



## I.C.E. Course-of-Fire (“Paragon” Version)

Start with the 16-round magazine in your non-shooting hand and the two (2) additional 17-round magazines into your “front” and “rear” magazine pouches. Once directed to do so, draw your firearm and point it safely downrange then “tap,” “rack,” and holster it. (Ensure your firearm is securely “snapped in” as well.) At this point, retrieve the 17-round magazine from your front pouch; now administratively remove the 15-round magazine from your firearm and place it into your empty front magazine pouch. Complete the setup process by now securely placing the 17-round magazine you just retrieved from your front magazine pouch into your holstered firearm.

### Stage 1: Bent Elbow Drill (30 Points)

Target Position: 1.5 Yards / 4.5 Feet

- 1 round in 2 seconds, bent elbow technique...holster;
- 2 rounds in 2 seconds, bent elbow technique...holster;
- 3 rounds in 2 seconds, bent elbow technique...holster.

### Stage 2: Speed Drill (30 Points)

Target Position: 3 Yards / 9 Feet

- 3 rounds in 3 seconds, both hands extended...holster;
- 3 rounds in 3 seconds, both hands extended...holster.

### Stage 3: Body Armor Drill (30 Points)

Target Position: 7 Yards / 21 Feet

- 2 rounds to the chest then 1 round to the head, both hands extended...all in 5 seconds...continue;  
\*\*\*REMAIN AIMED IN\*\*\*
- 2 rounds to the chest then 1 round to the head, both hands extended...all in 4 seconds...continue.

At this point, your firearm will be empty. Remove the empty magazine from your firearm and drop it to the floor. Now conduct an emergency reload with the 15-round magazine from your front magazine pouch by performing a “tap/rack” technique then safely holstering your firearm. (Ensure your firearm is snapped in and secured in its holster.) At this point, administratively remove the 14-round magazine from your firearm and place it into your empty front pouch. Complete the setup process by retrieving the 17-round magazine from your rear pouch and securely placing it into your firearm.



## Stage 4: Strong Hand / Weak Hand Drill (60 Points)

Target Position: 7 Yards / 21 Feet

- 3 rounds, both hands extended...continue;
- 3 rounds, strong hand only...all in 10 seconds...holster;
- 3 rounds, both hands extended...continue;
- 3 rounds, weak hand only...all in 10 seconds...holster.

## Stage 5: Standing / Kneeling Drill (60 Points)

Target Position: 15 Yards / 45 Feet

- 6 rounds standing, both hands extended...all in 10 seconds...continue;  
\*\*\*REMAIN AIMED IN\*\*\*  
\*\*\*WAIT FOR THE SIGNAL\*\*\*  
\*\*\*IMMEDIATELY GO TO THE KNEELING POSITION\*\*\*  
\*\*\*COMPLETE AN EMERGENCY RELOAD IN 5 SECONDS\*\*\*
- 6 rounds kneeling, both hands extended...all in 10 seconds...holster.

At this point, you will be directed to retrieve only one (1) of the empty magazines from the floor and place it into your empty front pouch. After being directed to stand up, administratively remove the 7-round magazine from your firearm and remove four (4) rounds. While your firearm is still safely holstered, place the 3-round magazine back into your firearm. Now retrieve the empty magazine from your front magazine pouch and place the four (4) rounds from your hand into the empty magazine. Complete this process by now placing the 4-round magazine back into your front pouch.

## Stage 6: Right-Side Barricade Drill (20 Points)

Target Position: 15 Yards / 45 Feet

- 2 rounds standing, both hands extended...continue;  
\*\*\*MUZZLE OF THE FIREARM MUST BE BEYOND THE RIGHT-SIDE BARRICADE\*\*\*  
\*\*\*TRANSITION SAFELY TO THE KNEELING POSITION\*\*\*  
\*\*\*FINGER MUST BE OFF OF THE TRIGGER\*\*\*
- 2 rounds kneeling, both hands extended...all in 20 seconds...continue.

At this point, your firearm will be empty. Remove the magazine from your firearm and place it into your empty rear magazine pouch. Now conduct an emergency reload with the 4-round magazine from your front pouch by performing a “tap/rack” technique then safely holstering your firearm. (Ensure your firearm is snapped in and secured in its holster.)



## Stage 7: Left-Side Barricade Drill (20 Points)

Target Position: 15 Yards / 45 Feet

- 2 rounds standing, both hands extended...continue;  
\*\*\*MUZZLE OF THE FIREARM MUST BE BEYOND THE LEFT-SIDE BARRICADE\*\*\*  
\*\*\*TRANSITION SAFELY TO THE KNEELING POSITION\*\*\*  
\*\*\*FINGER MUST BE OFF OF THE TRIGGER\*\*\*
- 2 rounds kneeling, both hands extended...all in 20 seconds...continue.

At this point, your firearm will be empty. Remove the magazine from your firearm and place it into your empty front magazine pouch. Safely holster your firearm with its slide locked in the “open” position.