves NSNs) and NSN 8415-01-029-0109 (Nomex flight gloves)
[R25] govly.com DIBBS SPE1C1-27-T-0045 (Mechanix MG55, NSN 8415-01-677-9241; weak)
[R26] soldiersystems.net/2010/11/18 SureFire wins USSOCOM VBL-III (M620V, M720V; older than 2024)
[R27] nsn-now.com NSN 6230-01-534-6680 (ACR Firefly 3); army.ca forum (MS-2000M NSN 6230-01-448-8340; weak)
[R28] DoD Deputy Secretary memo, Aug 3 2018, "Use of Geolocation-Capable Devices" (fedscoop.com copy); army.mil/article/209500; dla.mil article 1597116
[R29] sam.gov notice: TRX DAPS II handheld kit incl. Garmin Tactix watch (sam.gov/workspace/contract/opp/89685b86a82c4d878bb5ddd82b1e791e)
[R30] garmin.com newsroom, 2013 "Introducing Garmin tactix" press release
[R31] watchesofespionage.com "Digital Watches of the Global War on Terror" (secondary; cites order records and DoD photos)

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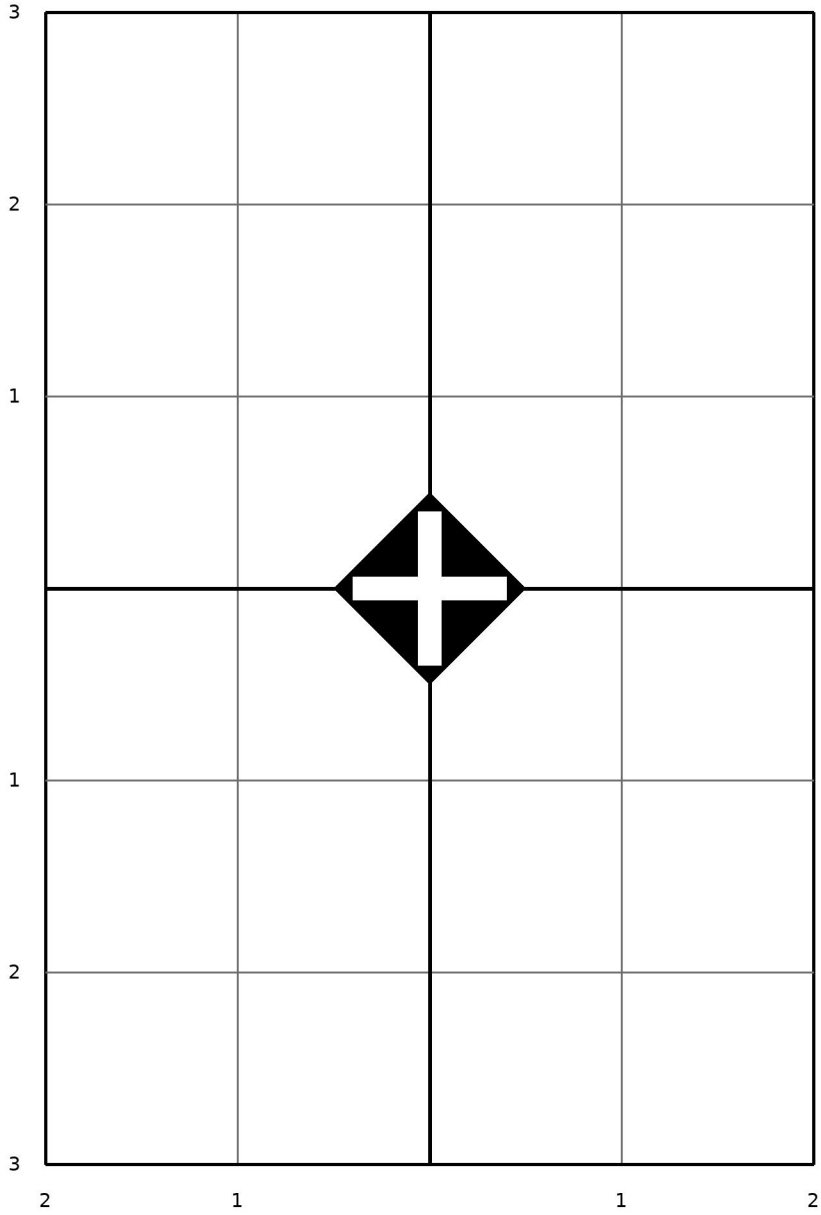


WARPATH
PERFORMANCE

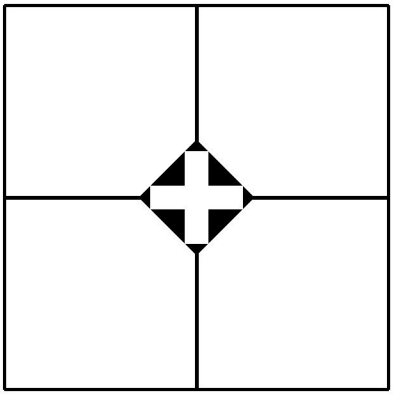
PISTOL ZERO

25 yd and 10/15 yd - red dot and irons

25 YD GRID - 1 in squares



10 / 15 YD INSET



WHY 25 YD?
Aim errors show up 2.5x larger than at 10 yd, so the zero is more precise. Get on paper at 10/15 yd with the inset, then confirm at 25.

RED DOT MATH
Typical dot: 1 MOA per click. Check your optic manual.
1 MOA = 0.26 in @ 25 yd: ~4 clicks per inch.
1 MOA = 0.16 in @ 15 yd: ~6.4 clicks per inch.
1 MOA = 0.10 in @ 10 yd: ~9.5 clicks per inch.

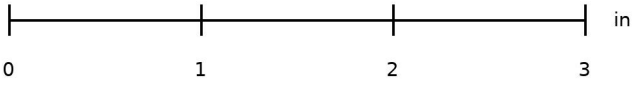
HOW TO USE
Fire 5 slow shots at the diamond. Measure the GROUP CENTER from the crosshair in inches, adjust, and fire a new group to confirm.

IRON SIGHTS
Windage: drift the rear sight the way you want hits to move. Fixed sights: taller front = hits go down, shorter front = hits go up. Adjustable rear: raise the rear = hits go up.

1 in

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

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



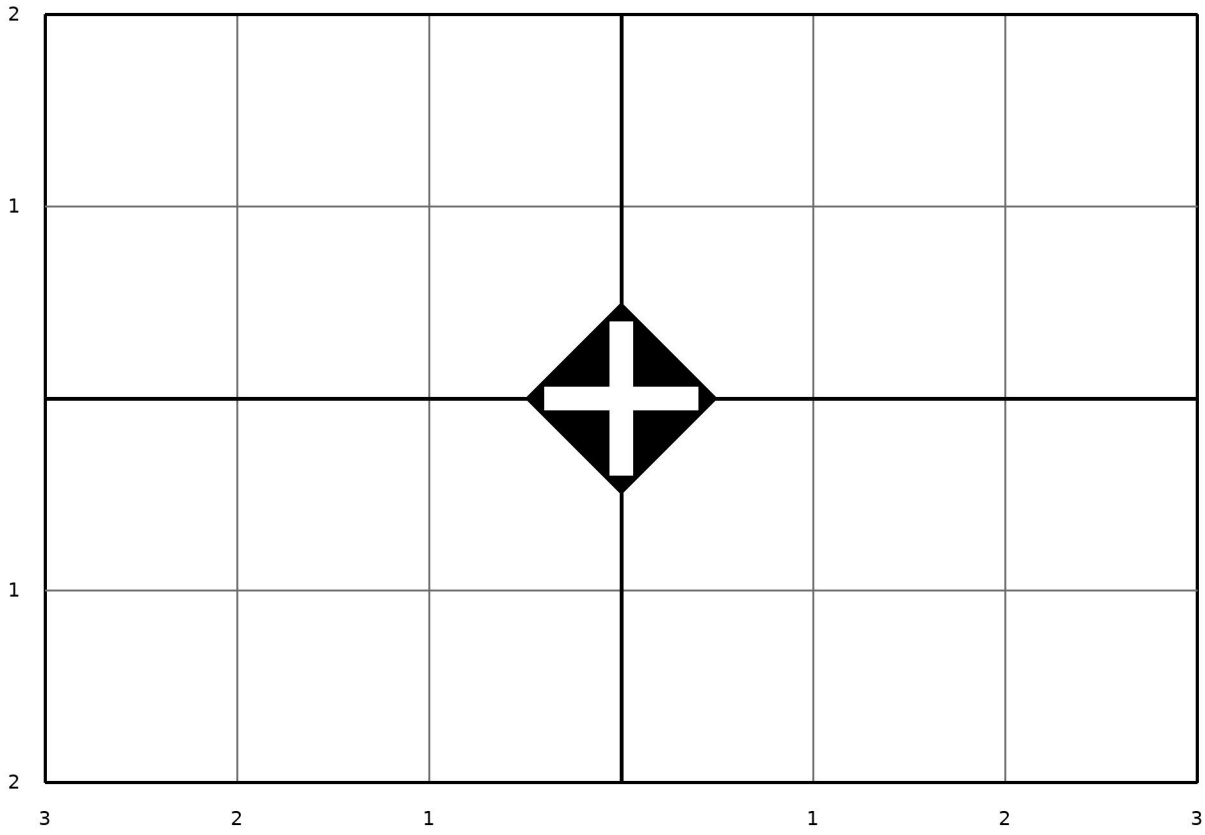
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WARPATH
PERFORMANCE

RIFLE ZERO

25 / 36 / 50 / 100 yd - 1 in grid

1 in squares - use the table for your distance



Distance	1 in = MOA	1 in = MRAD	1/4 MOA clicks/in	0.1 MRAD clicks/in
25 yd	3.82	1.111	15.3	11.1
36 yd	2.65	0.772	10.6	7.7
50 yd	1.91	0.556	7.6	5.6
100 yd	0.96	0.278	3.8	2.8

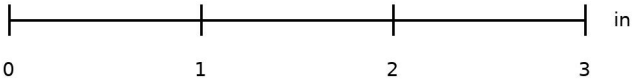
1 MOA = 1.047 in @ 100 yd and 1 MRAD = 3.6 in @ 100 yd; both scale with distance. Check your scope manual for its real click value. Turn the dials the way the hits need to go.

Short zeros (25/36/50 yd) are a starting point only. Where they land farther out depends on sight height, barrel and ammo. Fire 3-5 shot groups, adjust from the group center, and confirm on paper at the distances you will really shoot.

1 in

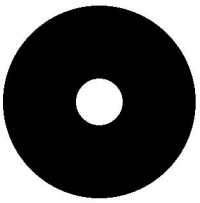
PRINT AT 100% / ACTUAL SIZE - turn off "fit to page".

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

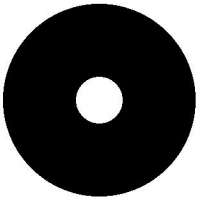


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HEAD 3 x 3 in

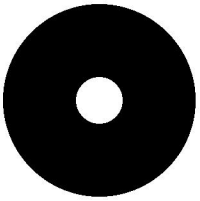


1

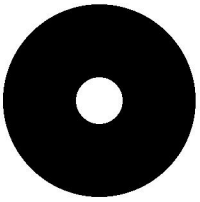


2

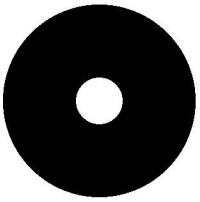
BODY 6 in wide



3



4



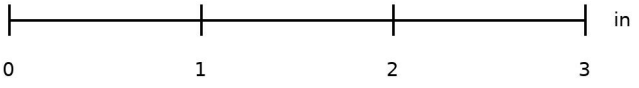
5

1 in

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

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

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PAR TIMES ARE STARTING POINTS - NOT TESTED STANDARDS YET.
Shoot each drill 5+ times, then set your own par. A hit outside the box or dot is a miss.

