



February USPSA

Miyagi-Do VS Cobra Kai

Stage 1- Strike First.....	20 rounds
Stage 2- “Show Me Side To Side”	19 rounds
Stage 3- “Sand The Floor”.....	18 rounds
Stage 4- Strike Hard.....	20 rounds
Stage 5 - Wax On, Wax Off.....	16 rounds
Stage 6- No Mercy.....	18 rounds
Stage 7- The Crane Technique.....	12 rounds
	Total- 123 rounds



LIPSA

Strike First

Special Thanks: Johnny Lawrence, John Kreese

RULES: Practical Shooting Handbook, Latest Edition Course Designer: Michael Linsalata

START POSITION: Standing with hands flat on X's. Gun loaded and holstered. PCC start is gun loaded, safety on. Muzzle touching mark on wall. Butt of gun touching belt.

STAGE PROCEDURE

At signal, engage all targets and steel as they become visible from within the fault lines.

Remember, Cobra Kai for life!

SCORING

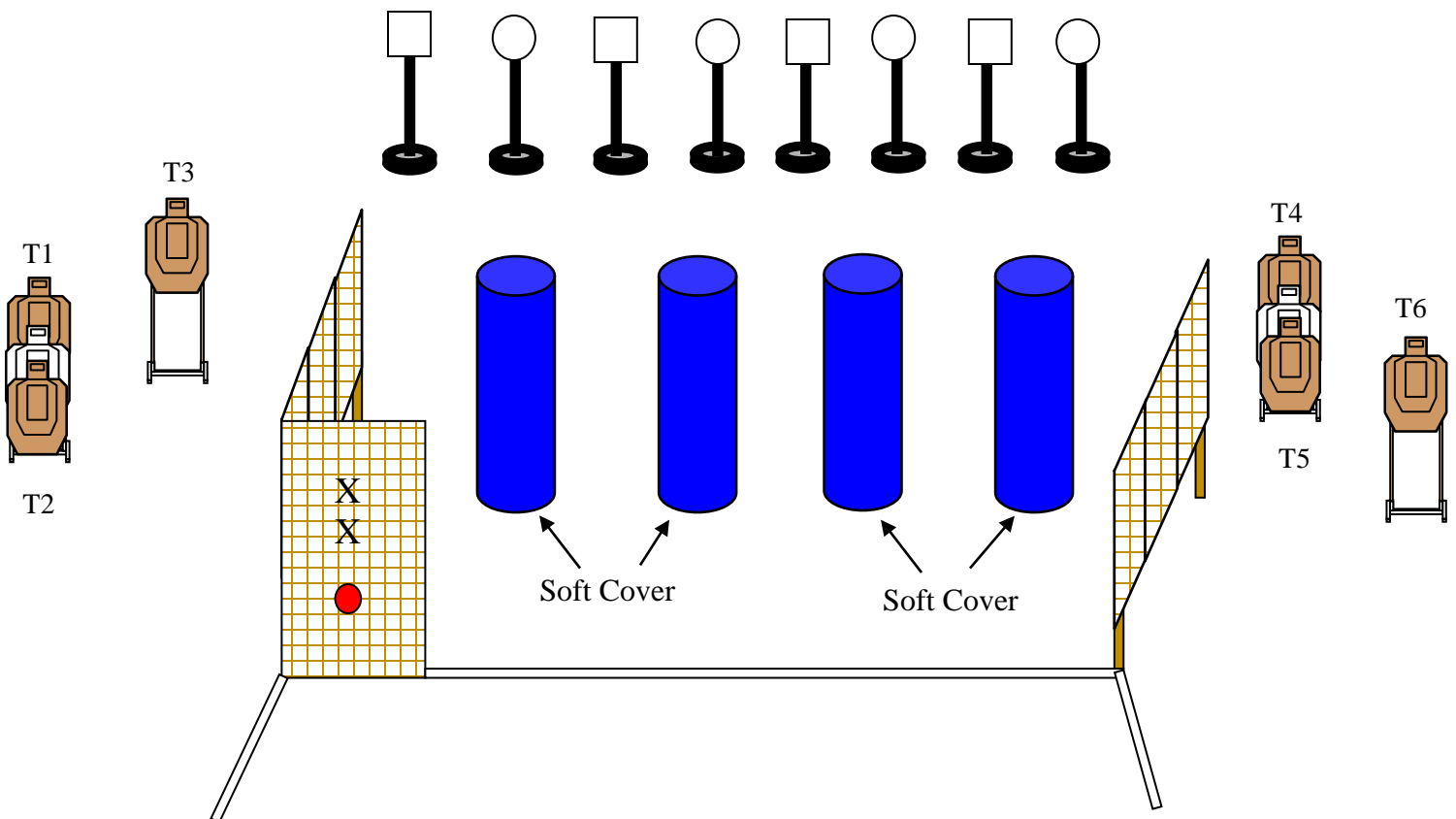
SCORING: Comstock, 20 rounds, 100 points

