

Defensive Pistol Dry Fire Exercises

Before You Get Started:

I'm assuming you've already spent a good 30 days on the Basic Pistol Fundamentals Dry Fire Exercises. You did, right? Right? If not, back the truck up and start with 30 days of those exercises before starting these.

I know, I know. You're pumped to get started on these. And, I'm coming across as a bit of a taskmaster. But, you need to master those skills before starting to master these. Really.

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 times in a row. If you mess up once, go back and repeat the drill perfectly a minimum of 7 times to reverse the effects. Remember, you are training your brain to do things one, and only one way: perfectly. **Speed will come naturally.**
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.

Exercises:

1. Get a Grip. No, really...get a PERFECT grip.

When you pull your pistol from your holster or holster purse, you're stuck with the grip you have. In a defensive situation, you don't have time to adjust your grip. So train your brain to get the perfect grip every time. Try this...

Take aim at your target, with the perfect grip and stance. Then, SLOWLY reholster your pistol (Safety-Chest-Reholster) without releasing your shooting hand grip. Take a few seconds, and feel how the perfect grip feels when your pistol is in the holster.

Repeat from the beginning 7-10 times SLOWLY AND PERFECTLY.

2. Draw By-The-Numbers.

A couple of things to remember here: 1) Slow is Smooth, Smooth is Fast (speed will happen organically), 2) Imagine a bungee cord is attached to your target and the muzzle of your pistol. Another is attached to your chest and the backstrap of your pistol (speed up where you can, slow down where you should). **DO THIS SLOWLY AND PERFECTLY.**

Starting Position - Start from your Startled Response Position.

Access - Vary your concealment garment. After all, you don't wear the same thing every day.

Grip-Chest - Get that PERFECT grip

Pull-Chest - Remember the bungee cord attached to the muzzle and your target...

Rotate-Chest - Again, Bungee Cord...

Join - Sneak in from behind the pistol and get the PERFECT two-hand grip

Extend - Here, imagine a bungee cord attached to your chest and the backstrap. Here's where you should slow down. Punch straight out toward your target. Switch your focus from the target to your front sight as you are extending and establish your flash sight picture.

Fire - Or not. Visualize situations where a bystander enters your line of fire, or the attacker flees. You must train for either situation.

Scan and Assess - 180° and 360°. Don't just go through the motions. Be purposeful. Take notice of objects around you. Remember, if you just go through the motions when practicing, that's exactly what you'll do in real life. Practice for real life.

Safety-Chest-Reholster - That was Freakin' Awesome. Now, do it 6-9 more times SLOWLY AND PERFECTLY.

Repeat from the beginning 7-10 times SLOWLY AND PERFECTLY.

3. Get Off The X

This is an exercise to train your brain NOT TO FREEZE in a violent encounter...to react instead of thinking. To GET OFF THE X.

Starting Position - Startled Response Position

Access

Grip-Chest

Side-step - (Right or Left)

Pull-Chest

Rotate-Chest

Join

Extend

Fire

Scan and Assess - 180° and 360°. Again, be purposeful and take notice of your surroundings.

Safety-Chest-Reholster - Now do a Saturday Night Fever pose. Just kidding:)

Repeat from the beginning 7-10 times SLOWLY AND PERFECTLY to the right and then to the left.

4. Speed Reload

Draw and fire

Side-Step - Drop spent magazine while side-stepping, don't lose sight of your target

Reload and make ready

Fire

Scan and Assess - 180° and 360°. Again, be purposeful and take notice of your surroundings.

Safety-Chest-Reholster - Now do a Saturday Night Fever pose. Just kidding:)

Repeat from the beginning 7-10 times SLOWLY AND PERFECTLY.

5. Tactical Reload

Side-step to cover

From Magazine Pouch, retrieve new magazine

(holding between index and middle finger knuckles)

Drop Partially Depleted Magazine and retain between index finger and thumb

Insert new magazine into magazine well and tap with palm

Place partially depleted magazine into support side pants pocket or predetermined place

Repeat from the beginning 7-10 times SLOWLY AND PERFECTLY.

6. Immediate Action Drills

Using dummy rounds, simulate malfunctions we discussed in class. Draw, pull the trigger, and then perform each immediate action drill 7-10 times slowly and perfectly.

Misfire/Hangfire - Tap-Rack-Reassess

Failure To Eject (Double-Feed) - Lock-Strip-Work, then reload, Tap-Rack-Reassess

Stovepipe - Swipe

REMEMBER, MAKE IT FUN AND EASY.

Check out the LaserLyte Training Cartridges and Targets using the link on the Resources page of my website:

www.GroupTherapyShooting.com/Resources.html