Dry-Fire Training

For the Practical Pistol Shooter

By Ben Stoeger

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This is a book that covers aspects of training for pistol shooting which is inherently a dangerous sport.

Never try anything represented in this book without full knowledge and acceptance of the risks

associated with that activity. Always follow the rules of gun safety including but not limited to:

**Always treat a firearm as if it is loaded.**

**Always keep the firearm pointed in a safe direction.**

**Always keep your finger off the trigger until ready to shoot.**

**Always keep your firearm unloaded until it is ready for use.**

**Always be sure of your target and what is beyond it.**

An accident that takes place is the responsibility of the shooter. This book covers exercises in live-fire and dry-fire settings -- never have ammunition anywhere near your dry-fire area and always be sure that your gun is unloaded when performing drills in dry-fire.

The reader of this book acknowledges and accepts all risks associated with their live-fire and dry-fire activities and hereby accepts all the risks associated with any shooting and related activities.

**Foreword**

I have been active in IDPA, Steel Challenge, USPSA, and other shooting sports for over six years now. I started out with IDPA, but didn't have a well-organized practice routine.

As a result of my experience in IDPA, I quickly classified as B class in Production in the summer of

2008. However, I found that getting out of B class was no easy task. Throughout the next several years, I picked up more practice time, sometimes getting to the range a couple times a week, with a local match just about every weekend. I was trying to be more competitive, but found the breadth of skills needed to break into A class were challenging to say the least.

In those years, I practiced with some good local shooters and even took a few classes from some top

USPSA shooters. It was a struggle still. For the most part, I knew what to do and had proper

fundamentals, but I just wasn't seeing much improvement. In the summer of 2012, I just squeaked into A class the hard way. I had enough 75 to 76 percent runs to just get me over the line. Four years to move up about 10 percent.

I just didn't know how I could ever work more to get to Master class. I was already spending a fair

amount of time at the range and to make things worse, ammo costs were skyrocketing. I was wondering if I had peaked out. But I wanted to do what I could to give it a good effort.

When my friend, Jay Hirshberg, mentioned he was doing a unique class for a small group of people with Ben Stoeger, I gave it a lot of thought. I had mostly heard of Ben from the shooting forums. Of course, I knew of his credentials, but I honestly thought he was a bit of a troublemaker and was concerned about his ability to teach, as he hadn't done much teaching prior to this.

I decided to give it a go. Ben's approach to teaching was very different than what I was used to. Instead of having everyone in the class run a bunch of drills and analyze everyone's issues, he spent more time asking questions and watching us practice. He asked each of us to set up some drills that we would do in a typical practice. When Ben and Matt Hopkins came to watch me, he gave me this puzzled look and asked me what I was doing. I told him and he proceeded to look at me like I had three heads. Honestly, I was a little tweaked at first. But then he explained that to track progress and improve, I needed to run repeatable drills and work on them over and over again while constantly finding ways to get better at each one. Otherwise, I'd get nowhere. Hmmm...that seemed almost too obvious. More importantly, he also put a tremendous emphasis on the benefits of a solid dry-fire training program. Up until that time, I had spent very little time doing any dry-fire drills. Ben convinced me that having a consistent dry-fire routine, augmented with live-fire drills, was the key to getting me to the next level. That was December 2012.

So, I committed to using Ben's training program. I started regular dry-firing and focused on very specific sets of drills. I worked on these over and over again. I tracked my progress in a very detailed spreadsheet, with all of the drills found in the “Championship Training” books. I saw progress on some drills very quickly. I was able to get sub one second draws and sub two second “Bill Drills” for the first time in my life. Wow! Some of the other drills didn't come so easy. I kept pushing. I did a lot of work with both live-fire and the dry-fire drills. On days that I didn't have live-fire practice, I'd make sure to spend time on dry-fire drills, ranging from simple yet super important draw and reload drills, to full mini-stages.

In the summer of 2013, I made Master. I ran a bunch of 90 plus percent runs, that I never thought I could have done. Prior to Ben's class, I think I had one classifier over 80 percent! Currently I'm competing well locally with other Masters, but I have a long way to go still. But now I know what I need to do.

There are no short cuts folks. It's not easy. But I can assure you that if you follow Ben's plan, pay

attention to everything in his books and work hard, YOU WILL IMPROVE. I ignored dry-fire for too long and paid the price. I'm looking forward to stepping it up this year with the new dry-fire routines Ben presents in this book.

When I see people doing what I did just a few years ago, throwing rounds downrange with virtually no purpose, it kills me. Don't be that person. With this book, and the sample workout schedule, there are no excuses. Be Boss or go home.

Dave Solimini

**Background**

I am a shooter. For my entire adult life I have spent much of my recreational time shooting. Most of my shooting is training for United States Practical Shooting Association (USPSA) matches. Over the years, I have found myself spending less and less time on the range during each training session. Until recently, I had not thought much of this phenomenon. My initial thought was that I was getting lazy. As it turns out, that isn’t the case.

One of my friends (Matt Hopkins) has spent some time on the range practicing with me. He calls my

practice methods “Controlled Chaos.” Hopkins, quite astutely, pointed out that practicing is a skill all its own, and it is something that people learn and refine over time. This is something that I overlooked until he pointed it out to me, and I realize now that he is right.

Learning how to practice properly is one of the most important things a shooter can do to improve their performance. I have taken a close look at my own practice methods. I spend less time on the range and shoot far fewer rounds than almost every single “super squadder” that I compete against.

 Like most regular people, I simply don’t have access to 50,000 rounds a year of practice ammunition. The vast majority of shooters have to make do with maybe 10,000 rounds of ammo a year. That is just the reality of the situation.

I think it is fair to say that if you take someone with some talent and motivation and park them on a

shooting range with a bottomless bucket of ammo for eight hours a day, they will eventually figure

things out. That probably isn’t an option for you. You probably aren’t a professional shooter, and you most likely have to pay for your ammo; therefore, you need to be calculated in how you approach your training.

I decided to write this book and share the methods that have made me successful because of this reality.

If you are a shooter that has limited resources and you want to get better, I believe this book is the

solution. There aren’t any gimmicks, gadgets, or magic pills in this book. What I have included in this book is basically every practice method, important drill, and training tip that has contributed to my success. Hopefully, you will find these methods, drills, and tips to be logical, natural, and helpful.

The ideas in here are not mine, not all of them anyway. A lot of this material builds on the training

materials developed by other shooters. High level guys like Brian Enos, Saul Kirsch, Mike Plaxco, and Rob Leatham have all contributed in some way to my own practice regime. This book builds on the knowledge that came before it, and they deserve credit.

Like I pointed out before, this isn’t some snake oil sale. If you want to compete at the highest level of our sport, you are going to need to invest a small fortune in ammunition, the balance of your free time, and a good dose of your soul. If you are willing to go at it that hard, anything is possible. Although, even if you aren’t chasing a national title, I truly believe you can still benefit from this book. You could maybe move up a class or two in USPSA. You could start beating that A class guy at your local club that you can’t seem to touch. You could become competitive at your section match. If you are willing to put in the effort, then I am willing to show you how.

**There is one important disclaimer that I want to put forward early on. This information was all developed for Production guns. I believe that the drills and the information will work for any division, but just understand where it is coming from. Any iron sighted shooter should get a lot out of this. If you use an Open gun, I have included information to assist you, but understand that the goal times are going to be a bit too slow.**

**Introduction**

Dry-fire is one of those things that everyone knows they should be doing, but very few people take the time to do. Of that group, even fewer take the time to do it right. The whole point of this manual is to help you organize your dry-fire training and maximize your potential.

This isn’t my first rodeo. I put together a “15 Minute Dry-Fire Program” on my website back in 2009. In 2012, I co-authored a book with Jay Hirshberg based on that system called “Guaranteed Results in 15 Minutes a Day.” I have conducted a number of training seminars in the intervening time as well, with dry-fire being a regular topic of conversation and instruction. Based on this feedback, it became clear that giving people a bunch of dry-fire drills along with fairly minimal explanation was sufficient for some shooters, but it left many people wanting more.

I have also authored a live-fire training book “Skills and Drills - For the Practical Pistol Shooter.”

“Skills and Drills” contains extremely detailed drills and goals for live-fire training, so it makes sense to me to have a dry-fire training manual organized along the same lines, so people can benefit from having a consolidated system. In short, I want the people that adopt my training program to have a complete and up-to-date system.

This dry-fire manual departs from my previous works in a few important ways. First, I have abandoned tiered goal times. This means that having a goal time for “Advanced” shooters and then a different one for “Intermediate” shooters and so forth has been abandoned. In retrospect, the only reason I ever provided these times was to satisfy shooter demand. These times were set due to pressure from some of the testers that wanted intermediary goals. They didn’t want to need to measure themselves against the advanced times right away. What I have found is that a great number of shooters have decided to simply sit on the “intermediate” times and have stopped improving. The tiered goal times were supposed to motivate people. They were supposed to give people something to strive for. I didn’t intend for people to be satisfied with “intermediate.” The only way to solve this problem is to remove them. In this book, you have a goal time. You simply do not get anything else.

There are other goals, that aren’t time goals, but the time issue is the one that needed fixing.

As I mentioned previously, I have organized the drills in this book in the same manner as “Skills and

Drills.” The four component sections are unchanged. They are Marksmanship Training, Core USPSA Skills, Field Course Skills, and Short Course Skills. There is one additional section for dry-fire only.

This section is called “Learning Exercises.” The reason this section was added was to have a place to put dry-fire exercises designed to help people learn the core mechanics. These are drills that you wouldn’t do in live-fire, so they don’t have a place in “Skills and Drills.”

Aside from the major changes, I have included more explanation with the drills. I have given more

direction as to what things to focus on and what drills to work with based on your skill level. Hopefully, this dry-fire training manual feels more complete and is helpful for shooters at all levels.

**Don’t be a Quitter**

If you are new to dry-fire as a concept, then this book may seem a bit overwhelming to you. There are a multitude of drills, along with demanding standards for performance. The training material in this book is designed to produce the best shooters possible. If this seems over your head, take a deep breath and go one little drill at a time.

In order to use this book to maximum effect, you need to have a good grasp of USPSA rules and

procedures, how your gun works, and a basic understanding of shooting technique. If you don’t have

that basic foundation, this book may go a bit over your head. Don’t worry about that, just try to catch up.

Your first priority should be to find a safe place in your house to do your dry-fire training on a daily

basis. You will want some space to move around and some targets to “shoot” at. You will need dummy rounds. You will need a timer. Take the time to gather all of these items and get the logistics of your dry-fire training sorted out before you really get going with your training.

Feel free to try some of the drills without any time limit. You can modify the drills to your liking. Feel free to just get comfortable with your gun. Once you get that stuff down, then you can start your serious training. There is no need to overwhelm or frustrate yourself right away.

