

DRY FIRE PRACTICE

DRY FIRE DRILLS TO HELP GET YOUR SKILLS UP

Here are 5 great drills that will help you work on a number of fundamental skills.

Dry fire should be done with NO AMMUNITION in or near the gun. Clear, check, and re-check the status of your firearm before beginning. Visually inspect the chamber to ensure no ammunition is in the gun. Dummy rounds, like the plastic orange rounds used in class are a great tool for dry fire practice as well.

BALANCE DRILL: DRY FIRE FOR TRIGGER CONTROL

To work on trigger control, a great dry fire drill is what's called the "balance drill." It's simple and can help you work on trigger control.

Balance a small object on the top of the slide, front sight post, or top strap if you're using a revolver. An empty shell casing, a coin, whatever works as long as it's small enough to fall off if you move the gun too much during your trigger squeeze.

The best way to do this is with the muzzle barely away from the wall, with your pistol presented as normal, and then place the object on the gun. Get your firing grip, and then press the trigger. The object shouldn't fall off.

The goal of this drill is to pull the trigger without the object falling. If it's falling off when you squeeze the trigger, that means you need to hone your trigger press and your grip.

SIMPLE DRY FIRE

The simplest dry fire exercise is to get the sights on target and press the trigger.

Sight Alignment, Sight picture, squeeze. That's it.

Put up a very small target, get your proper sight alignment and sight picture, and squeeze the trigger. The gun should not come off the target, or at least shouldn't come off the target much. Practice shooting with a full shooting grip, and also with your dominant and weak hands only.

PRESENTATION

Another simple dry fire drill, is to practice presentation along with trigger press. The goal of the drill is to work on picking up your target and sight picture during the draw stroke, and then pressing the trigger. Practice this drill from concealment and open.

At first, break your draw stroke into the steps we practiced in class.
Access. Grip. Pull. Rotate. Join. Extend. Press trigger.

As you become more confident and consistent with the draw stroke, you will move smoother and quicker, until it is one fluid motion from the holster to sight picture.

TARGET TRANSITION DRY FIRE DRILL

You'll need to have two targets. Starting from the low ready, present the pistol to the first target, press the trigger, then transition to the second target, acquire a sight picture and then press a second time. Remember to use your peripheral vision to pick up the second target and shift targets by driving the gun from the hips and arms.



THE DRY FIRE RELOAD

To set up, we recommend an empty magazine and a spare magazine with plastic dummy rounds. You can also do this with two empty magazines. Start with your sights on target, an empty magazine in the pistol, and the slide locked to the rear to simulate slide-lock from firing to empty.

Working both hands at the same time, while keeping your head up and the firearm in your workspace, practice your reload. Just as with the others, start slow and efficient, and work to be smooth and consistent before working for speed.