1. BILL DRILL (credit: Bill Wilson, Wilson Combat)
7 yd. From the holster, 6 rounds in the BODY box. Starting par: 2.50 s

2. FAILURE DRILL (aka "Mozambique"; popularized by Jeff Cooper)
7 yd. From the holster, 2 rounds BODY, 1 round HEAD. Starting par: 3.00 s

3. FIRST IN FIGHT STANDARD (Warpath original)
7 yd. From the holster: 2 BODY, 1 HEAD, then 1 round on each dot, 1 to 5 in order. 8 rounds. Starting par: 7.00 s

SCORE
Time: _____ Hits: ____ / ____ Pass / Fail: _____
Time: _____ Hits: ____ / ____ Pass / Fail: _____
Time: _____ Hits: ____ / ____ Pass / Fail: _____

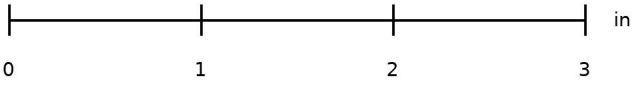
SAFETY
Follow your range rules and a qualified range officer. Use a shot timer with a random start, a safe backstop, and eye and ear protection.

Target art is a Warpath original. Body box is 6 in wide (the common USPSA/IPSC A-zone width), shortened to fit Letter paper. Head box 3 x 3 in. Dots 1 in with a white center.

1 in

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

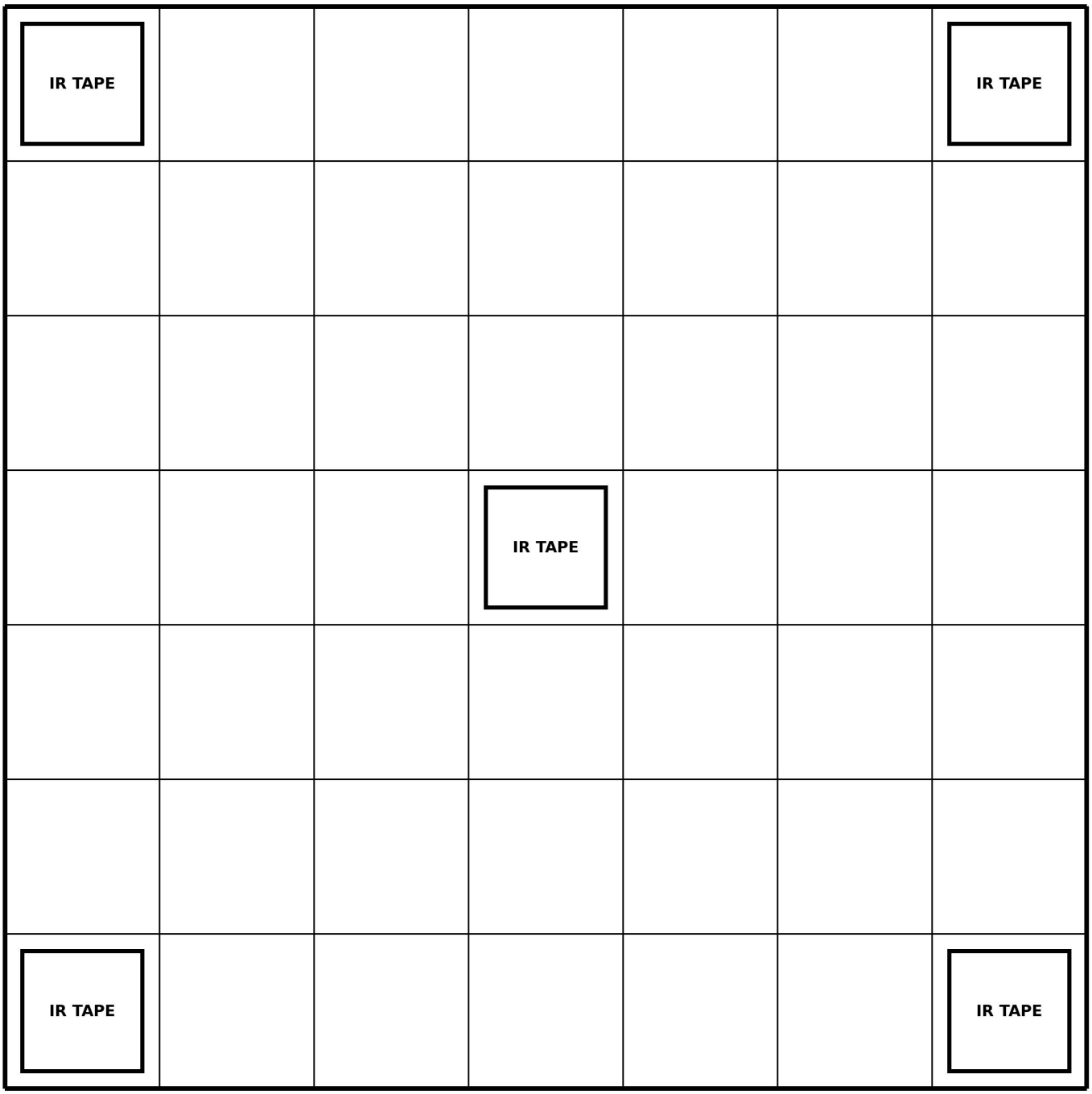
Check: square = 1.00 in and ruler = 3.00 in.



WARPATH
PERFORMANCE

NOCTURNAL

IR zeroing grid - laser, IR aimer and NODs



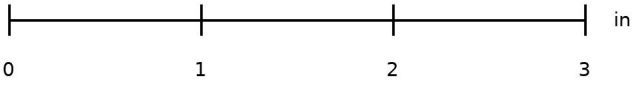
1 IN SQUARES, TRUE SCALE
Print at 100%. Check the scale square. One square = about 3.8 MOA at 25 yd, 1.9 at 50 yd, 1 MOA at 100 yd.

USE
Put IR reflective tape on the 5 boxes. Zero your IR laser or aimer to the center box under NODs. Use the corner boxes as references to count squares.

1 in

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

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



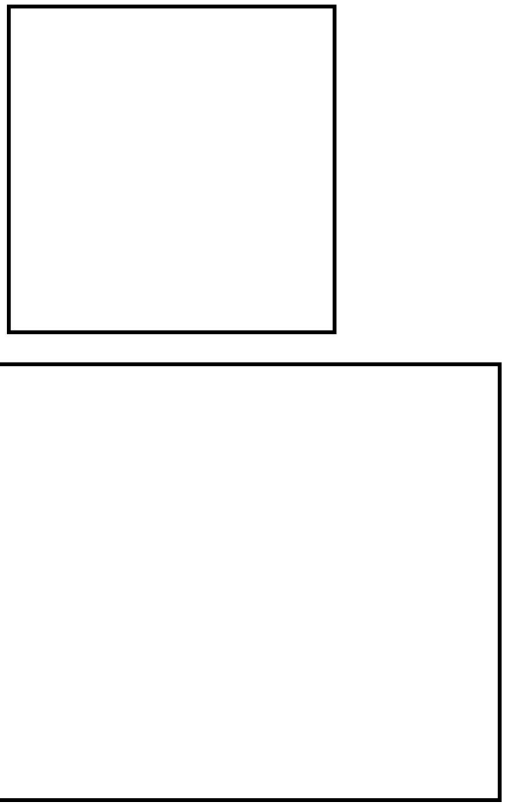
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WARPATH
PERFORMANCE

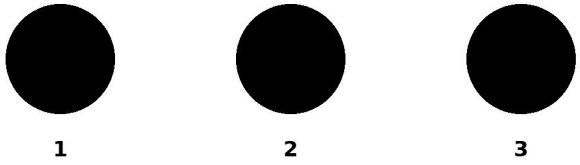
POSSUM WORKS

dry-fire pack - 12 ft = 7 yd scale

DRY FIRE ONLY - SAFETY FIRST
Unload. Check the chamber and magazine twice. NO AMMO IN THE ROOM. Aim only at a wall that would stop a bullet. When done, say "done," put the gun away, and reload later in a different room.



Mini body: 3.43 in wide (= 6 in @ 7 yd).
Mini head: 1.71 in square (= 3 in @ 7 yd).





Mini dots: 0.57 in (= 1 in @ 7 yd).

PRECISION ROW - 0.25 in squares. Press with no dot or front-sight movement.

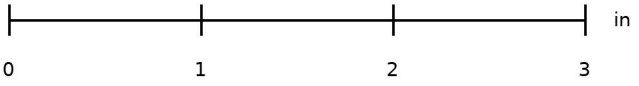


Scaling: mini size = real size x (your distance / distance simulated). 12 ft / 21 ft = 0.571. At 15 ft the same sheet simulates 8.75 yd.

1 in

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

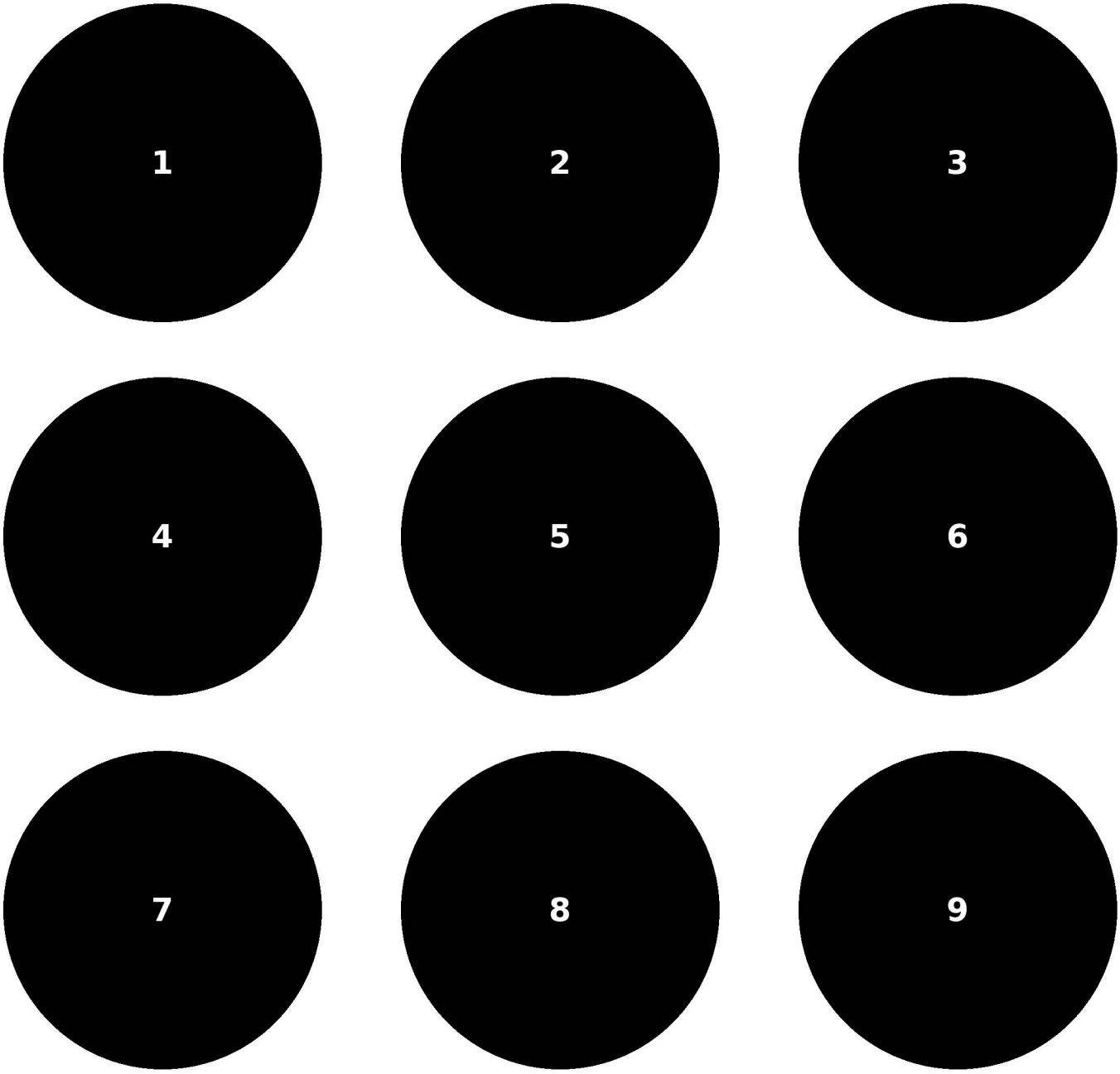
Check: square = 1.00 in and ruler = 3.00 in.