Your practical shooting training is something that you will probably spend a good bit of time doing. You will probably be involved in shooting for several years. Don’t feel like you need to absorb everything right away.

**Part 1: All About Dry-Fire**

**The Goal**

Obviously, you need to have a goal. What exactly should you be trying to accomplish with all this dryfire stuff? I think it would be helpful to be more specific than to just say “get better.” Get better how? Specifically, what should you be able to do?

In “Skills and Drills,” I set forth the following as the minimum standard of what your dry-fire training needs to do for you:

1. When you draw the gun from the holster, you get the same grip every time. You can’t work with

an inconsistent grip in live-fire. It just isn’t going to do the job.

2. You need to be able to look at any given spot, then draw the pistol and aim at that spot while

having the sights show up in near perfect alignment. This is referred to as “index” or “natural

point of aim” or some variation on that. This is a very important skill to possess. You simply

must be able to “drive” the gun to where you want it on a subconscious level.

3. As a logical progression of drawing the pistol with the sights aligned, you must be able to look

from spot to spot and have your sights show up in alignment on that spot.

4. All gun handling skills, such as drawing and reloading, must be done smoothly and efficiently.

5. You must be able to pull the trigger straight to the rear, without disturbing the sight alignment.

This manual will certainly get you to this minimum standard, as long as you are willing to put in the

time. You will be quick and consistent with your gun handling. You will be able to get a sight picture on targets quickly. You will be able to transition from target to target subconsciously.

In addition to being able to do the required things, you will have an opportunity to develop your skills for moving around a stage efficiently. You will be able to round out your game by working on awkward start positions. You can perfect your shooting on the move skills. You can improve and refine your technique in ways you may not have thought possible.

Before you get too excited, I need to caution you. In order to become a well-rounded shooter, you will need to do more than just dry-fire. I urge you to do live-fire training regularly. The minimum standard that you need to bring to this book is the following:

1. You need to live-fire enough that you understand what it feels like to shoot the gun.

2. You should be able to execute fundamental techniques with live rounds. Things like proper grip,

trigger control, and safe handling. You don’t need to be particularly good, but you need to be

competent.

3. You need to identify problems in your shooting. In many ways, your live-fire training will validate your dry-fire training. However, if you make mistakes in your dry-fire training and

build bad habits, you need to identify those habits during live-fire. You can then work to correct

those things in a dry-fire environment.

**Why Dry-Fire?**

It seems almost redundant or somehow unnecessary to make an argument for the efficacy of dry-fire

training. That having been said, not everyone fully “buys in” to the possibilities of dry-fire training. If you don’t truly believe that it can work for you, then I don’t believe you will put your heart into it and get the maximum value from your time. In any event, if you aren’t entirely sure that dry-fire is the way to get to the top, give me a chance to convince you.

The most important thing to understand is that people who seem to know what they are talking about, tell me that in order to be really good at something you need to do it every day. Think about people in your life. The talented ones, the ones that are really good at something, always seem to be busy with that thing. It doesn’t work any differently when it comes to shooting. The best shooters I know are the guys that work at it every single day. Unless you have an insane amount of cash for ammo, the way you need to work at it every day is to dry-fire. You just don’t have any other sensible option.

Another important thing to remember is that dry-fire is convenient. You can do it in your house at any time of the day or night. Do you work 12 hour days or keep strange hours? No problem, dry-fire will be there waiting for you when you are ready. All you have to do is decide to make the time to do it. When the weather outside is unpleasant or even dangerous, you can still dry-fire at home. It doesn’t matter if it is cold or raining or both; dry-fire will be there waiting for you. The bottom line is this:

**If you want to get really good, dry-fire is your ticket.**

**Part 2: How Dry-Fire fits in your Overall Plan**

**Training Loop**

In the past, I have proposed the idea of the live-fire/dry-fire loop. I think this is an important concept

that needs to be understood. This loop speaks to the relationship between live-fire training and dry-fire training. The better your understanding of this relationship, the more you will improve.

For most shooters, the vast majority of their training will be done in dry-fire. This is both in terms of

repetitions and in terms of time commitment. (I think five dry-fire repetitions for every live-fire

repetition is a conservative estimate.) I recommend you dry-fire every day. I think that is a reasonable recommendation for people that want to do well in the sport. Pretty much everyone can find a little bit of time at some point during the day. If you truly want to improve, you will take the time to put the gun on.

Please remember that most people don’t actually dry-fire every day, but this is more due to different

priorities rather than lack of time.

Obviously, live-fire on a daily basis is a non-starter for most people. It just plain isn’t going to happen.

The time commitment to travel to and from the range, shoot, and load ammo is too much. Not to

mention the financial burden of firing 300 rounds a day would cost a crazy amount of money. Live-fire just can’t happen that often. Regular people get out to the range once a week or twice a week if they are extremely lucky. Many people do live-fire training something like once or twice a month. Some people do it less than that! Of course, when it comes to practice, more is almost always better, but I want to gear this thing toward “regular” people. You know, people that have time and financial restrictions on their involvement in shooting.

In any event, if you are nodding your head when you are reading about these training realities, then that is a good thing. As long as you understand the training loop, you will be able to make a good deal of progress.

The live-fire/dry-fire loop is essentially a way to conceptualize your training. If you subscribe to this

paradigm, then all of your actual training happens in dry-fire. You repeat any mechanical skill that you are working on thousands of times. You then test that skill in live-fire and observe your progress. You can then make adjustments to your dry-fire training in order to better prepare yourself for live-fire training.

Now, the word that you should key in on is “all.” Remember, I proposed that all of your training is

essentially going to happen with no bullets in the gun. You are going to work on your grip, draw, reload, movement, sight acquisition, and so forth in dry-fire. You will program yourself to execute every little technique a certain way. When you get out to the range to fire bullets, you are testing yourself. You are seeing if you have progressed. You are seeing how you could alter your dry-fire training to make yourself more effective. Are you slacking off on your grip during dry-fire? It will show up at the range if you do. The important part is that you identify the issue and make changes when you get back home.

This creates a never ending cycle of learning and improvement. As long as you are never truly satisfied with your performance in live-fire, you can continually alter your dry-fire to improve. You can constantly strive to go faster, be more efficient, see your sights better, and so on.

I should point out that it isn’t really strictly true that you aren’t training yourself in live-fire. For many people, thinking of dry-fire as the practice and live-fire as the test will keep them engaged with their dry-fire. Bear in mind that dry-fire is more than just strapping on your gun and putzing around with it, but only if you decide it is so.

**What to Practice**

All of the dry-fire practice in the world will be of limited value if you aren’t practicing the right stuff. It probably isn’t a serious concern to the new shooter just getting into the sport. However, after a while you will need to direct your efforts beyond doing what you think is the most fun. Usually when people hit a plateau, they need to start spending some time figuring out how to approach training in a more systematic fashion.

The whole point of dry-fire is to make you a better shooter. I think some people are tempted to get really good at dry-fire, just for the sake of being good at it. On the other hand, other people are tempted to restrain themselves from making speed gains in dry-fire. They are afraid of being someone that is a dryfire magician that can’t actually shoot live ammo properly.

The solution to that conundrum is to monitor your results in live-fire. Pay attention to your match

results. Above all, be honest with yourself. Make sure you grip your gun “for real.” Make sure you are watching your sights for every dry-fire shot. The whole point of dry-fire is to build habits that make you successful with real bullets. Your results will tell you what is going on.

I have described this phenomenon previously (in other books) as the live-fire/dry-fire loop. I still think this is the most effective way to explain the process. You figure out what techniques you want to perform, be it how you hold the gun, where you hold it when you reload, or any other detail. You train yourself without using ammunition. You do thousands of repetitions in dry-fire. You can then shoot live ammo and see what’s what. You then make adjustments to your dry-fire training to reflect what you learned in live-fire.

The key to this whole process is relentless self-analysis. I don’t think you need to take it to the point of making yourself crazy or otherwise mentally unstable, but just short of that you need to be constantly evaluating what is happening with your training. Don’t let anything slide. Don’t wait until some other day to fix a technical problem. Don’t settle for sloppy trigger control when you are striving for excellence.

You need to hunt down your weaknesses and relentlessly crush them. If there are technical elements that you find challenging to the point of demoralization, then work through them. If it is hard for you, it is probably hard for everyone else too. You just need to put in the time and you can get better.

Finally, never stop working on the fundamentals. Appropriate sight alignment and appropriate trigger control are an absolute must. If you get sloppy with this, you will seriously damage your shooting. You can do an awful lot of damage in a few thousand incorrect repetitions. Don’t be that person.

**Ingraining Technique**

A large part of the value of dry-fire is putting in the repetitions that you permanently ingrain specific

techniques by making them subconscious. As a matter of fact, doing dry-fire regularly will invariably ingrain your technique. This is a double-edged sword. If you are doing things properly, ingraining those habits are a good thing. If not, then not. A few people I have interacted with have contended that these so called “training scars” are an inevitably side effect of actually training. I can’t say I disagree. I think everyone can agree that you want to be doing things as correctly as possible during your dry-fire training.

The first step to ingraining the right technique is to make a conscious choice as to the technique you

want to use. You need to systematically work out every little detail. Where do you put your hands when you are drawing the gun? Are you using an index point on the frame of the gun when you reload? Are you going to grip the gun high with your non-dominant hand by wrapping fingers up the trigger guard or are you going to stop at the trigger guard? The questions are extensive. If the above questions sound like Greek to you, don’t worry. There is enough information on shooting technique alone to fill an entire book, (I would know, I wrote one). As your understanding of shooting technique grows, you can make increasingly informed choices about what you are doing. The point is, you need to decide up front how you are going to train yourself.

I want to caution you about letting your body sort it out on its own. For example, it is common advice to just do a lot of draws in order to learn draws. You can certainly do this and in many ways can improve, but you may well train yourself to do counterproductive things. In dry-fire, you aren’t getting the full experience. You aren’t getting the recoil. You aren’t dealing with match pressure. You are plenty “warmed up” when you are training. Things may work well during dry-fire that don’t work with real bullets. The point of dry-fire isn’t to get good at dry-fire. The point is to build habits that make you successful when firing live ammunition. Never lose sight of that perspective.

If you are brand new to the sport, I wouldn’t screw around with a timer. Learn to do all the things you need to do. Figure out how to draw. Figure out how to reload. Go through the motions. Emphasize safety. Never sweep yourself. Enforce a 180 degree line in your dry-fire area. Check your technique. Get video of yourself and carefully review every little detail. You don’t need to be perfect, but look for big technical problems. Are you wildly swinging around when you draw? Are you dropping the gun down when you transition? Fix the big problems, then start working with the timer. After you become trained to the point where you are smooth and consistent, bring in that time pressure. You would be amazed how fast you can go. The goal times in this manual are entirely reasonable, you just need to make the decision to reach them. It takes many people only a couple weeks to develop an extremely fast draw, but the first step of that process is deciding they are going to chase the goal time.