TARGETS: 6 USPSA, 8 steel

SCORED HITS: Best 2 per USPSA, Steel Down = 1A

START-STOP: Audible-Last Shot

P 1-8



Stage 1



LIPSA

”Show Me Side To Side”

Special Thanks: Miyagi-Do, The Karate Kid

RULES: Practical Shooting Handbook, Latest Edition **Course Designer: Michael Linsalata**

START POSITION: Standing with toes touching **RED** mark, wrists below belt. Gun loaded and holstered. PCC start is gun loaded, safety on. Pointing down range. Butt of gun touching belt.

STAGE PROCEDURE

At signal, engage all targets and steel as they become visible from within the fault lines.

Remember, Balance!

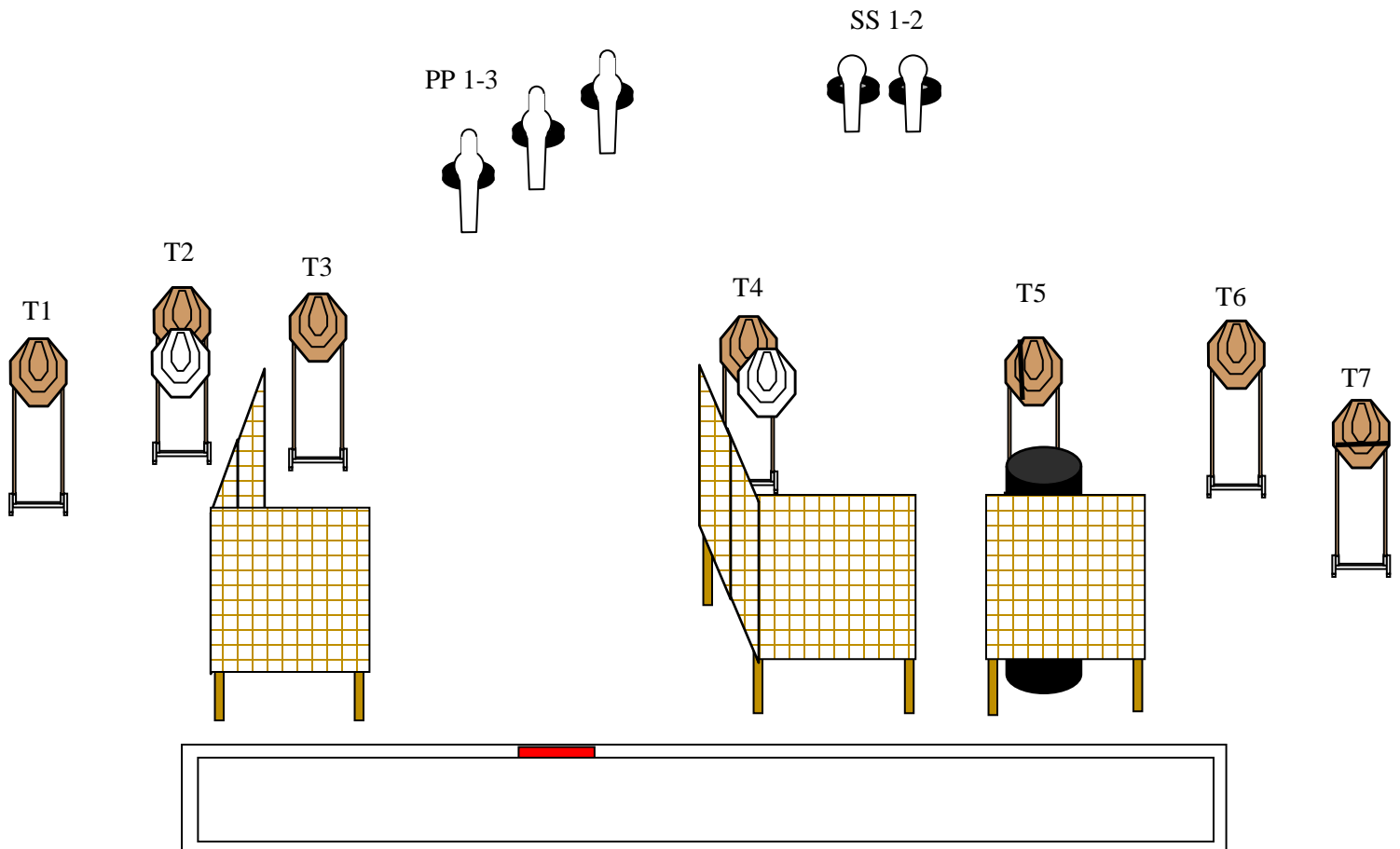
SCORING

SCORING: Comstock, 19 rounds, 95 points

TARGETS: 7 IPSC, 5 steel

SCORED HITS: Best 2 per IPSC, Steel Down = 1A

START-STOP: Audible-Last Shot





LIPSA

“Sand The Floor”

Special Thanks: Miyagi-Do, The Karate Kid

RULES: Practical Shooting Handbook, Latest Edition **Course Designer:** Michael Linsalata

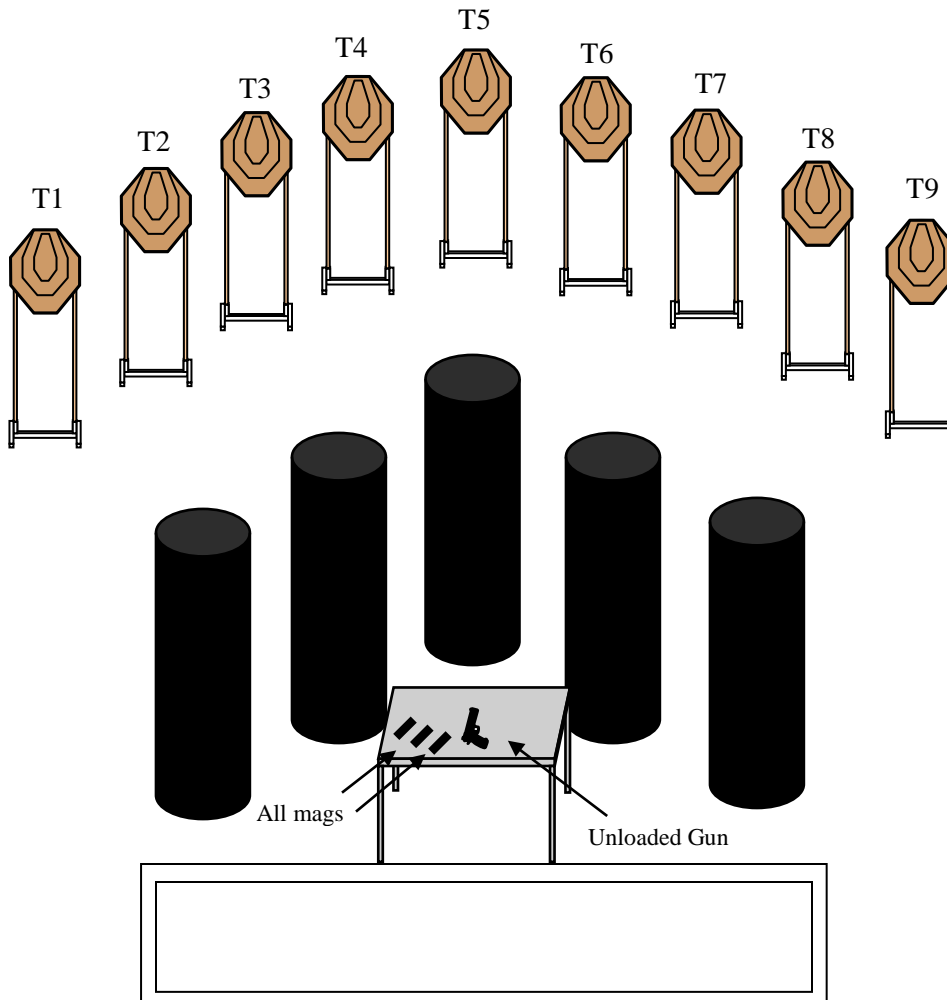
START POSITION: Standing directly behind table, wrists above shoulders. Unloaded gun and all mags on table. PCC has same start position.