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NINE DOT

library #9 - 2 in dots, numbered

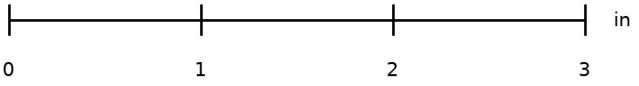


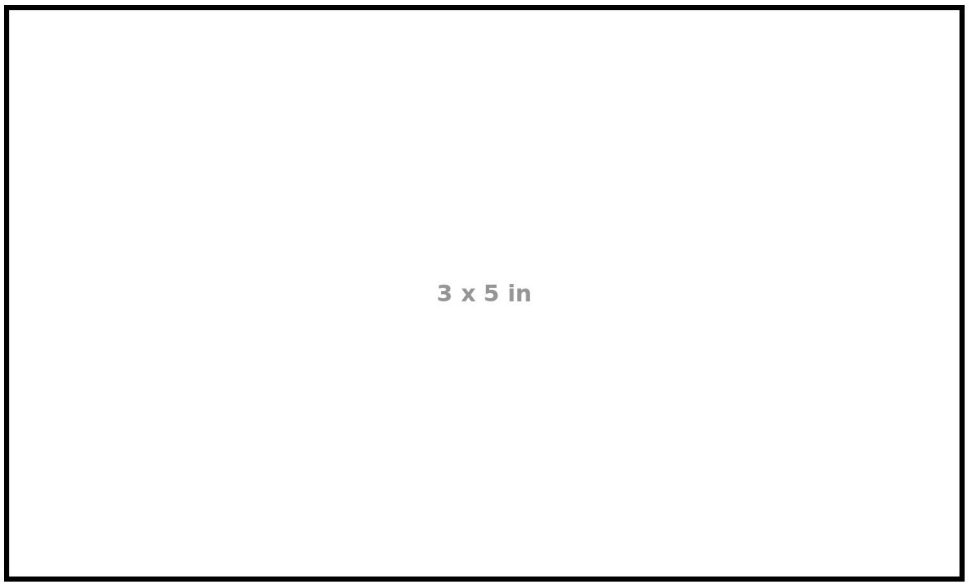
Dots 2.00 in. Shoot in number order; any hit touching outside the dot is a miss. Original Warpath layout. Sizes match the drill standard; not an official target of any organization.

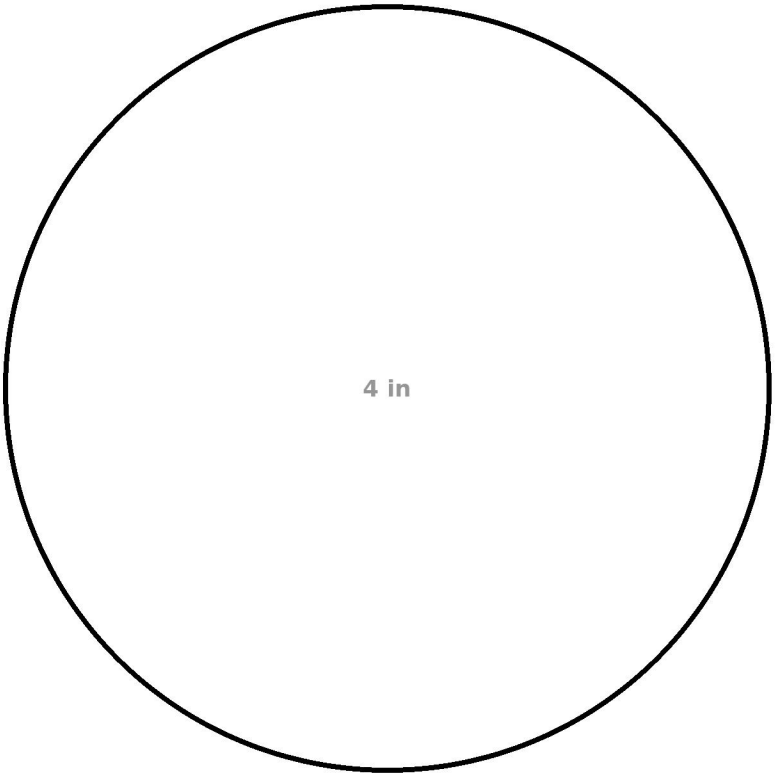
1 in

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

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







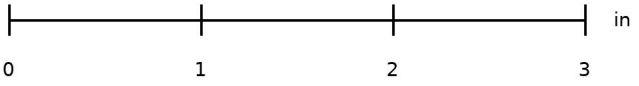
3x5 box (F.A.S.T. head) and 4 in circle (Wizard, Gabe White head). Cut out and staple above page 2. Original Warpath layout. Sizes match the drill standard; not an official target of any organization.

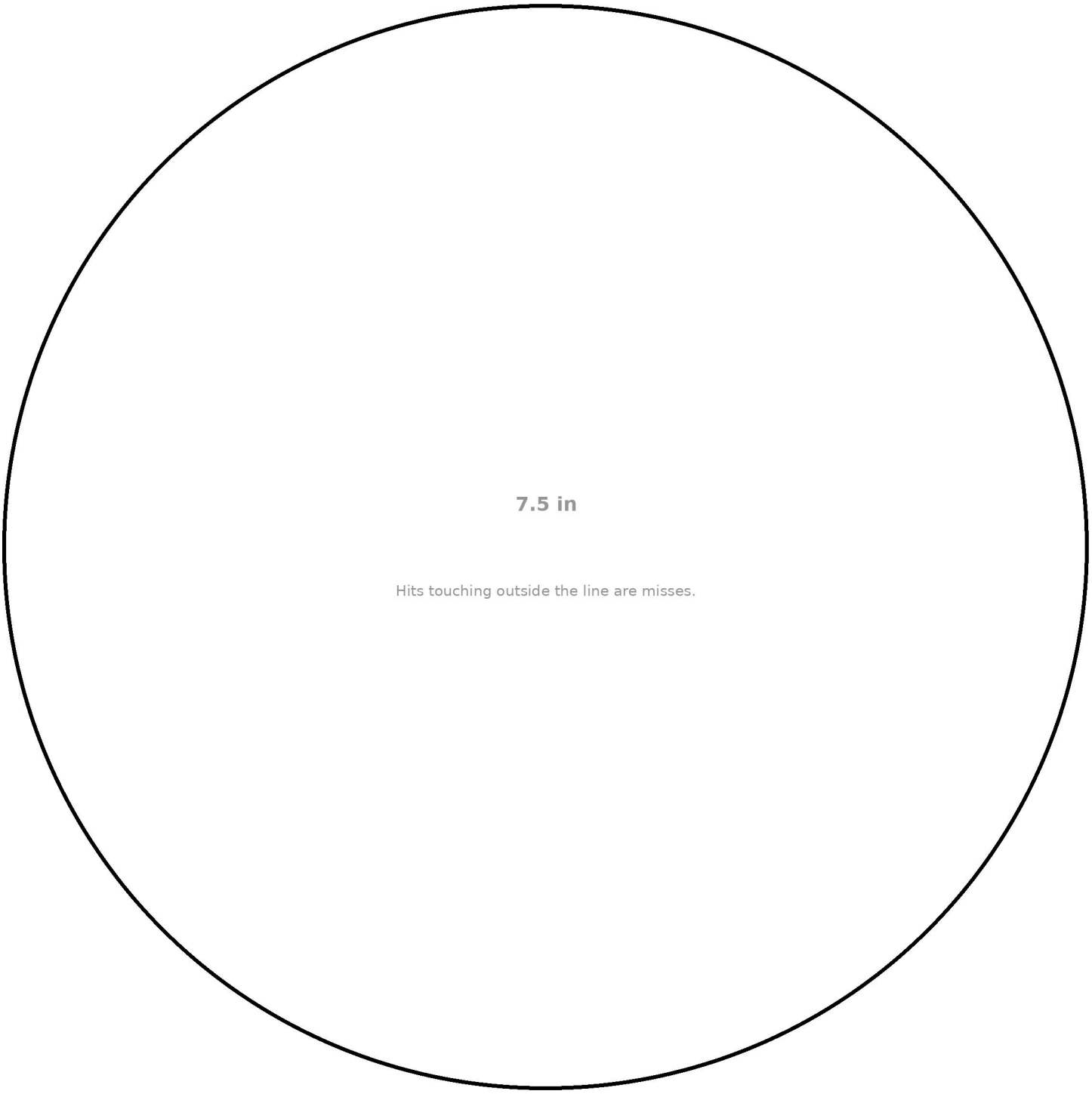
1 in

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

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

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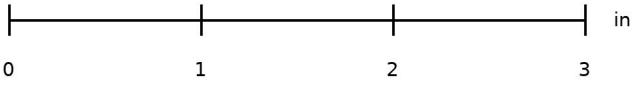


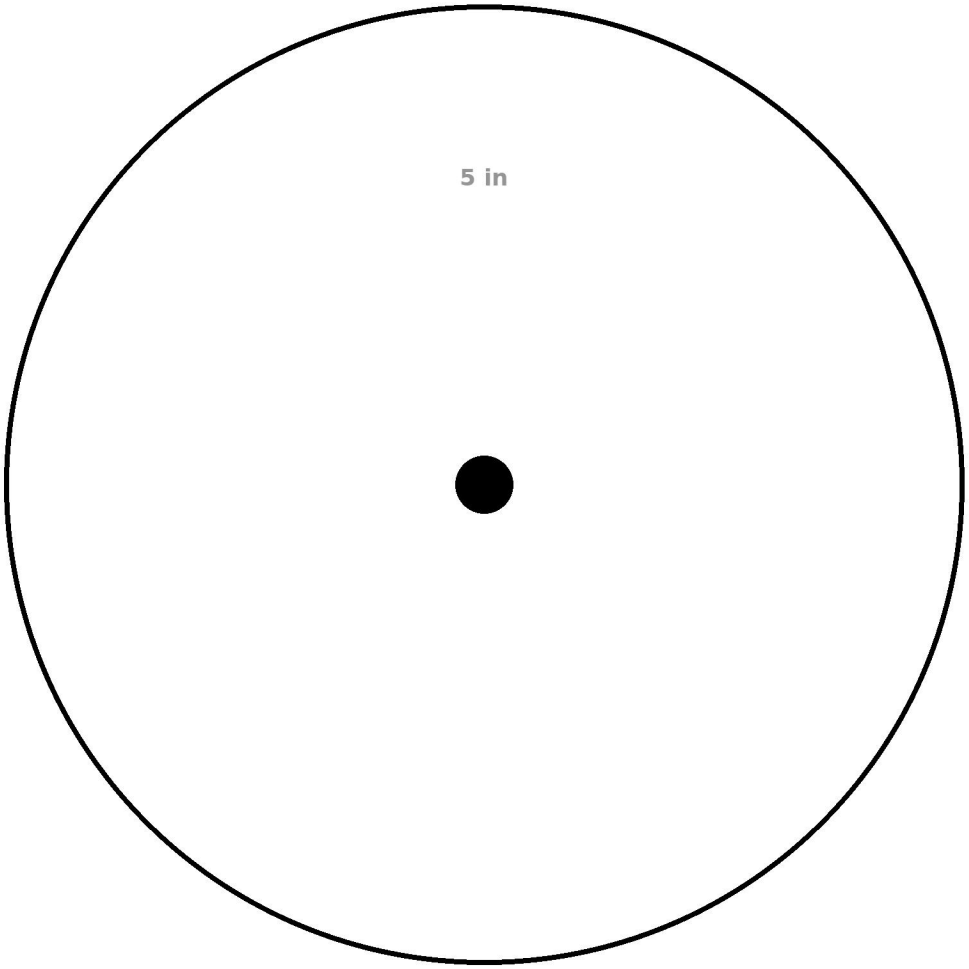


1 in

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

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





Run	Time (s)	Hits / 5	Pass?	Notes
1				
2				
3				
4				
5				

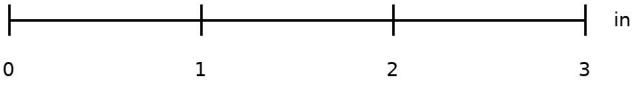
For the 5x5 drill (Hayes / Werner). Original Warpath layout.