If you decide that you want to change your technique, then you need to start over. It is almost

unavoidable that you at some point will want to change your grip, or change how you stand, or modify some detail of your technique. When you decide to do it, start the whole process over. Take the timer away. Focus on what you are changing. Check out video of yourself. Only then should you bring back in the time pressure.

This is a constant process. Your technique will evolve the longer you stay in the sport, and that is a

healthy process. Through diligent work and a desire to improve, you can get anywhere you want to go.

**Setting Goals**

One of the most important aspects of the drills in this book is the listed goal. I don’t think I need to

explain in depth that it is an important thing to have goals. It is self-evident that you need to have goals. You need to have that direction. However, if you take a moment and try to come up with what your personal goals are, they are likely not terribly immediate. You want to get better. You want to do well at some match that is six months away. You may want to make GM next year. It is great that you are motivated in all those ways, but I think it is important to focus up on something really specific for the drill that you are working on at that moment.

Instead of going through the motions so that a year from now you can be “good,” I want you to get

involved in your practice right now. Try for the listed goal times. Try to nail a specific number of correct repetitions in a row. Try to be noticeably better today, than you were yesterday.

The whole point of the goal is to get you invested in your training. If you are unable to achieve the goal, I want you to feel bad about it and work harder. If you are hitting the goals, I want you to feel a sense of achievement and start pushing on the next goal.

The goal times I have specified for each drill are times I believe are appropriate for GM shooters that dry-fire with regularity. This isn’t to say that if you master these drills in dry-fire you will automatically become a GM, but it is to say that you will have a very serious advantage in doing so. If you are already a highly ranked shooter but you do not dry-fire regularly, you will probably find that you can quickly learn to nail the goals that I have specified.

I have a very important message for people that are unable to reach the listed goal times in this book. I think this message will apply to more than 90 percent of the readers:

Don’t be discouraged. I have decided to lay down the gauntlet with these goal times. They may well take hundreds of hours of dedicated practice to achieve with regularity. If you are 50 or 70 or even 100 percent slower than the listed goal time, then you should pick a goal for that day that is achievable with some effort on your part. Once you can make your own personal goal time, step yourself up closer to the listed goal time. Any goal time I give you, other than the goal time I have listed, is a goal time that in many respects I just don’t believe in. Don’t be discouraged by the listed goal times; be motivated by them.

**Mistakes**

If you are doing dry-fire (or live-fire for that matter) you are going to make mistakes. In truth, mistakes are something that can’t be avoided. It is commonly said that you need to be perfect with every repetition. I don’t believe this to be the case.

In the sport of USPSA, you need to be fast. Rushing causes mistakes, but doing everything perfect all the time probably means that you are slow. It probably means you are in your comfort zone. It probably means you aren’t advancing your skills very much. Don’t be that person.

The fact is, making a mistake here and there doesn’t damage your shooting. It doesn’t hurt you to screw up sometimes. The practice zone is where you have to work at it to get it right. It is the zone where if you focus, you can nail it. If you try to “phone it in” by getting lazy, you fail.

**Try to follow this scheme in your practice:**

 If you are pushing so hard that you find yourself unable to get a correct repetition, then you are

probably pushing too hard.

 If you screw up occasionally, but generally are able to pull it off, then you are in the zone.

 If you are “perfect,” you aren’t pushing and thus aren’t advancing your skill level.

I do need to offer one caution about mistakes. You need to be aware that you made a mistake in order for it not to count against you. For example, you need to know if you pulled the trigger before you got an appropriate sight picture on a target. If you make mistakes but are unaware of them, then you are likely to repeat those same mistakes. If you unknowingly repeat your mistakes enough, then those mistakes become habits. Self-awareness is key!

The most important point I can make about mistakes is that you should not fear them. Decide you are going to develop blistering speed, and then do it. You will end up throwing mags across the room when you miss reloads. Your hand will get chewed up from missed draws. Don’t worry, everyone who is really fast went through the same thing.

**Tension**

One issue that I don’t feel is adequately understood is that of tension. By “tension,” I mean to be

addressing muscle tension. Specifically, I want to get right down to your hand tension.

I have four important points I want to make:

1. When you are firing a gun, it is productive to grip the gun pretty hard. Opinions vary on how

hard and with which hand and so forth. However, there isn’t much disagreement that you should

grip the gun pretty hard. I will leave the specifics of that up to your own study.

2. It is much easier to perform the drills in this book with very little tension in your hands and

forearms. You move more quickly and precisely when you are relaxed, so this should make

good sense to you. This is why people generally like to feel “loose” when they need to move

quickly and precisely.

3. When you dry-fire, it is very tempting to use a loose grip on the gun. There is no recoil to

manage, so there is no immediate incentive to grip the crap out of the gun.

4. When you live-fire, the gun bucking in your hand can make you really tense. People sometimes

grip the gun so hard they have a hard time letting go of it to shift their grip around to reach the

controls.

The point that needs to be made here is that you need to learn variable hand tension. You need to grip the gun really hard when you are pulling the trigger, and only when you are pulling the trigger. At every other time (like when you are reloading) it is much better to be a bit “loose.”

I recommend you pay attention to this issue during both your live-fire and dry-fire training, and take

steps to correct it if there is a problem. This is problematic with people that rarely live-fire, but dry-fire frequently. As soon as you develop an awareness of your hand tension you can take steps to correct it.

Remember, it is counter intuitive and difficult to be able to manage your hand tension like this. Your

every instinct is going to be to clamp down during live-fire and loosen up during dry. It is against your human nature to be able to easily master this element of shooting, but with conscious practice it can happen.

**Part 3: How to Use the Drills**

Before I address how to use the drills in this book, we need to briefly discuss safety. The operative word in dry-fire is dry. No live ammo. I recommend that you do not have live ammunition anywhere near your dry-fire practice area. Further, I recommend that you have a safe backstop for your dry practice, just in case a live round somehow works its way into the mix. This means that basements are an ideal place for dry-fire in many respects. If you don’t have a basement, recognize that a solid wall is your best bet.

These drills are formatted in the same fashion as “Skills and Drills.” This is done so that users of “Skills and Drills” can easily conceptualize and integrate their live-fire training with their dry-fire training. At the end of the day, this is all one system. You will find many drills in this book that are analogs to livefire drills that work the same skill set. That is the real strength of this system.

**Drill Construction**

These drills are designed to be set up in a variety of living situations. You will see the word “simulated” in front of every distance that is stipulated. This is for good reason. I don’t expect very many people have 10 yards of dry-fire space. Virtually nobody has 25 yards. You need to simulate these distances using miniature targets. Targets are commonly available in anything from 2/3 scale to 1/4 scale. By scaling the actual distance down, you are able to create the proper effect. In order to

properly scale a drill, you must multiply the target scale by the distance you wish to simulate.

**Example:** Simulated 10 yards with 1/4 scale targets, means you multiply 10 by 1/4. You then

stand 2.5 yards from the targets (or 7.5 feet if you prefer).

I must caution you, going too small on targets can be an issue. When you make the targets

extremely small, you can end up being so close to the actual target that it is difficult to pull your

eye back to your front sight. The distance that this phenomenon appears at varies from person to person, but I would try to stay about five feet from the actual target, regardless of scale.

**Prop Requirements**

These drills require an absolute minimum of props. Little things like a table and a chair are required for some of the drills. Most drills only require a few targets on the wall. The most extensive prop that is used is a barricade. I prefer to use a full-size target stand with targets stapled to it to make my own barricade. You can cut an “A” zone out of a target to make that barricade into a wall with a port. I consider these props to be absolutely minimal and the drills are designed to keep things simple. If you spent the cash to acquire this book, then you have the means to construct these drills.

The one piece of gear that you should not compromise on is a proper timer. Don’t use some bullshit

smart phone app, use a dedicated timer. Sure, it may be loud, but you can put something over the

speaker to muffle it. The simple fact is that the phone apps tend to not work terribly well. There are

often issues with the accuracy of the par times. Get a legit timer. It is worth the investment.

**“Firing” Multiple Shots**

With a **double action pistol**, such as a CZ or a SIG, you should pull the trigger all the way (double

action) for the first shot, and then not let the trigger out far enough for it to reset. For follow-up shots simply pull the trigger again. The trigger will not have any real resistance for the follow-up shots. When you reload or move from spot to spot be sure to pull your finger out of the trigger guard, your first shot after that will be in double action mode.

With a **single action pistol**, such as a 1911/2011, you only get one pull of the trigger. The rest of the

time you press back on an inactive (or “dead”) trigger.

With a **striker-fired pistol**, such as a Glock, you can place a rubber band into the ejection port of the gun, with the goal of holding the gun slightly out of battery. If you do this appropriately, the trigger will not be able to release the striker, so the trigger will feel a bit squishy during dry-fire practice. With any of these pistols, you will be using the trigger differently than you would if the gun were being fired live. Unfortunately, there is no good solution for this. Focus on putting pressure on the trigger and directing the pressure straight back into the frame of the gun. If you can do that consistently, you will be well on your way to good shooting.

**Setting the Par Time**

Most of these drills require that you use a par time. On many of the drills, you are required to set the par time yourself. The reason for this is two-fold. First, many of the drills are tough to replicate with much consistency. This in turn makes it impossible to put down a par time and have it be very meaningful.

Next, by setting the par time yourself, you should be able to set it better (in many respects) than it can be set for you.

The way it works is this, you figure out your par time for some defined action. This will not be too

difficult after you work with the drills in the book for a while. Soon, you will know that it takes you

about X time, to engage Y targets, at Z distance. With just a little bit of scenario specific tweaking, you will very quickly nail down a time that you can repeatedly hit. As soon as you figure out your par time, follow the instructions of the drill.

During all of this, remember that a properly set par time doesn’t mean “as fast as you can possibly go.” You should be able to see some sort of sight picture on everything. You should be exercising appropriate care with your trigger control. On the other hand, a properly set par time doesn’t mean that you hit it 100 percent of the time. It doesn’t work that way. If you make a mistake, you will either not make the par time, “fire” a poor shot, or both. Remember this, if you make the par time every repetition without fail, then you are laying back too much and you need to kick it up a notch.

**Keep it Real**

It can’t be repeated often enough. You must remember that you are training to fire real rounds from a live gun. Train yourself to grip the gun firmly. Watch the position of the sights at all times. If you don’t feel as though you have adequate control of the gun during live-fire shooting, you need to figure out what technical changes you need to make and incorporate them into your dry-fire. Do you want to change your arm position? Grip more firmly? Adjust your hand position? Figure it out and make it part of your training routine.

