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| Ser | Practice | Target | Rge(m) | Rds | Instructions | Score | Remarks |
| 1 | Grouping standing and kneeling | 2x fig 11 with 75x100mm white aiming mark on each | 15 | 10 | 1 x 5 round grouping from standing on the left target…1x 5 round grouping at right target…on your own time…go on | Nil | Move down range to discuss following completion and weapon clearance. |
| 2 | Deliberate CBRN Standing | 1 x fig 11 | 10 | 5 | One five round grouping from the standing position…no time limit..on your own time go on | HPS 5 | No time limit  PPE required (C4 mask) |
| 3 | Snap Standing and kneeling | As per ser 2 | 15 | 8 | Firer in the standing low ready (alert) position  On the order WATCH AND SHOOT fire 1 rd at tgt from standing, adopt the kneeling position and on the whistle fire 1 further round. Re-adopt the standing low ready position between each exposure. | HPS 8 | 4 x double exposures of the tgt  In each doube exposure the target is up for 3 sec, down for 6 sec, and up for 5 sec (kneeling shot) with irregular intervals between double exposures |
| 4 | Snap standing | 2 x figure 11 | 20 | 8 | In standing position  Order WATCH AND SHOOT.  Fire 2 rounds each exposure | HPS 8 | 4 x 5 sec exposures with intervals of 4-10 sec between exposures |
| 5 | Rapid kneeling | 2 x figure 11 | 20 | 8 | Firer in standing low ready (alert) position with pistol ‘made safe’ in holster or by side.  Order WATCH AND SHOOT…draw and make ready…adopt the kneeling position and fire during each exposure…4 rounds target left…4 rounds target right | HPS 8 | 1 x 7 sec exposure followed by 3 x 4 sec exposures  Any number of rounds may be fired during each exposure, but not more than 4 to count on each target |
| 6 | Snap Standing and Kneeling | As per ser 5 | 25 | 8 | Firer in standing alert position “made ready” with safety catch applied.  Order WATCH AND SHOOT  Fire 4 rounds from standing at left target…on the whistle adopt the kneeling positon and fire 4 rounds on the right tgt | HPS 8 | 2 x 8 sec exposures with intervals of 5 sec |