



**The F.A.S.T. (Fundamentals, Accuracy, & Speed Test):**

**Range:** 7 yards

**Start position:** weapon concealed or in retention duty holster with all retention devices active; shooter facing downrange in relaxed stance with arms down at sides.

Drill begins from the holster, pistol loaded with exactly two rounds.

- draw
- fire two (and only two) rounds at the 3x5 box
- perform a slidelock reload
- fire four (and only four) rounds at the 8" circle

**Scoring:**

Open-top retention (ALS, SERPA) without concealment add 0.50 seconds to the final score.

Flap/retention mag pouch subtract 0.50 seconds.

Misses to 3x5 box add 2.00 seconds per miss.

Misses to 8" circle add 1.00 seconds per miss.

**Ranking:**

10+ seconds: **Novice**

less than 10 seconds: **Intermediate**

less than 7 seconds: **Advanced**

less than 5 seconds: **Expert**

