

Date:

Score: / 15

Instructions for shooting Frank Proctor's SOUL CRUSHER.

www.frankproctorshooting.com

Start from 10m line, run to 25m line and shoot 5 rounds, run to 15m line and shoot 5 rounds, run to 10m line and shoot 5 rounds.

1. Distance: 25m, 15m and 10m
2. Round count: 15
2. Target: 7.5 cm x 12.5 cm
3. Time limit: 25 sec
4. Passing score: All in and no over time

