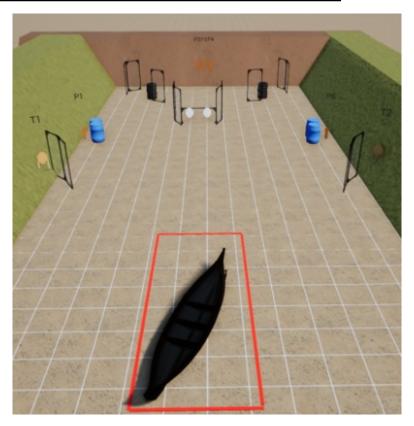
## 1. One Handed Ninja

### No image

CoF	Comstock - Short	Points	50 p
Targets	4 paper, 2 popper, Total 6 targets	Min rounds	10
Firearm	Handgun	Match-%	8.62%

Procedure	On the start signal, engage all targets from within the shooting area using strong hand only. Steel must fall to be scored.
Starting position	The start position is standing in red box, facing down range with wrists below belt.
Firearm ready condition	Handgun is loaded and holstered.
Start on	Audible signal
Stop on	Last shot
Penalties	As per current edition of rules
Safety angles	Left mark, right mark
Setup notes	

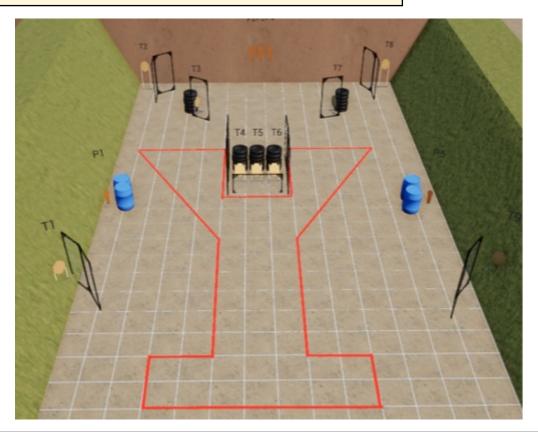
#### 2. Fisherman's Friend



CoF	Comstock - Short	Points	45 p
Targets	2 paper, 5 popper, Total 7 targets	Min rounds	9
Firearm	Handgun	Match-%	7.76%

Procedure	At the start signal, engage all targets that are visible from boat.
Starting position	The start position is sitting in boat, hands placed on knees, as demonstrated by RO
Firearm ready condition	Handgun is unloaded with empty chamber. Handgun and all magazines to be used must be placed on table.
Start on	Audible signal
Stop on	Last shot
Penalties	As per current edition of rules
Safety angles	Left mark, right mark
Setup notes	Shootin Soore It https://ehootpooresit.com 2025.09.22.24:27

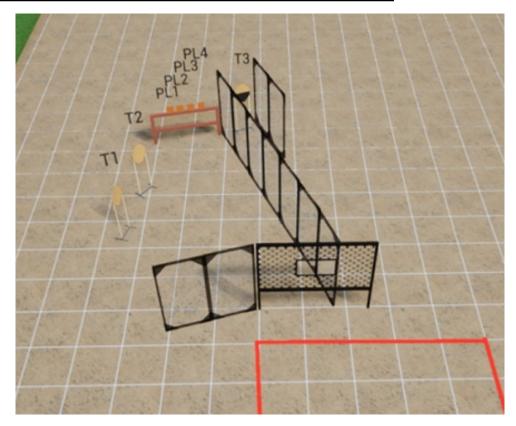
# 3. Abandon ship



CoF	Comstock - Medium	Points	115 p
Targets	9 paper, 5 popper, Total 14 targets	Min rounds	23
Firearm	Handgun	Match-%	19.83%

Procedure	On the start signal, engage all targets from within the shooting area. Steel must fall to be scored.
Starting position	The start position is standing relaxed anywhere in the shooting area, facing down range.
Firearm ready condition	Handgun is loaded and holstered.
Start on	Audible signal
Stop on	Last shot
Penalties	As per current edition of rules
Safety angles	Left Mark, Right Mark
Setup notes	Chartle Coard It https://shartreespit.com. 2005.00.03.04.07

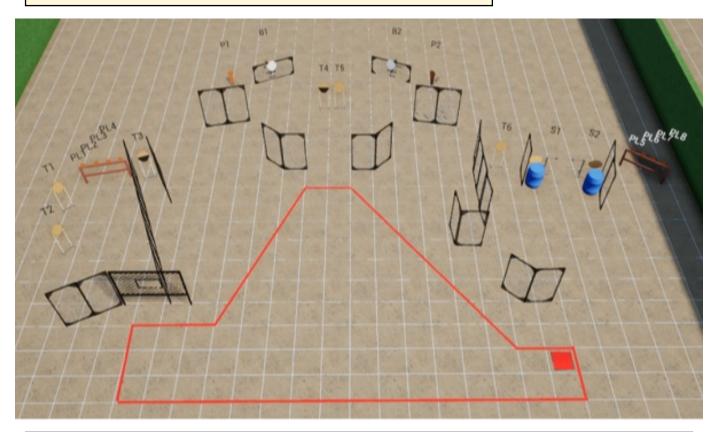
## 4. More Ketchup



CoF	Comstock - Short	Points	50 p
Targets	3 paper, 4 plates, Total 7 targets	Min rounds	10
Firearm	Handgun	Match-%	8.62%

