

Aim to Cure JDM Challenge

23 is the number of letters in juvenile dermatomyositis. It's also the number of rounds required for the Aim to Cure JDM Challenge. The Aim to Cure JM target uses 5 different shapes and the number of sides/lines of each target add up to 23. There are 5 strings of fire and all but the last string requires 5 rounds. The final string is 3 rounds. These numbers represent the goal of 3-5 year treatment plan for remission.

With each string of fire 5 rounds or less, you can shoot the challenge with any firearm with a 5 shot capacity or greater. Hit the range with a j-frame revolver, tricked out race gun or even a 5-round hunting rifle. The challenge is designed to let you shoot what you have and what you enjoy.

Set the target up at a distance you feel comfortable shooting. Note the distance in the scoring section of the target. If using a handgun consider shooting from 3 yards or 15 feet. If you are shooting a rifle try it at 7 yards or 21 feet. Feel free to challenge yourself by stretching out the distance however you like.

If you have a shot timer, record the time it takes you to complete each string. If you don't have a timer you can easily use one on your smartphone. Set a par time limit you're comfortable with or you can begin by setting a 5 second time limit for every string.

The suggested start position is hands relaxed at sides for those drawing from a holster. You can also begin with the firearm in hand or shoulder at the low ready with your trigger finger outside the trigger guard. Checkboxes in the scoring section of the target provide a way for you to annotate your start position.

Here is a list of variations for the Aim to Cure JDM Challenge. Try them all or come up with your own way to use the target.

1. Handgun 3 at 3 - This version uses a low ready start. Set the target at 3 yards with a par time of 3 seconds per string. Score hits.
2. Handgun 5 at 3 - This version incorporates drawing a handgun from the holster. Set the target at 3 yards and use a par time of 5 seconds per string. Score hits.
3. Speed Draw at 3 - Set the target at 3 yards. For each string draw from the holster and record time it takes to complete each string. Score hits.
4. Speed Draw at 5 - Set the target at 5 yards. For each string draw from the holster and record time for each string. Score hits.
5. Handgun Ready for Speed 3 - Set the target at 3 yards. Using a low ready start, record the time and hits for each string.
6. Handgun Ready for Speed 5 - Set the target at 5 yards. Using a low ready start, record the time and hits for each string.
7. Off-hand Rifle Speed - Set the target at 7 yards. Using a low ready start, record the time and hits for each string.
8. Off-hand Rifle 3 at 7 - Set the target at 7 yards. Start at the low ready and use a par time of 3 seconds per string. Score hits.
9. Strong Hand Only Pistol - Set the target at 3 yards. For each string draw from the holster or begin at the low ready and record time for each string. Score hits.
10. Support Hand Only Pistol - Set the target at 5 yards. For each string draw from the holster or begin at the low ready and record time for each string. Score hits.