

# OFFICIAL POST COURSE

(Approved 12/06/2018 – Effective 01/01/2019)

<b>Stage I</b>	*25 yards	6 rounds standing, strong side barricade, strong hand 6 rounds standing, barricade, strong hand or support hand, <b>off-side</b> (60 seconds)
*NOTE: Movement to barricade required, maximum distance 5 yards.		
<b>Stage II</b>	*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.		
<b>Stage III</b>	7 yards	Phase I 6 rounds strong hand only from the holster. Ready gun after rounds are fired. (10 seconds)
		Phase II 6 rounds support hand only from ready gun (10 seconds)
		Phase III 6 rounds standing 6 rounds kneeling – reload while kneeling* (25 seconds)
*NOTE: Mandatory reloading for all weapons during Phase III.		

<b>Stage IV</b>	4 yards	Phase I <b>**Headshots mandatory**</b> 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> 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	2 rounds, one or two hands (2 seconds) Close quarter shooting position from holster with one full step to the rear. Repeat twice

**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”!**