1 in

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

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

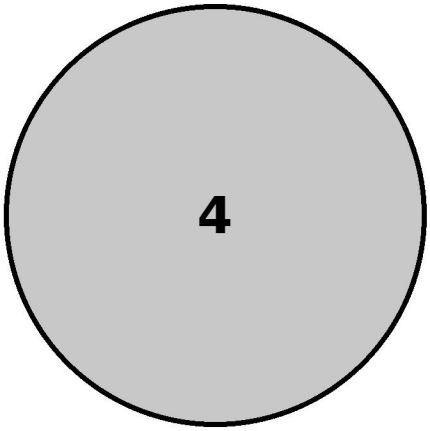
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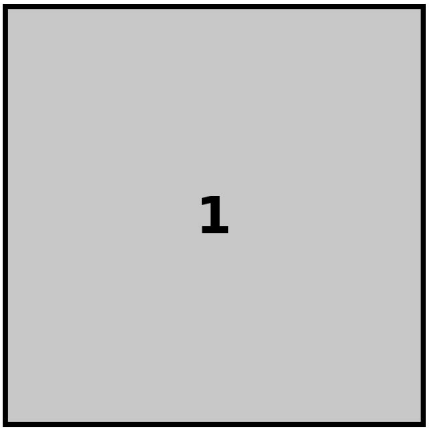


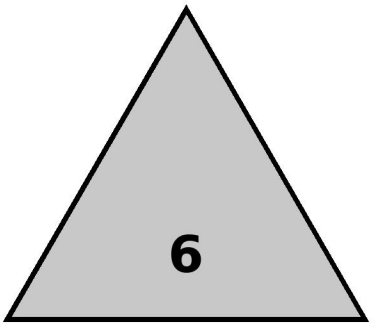
WARPATH
PERFORMANCE

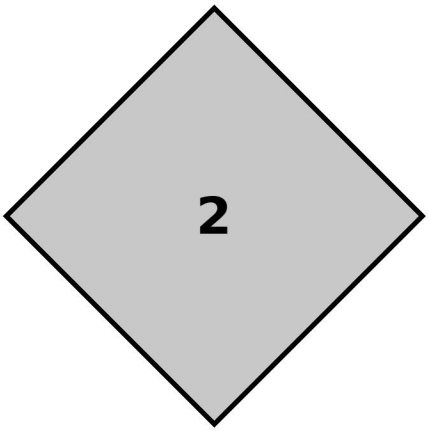
NUMBERED SHAPES

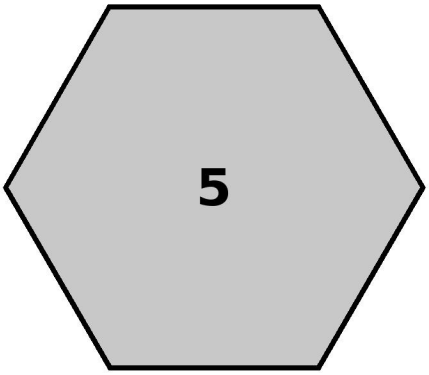
library #12 - six shapes, mixed order

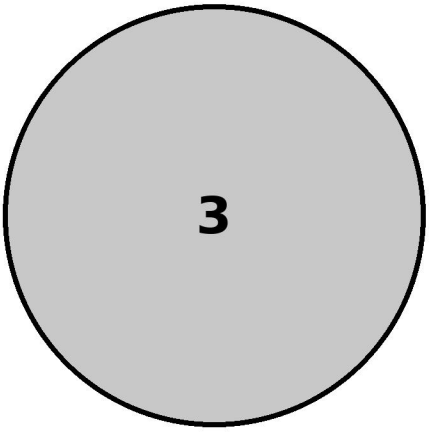












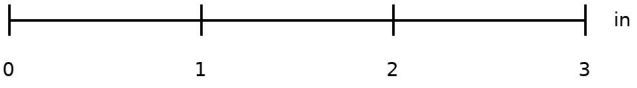
Shapes 2.2 in. Shoot 1 round on #1, 2 on #2 ... 6 on #6. Original Warpath layout.

1 in

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

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

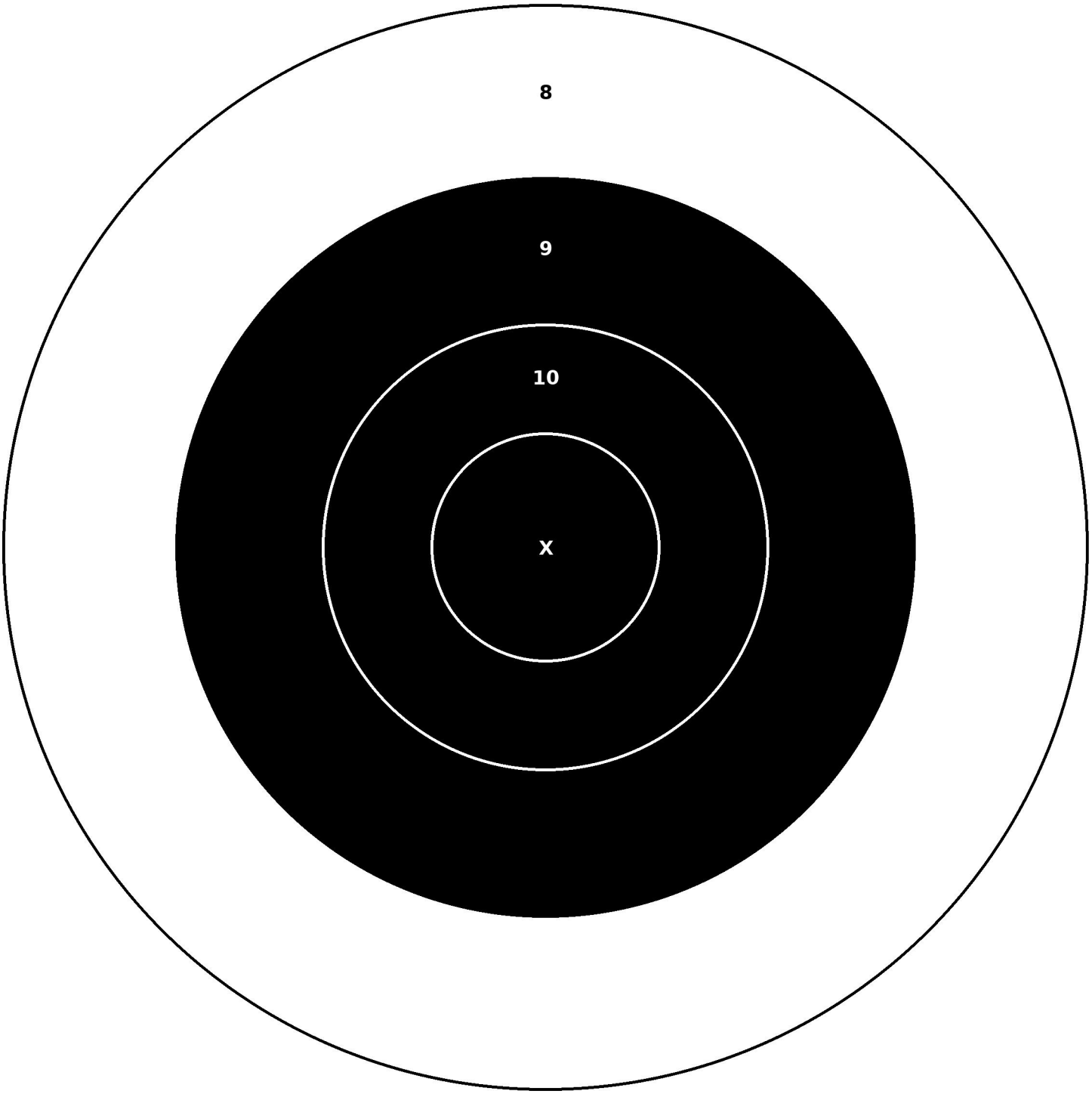
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WARPATH
PERFORMANCE

RING BULLSEYE

library #13 - 8 / 9 / 10 / X rings

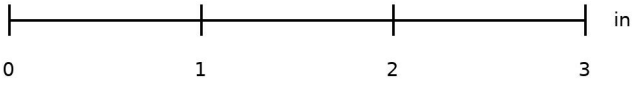


1 in

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

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

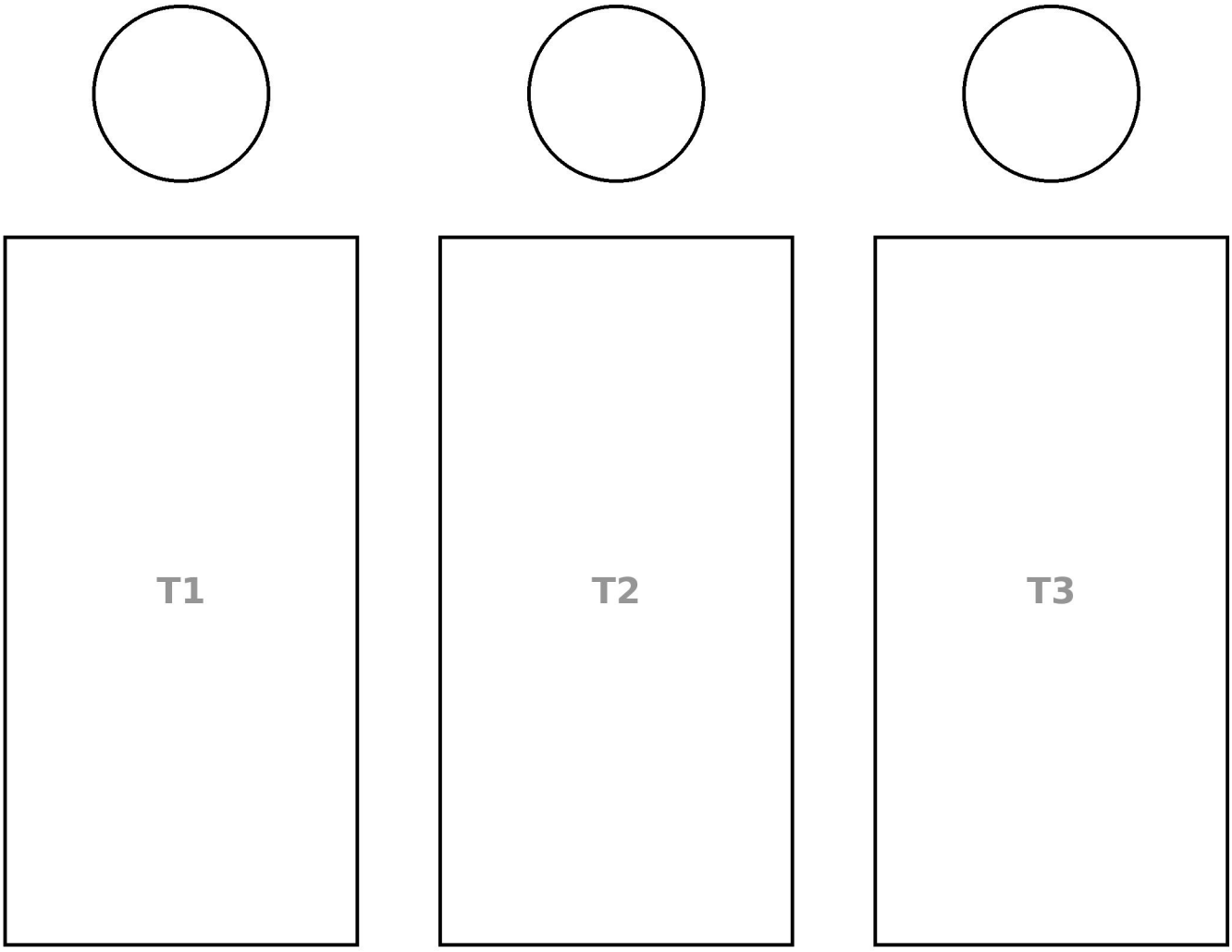
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WARPATH
PERFORMANCE