**Acceptable Accuracy for Dry-Fire Training**

You should consider acceptable accuracy in dry-fire to be the same as live-fire. All alpha hits isn’t really a requirement of good dry-fire. You want as many “A”s as possible, but because of the speeds I am encouraging you to practice at, I don’t feel that every single shot needs to be perfect. Over the course of time, you should be able to score better and better points in your dry-fire training. It will just take some time to achieve that.

**What does it mean to “Master” a Drill?**

Often, people ask me if they should move on from a drill after they have “mastered” it. “Mastering” a drill is a problematic idea. You can certainly become proficient with a drill. You can gain the skill to consistently nail the drill under the goal time. That doesn’t mean that you are perfect, it just means you have the ability to perform the drill to an adequate level. I wouldn’t call this mastery, but then again I wouldn’t neglect the other drills in the book.

**Part 4: Learning Drills**

The drills in this section are designed to break fundamental skills down into little “micro” drills. These micro drills give you specific and in many cases very demanding par times. By mastering these drills, you should be able to gain the mechanical and technical ability to execute the more complicated drills in this book.

There are some issues that I need to sort through with these drills before you attempt them.

First, the drills here are somewhat technique specific. This is not a technique book. For example, I am not trying to tell you how to hold the gun so much as help you teach yourself to hold the gun better and faster. The “problem” with these drills is that they are in some ways centered on certain techniques. For example, when I draw my pistol I get a firing grip on it with my strong hand and move my weak hand near the holster to be able to receive the gun as soon as possible. Not everyone agrees that is the way things should be done. By all means, if you have a different idea of what needs to be done in a technical sense, substitute your own technique for mine.

Second, the drills described here have some extremely tight time limits. We are talking about pushing right to the edge of what you can do with a modern shot timer. Most types of timers have a beep that lasts 0.2 or 0.3 seconds. Further, most timers can only be adjusted in 0.1 second increments. When I specify a par time of 0.4 seconds, you will see those limitations begin to become problematic. For some drills, there may be only a 0.1 second window where you aren’t hearing the timer beeping! I have written the goal times in such a way as to account for the nature of dry-fire training with a timer, but understand that with time limits this tight you are going to have to pay special attention to what you are hearing and seeing.

Another issue that should be highlighted during this section is that of human reaction time. You may

notice that there may be two micro drills that are each half of the same action. For example, there is one drill that is half a reload, and another drill that is the other half. The interesting phenomenon here is that if you add the two goal times for those drills together it will be higher than just doing a reload by itself.

The reason for this is human reaction time. When you have two micro drills, you have to account for

two reaction times instead of just one, and the times will reflect that.

Finally, you should make an effort to hit all the goal times in this section consistently. If you are able to do it here, then you will be effective in the rest of the book.

Slow Fire Trigger Control

**Setup Notes:**

This drill only requires a blank wall. You should not use a target for this exercise. Do not aim at a

particular spot on the wall, just practice aligning the sights.

**Procedure:**

Draw your pistol and aim it at the wall. Align the sights as well as you can then press the trigger without disturbing that alignment. There is *no time limit* for this drill.

Alternate start positions. Be sure to use hands at sides, wrists above shoulders, etc.

**Focus:**

Perfect your ability to shoot accurately with no time limit.

**Goal:**

Keep the sights perfectly still as you push the trigger straight back. You shouldn’t perceive any

movement in the sights at all.

**Commentary:**

Slowly drawing your pistol from the holster, gripping it properly, and then carefully breaking the shot so as not to disturb the sight alignment, is what many non-competitive shooters think of as dry-fire. This drill is it for them. As competitive shooters, we can do so much more. However, we still need to be able to do this drill.

I really like to focus on the sensation of moving your trigger finger in isolation. So many people have an ingrained habit where they pull the trigger using muscles from their whole hand. By doing a bit of dryfire, these people can get a sense of what it feels like to fire an accurate shot. Watching the sights will tell you the whole story about what your hand is actually doing. If you see the sights wiggle when you are pressing the trigger, you are doing it wrong.

It usually doesn’t take many repetitions for someone to start doing this with minimal problems. There are many shooters that can perform good trigger control in dry-fire, but they can’t do it at the range. If you are in this category, you should recognize that *any* disruption of your sight picture when you press the trigger back will absolutely show up downrange.

I recommend that you master this drill in dry-fire. When you are out on the range trying to perfect your slow-fire trigger control and using real ammo, don’t hesitate to unload your gun and reacquaint yourself with this drill. Alternating between live-fire and dry-fire will help you isolate the right “feel” in your hands and trigger finger.

Trigger Control at Speed

**Setup Notes:**

This drill only requires a blank wall. You should not use a target for this exercise. Do not aim at a

particular spot on the wall, just practice aligning the sights.

**Procedure:**

Draw your pistol, get a sight picture on the wall, and break the trigger without disturbing that sight

alignment.

Alternate start positions between all common variations.

Note: Do not engage a specific spot on the wall. It is counterproductive to this drill to have any sort of target. The idea is to get a sight picture against the blank canvas of the wall.

**Focus:**

Perfect your ability to shoot accurately with a time limit.

**Goal:**

Learn to “take your time in a hurry.” Have the ability to break the trigger accurately at speed.

Your goal par time is 1.2 seconds.

**Micro Drill:**

Start with your pistol aimed at the target with a perfectly refined sight picture and your finger just

touching the trigger (trigger not “prepped”). At the signal, press the trigger as fast as you can. Attempt to finish the trigger press before the end of the start beep. You don’t need to set the par time for this drill,you are just using the start beep as your “par time.”

Your goal is to keep the sights as stable as possible while you press the trigger.

**Commentary:**

This drill is designed to make you strive for a perfect trigger press while under severe time restraints.

This will help with learning to hit long shots under match pressure, as well as helping you refine your grip.

I want to draw your attention to a few things in the procedure to make sure they are clearly understood.You need to get a sight picture on the wall, then break the trigger without disturbing the sight picture. It doesn’t say you need a *perfect* sight picture, you just need a sight picture. The reality is that in practical shooting there usually isn’t time to make things truly perfect. The par time for this drill is set so that you have time to make things really good, but perhaps not the perfect sight picture that people may want to wait for.

The really important element in the procedure is learning to break the trigger without disturbing what sight picture you do have. That is really the tricky part. The important thing to bring to this drill from your live-fire training is to understand that the trigger control is by far the most important element in accuracy. You can make long shots even with misaligned sights, provided that you execute proper trigger control. If you understand that point, this drill will make much more sense to you.

Draw Component Drills

**Procedure:**

Start with your hands relaxed at sides. At the signal, draw your pistol and aim it at the target.

**Focus:**

Learn to draw quickly and consistently.

**Goal:**

Draw your pistol and get a sight picture with a good grip in 0.7 seconds**, 0.6 seconds if you are using a “speed” holster.**

**Micro Drills:**

**Drill One:**

Start with your hands relaxed at sides. Get a firing grip on your pistol and move your non-dominant

hand over to your dominant side.

Your goal is a 0.4 second par time, with time to spare.

**Drill Two:**

Start with your gun holstered. Have a firing grip on your pistol with your dominant hand and have

your non-dominant hand in position to receive the gun after you draw it. From this start position,

draw and aim at the target.

Your goal is a 0.5 second par time.

**Optional drill:**

Attach your timer to your holster. From a wrists above shoulders start position, slap the timer when youhear the start beep. The timer should pick up that slap and record a time. Strive to make that time as low as possible.

**Commentary:**

This series of drills and micro drills should help you develop explosive speed from the holster and a

reliable grip.

Most people can easily achieve very fast par times in a matter of a few minutes of practice, they just

need to have the desire to do so. Achieving a fast time is one thing. Hitting a perfect grip and sight

picture reliably is quite another. It will take regular practice to be able to do this stuff at speed under

match pressure. Don’t neglect your training.

There is one major caution that needs to be issued. Note that this drill doesn’t call for you to pull the

trigger at any time. Please don’t. Many shooters get in the habit of “racing the beep.” They can build a habit where they end up pulling the trigger fast enough to beat the par time, but may or may not have had the sights on target when the trigger was pulled. This is a good way to send rounds into the dirt below a target and in some extreme cases get yourself sent home early from a match with a Dairy Queen gift certificate. Don’t be that person.

Reload Component Drills

**Procedure:**

Start with your pistol aimed at the target. At the signal, eject the magazine from the gun and insert a new magazine. Get another sight picture on the target.

**Focus:**

Learn to reload quickly and consistently.

**Goal:**

Your goal is a 1.0 second par time.

**Micro Drills:**

**Drill One:**

**(Burkett Load)** Start with your pistol aimed at the target. At the signal, eject the magazine from the

gun and bring the fresh magazine just to the edge of the magwell.

Your goal is a 0.6 second par time.

**Drill Two:**

Start with a magazine in your hand, just at the edge of the magwell of your pistol. This start position

should be exactly the same as the ending position of Drill One.

At the signal, seat the magazine, reacquire your grip, and get a sight picture on the target.

Your goal is a 0.6 second par time.

**Commentary:**

Reloading is a skill that many people find to be much tougher than drawing. That makes sense, as there is a much more complicated series of actions to learn to perform under pressure. Technical issues, such as how to position the gun when you reload, are things that must be sorted out by the individual.

Generally speaking, you will be more consistent if you bring the gun lower down and closer to your

body. I strongly recommend you pay close attention to how you angle the magwell of your pistol. I

make sure to angle my gun so the magwell points at my mag pouches. Figure out what works for you, then train yourself to use that technique every time.

The biggest challenge I have during these drills is the urge to tense up. When you are tense, it is almost impossible to quickly and consistently hit your reloads. I think that is a great challenge that should prepare you for competition. If you can learn to battle that tension (and occasional frustration) in a dryfire setting, then your odds of success “for real” get that much better.

I have a couple administrative notes here.

First, it is obviously much more expedient to run Drill One, then Drill Two, then Drill One again. The start position of Drill Two is the same as the ending position of Drill One. This should save you from constantly having to reset your magazines in the pouch.

Second, the goal times are set for your first magazine pouch. I encourage you to work through all of

your magazine pouches in dry-fire practice, but you should understand that when you start reaching

around your body for your fourth magazine pouch you will likely be quite a bit slower. I have heard the assertion on a few occasions that you should be equally fast from all magazine pouches, but I have never observed this to be the case with my own shooting and I do not have that expectation of anyone else.

Transition Component Drills

**Procedure:**

Start with your hands relaxed at sides, facing “downrange.” Engage each target with two rounds.

**Focus:**

Develop the ability to look at a spot and drive the gun to that spot.

**Goal:**

Your goal is a 1.6 second par time.

**Micro Drills:**

**Drill One:**

Start with your pistol at low ready (in a comfortable two handed grip, pointed at a 45 degree angle

toward the floor). At the signal, point the pistol at a target and get a sight picture. Do not pull the

trigger.

