

Personal Protection Outside The Home

Dry Fire Exercises

Before You Get Started:

This is a **VERY EXTENSIVE** list of Advanced Pistol Exercises. Because you won't be able to get through the entire list in 15-20 minutes, I've broken them down into groups you should be able to do in that amount of time.

Spend at least 3-4 days on each group of exercises, then move on to the next set and do the same. Do each exercise SLOWLY AND PERFECTLY 7-10 times each. DO NOT SPEND MORE THAN 20 minutes a day on these exercises. The danger in doing so is that you'll get fatigued and develop bad habits.

NOTE: These are the Capstone Skills you must master in order to ethically, skillfully and confidently use a concealed pistol to defend yourself and others in public. BE BRUTALLY HONEST WITH YOURSELF as you practice these drills. Do not rush or take shortcuts. Remember, you are teaching your brain there is but one way to perform these skills...PERFECTLY.

Setting Up Your Dry Fire Room:

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.

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Group A Exercises - Presentation From Concealment

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.

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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

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

Group B Exercises - Presentation, Position, and Movement

1. Get Off The X

This is such an important exercise, I want you to start EVERY Dry Fire Session with it. 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

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

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2. Present Pistol, Move To High Barricade

In any confrontation, you should always seek cover if available. **Because you must use the cover that is available, do this exercise from your shooting side and support side.**

Starting Position - (5-10 feet behind barricade)

Access

Grip-Chest

Side-step - (Right or Left)

Pull-Chest

Rotate-Chest

Join

Retention Ready Position

MOVE USING SLIDE STEP OR GROUCHO WALK

Extend

Lean out

Fire

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

Safety-Chest-Reholster - That was Awesome! You're a Certified Bad-ass! Now, do it 6-9 more times SLOWLY AND PERFECTLY.

Repeat from the beginning 7-10 times SLOWLY AND PERFECTLY from your strong side and support side.

3. Present Pistol, Engage Two Attackers

In a confrontation, you may be required to engage multiple attackers. This requires you to discern which is the most immediate threat, engage him first, and then engage the other attacker(s).

Place two targets on your backstop a few feet apart. Envision the multiple-attackers scenario, decide which is the most immediate threat, and engage. **THROW YOUR EYES TO THE SECOND TARGET**, then bring your sights to your eyes, and engage the second target

Starting Position - Startled Response Position

Access

Grip-Chest

Side-step - (Right or Left)

Pull-Chest

Rotate-Chest

Join

Extend

Fire at First Target

Throw Your Eyes to Second Target...Bring Sights to Eyes

Fire at Second Target

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

Safety-Chest-Reholster - Great Job! Now, do it 6-9 more times SLOWLY AND PERFECTLY.

Repeat from the beginning 7-10 times SLOWLY AND PERFECTLY

4. Present Pistol using Shooting Hand Only

If your support arm is injured, or you're protecting a loved one behind you, you must be able to present and engage an attacker with just your shooting hand.

Starting Position - Startled Response Position

Access

Grip-Chest

Pull-Chest

Rotate-Chest

Extend

Fire

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

Safety-Chest-Reholster

Repeat from the beginning 7-10 times SLOWLY AND PERFECTLY

5. 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

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

6. 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.

7. 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

Group C Exercises - Special Shooting Techniques (Part 1)

1. Get Off The X

This is such an important exercise, I want you to start EVERY Dry Fire Session with it. 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

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

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2. Present Pistol Using Two-Handed Point Shooting Technique

If an attacker has rapidly closed the distance on you, you will not have time to get even a flash sight picture. **Your focus will be on the attacker**, and you'll simply punch straight out with your pistol to engage.

Starting Position - Startled Response Position

Access

Grip-Chest

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

Repeat from the beginning 7-10 times SLOWLY AND PERFECTLY

3. Present Pistol Using One-Handed Point Shooting Technique

Same drill as before, only with just your shooting hand. **Your focus will be on the attacker**, and you'll simply punch straight out with your pistol to engage.