MULTI-TARGET STRIP

library #14 - close-range transition practice



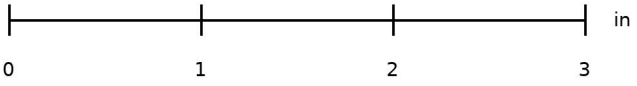
WHAT THIS IS
Three 2 x 4 in boxes with 1 in head circles, for close-range target-transition reps at 3-5 yd.
WHAT THIS IS NOT
Blake, Accelerator, El Presidente, 2x2x2, VTAC 1-5 and Triple Nickel are defined on full-size targets about 1 yd apart. For those, hang three copies of #3 First in Fight. Original Warpath layout.

1 in

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

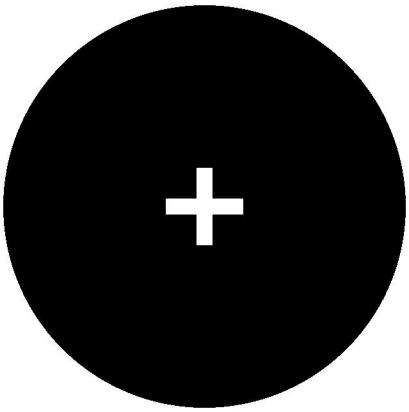
Check: square = 1.00 in and ruler = 3.00 in.

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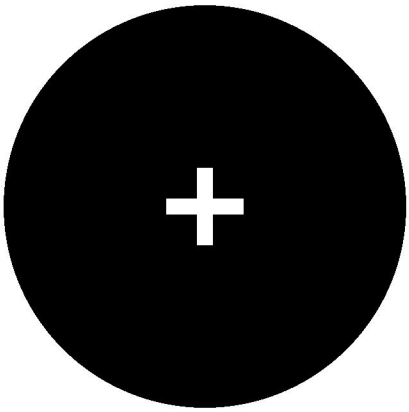


POSITIONAL 100

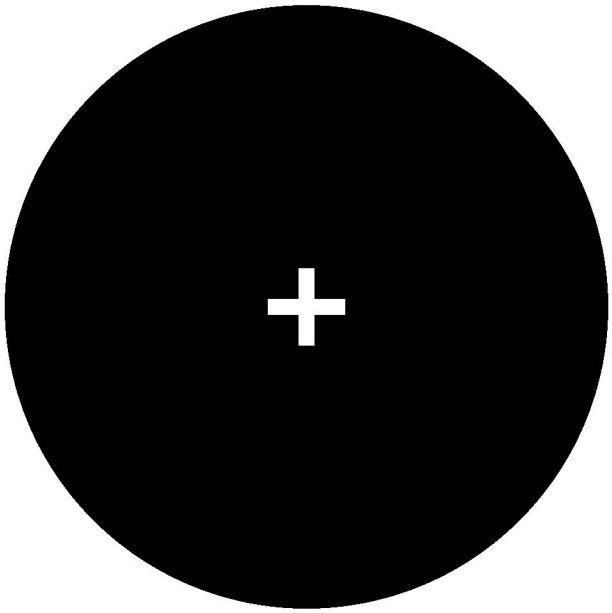
library #15 - 100 yd, four positions



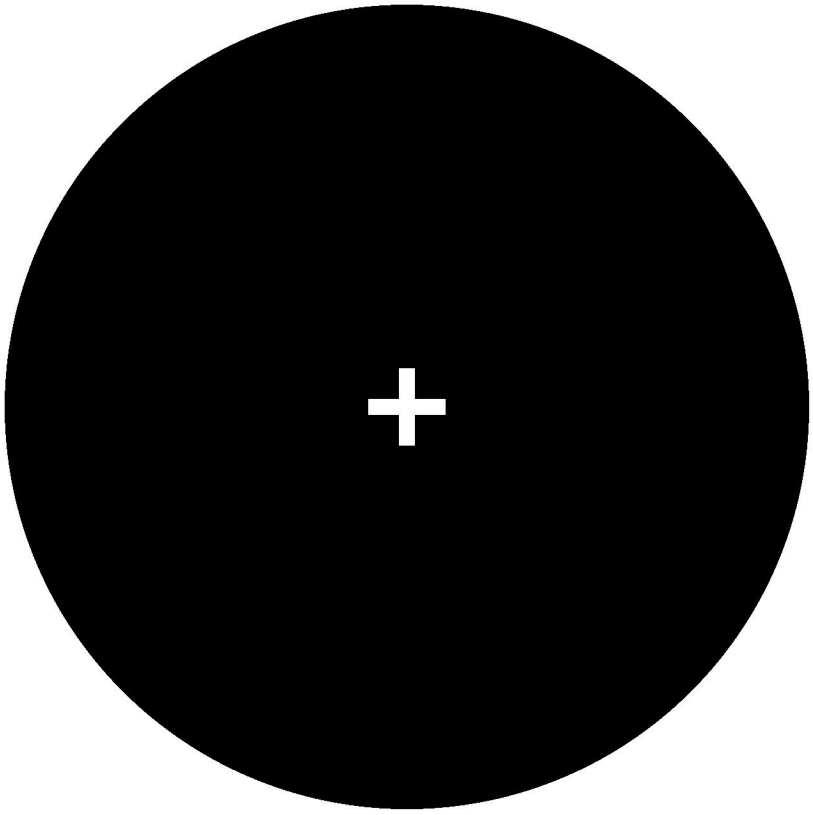
PRONE - 2 MOA (2.09 in)



SITTING - 2 MOA (2.09 in)



KNEELING - 3 MOA (3.14 in)



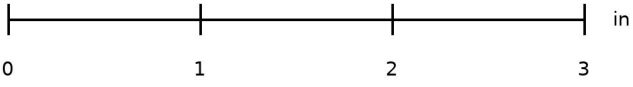
STANDING - 4 MOA (4.19 in)

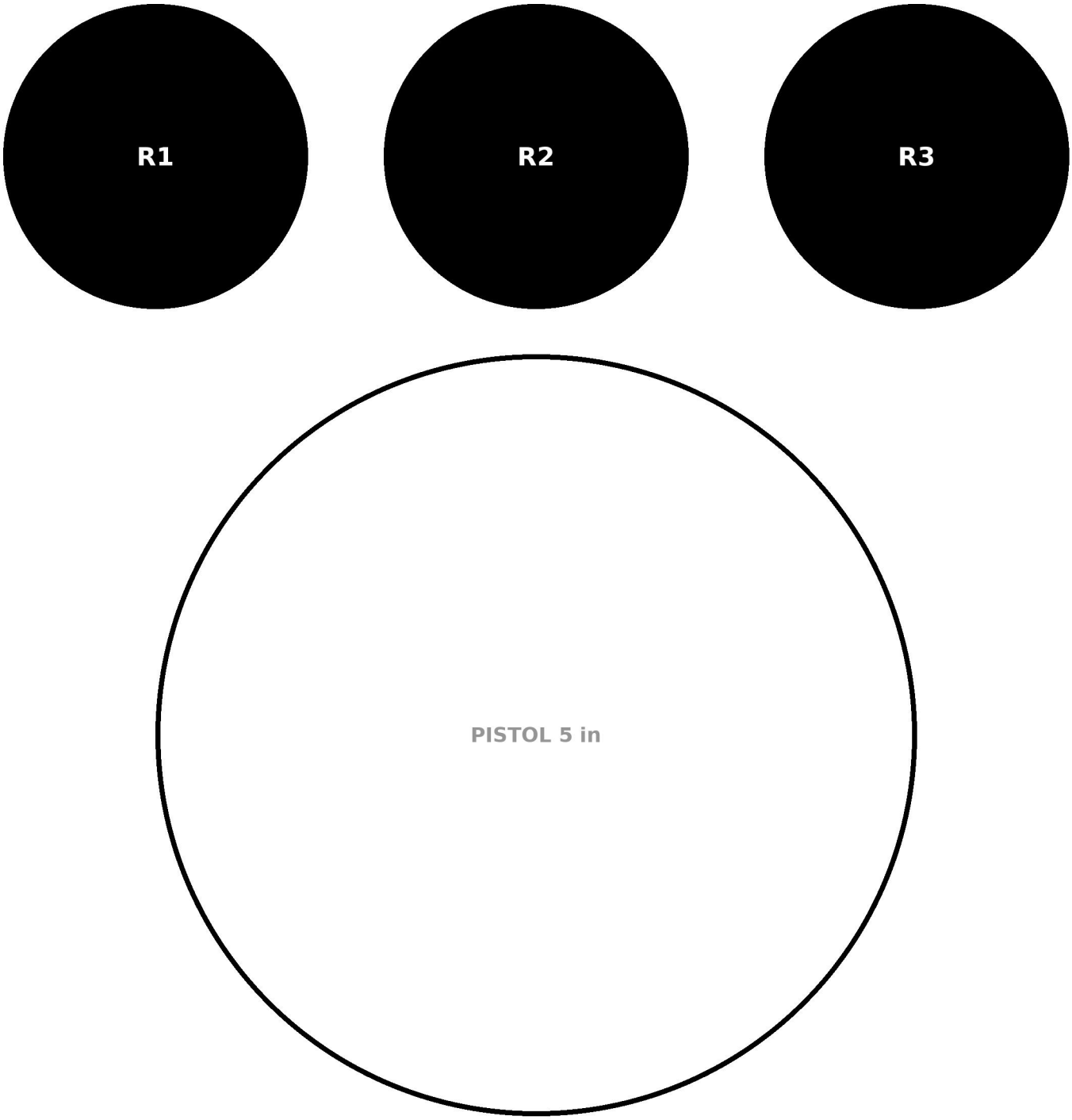
Circle sizes are Warpath training sizes (1 MOA = 1.047 in at 100 yd), not a published standard. Pick your own round count and time; log it on #6 Range Log.

1 in

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

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





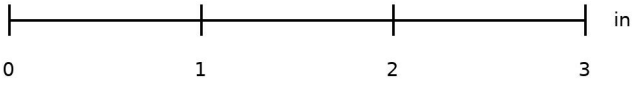
Rifle on a 2 in dot, then pistol in the 5 in circle. Original Warpath layout.