STAGE PROCEDURE

At signal, pick up and load gun with mag from table. Then engage all targets as they become visible from within the fault lines. *All reloads must come from table. Mags cannot be picked up and placed on belt. Remember, Balance!*

SCORING

SCORING: Comstock, 18 rounds, 90 points
TARGETS: 9 IPSC
SCORED HITS: Best 2 per IPSC
START-STOP: Audible-Last Shot



Stage 3



LIPSA

Strike Hard

Special Thanks: Johnny Lawrence, John Kreese

RULES: Practical Shooting Handbook, Latest Edition **Course Designer: Michael Linsalata**

START POSITION: Standing with heels touching **RED** mark, wrists below belt. Gun loaded and holstered. PCC start is gun loaded, safety on. Pointing down range. Butt of gun touching belt.

STAGE PROCEDURE

At signal, engage all targets and steel as they become visible from within the shooting area.

Remember, Cobra Kai for life!

SCORING

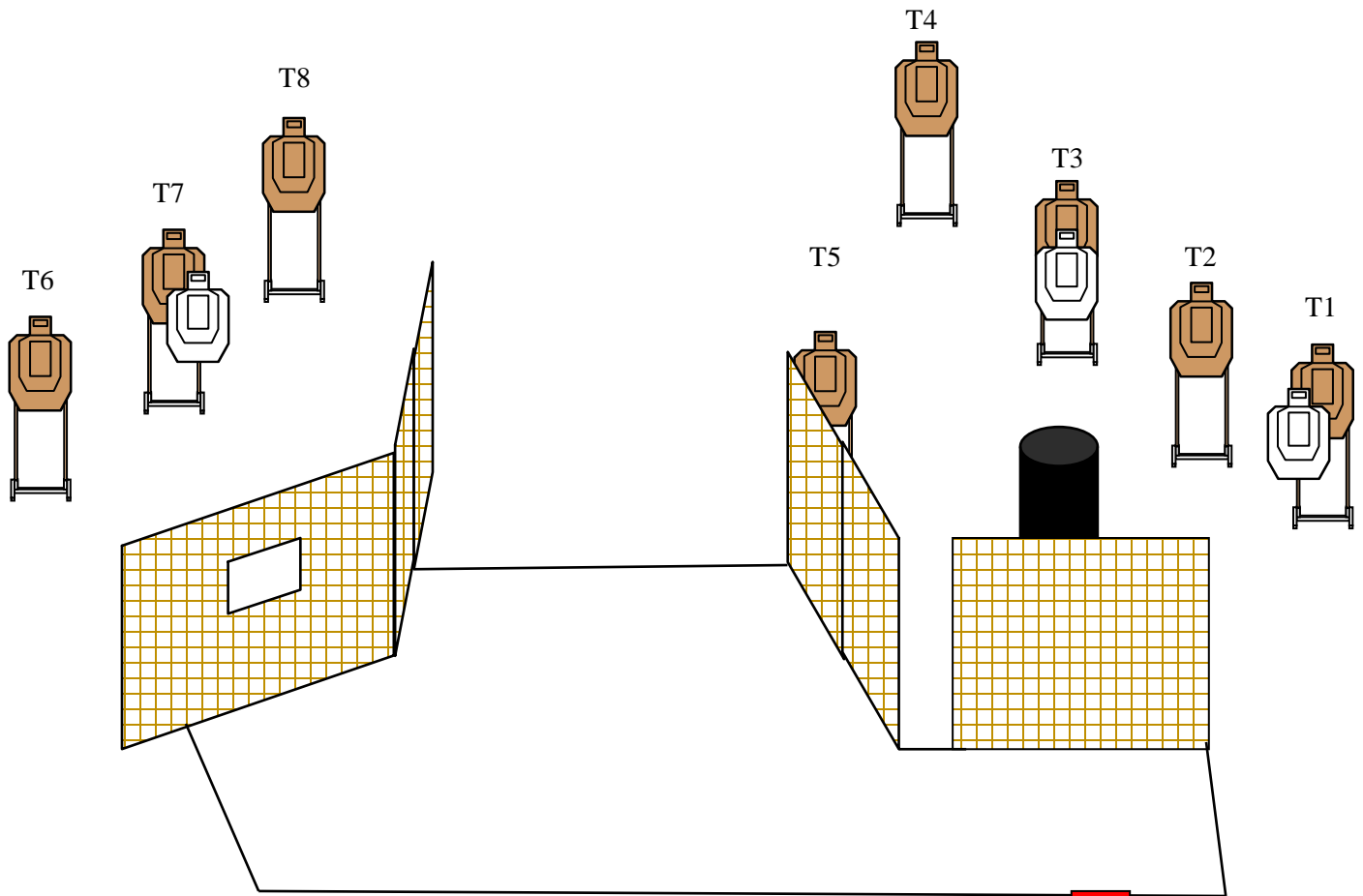
SCORING: Comstock, 20 rounds, 100 points

TARGETS: 8 USPSA, 4 steel

SCORED HITS: Best 2 per USPSA, Steel Down = 1A

START-STOP: Audible-Last Shot

SS 1-4



Stage 4



LIPSA

Wax on, Wax Off

Special Thanks: Miyagi-Do, The Karate Kid

RULES: Practical Shooting Handbook, Latest Edition Course Designer: Michael Linsalata

