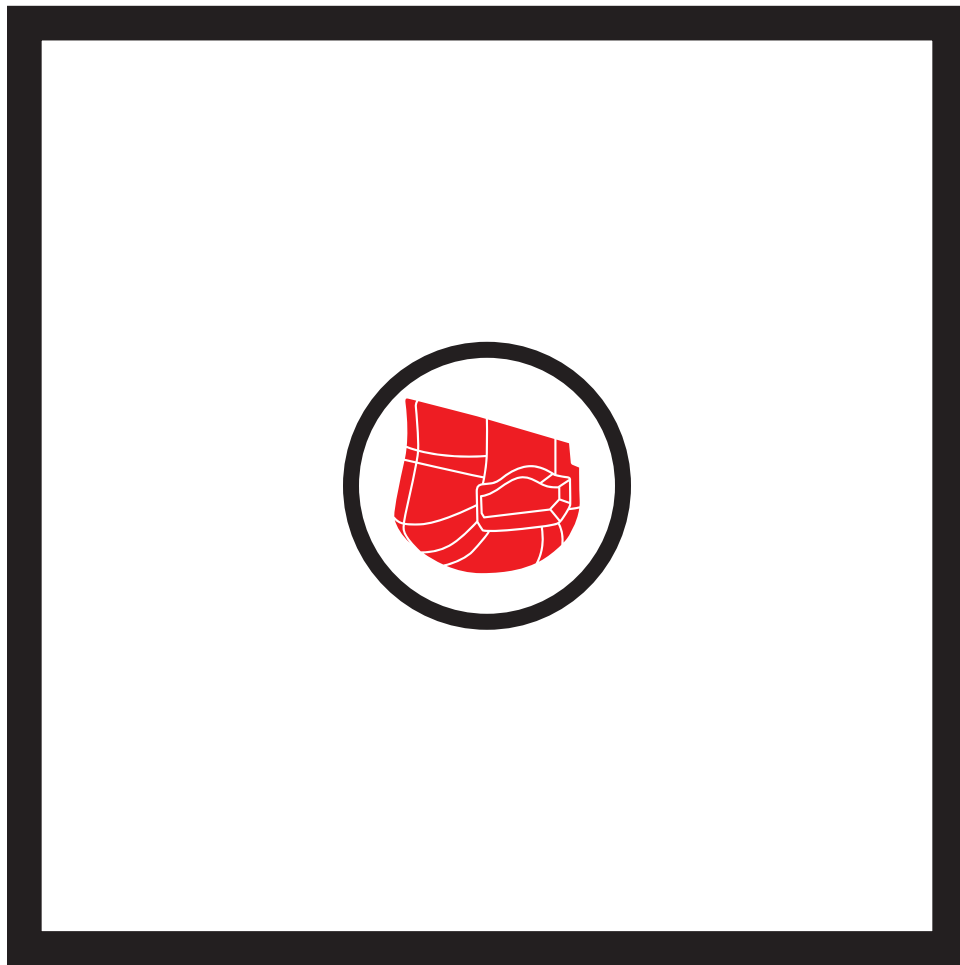


GRIP FORCE

EBP HS RELOAD CHALLENGE DRILL

Target Box is 5" x 5" (Outside Edge to Outside Edge)
Target is Page 1. See page 2 for parameters of the drill

Print this page at actual size



THIS DRILL MUST BE SHOT USING A GRIP FORCE EBP INSTALLED ON THE RELOAD MAGAZINE.

EBP HS RELOAD CHALLENGE DRILL

(ONE SHOT, SLIDE LOCK RELOAD, ONE SHOT)

RECORD TIME: 1.77 SECONDS



RANGE: the shooter stands 6 yards from the target.

TARGET: the target is a (5" x 5") square target with an EBP spot in the center (used as the shooter's aiming point).

* For practice, a Reload Challenge target can be any (5" x 5") square on a piece of paper, cardboard, or painted on steel.

* To win an EBP HS Reload Challenge coin, this drill needs to be shot on an official EBP target. ***The shooter must shoot Version 1 of this drill and match or beat the record time of 1.77 seconds (one shot, slide lock reload, one shot).***

START POSITION: the weapon starts loaded with a round in the chamber and an empty magazine in the receiver.

The shooter is standing, relaxed in a transition/high compressed ready position, with a two-handed firing grip on the pistol.

For this start position, the inside of the shooter's bicep/triceps muscle must be touching, or next to, the side of their rib cage when they are at their ready position. The reload magazine (outfitted with the EBP) is stored in the shooter's magazine pouch.

On alert from the timer, the shooter goes to extension and fires one shot to the target zone area (5" x 5" square), causing the pistol to go to slide lock.

The shooter then performs a slide lock reload, chambering a round using their preferred technique method (see versions 1, 2, or 3 listed below).

After the reload, the shooter reacquires their two-handed firing grip, goes back to extension, and then fires a second round into the same (5" x 5") target zone on the same target.

This drill must be shot using aimed fire, not index or point shooting. The weapon/sights need to be in front of the shooter's eye, in line with the target. Aimed fire can be the following, depending on whatever technique the shooter uses:

IRON SIGHTS: front sight focus/flash sight picture.

IRON SIGHTS: threat focus.

RED DOT: threat focus.

RED DOT: dot focus.

VERSION 1 – as seen in the EBP introduction video must be shot wearing gloves and must use the sling shot chambering method with a belt-mounted vertical mag pouch. The shooter must have their belt mounted open top vertical magazine pouch in the same location as the shooter in the video (set four inches in front of the forward point of the hip bone on their support side). The 'point of the hip bone' location is a competition term taken from the USPSA description/rules. ****This is the only version eligible to win an EBP HS Reload Challenge coin. In order to win a Challenge coin, the shooter must shoot Version 1 of this drill, and match or beat the record time of 1.77 seconds (one shot, slide lock reload, one shot).***

VERSION 2 – uses the slide stop/slide release chambering with the magazine pouch in any location, with a par time of 2.5 Seconds.

**This version is not eligible to win an EBP HS Reload Challenge coin.*

VERSION 3 – uses the overhand rack chambering method with the magazine pouch in any location, with a par time of 2.5 Seconds.

**This version is not eligible to win an EBP HS Reload Challenge coin.*

Please try versions 1, 2 & 3 of this challenge drill and post your videos/results on your social media.

Be sure to tag us on Instagram gripforceusa

****To win an EBP HS Reload Challenge coin: shoot version 1 of this drill and match or beat the time of 1.77 Seconds. You must also provide video proof. Please see our challenge drill website page for the official process. Train hard and stay safe!*