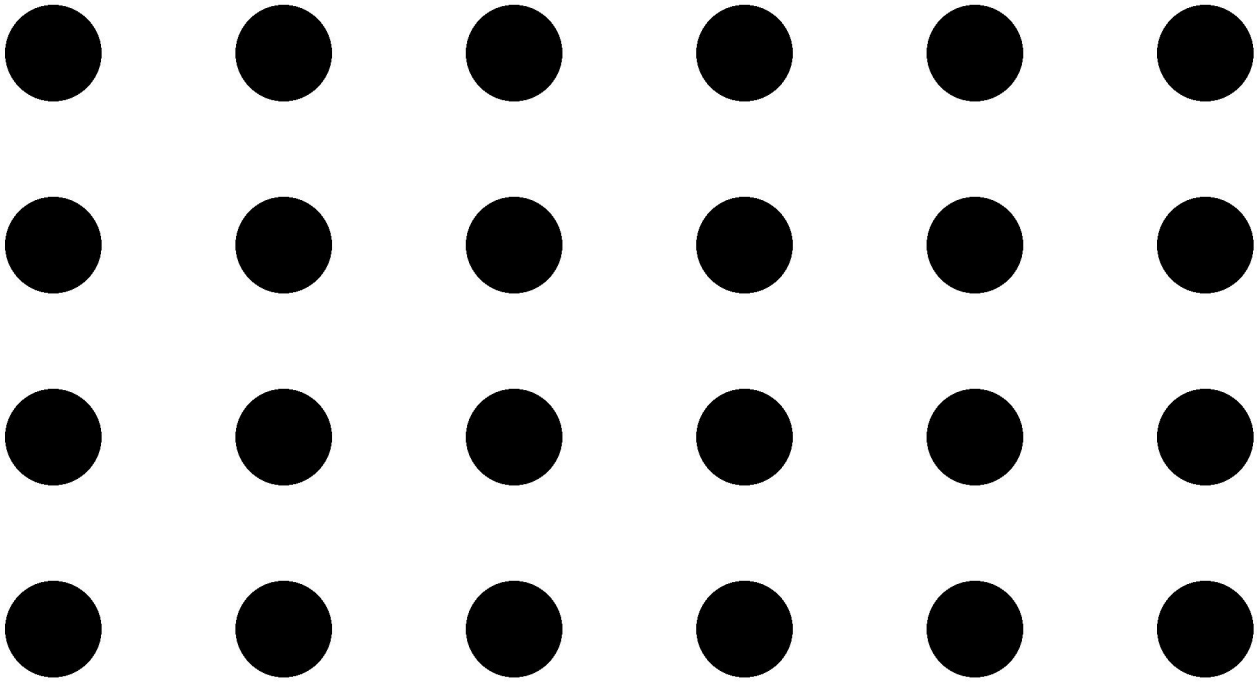
1 in

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

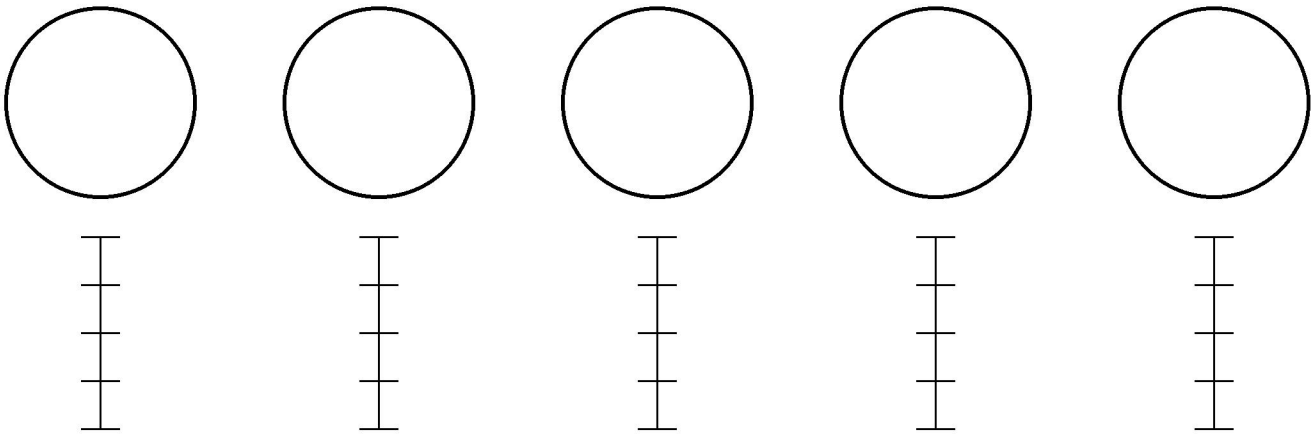
Check: square = 1.00 in and ruler = 3.00 in.

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24 dots, 0.5 in (about 1/2 MOA at 100 yd). One shot per dot.



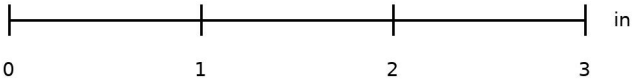
OFFSET ROW: 1 in circles; ticks below are 0.25 in apart. Aim at the circle up close and measure how far low the hit lands. Your offset depends on sight height and distance; record it, do not guess it.

1 in

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

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

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WARPATH
PERFORMANCE

RANGE LOG

session and string notes

Date	Location	Weather	Temperature
Wind	Firearm	Optic	Zero distance
Ammo	Lot #	Round count	Shooter

String	Drill	Distance	Time	Hits	Score

NOTES - conditions, malfunctions, what worked, what to fix:

String	Drill	Distance	Time	Hits	Score

NOTES - conditions, malfunctions, what worked, what to fix:

String	Drill	Distance	Time	Hits	Score

NOTES - conditions, malfunctions, what worked, what to fix:

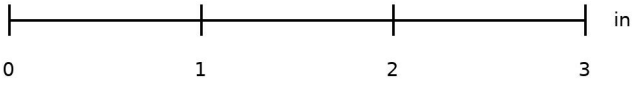
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WARPATH
PERFORMANCE

DOPE CARD

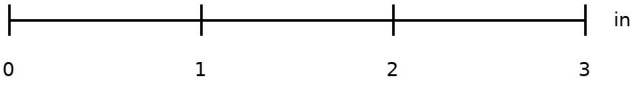
Rifle	Caliber	Barrel / twist	Optic
Units: MOA / MRAD	Zero distance	Sight height (in)	Bullet wt / type
Muzzle vel. (fps)	BC (G1 / G7)	Date	Time
Temperature (F)	Humidity (%)	Altitude / Elev. (ft)	Pressure (inHg)
Wind speed (mph)	Wind dir. / clock	Gusts (mph)	Chrono / source

Distance	Elev. dial	Clicks	Wind 5 mph	Wind 10 mph	Notes
100 yd					
150 yd					
200 yd					
250 yd					
300 yd					
350 yd					
400 yd					
450 yd					
500 yd					
550 yd					
600 yd					
650 yd					
700 yd					
750 yd					
800 yd					
850 yd					
900 yd					
950 yd					
1000 yd					

1 in

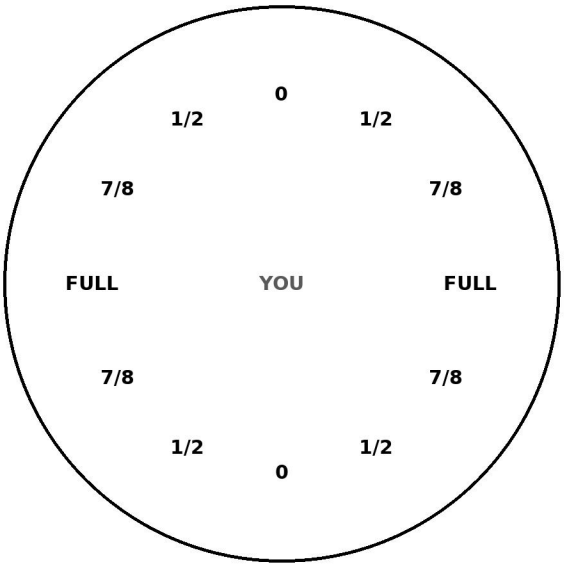
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Check: square = 1.00 in and ruler = 3.00 in.



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WIND CLOCK - value of a full-value hold



12 = wind in your face. Value = sin(clock angle): 3 and 9 = full; 2, 4, 8, 10 = ~7/8 (0.87); 1, 5, 7, 11 = 1/2; 12 and 6 = none.
Hold = full-value wind from your table x speed ratio x value.

SCOPE CAP / STOCK CARD - cut on the outline (4.0 x 1.2 in)

YD	100	200	300	400	500
UP					
YD	600	700	800	900	1000
UP					

COLD-BORE / FIRST-SHOT LOG

Date	Time	Temp	Distance	POI vs POA	Notes

ZERO CONFIRMATION

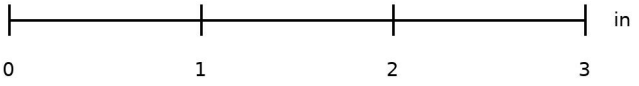
Date	Distance	Group (in)	Adjust U/D L/R	Ammo lot	Initials

Every value is blank on purpose. Record only what you shoot and confirm.

1 in

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

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



MIL-RELATION FORMULA

YARDS = SIZE (in) x 27.78 / MILS

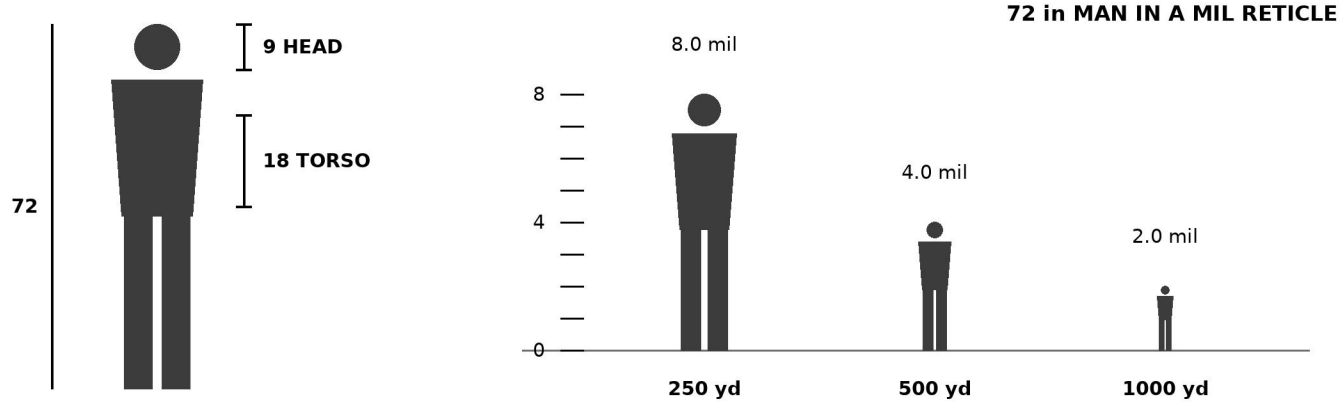
METERS = SIZE (m) x 1000 / MILS 27.78 = 1000 / 36

Measure the target in your mil reticle, plug it in. Example: 18 in torso reads 2.5 mils -> 18 x 27.78 / 2.5 = 200 yd. Read mils to the tenth; small errors grow at long range.

MILS	72 in MAN	18 in TORSO	9 in HEAD	6 in
1	2,000	500	250	167
1.5	1,333	333	167	111
2	1,000	250	125	83
2.5	800	200	100	67
3	667	167	83	56
4	500	125	63	42
5	400	100	50	33
6	333	83	42	28
8	250	63	31	21

Yards, rounded to the nearest yard.

72 in MAN IN A MIL RETICLE

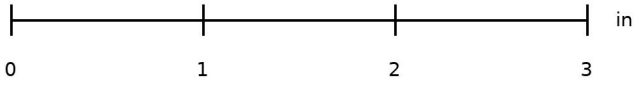


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PRINT AT 100% / ACTUAL SIZE - turn off "fit to page".

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

Source: math only. 1 mil = 1/1000 rad = 3.6 in at 100 yd.



