

# LOW LIGHT/MODIFIED LIGHT POST COURSE

(Approved 12/06/2018)

<b>Stage I</b>	*25 yards	<p><i>(with light)</i> (25 yard stage is not mandatory)          6 rounds standing, strong side barricade, strong hand          6 rounds standing, barricade, strong hand or support hand, <b>off-side</b>          (60 seconds)</p>
*NOTE: Movement to barricade required, maximum distance 5 yards.		
<b>Stage II</b>	*15 yards	<p><i>(with light)</i>          3 rounds right side kneeling position** 4 rounds if 25yd not used          3 rounds left side kneeling position** 4 rounds if 25yd not used          (35 seconds – movement time included)          (30 seconds for indoor range)</p>
*NOTE: Movement to kneeling position from 25-yard line to 15-yard line.		
**NOTE: Shooter will “simulate” the usage of a low barricade if no barricade is available.		
<b>Stage III</b>	7 yards	<p>Phase I            <i>(with light)</i>          6 rounds strong hand only from the holster          (10 seconds)</p>
		<p>Phase II           <i>(with or without light)</i>          6 rounds support hand only from ready gun          (10 seconds)</p>
		<p>Phase III          <i>(with light)</i>          6 rounds standing          6 rounds kneeling – reload while kneeling*          (25 seconds)</p>
*NOTE: Mandatory reloading for all weapons during Phase III.		

<b>Stage IV</b>	4 yards	Phase I - <b>Headshots mandatory</b> ( <i>with light</i> ) 2 rounds body, 1 round head, step right, hold cover (3seconds) 2 rounds body, 1 round head, step left (3 seconds) <b>scan and holster</b>
		Phase II - <b>Headshots mandatory</b> ( <i>with light</i> ) 2 rounds body, 1 round head, step left, hold cover (3seconds) 2 rounds body, 1 round head, step right (3 seconds) <b>scan and holster</b>
<b>Stage V</b>	2 yards	( <i>with or without light</i> ) 2 rounds, one or two hands (2 seconds) Close quarter shooting position from holster with one full step to the rear. Repeat twice.

**(Using all Stages)**

**Target:** LA P-1  
**Possible Points:** 120  
**Qualification:** 96 (80% overall)  
**Scoring:** Inside ring = 2 points  
Outside ring = 1 point

**(Deleting Stage I adding 2rds to Stage II)**

**Target:** LA P-1  
**Possible Points:** 100  
**Qualification:** 80 (80% overall)  
**Scoring:** Inside ring = 2 points  
Outside ring = 1 point

**Instructor note:**

**It is the instructors discretion on the use of weapons mounted lights versus handheld.**

**POST Course is fired using a  
“HOT LINE”!**