

Basic Pistol Fundamentals

Dry Fire Exercises

Before You Get Started:

1. Designate a separate room for your Dry Fire Training
2. Ensure you have an adequate backstop for your target
3. NEVER BRING LIVE AMMUNITION INTO YOUR DRY FIRE ROOM!
4. Unload/Show Clear in a room separate from your Dry Fire room.
5. Unload/Show Clear once you arrive at your Dry Fire room. I know, sounds like overkill, but better safe than sorry.
6. Ensure you are free from distraction in your Dry Fire room (e.g., no music, TV, family members coming in/out, etc.).
7. PRACTICE EACH DRILL SLOWLY AND PERFECTLY. Your goal is to perform each drill PERFECTLY 7-10 in a row. If you mess up once, go back and repeat the drill perfectly a minimum of 7 times to reverse the effects.
8. Try to commit to this schedule: 15-20 minutes daily for first 2 weeks, 15-20 minutes for 3-4 days for 2 weeks, then 15-20 minutes 2-3 days a week as needed. You'll be amazed at the results the next time you hit the range.
9. When you finish, Unload/Show clear before leaving your Dry Fire room.
10. Remember: you have just been training your brain to react instinctively to stimuli, and this reflex does not simply go away once you are finished with your drills. AS YOU RELOAD YOUR PISTOL, REPEAT TO YOURSELF 3 TIMES: "THIS PISTOL IS NOW LOADED." This helps temporarily to break the reflex response you have just been working to achieve.

ONE FINAL NOTE: Make Dry Fire practice fun and easy. Utilize whatever tools are out there to make Dry Fire something you enjoy doing, and make it easy to devote 15-20 minutes to.

Exercises:

Train Your Brain To Ignore The Non-dominant Eye Image.

Take aim with your non-dominant eye closed. Then, alternately open and close your non-dominant eye while maintaining your aim. Focus on the dominant eye picture your brain is receiving. This trains your brain to ignore the signal coming from the non-dominant eye. **Repeat 7-10 times perfectly.**

Strengthen Your Grip

Use a rubber ball and hand grippers to strengthen your shooting/support hands. You can do this in your car on the way to work, while watching TV, or anywhere else. Remember, **you want your grip to be a vise** that prevents the barrel from moving while you squeeze the trigger.

Find Your Natural Point Of Aim

From a relaxed position, facing your target, get into your stance and take aim at your target. While still aiming at your target, close your eyes and relax. Open your eyes, and adjust your stance as necessary, using your support foot as a pivot point. **Repeat from the beginning 7-10 times slowly and perfectly.**

Front Sight Focus

If you are willing, use a toothpick to place a small dot of paint/fingernail polish on the top center of your front sight. If not, no worries. Either way, take aim at your target. As you aim, transition from focus on your target to focus on the tiny dot on your front sight while maintaining perfect sight alignment and sight picture.

Repeat 7-10 times slowly and perfectly.

Trigger Control

Cock your pistol and take aim at your target. While focusing on your front sight, take up the slack in your trigger (if your trigger is a two-stage trigger) slowly (3-5 seconds) pull the trigger - while not allowing the front sight to move - until the shot breaks. Hold your trigger to the rear as the shot breaks, and then slowly release the trigger until reset and no farther. **Repeat 7-10 times slowly and perfectly**

Putting It All Together

Start from a relaxed position facing your target, take your stance and come to a retention ready or low ready position. Focus on your target, then slowly (3-5 seconds) raise your pistol to your eye level bringing your sights into perfect sight alignment/sight picture. Slowly squeeze the trigger without allowing your front sight to move. Hold the trigger to the rear as the shot breaks, then slowly release the trigger until reset and no farther.

Repeat 7-10 times slowly and perfectly.

REMEMBER, MAKE IT FUN AND EASY. Come up with your own exercises to augment these.