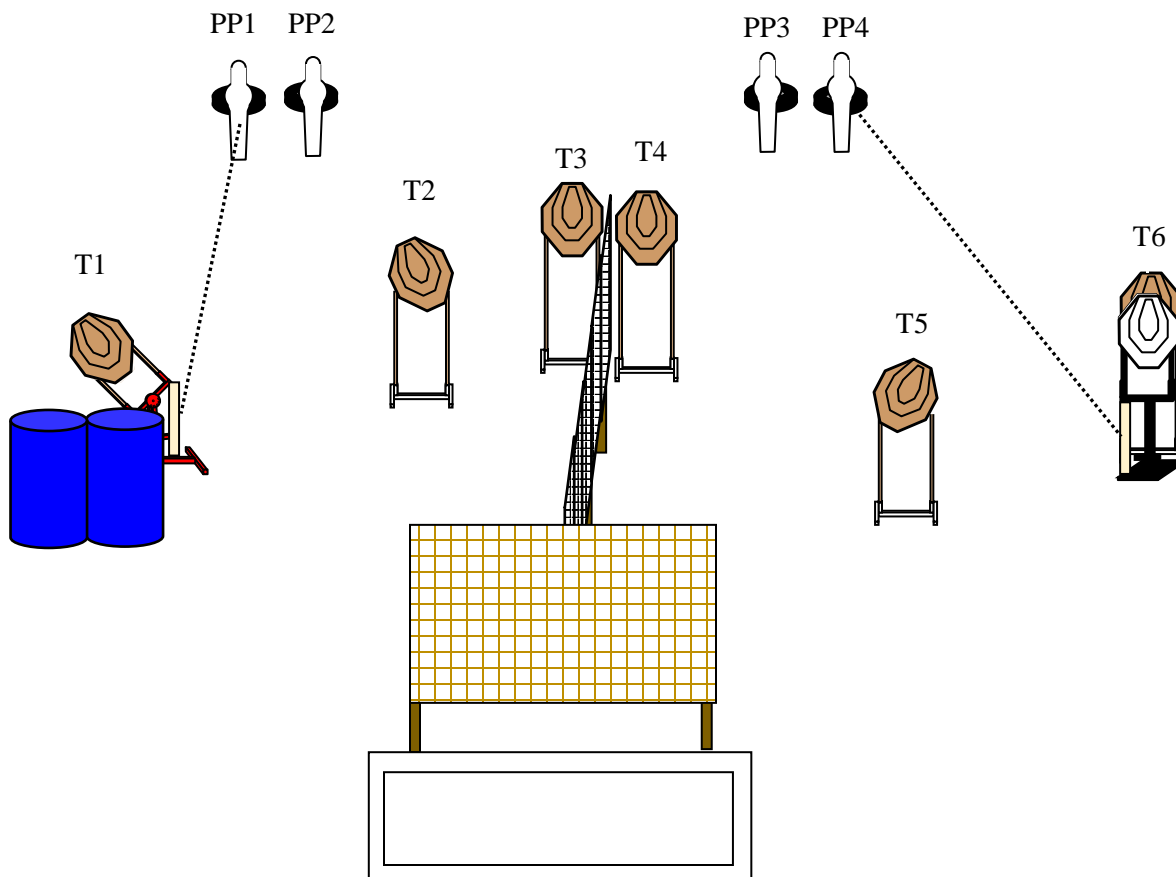
START POSITION: Standing anywhere in shooting area. Wrists below belt. Gun loaded and holstered. PCC start is gun loaded. Safety on. Muzzle pointed down range. Butt of gun touching belt.

STAGE PROCEDURE

At signal, engage all targets and steel as they become visible from within the shooting area. *(PP1 activates T1. T1 is a swinging target. PP4 activates no shoot in front of T6. Both must be activated before being engaged).* Remember, **Balance!**

SCORING

SCORING: Comstock, 16 rounds, 80 points
TARGETS: 6 IPSC, 4 PP
SCORED HITS: Best 2 per IPSC, Steel Down = 1A
START-STOP: Audible-Last Shot





LIPSA

No Mercy

Special Thanks: Johnny Lawrence, John Kreese

RULES: Practical Shooting Handbook, Latest Edition **Course Designer: Michael Linsalata**

START POSITION: Standing with heels touching **RED** mark, wrists below belt. Gun loaded and holstered. PCC start is gun loaded, safety on. Pointing down range. Butt of gun touching belt.

STAGE PROCEDURE

At signal, engage all targets and steel as they become visible from within the shooting area.

Remember, Cobra Kai for life!