Your goal is a 0.4 second par time.

**Drill Two:**

Start with your pistol at low ready (in a comfortable two handed grip, pointed at a 45 degree angle

toward the floor). At the signal, point the pistol at a target and get a sight picture. Then point to the

next target. Then point to the final target. As soon as you get a sight picture you are comfortable

with, move to the next target. Do not pull the trigger.

Your goal is a 0.9 second par time.

**Commentary:**

Learning to transition the gun around aggressively is one of those things that will make a huge

difference in your stage times.

There are a couple noteworthy things for you to consider regarding this drill.

First, in order to hit the 1.6 second par time, you will need to have a very fast draw. If you aren’t there yet, don’t hesitate to back off the par time in order to compensate. For many drills, I am not so quick to caution people in this way, but on a high speed transition drill I feel it bears mention. It is so easy to get into the habit of pulling the gun off the targets too quickly or just “sweeping” the targets with you gun and not seeing appropriate sight pictures. Don’t tempt yourself into bad habits like that by setting the par to something you simply can’t achieve yet.

Along those same lines, you must take extra care on this drill to make sure you are getting good sight pictures. The most common issues that I see people create for themselves when it comes to improper dry-fire is to pull the gun off the target before you fire the second shot or to break the first shot on a target before you get the gun to it. Whenever people start pushing transition speed there is a real risk of these things happening. In dry-fire, you may train yourself to pull off of each target and not even realize it until the next time you go to the range. Once you make it a habit, it is very difficult to break.

Movement Component Drills

**Procedure:**

Start with your hands relaxed at sides, facing “downrange.” Engage each target with two rounds while moving. As soon as you draw your gun from the holster, you are required to move. You may move in any direction desired. Alternate movement direction.

**Focus:**

Develop the ability to look at a spot and drive the gun to that spot while moving.

**Goal:**

Your goal is a 1.8 second par time.

**Micro Drills:**

**Drill One:**

Start with your pistol at low ready (in a comfortable two handed grip, pointed at a 45 degree angle

toward the floor). At the signal, point the pistol at a target and get a sight picture. Do not pull the

trigger. As soon as you hear the start signal, you are required to move. You may move in any

direction desired. Alternate movement direction.

Your goal is a 0.5 second par time.

**Drill Two:**

Start with your pistol at low ready (in a comfortable two handed grip, pointed at a 45 degree angle

toward the floor). At the signal, point the pistol at a target and get a sight picture. Then point to the

next target. Then point to the final target. As soon as you get a sight picture you are comfortable

with, move to the next target. Do not pull the trigger. As soon as you hear the start signal, you are

required to move. You may move in any direction desired. Alternate movement direction.

Your goal is a 1.0 second par time.

**Commentary:**

Shooting while your feet are moving is a key skill to master in order to be able to effectively get into and out of shooting positions. I strongly recommend that you try this drill in live-fire before you get too deep your dry training. You need to have a good sense of how stable your sights need to be in order to fire accurate shots. Many people are in the habit of letting their sights bounce all over the place, and if you do that you will have a hard time getting “A” zone hits. Learn what the sights need to look like in live-fire first, then go home and practice making that happen.

An astute reader will notice that these drills are the same as the “Transition Component Drills,” simply with the stipulation you must move while completing the drill. This is a fair observation. Of course, the times were modified a bit to reflect the fact that you must move while you complete the drill. The thing you need to learn from these drills is how to shoot with a little bit of that unbalanced feeling from moving, nothing more and nothing less.

**Part 5: Marksmanship Training**

I consider “marksmanship” to be the ability to hit your target. I consider that to be a fairly

uncontroversial definition.

The mechanical elements you need to perfect should be obvious.

First, you need to have excellent trigger control. Pressing the trigger straight back will net you good hits.

The faster people try to do this, the more common mistakes become.

Having a solid and consistent grip on the pistol will help quite a bit. If you are gripping down hard, it will help minimize any movement of the pistol if you happen to have trigger control that isn’t quite perfect.

You need to be able to produce that solid and consistent grip on demand. Every time you draw, you need to have things line up as perfectly as possible.

With these objectives in mind, the drills in this section should make sense. The targets are generally

tougher. This will force you to carefully line up your sights. If you see the sights wiggle out of the A

zone when you press the trigger, then you have a problem. The drills in this section will commonly

require you to simulate some very long shots. Make sure you follow those instructions. You need to

work on tight targets and pay close attention to your sight pictures.

Remember the mechanics you are trying to perfect here. Draw the gun quickly. Get a good grip while you are doing the draw. Use that good grip to help you achieve excellent trigger control. Pay close attention to what your sight pictures look like in order to confirm you are doing it right.

Distance Draw

**Procedure:**

Start with your hands relaxed at sides. At the signal, draw your pistol and acquire a sight picture on the target. The sight picture should be appropriate in order to get you an “A” zone hit at your simulated 25 yard distance. Do not pull the trigger for this drill.

**Focus:**

Refine your draw to the point where you can draw down on long targets with confidence and precision.

**Goal:**

A 1.0 second par time to draw to a sight picture is your goal for this drill.

**Commentary:**

The “Distance Draw” is fundamentally the same thing as a draw on a close target, it is just much more difficult to execute. I have a few points I would like to make regarding this drill.

First, I want to call your attention to the goal. Your goal is getting a sight picture in the specified time. That sight picture must be appropriate to the target, meaning you need the sights to be aligned very well and stable enough to actually make that 25 yard shot. This isn’t as easy as it sounds. For me personally, I don’t “slam” the gun into position on difficult targets. I let the sights settle into the target much more gently. This doesn’t mean you draw more slowly, on the contrary, you will not have time to waste by slowing down your draw. You just need to finish the draw much more gently.

Next, pay very close attention to the quality of your grip on this drill. You will find that if things are

even microscopically out of position, you will bring the sights up on target and have them not be in

alignment. Of course, the solution to that problem in a match setting is to fix your sight alignment and then shoot, but for the purposes of this drill you will fail to meet the par time. Keep working on your grip so your sights show up on target just about perfectly every time.

Distance One Handed Draw

**Procedure:**

Start with your hands relaxed at sides or wrists above shoulders. At the signal, draw your pistol and get a sight picture on the target. Do not pull the trigger for this drill.

**Focus:**

Develop the ability to draw onto a distant target with one hand.

**Goal:**

Strong hand only, your par time is 1.2 seconds.

Weak hand only, your par time is 1.8 seconds.

**Commentary:**

The time limits on this drill are tight as ever, but certainly makeable.

I think it is fair to say that even some very good shooters will struggle with getting on target with the

level of precision that this drill demands. Simply put, we just don’t see a lot of 25 yard shooting with

one hand only. That doesn’t mean this isn’t a valid exercise. I think being able to grip your pistol

perfectly enough to get right on your sights on a difficult target will put you in good stead to make any one handed shot required of you in competition. Not to mention the confidence you will feel when you step up to the line and engage “normal” distance targets with one hand.

When you are doing this drill weak handed, obviously a lot of the key is in the transfer. If anything, I take my time on the transfer to make sure I get my grip as close to perfect as possible, then I get out on target. If you miss your grip, you may well be hunting for your front sight or your dot when you hear the second beep.

Long Distance Draw

**Procedure:**

Start with your hands relaxed at sides. At the signal, draw your pistol and acquire a sight picture on the target. The sight picture must be “equal height, equal light,” in order to get you an “A” zone hit at your simulated 50 yard distance. Do not pull the trigger for this drill.

**Focus:**

The focus here is to draw your pistol to a stable and refined sight picture. This is less about pure speed and more about accuracy.

**Goal:**

Your goal is a 1.3 second par time.

**Commentary:**

The point of this drill is to develop the ability to get to an absolutely perfect sight picture as soon as you possibly can.

I think it is counterproductive to slow your draw stroke down for tougher targets, at least until you get the gun close to being on target. It does make sense to let the gun settle into the target as opposed to jamming it into position. When I see the sights gently settle into the “A” box, I know I am doing this drill correctly.

Obviously, you are going to need to get an appropriately scaled target in order to simulate 50 yards of distance. I wouldn’t worry about having perforations on the target. You probably can’t see them when you are shooting at 50 yards anyway.

Partials

**Procedure:**

Engage each target with two rounds. Alternate among common starting positions.

**Focus:**

The goal here is to refine marksmanship fundamentals.

**Goal:**

Your goal is a 3.5 second par time.

**Commentary:**

This drill will push your fundamentals to the limit. The targets should be simulating the most difficult shots in the sport. The time limit is borderline insane. Under these circumstances, you can’t help but get better.

Pay careful attention to the aiming points you select on the targets. You should have a good idea (based on your live-fire training) of where exactly your pistol hits at any given range, and you want to train yourself to put the sights exactly where they need to go. So frequently, people have a habit of holding too high or holding too low and it is a very difficult habit to break. It may not make a big difference for the majority of shots in the sport, but I can assure you that at 25 yards you will know if you are holding the gun in the wrong spot on the targets.

**Part 6: Core USPSA Skills**

“Core USPSA Skills” are things like drawing fast, reloading fast, and railing on ten yard target arrays, and so on. Any skills you see tested on a regular basis in the classification system probably fit quite well in this section.

The time limits in this section will be tough for many shooters to hit. Pay attention to every little detail of your technique. Do you have any extra movement in your draw? Are you bringing the gun to the optimal position when you reload? Don’t hesitate to video yourself to make sure you are actually doing things the way you *think* you are doing them.

Don’t neglect the basics like trigger control and grip, but understand that they don’t need to be perfectly refined in order for you to do really well on these drills.

Most of these drills are going to be simulating close to mid-range shots. These types of shots represent the majority of the targets you will see in USPSA competition.

Bill Drill

**Procedure:**

Start with your hands relaxed at sides or wrists above shoulders. Engage the target with six shots.

**Focus:**

Develop your draw and trigger speed.

**Goal:**

A par time of 1.6 seconds is reasonable.

**Commentary:**

During this drill, I recommend you pay close attention to your hand tension. You will probably find that when you are working the trigger quickly, it is easiest to have a very relaxed grip. This is especially true of your strong hand grip. The downside to having that relaxed grip is that it will not work very well for recoil control.

I think what shooters need to learn is the ability to hold the gun **very** firm, but move the trigger finger independently of that. When you actually start firing real bullets, it may well cause your whole body to

tense up. With some dry-fire training, where you pay attention to managing your hand pressure, I think you can set yourself up to counteract much of your natural tendency to tense up.

The point of this drill is for you to train your muscles to have the appropriate levels of tension and to put the right amount of force into the gun. With enough training (both live-fire and dry-fire) you will be able to control the gun subconsciously.

Reloads

**Procedure:**

Start with your hands relaxed at sides or wrists above shoulders.