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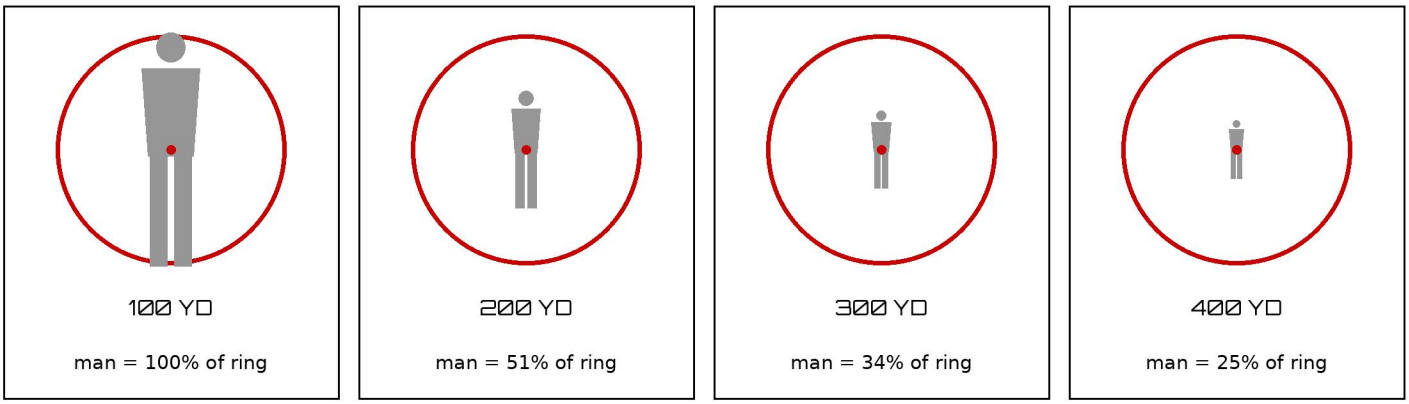
WARPATH
PERFORMANCE

RED-DOT RING HOLDOVER

65/68 MOA ring + 1 MOA dot

RING = YOUR RANGEFINDER

A large ring around a 1 MOA dot. This card shows a 65 or 68 MOA ring; check your optic manual for yours. 1 MOA = 1.047 in per 100 yd, so the ring spans about 68-71 in at 100 yd: roughly a 6 ft man head to toe.



100 YD

man = 100% of ring

200 YD

man = 51% of ring

300 YD

man = 34% of ring

400 YD

man = 25% of ring

YARDS	65 MOA RING	68 MOA RING	1 MOA DOT	72 in MAN FILLS
100	68 in	71 in	1.0 in	all
200	136 in	142 in	2.1 in	about 1/2
300	204 in	214 in	3.1 in	about 1/3
400	272 in	285 in	4.2 in	about 1/4

M855 HOLDS, 200 YD ZERO

M855 62 gr, 16 in barrel, ~2,930 fps (TFB Cartridge Test 008: PMC M855, 16.1 in barrel, 2,932 fps avg), 200 yd zero, 2.6 in sight height. Drops computed with py-ballisticcalc, G1 BC 0.304, standard sea-level atmosphere.

YARDS	IMPACT vs DOT (in)	HOLD (MOA)	HOLD
25	1.2 low	4.6	high
50	0.1 low	0.2	on dot
100	1.2 high	1.1	low
200	0	0	on dot
300*	7.7 low	2.5	high
400*	23.5 low	5.6	high

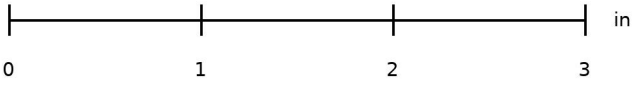
*Calculated (G1 BC 0.304); published BCs vary, so expect about ±2 in at 400 yd. Results may vary due to ammunition lot, barrel, sight height, temperature, altitude and shooter. Confirm on paper at actual distance and record on your DOPE card.

1 in

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

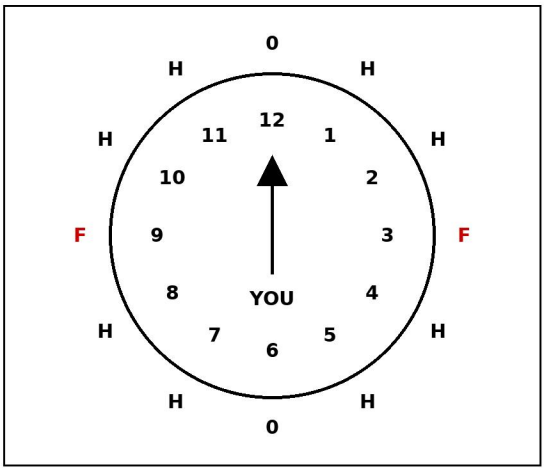
Check: square = 1.00 in and ruler = 3.00 in.

Source: TFB Test 008; py-ballisticcalc



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WIND CLOCK



12 = straight downrange.
F FULL value: 3 and 9 o'clock.
H HALF value: 1, 2, 4, 5, 7, 8, 10, 11.
0 NO value: 12 and 6 (head/tail).
Same clock as the Sight Guide (FM 23-10).

FLAG METHOD: angle of flag from pole (degrees) / 4 = mph.
Example: 40 degrees / 4 = 10 mph.

FEEL / VEGETATION

MPH	YOU SEE / FEEL
under 3	barely felt, smoke drifts
3-5	barely felt on face
5-8	leaves in constant motion
12-15	small trees sway

MIRAGE (FM 23-10)

Focus on an object at midrange, then aim back at the target without refocusing. Or focus on the target and back off 1/4 turn.
Mirage moves at the speed of the wind, except a head or tail wind: then it rises straight up (a BOIL).
A boil can also mean the wind is changing. Unless it is a no-value wind, wait until the boil is gone.
Changes up to about 12 mph can be read in mirage.

MOA = RANGE (100s of m) x MPH / 15

Full-value wind, per FM 23-10. Half-value wind: divide the answer by 2.

Example: 300 m, 10 mph from 9 o'clock: 3 x 10 / 15 = 2 MOA. From 2 o'clock (half): 1 MOA.

MY DOPE (wind, full value)

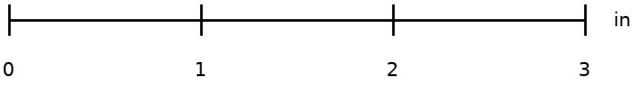
YARDS	5 MPH	10 MPH	15 MPH	NOTES

1 in

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

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

Source: U.S. Army FM 23-10, paras 3-12, 3-13.



FIRST IN FIGHT

SPECIAL OPERATIONS PREP: FITNESS PROGRAM

READ THIS FIRST

Consult a physician before starting this or any exercise program. Stop and seek medical care if you have pain, dizziness, chest discomfort or shortness of breath beyond normal exertion.

Warpath Performance is not affiliated with or endorsed by the U.S. military, the U.S. Navy, the U.S. Army, or any special operations command. Standards change: confirm current standards with an official recruiter before you test.

You train at your own risk. Swim only with a lifeguard or qualified buddy present.

This packet is a printed summary of programs the military publishes for the public. We did not invent the training. Every standard, progression and recovery rule here is taken from an official public source, and each section names its source. The full source list with web addresses is on the last page.

WHAT IS INSIDE

1. Test standards: Navy SEAL / SWCC PST, Army pre-RASP and RASP events, Army Fitness Test (AFT) and Combat Field Test (CFT).
2. How the program works: the Naval Special Warfare (NSW) weekly structure, workout types and pacing rules.
3. Running and swimming: the NSW 26-week sample schedules (weekly distances).
4. Push-ups, sit-ups, pull-ups and strength: the NSW rep matrix and lifting rules.
5. Rucking: the Army FM 7-22 ruck-march progression.
6. Recovery and injury prevention: Army FM 7-22 (H2F) sleep and hydration guidance, plus NSW injury rules.
7. Weekly log sheet.

HOW TO USE IT

Take a practice test first and record it on the log sheet. Follow the 26-week running and swimming tables, the rep matrix for calisthenics, and add rucking if your goal is Army selection. Retest every 4-6 weeks, as the NSW guide recommends. Values are approximate, so adjust to how your body responds and never increase total work faster than the guide allows.

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NAVY PHYSICAL SCREENING TEST (PST)

Done as one event, in this order, with these rests. Candidates must meet the minimums to get a contract. The Navy stresses that candidates should strive to do significantly more than the minimum.

ORDER	EVENT	SEAL MIN	SWCC MIN
1	500 yd swim (side or breast stroke)	12:30	13:00
	rest 10 min		
2	Push-ups, max in 2 min	50	50
	rest 2 min		
3	Curl-ups, max in 2 min	50	50
	rest 2 min		
4	Pull-ups, max, no time limit	10	6
	rest 10 min		
5	1.5 mile run	10:30	12:00

EVENT RULES (SUMMARY)

Swim: 500 yd in a 25 or 50 yd/m pool. SEAL and SWCC must use side stroke or breast stroke with no overhand recovery (hands stay under water). Push off the walls is allowed; you may rest by floating or treading water, but no standing on the bottom or hanging on the wall or lane lines. Goggles optional; no fins, caps, wetsuit or flotation.
Push-ups: front-leaning rest, hands under or slightly wider than shoulders, feet together. Body straight head to heels. Lower until the upper arms are parallel to the deck. Rest only in the up position.
Curl-ups: knees bent, feet flat and held by a partner's hands, arms folded across the chest. Touch elbows to thighs no more than 3 in below the knees, then touch the lower edge of the shoulder blades to the deck. Event ends if you stay down more than 5 seconds.
Pull-ups: start from a dead hang, chin even with or above the bar, return to full hang. No kipping. Both hands stay on the bar; dismounting ends the event.
Run: 1.5 miles on a flat, solid surface in running shoes, t-shirt and shorts. Stopping (other than to retie a shoelace or clear something from a shoe) or leaving the course ends the event.

Note: other Navy programs (EOD, Diver, Rescue Swimmer) have different minimums; see the source.
Not the same test: the Navy Combat Fitness Test in Guide-5B (June 2026) is for serving SEAL, SWCC, EOD and diver personnel (800 m fin swim, push-ups, pull-ups and 1 mile run with 20 lb). It does not change the PST that candidates take.

Source: MILPERSMAN 1220-410, Physical Screening Testing Standards and Procedures (CH-77, 3 Dec 2021, current as of Oct 2026), paras 1-2; Navy PRP Guide-5B (Jun 2026). mynavyhr.navy.mil

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ARMY RANGERS (75th RANGER REGIMENT)

PRE-RASP FITNESS TEST	STANDARD
Hand-release push-ups	41
Plank	2:35
2 mile run	event listed (no time published)
Pull-ups	6
6 mile ruck march	event listed (no time or load published)

DURING RASP	STANDARD
Swim in full uniform	15 m
Run	5 miles in under 40 min
Ruck march (dry rucksack, full uniform)	12 miles with 35 lb

Source: goarmy.com, Army Rangers ("Test your toughness" and "RASP Phase 1").

ARMY FITNESS TEST (AFT)

Test of record since 1 June 2025. Five events: 3-repetition max deadlift (hex bar), hand-release push-up (max in 2 min), sprint-drag-carry (5 x 50 m), plank (max time), 2 mile run.
Combat standard (applies to 18-series Special Forces and other combat MOSs): sex-neutral, age-normed, minimum 60 points on every event and 350 total.
General standard (combat-enabling MOSs): sex- and age-normed, total score of 300. Raw scores for each point value are in the official AFT scoring tables; use the current tables at army.mil/aft.

Source: army.mil/aft; Army Directive 2025-06 (Army Fitness Test).

COMBAT FIELD TEST (CFT)

For 24 combat MOSs, including all 18-series Special Forces MOSs. Done in ACU and boots as one continuous timed event, pass/fail, age- and sex-neutral. Standard: all seven events in 30 minutes or less. Diagnostic testing began 17 April 2026; for-record testing begins 17 April 2027.