Procedure	On the audible start signal, engage all targets from within the shooting area. Steel must fall to score.
Starting position	The start position is standing anywhere in the shooting area, facing down range with wrists below belt.
Firearm ready condition	Handgun is loaded and holstered.
Start on	Audible signal
Stop on	Last shot
Penalties	As per current edition of rules
Safety angles	Left Mark, Right Mark
Setup notes	

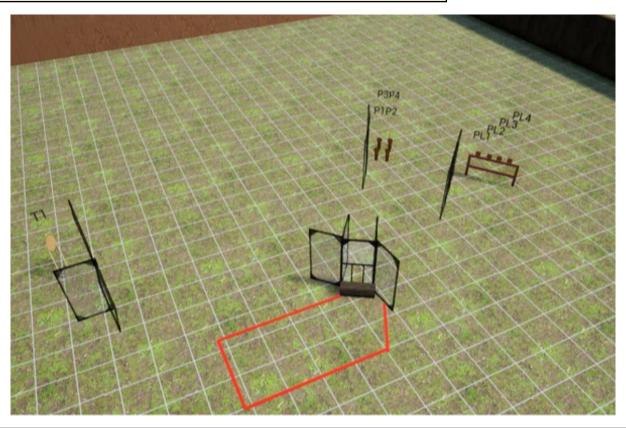
# 5. Tusenfryd



CoF	Comstock - Long	Points	140 p
Targets	10 paper, 2 popper, 6 plates, Total 18 targets	Min rounds	28
Firearm	Handgun	Match-%	24.14%

Procedure	On the audible start signal, engage all targets from within the shooting area. Steel must fall to be scored. Popper 1 activates Bobber 1 Popper 2 activates Bobber 2 Stomp plate activates Swinger 1 and Swinger 2
Starting position	The start position is standing anywhere in the shooting area, facing down range with wrists below belt.
Firearm ready condition	Handgun is loaded and holstered.
Start on	Audible signal
Stop on	Last shot
Penalties	As per current edition of rules
Safety angles	Left Mark, Right Mark
Setup notes	Chartle Coard It https://shartreespit.com. 2005.00.03.04.07

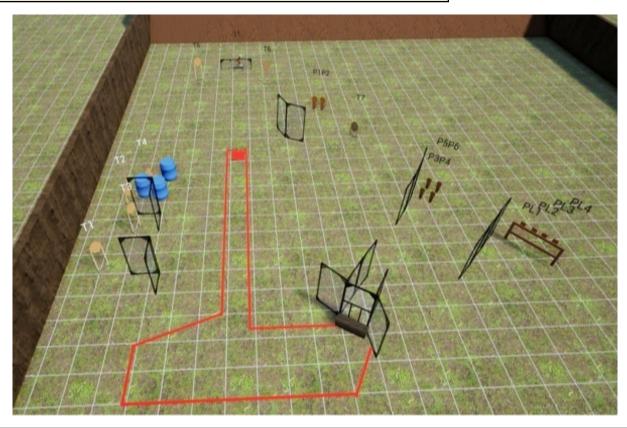
#### 6. Famous last words



CoF	Comstock - Short	Points	50 p
Targets	1 paper, 4 popper, 4 plates, Total 9 targets	Min rounds	10
Firearm	Handgun	Match-%	8.62%

Procedure	On the audible start signal, engage all targets from within the shooting area. Steel must fall to be scored.
Starting position	The start position is standing anywhere in the shooting area, facing down range with wrists below belt.
Firearm ready condition	Handgun is loaded and holstered.
Start on	Audible signal
Stop on	Last shot
Penalties	As per current edition of rules
Safety angles	Left Mark, Right Mark
Setup notes	Chartle Coard It https://shartreespit.com. 2005.00.03.04.07

# 7. Full Body Exercise For Seniors



CoF	Comstock - Long	Points	130 p
Targets	7 paper, 6 popper, 6 plates, Total 19 targets	Min rounds	26
Firearm	Handgun	Match-%	22.41%

Procedure	On the audible start signal, engage all targets from within the shooting area. Steel must fall to be scored. Stomp plate activates plate swinger.		
Starting position	The start position is standing anywhere in the shooting area, facing down range with wrists below belt.		
Firearm ready condition	Handgun is loaded and holstered.		
Start on	Audible signal		
Stop on	Last shot		
Penalties	As per current edition of rules		
Safety angles	Left Mark, Right Mark		
Setup notes	Chartle Coard It https://shartreespit.com. 2005.00.03.04.07		