Starting Position - Startled Response Position

Access

Grip-Chest

Pull-Chest

Rotate-Chest

Extend

Fire

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

Safety-Chest-Reholster

Repeat from the beginning 7-10 times SLOWLY AND PERFECTLY

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4. Present Pistol Using Shooting Hand Only Hip Rock Technique

This technique is also called the Instinctive Shooting Technique. There is NO Aiming involved. This technique is used when the attacker is already upon you and you are defending yourself with your support hand. You only have time enough to draw and rotate your pistol before firing. **SAFETY ISSUE: MAKE SURE YOUR PISTOL'S MUZZLE IS FORWARD OF YOUR BODY!!!** This is accomplished by dropping your elbow to your waist as you rotate your pistol to the attacker.

Starting Position - Startled Response Position

Access

Grip-Chest

Pull-Chest

Rotate-Chest

Fire

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

Safety-Chest-Reholster

Repeat from the beginning 7-10 times SLOWLY AND PERFECTLY

5. 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

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

6. 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.

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7. 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

Group D Exercises - Special Shooting Techniques (Part 2)

1. Get Off The X

This is such an important exercise, I want you to start EVERY Dry Fire Session with it. 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

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

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2. Present Pistol and Move Rearward

In any confrontation, you should always seek cover if available. **Because you must use the cover that is available, you must be skilled at moving rearward to cover while engaging an attacker.**

Starting Position - Startled Response Position

Access

Grip-Chest

Pull-Chest

Rotate-Chest

Join

Extend

MOVE REARWARD USING SLIDE STEP OR GROUCHO WALK

Stop

Fire

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

Safety-Chest-Reholster

Repeat from the beginning 7-10 times SLOWLY AND PERFECTLY

3. Present Pistol From Standing to Kneeling Behind Barricade

The kneeling position has several advantages: It makes you a smaller target, it is a more stable platform, and it places you below the attacker's line of sight (giving you a surprise advantage).

Starting Position (arm's length behind barricade)

Access

Grip-Chest

Pull-Chest

Rotate-Chest

Join

Retention Ready Position

Kneel

Extend

Lean out

Fire

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

Safety-Chest-Reholster - That was Awesome! You're a Certified Bad-ass! Now, do it 6-9 more times SLOWLY AND PERFECTLY.

**Repeat from the beginning 7-10 times SLOWLY AND PERFECTLY
from your strong side and support side.**

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4. Present Pistol, Move to Low Barricade and Fire

Same drill as last...just adding movement to the equation.

Starting Position (5-10 feet behind barricade)

Access

Grip-Chest

Pull-Chest

Rotate-Chest

Join

Retention Ready Position

MOVE REARWARD USING SLIDE STEP OR GROUCHO WALK

Kneel

Extend

Lean out

Fire

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

Safety-Chest-Reholster - That was Awesome! You're a Certified Bad-ass! Now, do it 6-9 more times SLOWLY AND PERFECTLY.

Repeat from the beginning 7-10 times SLOWLY AND PERFECTLY from your strong side and support side.

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

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

Group E Exercises - Special Shooting Techniques (Part 3)

1. Get Off The X

This is such an important exercise, I want you to start EVERY Dry Fire Session with it. 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

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

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2. Turning 90° to Left and Right, Present Pistol from Standing

You are taught to Scan and Assess after firing to look for accomplices. This drill reinforces the skills necessary to safely and effectively make turns and engage a secondary attacker.

Starting Position - (Head turned over left/right shoulder)

Access

Grip-Chest

PIVOT 90°

Pull-Chest

Rotate-Chest

Join

Extend

MOVE REARWARD USING SLIDE STEP OR GROUCHO WALK

Stop

Fire

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

Safety-Chest-Reholster

Repeat from the beginning 7-10 times SLOWLY AND PERFECTLY (Turning Left, and Then Turning Right)

3. Turning 180° to Left and Right, Present Pistol from Standing

You are taught to Scan and Assess after firing to look for accomplices. This drill reinforces the skills necessary to safely and effectively make turns and engage a secondary attacker.

Starting Position - (Head turned over left/right shoulder)

Access

Grip-Chest

PIVOT 180°

Pull-Chest

Rotate-Chest

Join

Extend

MOVE REARWARD USING SLIDE STEP OR GROUCHO WALK

Stop

Fire

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

Safety-Chest-Reholster

Repeat from the beginning 7-10 times SLOWLY AND PERFECTLY (Turning Left, and Then Turning Right)

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

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

6. 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.

7. 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