Events in order: (1) 1 mile run, (2) 30 dead-stop push-ups, (3) 100 m sprint, (4) 16 lifts of a 40 lb sandbag onto a 65 in platform, (5) 50 m carry of two 40 lb water cans, (6) 50 m movement: 25 m high crawl + 25 m of 3-5 second rushes, (7) 1 mile run.

Source: army.mil/aft, Frequently Asked Questions (CFT).

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EVERY WEEK

#	NSW WEEKLY WORKOUT SUMMARY
1	2 Long Slow Distance (LSD) workouts, running and swimming
2	1 Long Interval (LI) workout, running and swimming
3	1 Short Interval (SI) workout, running and swimming
4	2 strength sessions: upper body, core, lower body
5	Multiple stretching / flexibility sessions
6	Focus on injury resistance
7	Occasional cross-training (cycling, rowing, hiking)

THE THREE WORKOUT TYPES

LONG SLOW DISTANCE (LSD)
low to moderate effort. Talk Test: you can speak in short sentences. About 40 min is typical (beginners 20 min). Goal: comfortably run 8-10 miles or swim 1.5-2 miles without stopping. LSD 1 is the longer session, LSD 2 shorter, same pace.
LONG INTERVALS (LI)
1-4 intervals of about 7-20 min at 90-95% of the max pace you could hold for that duration; up to 30 min total work. Effort 8-9 out of 10. Start at 2 x 1 mile running and 2 x 400 yd swimming. Recover 7-10 min, moving easily. Example: a 9:00 1.5 mile (6:00/mile) means LI at about 6:20-6:40/mile.
SHORT INTERVALS (SI)
400 m run repeats or 100 yd swim repeats. Rest 2-2.5 x the work time. Start 4 repeats, build to 8; never more than 8. Pace: about 4 sec per 400 m faster than your 1.5 mile pace, and 2 sec per 100 yd faster than your 500 yd swim pace. Example: 10:30 1.5 mile = 1:45 per 400 m, so SI at about 1:41.

RULES

- Warm up before every workout; for intervals the warm-up can be as long as the work (2-4 miles running, 800-1600 yd swimming). Cool down after.
- Increase total work no more than 10% per week; 5-8% is better.
- Beyond 26 weeks, do not add more interval work. Add LSD or cross-training instead.
- Mock PST every 4-6 weeks, not more often. Shorten the day-before workout.
- Mix freestyle into up to one third of swim training. Fins: about 1,000 yd per week max, only with strong ankles. Boots running: only a couple of miles a week.

Source: Naval Special Warfare Center, NSW Physical Training Guide (Workouts; Special Considerations; Practicing the PST).

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WEEKLY RUNNING DISTANCES (MILES)

WEEKS	LSD 1	LSD 2	LSD 3	LI	SI	WU/CD	TOTAL
1-2	4	2		2.0	1.0	10	19
3-4	4.5	2		2.3	1.1	10	20
5-6	5	2.5		2.5	1.3	10	21
7-8	5.5	2.5		2.8	1.4	10	22
9-10	6	3		3.0	1.5	10	24
11-12	6.5	3		3.3	1.6	10	24
13-14	7	3.5		3.5	1.8	10	26
15-16	7.5	3.5		3.8	1.8	10	27
17-18	8	4		4.0	1.9	10	28
19-20	8.5	4		4.0	1.9	10	28
21-22	9	4.5		4.5	2.0	10	30
23	9.5	4.5		4.0	2.0	10	30
24	9.5	4.5		4.5	2.0	10	31
25	10	5		4.0	2.0	10	31
26	10	5		4.5	2.0	10	32
27+	10+	5+	3+	4-4.5	2.0	10+	34+

All values approximate. LSD 1 is the longer session; LSD 2/3 shorter. WU/CD = warm-up, cool-down and active recovery. LI = Long Interval, SI = Short Interval (see page 4). Totals as published by NSW (rounded).

Source: NSW Physical Training Guide, table "Weekly Running Distances: 26 Week Sample Schedule (Miles)".

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WEEKLY SWIMMING DISTANCES (YARDS)

WEEKS	LSD 1	LSD 2	LSD 3	LI	SI	WU/CD	TOTAL
1-2	1,600	800		800	400	4,000	7,600
3-4	1,800	800		900	450	4,000	7,950
5-6	2,000	1,000		1,000	500	4,000	8,500
7-8	2,200	1,000		1,100	550	4,000	8,850
9-10	2,400	1,200		1,200	600	4,000	9,400
11-12	2,600	1,200		1,300	650	4,000	9,750
13-14	2,800	1,400		1,400	700	4,000	10,300
15-16	3,000	1,400		1,500	700	4,000	10,600
17-18	3,200	1,600		1,600	750	4,000	11,150
19-20	3,400	1,600		1,600	750	4,000	11,350
21-22	3,600	1,800		1,800	800	4,000	12,000
23	3,800	1,800		1,600	800	4,000	12,000
24	3,800	1,800		1,800	800	4,000	12,200
25	4,000	2,000		1,600	800	4,000	12,400
26	4,000	2,000		1,800	800	4,000	12,600
27+	4K+	2K+	1K+	1.6-1.8K	800	4K+	14K+

All values approximate. PST swim is side stroke or breast stroke; NSW advises mixing in freestyle for up to one third of training. Train in a pool for intervals; take every safety precaution in open water.

Source: NSW Physical Training Guide, table "Weekly Swimming Distances: 26 Week Sample Schedule (Yards)".

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TRAIN BY YOUR CURRENT MAX

Test your max, then use the matrix. Start with several small sets and move toward fewer, larger sets. Rest enough to keep every rep clean. About once a week, practice at PST speed and standards.

PUSH-UPS AND SIT-UPS

MAX	SETS	REPS	TOTAL
<40	5-6	10-15	50-90
40-60	4-5	15-20	60-100
60-80	4-5	20-25	80-125
80-100	3-4	30-40	90-160
>100	3-4	40-50	120-200

PULL-UPS

MAX	SETS	REPS	TOTAL
<6	5-6	2-3	10-18
6-9	4-5	4-5	16-25
10-12	4-5	5-6	20-30
13-15	3-4	8-10	24-40
>15	3-4	10-12	30-48

LIMITS: 200 push-ups or sit-ups / 50 pull-ups per DAY

1,000 push-ups or sit-ups / 250 pull-ups per WEEK

NSW practical PST goals: about 100 push-ups and sit-ups and about 20 pull-ups.

STRENGTH TRAINING

2 sessions a week (NSW weekly summary). Whole body in under an hour, or split upper / core / lower with 2-3 days of recovery per region. Core (planks, side plank, bridge) 4-6x a week.
One set to momentary muscle failure with good form is generally enough. Usually pick a weight you can lift 8-12 times; on some days go heavier (4-6) or lighter (15-20).
Controlled, full range of motion; emphasize the lowering (eccentric) part. Alternate push and pull. Train all three planes of motion, left/right and front/back balance.
Target the areas NSW lists as often weak: rotator cuff, mid/lower traps, rhomboids, posterior and medial glutes, hamstrings, tibialis anterior, torso rotators.

Source: NSW Physical Training Guide (Push-ups, Sit-ups, and Pull-ups; Strength Training).

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20-WEEK RUCK MARCH PROGRESSION

One progressive ruck march per week. FM 7-22 lists only the weeks shown. FM 7-22 also lists a time standard for weeks 1-6; it is left off here because those published times do not match the published 3 mph pace.

WEEK	RECOMMENDED LOAD	DISTANCE	PACE
1-2	15-20 lb	2 miles	3 mph
4	25-30 lb	4 miles	3 mph
6	30-35 lb	4 miles	3 mph
8	50-60 lb	6 miles	3 mph
12	60-70 lb	6 miles	3 mph
16	60-80 lb	6 miles	3.5 mph
20	60-80 lb	8 miles	3.5 mph

RULES FROM FM 7-22

Progress only ONE factor each week: load weight, distance, speed, terrain grade, or terrain roughness.
Loads above 30 percent of body weight should be increased with caution.
Do not do long marches, endurance runs or heavy leg strength workouts on consecutive days.
Hold your pace, effort and movement goals on every march.
As you progress, vary time of day, practice your food and water plan, and add short bursts such as 3-5 second rushes.

SAMPLE WEEKS (FM 7-22 TABLE 7-2)

	MON	TUE	WED	THU	FRI	SAT	SUN
A	Upper push	Rest	Upper pull	Aerobic	Lower push/pull	Rest	Aerobic
B	Ruck march	Rest	Loaded carry	Aerobic	Trunk rotation	Rest	Aerobic

The FM 7-22 template alternates these two weeks (A = weeks 1 and 3, B = weeks 2 and 4). Aerobic = aerobic endurance; trunk rotation = resisted trunk rotation.

Source: Army FM 7-22, Holistic Health and Fitness (Oct 2020), para 7-9, Tables 7-2 and 7-3.

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SLEEP

Most Soldiers need 7 to 9 hours of sleep every 24 hours to maximize health and sustain performance. FM 7-22 adds that even more sleep improves mental sharpness (paras 11-3, 11-16). Keep a consistent sleep and wake time on training and off days, including the same wake time each morning (para 11-5).

HYDRATION (FM 7-22 TABLE 8-3)

WHEN	RECOMMENDATION
Before	8-16 oz 2 hours before; 4-8 oz right before
During	4-8 oz every 15-20 min; not over 1.5 L (~6 cups) per hour
After	At least 8-16 oz; rapid rehydration: ~3 cups per lb lost

Even under 1 percent body-weight loss from dehydration can slightly reduce mental performance; 2 percent hurts mood, focus and energy (para 8-37).

INJURY PREVENTION

- Progress gradually. FM 7-22: intensity and volume progress gradually to minimize injury and overtraining; more training is not necessarily better (para 2-17). NSW: add no more than 10% per week, 5-8% is better.
- Warm up and cool down every session, and use active recovery between intervals (NSW).
- Never stack hard leg days: no long marches, endurance runs or heavy leg work on consecutive days (FM 7-22).
- Fix weak links: train rotator cuff, mid/lower traps, rhomboids, glutes, hamstrings, tibialis anterior and torso rotators (NSW).
- Respect the calisthenics caps: 200 push-ups or sit-ups and 50 pull-ups a day (NSW).
- Use cross-training (cycling, rowing, elliptical, hiking) to build base without overtraining, and as a substitute for a minor injury, bad weather or no facility (NSW).

Source: Army FM 7-22 (Oct 2020) paras 2-17, 8-37, 11-3, 11-5, 11-16, ch. 7, Table 8-3; NSW Physical Training Guide.

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WEEKLY LOG

WEEK #	DATES	BODY WEIGHT	AVG SLEEP (hrs)

DAY	RUN (mi)	SWIM (yd)	RUCK (mi/lb)	PUSH/SIT/PULL	STRENGTH / NOTES
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

PRACTICE TEST

DATE	500 SWIM	PUSH-UPS	CURL-UPS	PULL-UPS	1.5 MI	NOTES

SOURCES

1. MILPERSMAN 1220-410, PST Standards and Procedures, CH-77 (3 Dec 2021): mynavyhr.navy.mil/Portals/55/Reference/MILPERSMAN/1000/1200Classification/1220-410.pdf
2. Naval Special Warfare Center, Naval Special Warfare Physical Training Guide (26-week program).
3. goarmy.com/careers-and-jobs/specialty-careers/special-ops/army-rangers
4. army.mil/aft (Army Fitness Test and Combat Field Test)
5. Army Directive 2025-06 (Army Fitness Test): armypubs.army.mil
6. Navy PRP Guide-5B, Policies and Fitness Testing for Combat Arms Occupations (Jun 2026): mynavyhr.navy.mil
7. FM 7-22, Holistic Health and Fitness, Oct 2020: armypubs.army.mil (also linked at army.mil/aft)
Standards checked October 2026. They can change; confirm with a recruiter.

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