

Dry Fire Drills

The purpose of dry fire is to enhance shooting skills and proficiency without using live ammunition. It involves practicing various shooting techniques with an unloaded firearm or a training device. The main benefits include:

Improving Trigger Control: Dry fire helps develop a smooth and controlled trigger press, reducing flinching and improving accuracy.

Enhancing Sight Alignment and Sight Picture: Practicing dry fire helps in maintaining proper sight alignment and a clear sight picture, which are crucial for accurate shooting.

Building Muscle Memory: Regular dry fire practice reinforces the movements and techniques needed for effective shooting, such as drawing from a holster, reloading, and clearing malfunctions.

Increasing Shooting Speed and Efficiency: By practicing various drills, shooters can improve their speed and efficiency in drawing, aiming, and firing.

Cost-Effective Training: It eliminates the cost of ammunition and range time, making it a more economical way to practice.

Overall, dry fire training is an essential part of developing and maintaining shooting skills, particularly when live ammunition is not available.

****Safety** - Always ensure your firearm is unloaded and that all live ammunition is removed from the training area.**

Skill 1

Foundational Skills / Basics and Safety

Duration: 5-10 minutes daily, 2-3 weeks

Focus: Safety, Stance, Grip, Draw, Sight Picture

1. Safety Check
 - Ensure your firearm is unloaded and remove all live ammunition from the training area.
2. Stance and Grip
 - Practice finding your natural stance (Isosceles or Weaver).
 - Focus on a firm and consistent grip. Practice gripping and relaxing your grip 10 times.
3. Draw and Present
 - Start slowly, working on a smooth draw from your holster.
 - Practice the draw 10 times, ensuring a proper grip and sight alignment.
 - Focus on pressing the trigger without moving the sights.
4. Sight Picture and Alignment
 - Practice aligning the sights with the target.
 - Iron Sights: Focus on the front sight, ensuring a clear, consistent sight picture.
 - Red Dot: Focus on the target and overlay the red dot, try to keep both eyes open.

5. Dry Fire

- With an empty firearm, practice pressing the trigger without disturbing the sights.
- Complete 10 trigger presses from the ready position, racking the slide between trigger presses.

Skill 2

Movement and Reloading / Integration and Mobility

Duration: 10-15 minutes daily, 1 week

Focus: Drawing, Moving, Reloading

1. Safety Check

- Ensure your firearm is unloaded and remove all live ammunition from the training area.

2. Target Transitions

- Set up two or three dry fire targets.
- Practice transitioning between targets after each trigger press.
- With an empty firearm, practice pressing the trigger without disturbing the sights.
- Perform 10 reps, emphasizing smooth and quick transitions, racking the slide between trigger presses.

3. Drawing on the Move

- Practice drawing your handgun while moving laterally or forward/backward.
- With an empty firearm, practice pressing the trigger without disturbing the sights.
- Perform 5-10 draws with movement, focusing on balance and stability, racking the slide between trigger presses.

4. Reload Drills

- Practice emergency reloads and tactical reloads with an empty magazine.
- Start with slow, deliberate motions, then gradually increase speed.
- Perform 10 emergency reloads and 10 tactical reloads.

Tactical reload: A tactical reload is a method of reloading a firearm where the shooter replaces a partially used magazine with a full one during a lull in the action or when it's safe to do so. Unlike an emergency reload, the shooter retains the partially used magazine by either stowing it in a pocket or pouch for potential later use. The primary goal of a tactical reload is to ensure the firearm is fully loaded and ready for further engagement while conserving ammunition. This technique is commonly used in tactical situations where maintaining a high level of preparedness is crucial.

Emergency reload: An emergency reload refers to the process of quickly replacing an empty or nearly empty magazine in a firearm with a fully loaded one during a critical situation, typically in the middle of a shooting engagement. The goal is to minimize downtime and get the firearm back into action as quickly as possible. It often involves dropping the empty magazine to the ground rather than retaining it, allowing for a faster reload. This technique is crucial in defensive shooting scenarios where time is of the essence.

5. Dry Fire

- Combine movement and target transitions into a single drill.
- With an empty firearm, practice pressing the trigger without disturbing the sights.
- Practice for 10 reps, focusing on fluidity and accuracy, racking the slide between trigger presses.

Skill 3

Speed and Precision / Refining Technique

Duration: 10-15 minutes daily, 1 week

Focus: Speed, Precision, Malfunctions

1. Safety Check

- Ensure your firearm is unloaded and remove all live ammunition from the training area.

2. Speed Draws

- Increase the speed of your draw while maintaining accuracy.
- With an empty firearm, practice pressing the trigger without disturbing the sights.
- Perform 10 speed draws, focusing on a clean, fast draw and quick sight acquisition.

3. Precision Shooting

- Practice dry firing at a small target (e.g., a 1 inch dot).
- Focus on maintaining sight alignment and minimizing trigger movement.
- Complete 15 trigger presses on the small target, racking the slide between trigger presses.

4. Malfunction Drills

Dry fire malfunction drills are training exercises where a shooter practices clearing firearm malfunctions without using live ammunition. These drills simulate various types of malfunctions, such as failure to feed, failure to eject (stovepipe), or double feeds, allowing the shooter to practice the steps needed to clear the malfunction and get the firearm back into operation.

a) Failure to Feed (Tap, Rack, Bang Drill)

- Load 4 dummy rounds in 2 magazines, 2 rounds in each.
- Using one of the magazines, chamber a dummy round.
- Tap the bottom of the magazine to ensure it's seated.
- Rack the slide to chamber a round.
- Press the trigger (dry fire) to simulate firing, racking the slide between trigger presses.
- Perform 3 reps, emphasizing smooth actions.

b) Failure to Eject (Stovepipe)

- Load 4 dummy rounds in 2 magazines, 2 rounds in each.
- Using one of the magazines, chamber a dummy round.
- Simulate a stovepipe.
- Identify the malfunction and swipe the casing away while racking the slide.
- Perform 3 reps, emphasizing smooth actions.



c) Double Feed

- Load 4 dummy rounds in 2 magazines, 2 rounds in each.
- Using one of the magazines, chamber a dummy round.
- Identify the malfunction, drop the magazine, rack the slide several times to clear the chamber, reload, and continue.
- Perform 3 reps, emphasizing smooth actions.



Additional Tips:

Weak-Hand Drills: Practice aiming and firing with your nondominant hand. This will help develop ambidextrous skills.

Consistency: Practice regularly and avoid skipping days to build muscle memory.

Mindfulness: Focus on quality over quantity. It's better to do fewer reps correctly than many reps with poor form.

Progression: Gradually increase difficulty by reducing target size, increasing speed, or adding complexity.

Add a chamber laser cartridge: These can enhance your training by providing visual feedback on your trigger press and shot placement.

Review: Using your phone and a tripod, record your sessions if possible, to analyze your technique and make improvements.

This dry fire training regimen is designed to be adaptable to your needs and can be adjusted based on your experience, progress or specific goals.