Engage one target with six rounds, reload and engage another target with six rounds, reload and engage the final target with six rounds.

**Focus:**

Work on reloading your pistol.

**Goal:**

Your goal is a 5.0 second par time.

**Commentary:**

Often when doing dry-fire drills, the challenge is to fire one or two shots and then hit a reload, then fire one or two shots, then reload, etc. This drill is a more “practical” test of your reloading skills. You will fire six rounds in between reloads, letting you get into a firing rhythm. You then need to break that rhythm in order to hit a reload.

The five second time limit for this drill is challenging, but certainly very reasonable. Just resist the

temptation to slam a mag into the gun and then point your arms at the target and start whacking the

trigger. Get a good sight picture. Pay attention to what you are doing. Make every shot count. Build

good habits.

El Prez

**Procedure:**

Start with your wrists above shoulders, facing uprange. At the signal, turn, draw, and engage each target

with two rounds. Reload and re-engage each target with an additional two rounds.

**Focus:**

Put together drawing, transitioning, and reloading into one classic test.

**Goal:**

Your goal is a 3.5 second par time.

**Commentary:**

The “El Prez” stands alone as a good drill, a standard test, and an iconic training exercise. Very few

shooters that have been around for a while have not shot this at one time or another.

In dry-fire terms, I view this as a good aggregate test of a bunch of “basic” skills.

The goal time of 3.5 seconds is very achievable if you are able to nail all of the preceding drills, there is no doubt about that. With that in mind, the key is figuring out where you are deficient, if you are unable to hit the 3.5 second par time. Perhaps your draw is a bit slow. Maybe you can’t reload fast enough. I encourage you to take a step back and figure out specifically what you need to do. Again, this should be obvious if you are actually working through the previously mentioned drills in this book.

Resist the temptation to just “go faster” in order to hit the par time. When the drills get longer and more complicated like this one, people have a real tendency to go crazy in order to hit the goal time. Be very honest with yourself about what your sight picture looks like and how your grip feels. Make sure you get that stuff down. If you are having problems, go and work on those specific problems individually, then come back and try this drill again.

I think the only challenge that you find in the “El Prez,” that you don’t necessarily see in every other

drill, is the turning draw. This should only add a couple tenths of a second to your draw time. I prefer to turn into a squared up and comfortable stance. Other people prefer to simply turn and get on target as fast as they possibly can. No matter what you decide, the turn doesn’t need to add much time.

One Handed Shooting

**Procedure:**

Start with your hands relaxed at sides or wrists above shoulders, facing downrange.

At the signal, draw and engage each target with two rounds either weak hand only or strong hand only. I recommend that you alternate strong hand and weak hand every few repetitions.

**Focus:**

Develop the ability to shoot one handed.

**Goal:**

Strong hand only, your par time is 2.2 seconds.

Weak hand only, your par time is 2.8 seconds.

**Commentary:**

Working on shooting with only one hand is something that can really give you a confidence boost when you see that challenge at an actual match.

One thing to pay attention to here is your grip pressure. People have a natural tendency to grip down

even harder when shooting with only one hand. This does help with recoil control, but often people get in the habit of sympathetically tensing up their trigger finger along with the rest of their hand.

Obviously, that is a very bad thing. Pay attention to moving your trigger finger independently of the rest of your hand and don’t be shy about gripping down even harder when shooting with one hand. Dry-fire is the perfect place to make this stuff subconscious.

If you are using a double action pistol, you should also note that shooting with one hand makes that first shot even tougher. Take the time you need to press the trigger straight on back. If you see the front sight wobble out of the notch during a double action press, then make some technique changes. I find it *feels* like it takes forever to press the trigger carefully enough, especially weak handed, but that is only an issue of perception. If you are able to hit the goal times, you should be in good shape.

Plate Rack Drills

**Procedure:**

Start with your hands relaxed at sides or wrists above shoulders, facing downrange. Engage each plate with one round.

**Focus:**

Become comfortable with shooting plate racks or similar scenarios.

**Goal:**

Freestyle, your par time is 2.0 seconds.

Strong hand only, your par time is 2.5 seconds.

Weak hand only, your par time is 3.0 seconds.

**Commentary:**

This drill requires that you construct a facsimile “plate rack.” Essentially, you need to simulate eight

inch plates at ten yards.

I have included goal times for freestyle, strong hand only, and weak hand only. Obviously, I encourage you to try and hit each of those goal times.

Resist the temptation to “sweep” the plates. You may feel that the only way you can hit the plates in

such a fast time is to keep the gun moving and keep pressing the trigger, but that is a habit that will be detrimental when you start shooting real bullets at the range. You should strive to see your sights pause on each plate as you engage them in turn.

Hitting the 2.0 second par time on this will require a bit of work and a bit of patience, but it is almost certainly doable. Work on breaking that first shot quickly. Work on hitting an aggressive pace across the plates. Work on being able to do it all consistently.

At the end of the day, it doesn’t really matter that you be super quick on steel. What will make the

difference is minimizing extra shots. Be mindful of this during your training. I like to build the habit of carefully calling every shot during my own practice, firing makeup shots as appropriate.

Distance Changeup

**Procedure:**

Start with your hands relaxed at sides or wrists above shoulders, facing downrange. Engage each target with two rounds.

Alternate your engagement order every few repetitions. Left to right, right to left, open targets, then the head box, and head box, then open targets are all options you should work with.

**Focus:**

Work on switching between different sight focal points.

**Goal:**

Your goal is a 2.0 second par time.

**Commentary:**

This drill absolutely relies on your own live-fire training. You need to know what your sights need to look like to hit the head shot. You need to know how carefully you must break the trigger. You also need to know what you can get away with on the open targets. Can you get “A” hits by shooting target focused? Do you just use your fiber dot? These are individual questions that you need to answer for yourself through experimentation on the range.

Once you have an idea of what you need to do, you can train yourself to do those things every single

time in dry-fire. You can develop the discipline to get a sharp front sight focus on the head box. For

example, you can force yourself to push into the open targets using target focus.

The key to this drill is to develop the discipline you need to dial back and nail the tight shots every

single time. You see that sort of challenge in matches frequently. You don’t ever want to pick up a miss just because the target is a little bit tougher than the other targets on the stage.

90 Degree Transitions

**Setup Notes:**

Due to this drill using the corner of a room to simulate transition angles, it is difficult to actually specify distances for the targets. If possible, I recommend simulating seven yard shots. Set this up so you get the full 90 degrees of swing between targets.

**Procedure:**

Start with your hands relaxed at sides, facing directly downrange. Engage each target with two rounds. Alternate which target you engage first.

**Focus:**

Work on wide transitions.

**Goal:**

Your goal is a 1.6 second par time.

**Commentary:**

Wide transitions are a fact of life in USPSA competition. This drill is the easiest variation of wide

transitions that you will find in this book. The targets are relatively easy, you shouldn’t have a hard time really powering the gun between the targets.

On this drill, you may feel a sensation of having the transition come from your legs. I think that is a

good thing and it may help you be a bit faster from target to target. The reality of the way stages are

actually set up means you will not often feel that sensation in an actual match. That having been said, I think you should get a feel for getting your feet set in position and using your legs to transition.

As always, with these high speed transition drills, you need to be exceedingly careful to make sure you aren’t pulling the gun off target early or getting on the trigger too soon as you transition over to the next target. Doing a little bit of live-fire training on drills like this will help confirm you have done your dryfire correctly.

90 Degree Transitions Hard

**Setup Notes:**

Due to this drill using the corner of a room to simulate transition angles, it is difficult to actually specify distances for the targets. If possible, I recommend simulating seven yard shots.

**Procedure:**

Start with your hands relaxed at sides, facing directly downrange. Engage each target with two rounds. Alternate which target you engage first.

**Focus:**

Wide transitions on tight targets.

**Goal:**

Your goal is a 1.8 second par time.

**Commentary:**

This drill is the hard target version of the prior “90 Degree Transitions” drill. The fundamentals remain unchanged, but the challenge is quite a bit stiffer.

You may note that there wasn’t much added to the goal par time, even though we are now dealing with partial targets. This is not a mistake. The reality is that you will get just a tiny bit of extra time in order to let the sights settle into the much smaller target area, and that is all the time you should need. If you got into the habit of really pushing the gun aggressively between the targets without developing any real level of precision, you will have that come back around to bite you on this drill. Find the exact spot on the targets you want to drive the sights to. Push the gun over aggressively, let the sights settle just a bit, and then break your shots.

You are not bound to arrange the no-shoots as I have shown in the diagram. By all means, change them around and get some variety. Just make sure you don’t swing past your target area and get into the noshoot. If you need to swing over a no-shoot to get to your target, be sure you clear the no-shoot before you get on the trigger.

180 Degree Transitions

**Setup Notes:**

Due to this drill using the corner of a room to simulate transition angles, it is difficult to actually specify distances for the targets. If possible, I recommend simulating seven yard shots. Set the targets so you have a 180 degree transition between them.

**Procedure:**

Start with your hands relaxed at sides, facing directly downrange. Engage each target with two rounds. Alternate which target you engage first.

**Focus:**

Work on extremely wide transitions.

**Goal:**

Your goal is a 2.0 second par time.

**Commentary:**

Obviously, due to USPSA safety rules you shouldn’t ever see a truly 180 degree transition. It would be right up against the limit of what the rules would allow, and would almost certainly result in some match disqualifications. That having been said, you will probably encounter very wide transitions on a regular basis.

The start position stipulates that you must start facing directly downrange. Please don’t cheat on this.

You are required to start basically favoring neither target. As you can imagine, there is a bit of footwork that will likely be required in order for you to expeditiously engage each target. You could try to engage the targets without moving your feet. You could also square up to each target as you engage it in turn.

Your preference will depend on how you are built physically. Experiment with the footwork and figure out something that works.

In terms of transition technique, I strongly recommend that you pull the gun in close to your body when you transition to the second target. Of course, this book isn’t about shooting technique, but pulling the gun in close on wide transitions is critical to your success on this drill, so I can’t neglect to mention it.

Finally, there is the issue of the draw. You may find it quite uncomfortable to draw on this drill,

especially when you need to draw across your body to engage the target to your left (for a right handed shooter). Drawing at strange angles like this is a bit disconcerting, but you need to be prepared for it.

Drive the gun on target as aggressively as you can, pay attention to safety rules and avoid sweeping

yourself, and hit that goal time as consistently as you can.

180 Degree Transitions Hard

**Setup Notes:**

Due to this drill using the corner of a room to simulate transition angles, it is difficult to actually specify distances for the targets. If possible, I recommend simulating seven yard shots. Set the targets so you have a 180 degree transition between them.

**Procedure:**

Start with your hands relaxed at sides, facing directly downrange. Engage each target with two rounds. Alternate which target you engage first.

