

Dry Fire Practice

Dry fire practice is practicing weapon manipulation and skills in the safety of your home without live ammo. You become more familiar with your weapon and gear, and improve weapon handling skills. One major benefit is improvement in trigger control since there are no outside stimuli such as muzzle flash and recoil to distract. We will concentrate on using handguns for this clinic.

Watch ADTA Core Concept 5 – How to hold, aim, and dry-fire a handgun:

<https://armeddefense.org/core-concept-videos>

Safety First:

Always practice the FOUR BASIC RULES of GUN SAFETY. Watch ADTA Core Concept 1.

Shut off all distractions – TV, Music, Kids – This is your alone time. No interruptions.

Identify your safe direction and tape a target on it.

Point your muzzle toward the safe direction.

Unload your handgun and clear the chamber. Use both visual and feel check.

Point muzzle toward target and trip trigger. You should hear a click. Pistol is cleared.

Unload live rounds from any magazines you may want to use for loading and reloading drills.

Take all live ammo to another room. Lock them up if you can. Make them inaccessible.

Keep practice short. Ten to fifteen minutes. Make the time count. Maintain focus. Don't overdo. If your mind starts to wander, stop.

Check and clear pistol every time you pick it up off a table or bench if not from your holster. (When the pistol is out of your immediate control, you have no idea if someone tampered with the it. So always check the condition of the pistol whenever you pick it up anytime it has been out of your immediate control.)

Take the target down when practice is over. Leave no temptation to draw a hot gun.

Tell yourself "I'm done with dry fire practice." Mentally close out the session.

Basic Equipment and Gear:

Belt – sturdy and thick enough to hold up holster and pistol

Holster

Double Magazine carrier

Pistol

Magazines (2)

Dummy rounds in appropriate caliber.

If you do not have any of the above equipment, you can still dry fire practice with just your pistol.

Pre-Dry Firing: (Some steps repeated from Safety First)

Dry fire using skills you have trained on and comfortable with.

Use equipment that you will carry. Familiarity develops muscle memory and consistency. With consistency comes smoothness and quickness.

Visually check the pistol's condition. Sights accounted for and aligned. No dings and damage that would hinder operation.

Unload the magazine if it was inserted.

Rack the slide at least three times.

Check that the chamber is empty. Visual and by feel.

Check that the magazine well is empty.

Point the gun at the target and get sight picture and press trigger. It should go "click".

Holster the pistol.

Load magazines with dummy rounds if you wish. Empty magazines without spring and follower may also be used so slide will not lock when cycled.

Double action pistols do not need slide cycle for the trigger and firing pin to work.

Insert magazines into the mag carrier.

Dry Firing:

Load and make ready.

Engage Safety if your pistol has one.

De-cock hammer if your pistol has a de-cocker.

Holster pistol.

You are now ready to dry fire. Use the ADTA 12 step dry fire practice as your guide.

With your eyes on the target, present from holster using deliberate and smooth movements. Disengage safety if you have one at position 3..

Drive the pistol out from position 4 (chest level) to the target. Bring the pistol to eye level for good sight picture.

If you are not presenting from holster, pick up the pistol and bring it to chest level. Slowly drive the muzzle to the target and keep the pistol level.

Once on target and you are ready to take the shot, bring your indexed trigger finger to the trigger.

Start pressing the trigger until the slack is taken up. The trigger should require a heavier pull from this point. Continue slowly with a heavier trigger pull until the trigger breaks - the firing pin or hammer is released.

Shot follow-through is keeping both eyes on the target, keeping the muzzle on target. Trigger is held back after the trigger breaks and shot is fired.

Keeping the trigger back, operate the slide. If you had dummy rounds, one round should be ejected.

Slowly release trigger forward until you feel the trigger re-set with a click. You are ready to take another shot.

Re-holster and present as your drills require.

Notes and recommendations:

When you use your everyday carry (EDC) gear for dry fire, you become familiar with them and also if there are issues you can correct them, change them out, etc. so your gear will work in real life situations.

Work slowly and then speed up as you become more comfortable. If you are messing up, slow down again.

Work on one or two skills at most.

Make it a habit to scan as you end a string of fire. Scanning is looking left and right and rear of you after an action.

“Drive the gun”: When you drive a car, you are in control. When you drive the pistol to the target, you are also in control. Don’t push the pistol out with force, the muzzle will waiver and you must take time to steady the muzzle before shooting. Keep the pistol level and on target as you drive it forward.

Work on strong hand only.

Work on support hand only.

When performing with strong or support hand only, not just shooting but drawing, re-loading, and malfunctions.

Perform reloads: tactical, tactical retention, emergency/ slide lock.

Set up and perform malfunction recoveries.

Movement: getting off the X then draw (moving left and right sides)

Movement: drawing while getting off the X

Pivot 90 degrees and draw. (Face left, face right – draw to safe direction.)

Pivot 180 degrees and draw. (Pivot on strong leg; Pivot on support leg.)

Flashlight: darken the room do low light training.

Vary your positions: Standing, kneeling, prone, and supine

Shoot around corners.

Shoot from concealment.

Shoot while moving – hips level - side step, walking left and right using turret torso, forward and back.

Set up multiple targets, work on target transition – eyes then gun

Draw from seated position.

Simulate drawing from inside the car shooting to the front, right, left, and rear (position chair for appropriate action - maintaining safe direction).