

The One Shot Qualification for handguns

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As described in the book Training at the Speed of Life

By Ken Murray,

And by Walt Rausch in the September 2005 issue of
Combat Handguns Magazine, pages 74,74 & 76

Target: 6 x 10 inch steel plate, or the A zone on an IPSC or IDPA target

Distance of Engagement: 5 yards

OHQ-1: The shooter begins at the READY GUN position. At the signal, the shooter must place a hit in the center zone of the target in 1.55 seconds or less. (scored pass/fail)

OHQ-2: The shooter begins with the weapon holstered and hands clasped in front. On either side of the shooter is placed a high barricade with 3 yards between the barricades (simulating a doorway). At the signal, the shooter moves laterally to cover and fires one round using the barricade as cover, hitting the center zone of the target in 4 seconds or less.

SCORING:

1.55 sec = 100%	2.70 sec = 88.5%
1.60 sec = 99.5%	2.75 sec = 88%
1.65 sec = 99%	2.80 sec = 87.5 %
1.70 sec = 98.5%	2.85 sec = 87%
1.75 sec = 98%	2.90 sec = 86.5%
1.80 sec = 97.5%	3.0 sec = 85.5%
1.85 sec = 97%	3.05 sec = 85%
1.90 sec = 96.5%	3.10 sec = 84.5%
1.95 sec = 96%	3.20 sec = 84%
2.00 sec = 95.5 %	3.30 sec = 83.5%
2.05 sec = 95%	3.40 sec = 83%
2.10 sec = 94.5 %	3.50 sec = 82.5%
2.15 sec = 94%	3.60 sec = 82%
2.20 sec = 93.5 %	3.70 sec = 81.5%
2.25 sec = 93%	3.80 sec = 81%
2.30 sec = 92.5%	3.90 sec = 80.5%
2.35 sec = 92%	4.0 sec = 80%
2.40 sec = 91.5%	
2.45 sec = 91%	
2.50 sec = 90.5%	
2.55 sec = 90%	
2.60 sec = 89.5%	
2.65 sec = 89%	