**Focus:**

Drive the gun aggressively between tight targets.

**Goal:**

Your goal is a 2.2 second par time.

**Commentary:**

This drill is essentially the same idea as the regular “180 Degree Transitions” drill, but the added

difficulty of the shots changes things up a bit.

You should still strive to aggressively motor the gun from one target to the other, but you need to worry a lot more about stability. When the targets are wide open it doesn’t really matter much if you are a bit unstable. The sights may bounce around a little when you get over to the next target, but it doesn’t really affect things a whole lot. Maybe you will end up with a “C,” but it will not be the end of the world.

When you throw no-shoots into the mix, it means that having your sights bounce around a bit as you

transition into a new target can cause you to clip the no-shoot. Obviously, that is a really bad deal. Make sure you stabilize things, especially with your lower body. It is easy to get all twisted up during the wide transitions. That won’t play when the targets are set up a bit tighter.

Widening Transitions

**Procedure:**

Start with your hands relaxed at sides, facing downrange. Engage each target with two rounds.

**Focus:**

Speed up transition times.

**Goal:**

Get the targets as far apart as possible while still meeting the par time. I recommend 1.6 seconds. Please refer to the “special instructions” for more details.

**Special Instructions:**

This drill has the unusual stipulation of requiring you to move the targets as you progress through the drill. You initially start with the targets touching each other. You then start widening out the transitions by moving the outside two targets further away from the center target, thus increasing the transition distance. The diagram should show you how you move the targets. You start with the three targets brightly shown. As you progress you move the outside targets further away from the center target as the diagram shows.

Another variation is to move the center target down lower and lower as you progress, forcing you to

have a down and then up transition.

**Commentary:**

In case it isn’t perfectly clear what the procedure for this drill is, let me clarify. You start with the three targets touching each other. You then set your par time to shoot those targets in that position. Without adjusting the par time, you start moving the targets further apart (widening the transition). You keep widening the targets in this fashion, every few repetitions of the drill, until you hit your limit. This drill is designed as a skill builder for those that are already fairly proficient at moving from target to target, but are looking for a bit more speed. Like any transition drill, make sure you aren’t pulling off target too soon or getting on the trigger before you get on the next target. This drill can be dangerous for newer shooters because, by definition, you are going to be pushed to the breaking point. You need to have the self-awareness to realize that you have hit that breaking point and stop yourself from building bad habits.

Since I first developed this drill in 2012, it has given many shooters good results. If you are a pretty

good shooter, I mean B class or A class, but you are finding it hard to get yourself that extra speed boost between targets, this drill may be the ticket for you. It has worked for many people, and it is one of my most popular dry-fire drills.

The Hopkins

**Setup Notes:**

This drill is unique to this book in several important ways.

First, the targets in this drill are not USPSA targets or miniature targets. They are thumb tacks or very small dots on your wall. My personal preference is a paster.

Next, the distances stipulated in this drill are not “simulated” distances like you see everywhere else in the book. These are actual distances. You need to stand 10 feet back from a 90 degree angle on a wall and you should be able to properly construct this drill.

**Procedure:**

For each drill, start with your hands relaxed at sides or wrists above shoulders, facing downrange.

**Focus:**

This drill is designed to help you learn to read your sights and transition around.

**Goal:**

Perform each drill within the time limit, while being as accurate as possible.

**Drill One:**

Engage dots in the following order: 1, 6, 2, 5, 3, 4

Your par time is 5.5 seconds.

**Drill Two:**

Engage dots in the following order: 6, 1, 5, 2, 4, 3

Your par time is 5.5 seconds.

**Drill Three:**

Engage dots in the following order: 6, 8, 3, 1

Your par time is 3.0 seconds.

**Drill Four:**

Engage dots in the following order: 1, 7, 4, 6

Your par time is 3.0 seconds.

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**Note:** You may add in a reload to a drill if you wish. Add one second to the par time. Perform the reload after your first shot and before your last shot.

**Commentary:**

This setup is a real oddball and it deserves some explanation. In the interests of full disclosure, I should point out that I personally did not develop this drill, my friend Matt Hopkins did. As such, I named the drill after him.

The first thing I want to call your attention to is the setup for this drill. This is the only drill in the book that uses actual distances and not simulated distances. There is also a specific spacing between the aiming points that you put up on the wall. I just want to call your attention to this, to make sure you get this thing set up properly.

The next thing to point out is that the targets are different. These are obviously not USPSA targets.

These are designed to be used as aiming reference points, not as targets that you either hit or miss. Matt Hopkins recommends using thumb tacks. I personally prefer using a target paster that contrasts with both the wall and the sights. You should use something that is very small. You want to be aiming at a specific point on the wall. It doesn’t need to be a target that is big enough that you feel you could realistically hit it. That having been said, you can use whatever is handy.

I want to take some time to explain the aiming reference points. This drill is designed to help you *read your sights better.* The par times are set so that there really isn’t enough time to get your sights perfectlystable. You aren’t going to be able to hit a thumb tack with every single shot on this drill. That is OK.

You should be constantly reading your sights and trying to refine that sight picture as much as you can, within the constraints of the par time. This sort of practice has been beneficial to many shooters that have a mentality where they want to wait until the sight picture is perfect for every shot. The fact of the matter is, there just isn’t enough time in a USPSA setting to be waiting for a perfect sight picture. On the other hand, if you *strive* for a perfect sight picture within the constraints of the time you have, you should do pretty well.

Just to be perfectly clear, I don’t think you should worry about dropping the time down on this drill.

Over time, you need to learn to get better and better sight pictures. You need to learn to read your sights better and better. You don’t need to learn to go faster on this particular drill.

There are also a few drill options for you. You can vary the start position and throw in reloads if you

wish. During all of this, you should be working your sights as hard as possible to try to get them as lined up as you can. Do not let yourself go slower than the par time, because that would undermine the purpose of this drill.

When I am working with this drill, I get a real sense of how tightly I am transitioning from target to

target. What I mean is that I get a real sense of the exact position of my front sight as I push the gun

around. I see the sights show up misaligned. Over time with this drill, I have improved my transition

precision.

**Part 7: Field Course Skills**

“Field Course Skills” are the skills that help you move around a stage more efficiently. Things like

shooting while moving, shooting into a position, and shooting out of a position are all covered in this section.

You may have some challenges recreating some of these drills in your own home. The biggest issue is having enough floor space where you can run around a little bit. I realize that you can’t change your living situation just to have more convenient dry-fire, but do the best you can to accommodate the drills.

If for some reason you are unable to recreate the drill as I have it written, then figure out a way to

recreate the essential challenge of the drill. By reading the comments and figuring out what the drill is trying to accomplish, you should be able to construct a drill that accomplishes the same things as mine.

Obviously, I don’t feel that the drills listed in this book are the only valid drills or anything like that.

These are just effective drills. You can certainly construct other drills that are effective, as long as you understand the purpose of these drills and you work the drills efficiently.

Finally, I urge you to pay close attention to your body mechanics. Make sure you are able to produce stable sight pictures as you move in and out of position. Don’t accept your sights bouncing around when you are engaging targets. Explode out of position on the drills that call for it. Settle in to the next position gently, but quickly on the drills that call for that. Figure out how to use your legs as shock absorbers to accomplish these goals.

Shooting While Moving

**Procedure:**

Start with your hands relaxed at sides or wrists above shoulders, facing squarely downrange. At the

signal, engage each target with two rounds while you move in any desired direction. Alternate your

direction of movement and starting hand position.

**Focus:**

Develop your ability to take difficult/risky shots while moving.

**Goal:**

Move three large steps and meet the 2.0 second par time while shooting the drill.

**Commentary:**

This drill is designed to help you improve your shooting while moving skills. These shots are easy

enough that just about anyone ought to be able to make them while moving.

The first thing I need to point out is that the goal not only includes a time, but a distance. I don’t really see the point to moving by taking small steps. When the situation calls for shooting while moving, I really like to make substantial movement. I don’t want you to stop your movement during this drill if you happen to finish three steps before the conclusion of the par time. Instead, move right on through. The three steps is just a minimum of movement. Obviously, you may need to reconfigure your living space to make this work for you.

I also need to call your attention to the procedure for this drill. You may move in any desired direction.

Please don’t neglect to train all the possibilities. Move forward, backward, left, right, and diagonally.

You want to be prepared for any possibility.

The big caution here is that you need to be extremely careful with what you consider an appropriate

sight picture. I like to see my sights appear rock solid as I move. As you learn to execute this skill, you are going to need to back it up with some live-fire to make sure what you are seeing in dry-fire is actually appropriate. People have a tendency to let the sights bounce up and down as they move.

A good rule of thumb for taking targets while moving is to imagine that they are 50 percent further than their actual distance and get an appropriate sight picture for that. So, just pretend that these simulated 10 yard targets are actually set at 15 yards.

Shooting While Moving Hard

**Procedure:**

Start with your hands relaxed at sides or wrists above shoulders, facing squarely downrange. At the

signal, engage each target with two rounds while you move in any desired direction. Alternate your

direction of movement and starting hand position.

**Focus:**

Develop your ability to take difficult/risky shots while moving.

**Goal:**

Move three large steps and meet the 2.5 second par time while shooting the drill.

**Commentary:**

This drill is essentially the same idea as the prior shooting while moving drill, but it is done using much more challenging targets.

The important point here is that this drill is designed to really challenge you. Keep in mind that these

targets are difficult enough that it may not make sense to shoot them while moving in an actual match situation, but for the purposes of practice it makes sense to push yourself to the absolute limit.

Pay close attention to your sight picture for each shot and try to see where your sights are at all times. If you see your sights dip into the no-shoot target, you can even fire an extra shot on the shoot target to make it up.

Of course, you should feel free to modify this drill. Use head boxes, hardcover, different targets, and any other element you feel adds to the challenge or makes things more interesting.

Position Entry

**Procedure:**

The start position is two large steps away from the shoot position. You may take those steps in any

desired direction. Start with your hands relaxed at sides, facing the targets. At the signal, draw and move to the shooting area. From the shooting area only, engage each target with two rounds.

**Focus:**

Work on getting into position with the gun ready to fire.

**Goal:**

Your goal is a 2.6 second par time.

**Commentary:**

The point of this drill is to get used to the sensation of having your gun up and ready to roll when you come into a position.

Many shooters put their gun up in front of their face and then feel they have accomplished the task. I

don’t think this is the right way to do it. The idea is to not only have your gun up, but to be *ready*. The best way I know to be ready is to be aiming down the sights at the first target you plan to shoot. Keep fighting to stabilize your sight picture. When the sights are stable enough, you should start firing.

If you feel a specific technique is best in terms of how to set your feet and what foot to use to enter the shooting area first or anything along those lines, be aware that dry-fire practice is the best place to learn that skill and make it subconscious. Once you have it down at home, take it to the range and see how you stack up.

