

OFFICIAL POST COURSE

(Approved 09/24/2008 – Effective 01/01/2009)

Stage I	*25 yards	**6 rounds standing, strong side barricade, strong hand 6 rounds standing, barricade, strong hand or off-hand, off-side (60 seconds)
*NOTE: Movement to barricade required, maximum distance 5 yards. **NOTE: With verbal commands (POLICE! Don't Move!)		
Stage II	*15 yards	3 rounds right side kneeling position** 3 rounds left side kneeling position** (35 seconds – movement time included) (30 seconds for indoor range)
*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.		
Stage III	7 yards	Phase I 6 rounds strong hand only from the holster (10 seconds) <hr/> Phase II 6 rounds off-hand only from ready gun (10 seconds) <hr/> Phase III 6 rounds standing 6 rounds kneeling – reload while kneeling* (25 seconds)
*NOTE: Mandatory reloading for all weapons during Phase III.		

Stage IV	4 yards	<p>Phase I 3 rounds, one or two hands (3 seconds) (1 round <i>may</i> be a head shot) Instinct shooting technique from holster with one step to the right AFTER rounds are fired. Ready gun and return to original position. Repeat once and holster.</p>
		<p>Phase II 3 rounds, one or two hands (3 seconds) (1 round <i>may</i> be a head shot) Instinct shooting technique from holster with one step to the left AFTER rounds are fired. Ready gun and return to original position. Repeat once and holster.</p>
Stage V	2 yards	<p>2 rounds, one or two hands (2 seconds) Close quarter shooting position from holster with one full step to the rear. Repeat twice.</p>

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

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