

Dry Fire Practice Regimen

It is absolutely imperative that you have no live ammo in your vicinity while performing any dry fire practice. This especially means no ammunition in magazines.

Before we get started lets have a little discussion about dry fire. Most people have heard that it is hard on your gun to dry fire. This is essentially a myth with modern centerfire pistols & revolvers. I have dry fired my 1911 style pistols literally hundreds of thousands of times. The only part that wears is the firing pin spring. If one does a lot of dry firing, it is not a bad idea to replace this spring every 10,000 clicks or so. Another option is the use of snap caps. Snap caps are a dummy round that has a rebounding primer for your firing pin to hit. They are handy training tools and helps many people feel better about dry firing. Regardless of weather or not you use snap caps a dry fire routine will improve your gun handling skills immensely. I went from B class to Master class with virtually no live fire practice. I dry fired and shot our monthly match and a few other matches throughout the year. Dry fire works!

Regimen 1: Draws

10 – 15 slow and smooth draws from surrender.

15 – 20 fast and smooth draws from surrender.

10 – 15 slow and smooth draws with hands relaxed at sides.

15 – 20 fast and smooth draws with hands relaxed at sides.

After completing the practices above it is useful to use a timer so you can log your progress in draw speed.

First set your timer for random start with a par time that you can beat without difficulty. For example let's say you set it to 2 seconds. Activate the timer and at the beep draw and get off an aimed shot into the A-zone of your target. Do this four or five times. Now set your par time .25 seconds faster. Repeat and continue this process until you can't beat the par time.

Regimen 2: Reloads

5 slow and smooth mag changes of all magazines on your belt.

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After completing the practices above it is useful to use a timer so you can log your progress in magazine changes.

Set your timer for random start with a par time that you can beat easily. Do a timed mag change from each pouch on your belt. Decrease your par time by .25 and repeat. Continue until you can't beat the par time.

Regimen 3: Draw to Strong Hand

Same as Regimen 1 but strong hand only.

Regimen 4: Draw to Weak Hand

Same as Regimen 1 but converting to weak hand.

Regimen 5: Needed Practice

Modify the above system to cover any situation you run into in a match that you deem necessary to improve on.

I find it enhances your training to do just one of the above regimens per practice session.