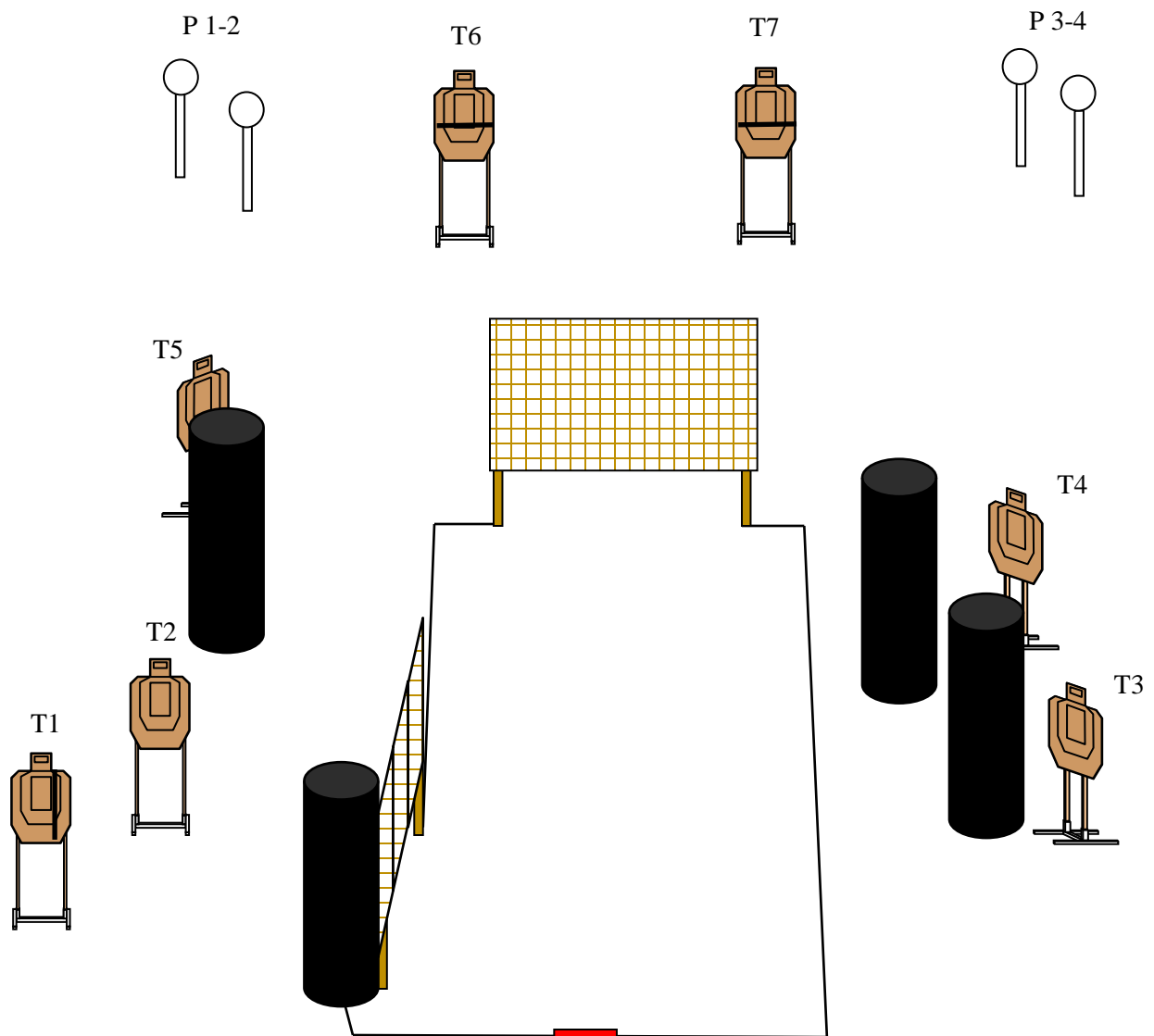
SCORING

SCORING: Comstock, 18 rounds, 90 points

TARGETS: 7 USPSA, 4 steel

SCORED HITS: Best 2 per USPSA, Steel Down = 1A

START-STOP: Audible-Last Shot





LIPSA

The Crane Technique

Special Thanks: Miyagi-Do, The Karate Kid

RULES: Practical Shooting Handbook, Latest Edition **Course Designer: Michael Linsalata**

START POSITION: Standing in Box A on one foot. Other foot up in the air. Arms straight out to sides. Loaded gun on table. PCC has same start position.

STAGE PROCEDURE

At signal, pick up loaded gun from table and engage T1-T3. Perform a mandatory reload and engage P1-6. Shooter can start with steel first.
Remember, Balance!

SCORING

SCORING: Comstock, 12 rounds, 60 points
TARGETS: 3 IPSC, 6 steel
SCORED HITS: Best 2 per IPSC, Steel Down = 1A
START-STOP: Audible-Last Shot