Position Entry Hard

**Procedure:**

The start position is two large steps away from the shoot position. You may take those steps in any

desired direction. Start with your hands relaxed at sides, facing the targets. At the signal, draw and move to the shooting area. From the shooting area only, engage each target with two rounds.

**Focus:**

Get into position and make difficult shots.

**Goal:**

Your goal is a 3.0 second par time.

**Commentary:**

This drill is the “hard target” variant of a normal position entry drill.

Fundamentally, this drill is unchanged from the previous one, but the more challenging targets change things up quite a bit.

I like to make the targets challenging enough that I am unable to comfortably shoot the targets while

moving. If you find yourself getting on the trigger before you get your body to a complete stop, you may

want to consider increasing the target difficulty and adjusting the par time a bit. If the targets don’t force you to stop, then you aren’t going to develop that sort of discipline.

Aside from possibly adjusting the difficulty of the targets, you want to make sure you don’t see your

sights dip into the no-shoots as you set up. Your sights may bounce around quite a bit, but do your best to get them under control.

Position Exit

**Procedure:**

Start with your wrists above shoulders, facing downrange. Engage each target with two rounds. After you have engaged the second target, you may begin to shift your weight to leave your shooting position.

You may not actually leave your starting position until after you have fired your final shot of the drill, but you may shift your weight around and perhaps even have one foot leave the ground. After firing your final shot of the drill, move as fast as you can, as far as you can.

Alternate which direction you move after firing your final round. Don’t neglect to move backward.

If you wish, you may reload after firing your final shot of the drill.

**Focus:**

Work on getting out of position.

**Goal:**

Get as far as you can in the 2.5 second par time.

**Commentary:**

I need to call your attention to the procedure for this exercise. The whole point of this drill is to learn to shoot as you leave a position. This is the reason that the procedure is written in such a specific way. You aren’t allowed to stand still and *then* move because that is the next drill. You aren’t allowed to shoot and move the whole time, because then it is just a shooting on the move drill. Again, you are to begin moving just *as* you fire your last shots. This should properly simulate a scenario where you have some relatively easy shots to take, but due to the way the stage is constructed, you can’t efficiently shoot those targets while you move.

The par time is set in such a way that you should be able to take all the shots, then have nearly a second to move. You might be surprised how far you can move in a second. The reason the drill is written this way is that I want you to get moving after you fire the shots. As you hear the stop beep, you can make a mental note of how far you were able to move. The next repetition you can try to move further. The way to move further isn’t really to move faster, but it is to start moving sooner. This is the theory behind giving you some extra time to just move.

The procedure also gives you the option to work in a reload if you want to. I think this is a very good idea, especially if you compete in a low capacity division. I want to point out that if you do choose to work in a reload, it isn’t a requirement to get the reload finished before you hear the stop beep. Of course, I think you want to get the reload done as quickly as possible, but it isn’t the focus of this particular drill and it shouldn’t count against you if you don’t get it done before you hear the stop beep.

Position Exit Hard

**Procedure:**

Start with your wrists above shoulders, facing downrange. Engage each target with two rounds.

After you fire your final shot, move as fast as you can, as far as you can, in any desired direction. *Do not move* *before you fire your last shot.* Set the par time to 3.0 seconds.

Alternate which direction you move after firing your final round. Don’t neglect to move backward.

If you wish, you may reload after firing your final shot of the drill.

**Focus:**

Work on exiting a shooting position explosively.

**Goal:**

Get as far as you can in the 3.0 second par time.

**Commentary:**

First, I should point out that the reasoning behind this drill is similar to “Position Exit.” If you have

questions about the “procedure” of this drill, re-reading the procedure for “Position Exit” will probably answer your question.

This drill is designed to prepare you to explode out of a position, after finishing shooting. You are not allowed to move before you are done shooting. This should simulate engaging targets that are difficult enough that it is not desirable to shoot them while you move.

Like the prior “Position Exit” drill, you should be able to move pretty far in the 3.0 second par time. I like to make sure I *launch* myself out of position as soon as I finish firing my last shot. It is all about going from very controlled and accurate shooting to aggressive and explosive movement. Many people find this difficult, but this is your opportunity to work on it.

The big caution I have for this drill is to make sure you stay immobile as you fire the shots during this drill. You need to be working on taking shots on targets that you can’t shoot on the move for whatever reason. If you find yourself inadvertently moving before you plan to, make a note of it and be sure to fix it. If you do something like that in a match, you can easy pick up miss or no-shoot penalties because your gun starts moving as you pick up your feet. Pay attention to what your body is doing and make sure you are in control of it.

Make sure you set up the partial targets to be difficult enough, that you honestly feel uncomfortable with the idea of taking them on the move. If they aren’t that difficult, you may tempt yourself to get moving early. Feel free to set the targets further away or to tighten up the no-shoot position until you find the target presentation to be more difficult. Feel free to add a bit (like half a second) to the par time if you do this.

Finally, make sure you explode out of position instantaneously when you fire the last shot. You don’t want to delay at all. Get moving straight away!

Quick Step

**Setup Notes:**

This drill requires a one yard square shooting area.

**Procedure:**

Start facing downrange, standing outside of the box with one of your feet touching the box. Start with your hands relaxed at sides or wrists above shoulders. At the signal, engage each target with two rounds.

After firing your sixth round, move across the box. Once you have crossed the box you engage one

target with an additional two rounds. This may be any target you desire.

You are not allowed to actually be in the box while firing any rounds.

For clarity, if you don’t quite understand what I mean by “crossing” the box, you are to go from

standing outside one part of the box to standing outside the box on the opposite side.

You may reverse the engagement order. Instead of firing six rounds, then moving, then firing two

rounds, you may fire two rounds, then move, then fire six rounds.

**Focus:**

Work on making quick little movements.

**Goal:**

Your goal is a 3.8 second par time.

**Commentary:**

This drill is designed to develop your ability to make a short movement in an explosive, but controlled fashion. You see this sometimes in matches and the dynamics are a bit different than scenarios where you have more space to run.

I think I should point out right away, it is important to make the targets partial as opposed to open

targets. I have found that doing this drill with open targets tempts me to having very sloppy foot

positioning and balance. If the shots are tighter, then you are forced to keep things stable. I think this

will help you develop a little bit better control.

As you work through this drill you should play around with gun positioning during the movement. You don’t want to drop down too much because you are going to need to get right back up on target less than a second after you get moving. You also don’t want to stay fully extended because the gun bounces around uncontrollably, if you move aggressively. Some experimentation on your part is absolutely key.

I encourage you to work this drill in every possible movement direction, including diagonally. You want to be comfortable moving any direction that may be required of you. I want to point out that you are going to be just a hair slower moving backward and that shouldn’t concern you much. It is normal to not be able to move backward as fast as you can move other directions. Just be aware that I did not set the par time for backward movement, so if you can’t quite hit it you shouldn’t worry.

If you wish, you can work a reload into the drill as you move. Again, I didn’t set the par for this, so you may well end up being a hair slower if you work in a reload.

Port Entry

**Setup Notes:**

This drill requires you to construct a shooting port. You are free to construct it out of anything you want.

I personally prefer to use a couple full-size targets and a full-size target stand. I just cut the “A” zone

from a target and use the hole as my shooting port.

The port for this drill should be constructed at a height that you find comfortable to shoot from. You

shouldn’t need to crouch down to shoot through the port.

**Procedure:**

The start position will be two large steps away from the port. You may make these steps in any desired direction. Start with your hands relaxed at sides, facing downrange. At the signal, move to the port and engage each target with two rounds.

**Focus:**

Learn getting set up to shoot through a port.

**Goal:**

Your goal is a 2.8 second par time.

**Commentary:**

This drill is designed to help you get comfortable setting up in ports. Ports are an interesting challenge because you will need to have the gun up and in position before you can actually see the target. You need to get comfortable with aiming through vision barriers. Don’t wait until you can engage a target to

start aiming at it, you are wasting time doing that. Start aiming before you can engage it so as soon as the target becomes available you are ready to whack it.

I need to point out a couple issues related to the goal time for this drill.

If you move downrange of the port (which is allowed by the procedure of the drill) then you will likely not be able to hit the goal time. Just bear in mind that the goal time is *not* set to account for you needing to move around the port as you get into position to shoot through it. If you find yourself unable to hit the goal time when you start downrange of the port and need to move uprange to get into position, don’t worry. That is normal.

The goal time also falls apart if you take your two large steps directly uprange from the port. You may find yourself in a situation where you don’t even need to move to the port in order to shoot through it.

You could just stand in the start position and be able to see all the targets. If you do this (depending on how you set it up), you should beat the goal time by a substantial margin. I recommend you move

forward to the port and shoot through it, in order to avoid undermining the drill by “gaming” it.

Barricade Entry

**Setup Notes:**

This drill requires you to construct a shooting barricade. You are free to construct it out of anything you want. I personally prefer to use a couple full-size targets and a full-size target stand.

You should construct a box connected to the barricade in order to force yourself to actually stand behind the barricade and shoot around it.

**Procedure:**

The start position will be two large steps away from the barricade. You may make these steps in any

desired direction. Start with your hands relaxed at sides, facing downrange. At the signal, move to the barricade and engage each target with two rounds from within the shooting area.

**Focus:**

Learn getting set up to shoot around a barricade.

**Goal:**

Your goal is a 3.0 second par time.

**Commentary:**

First, I want to point out that all of the concerns with the par time that I presented in the previous “Port Entry” drill absolutely apply to this one. The par time I have listed will not be valid in all circumstances, so be sure that you make yourself aware of the issues by reading the previous section.

This drill is designed to help you learn to get set up to shoot around barricades. Usually, I don’t really worry too much about my specific foot positioning, but when you start working with a really constricted shooting area behind a barricade things can get tricky. You need to have some sort of a plan for how you are going to get your feet into the correct position. If you have any questions about how you need to do this, I suggest you work backward. Just stand in your shooting area and learn around your barricade in very comfortable fashion. As soon as you have figured out how you want your feet and body to end up, you should have an easier time working out how to end up that way.

**Part 8: Short Course Skills**

“Short Course Skills” are the little details to your shooting that often show up in short stages. Tight leans around walls, picking up your gun from a table, and so forth, all fit in this section. The goal here is to be comfortable and proficient with what you need to do in these stages. I can tell you from experience, that

if you encounter something in a match that you haven’t practiced or aren’t comfortable with, then you may well end up making mistakes or shooting excessively slow due to your discomfort level. If you can practice this oddball stuff ahead of time, you will have a leg up on the competition.

Pay close attention to the setup notes in this section. These drills require little props, like tables and

chairs, in order to make them work. Obviously, you don’t need to have dedicated equipment, but you may need to improvise using some stuff you have around the house.

The one dedicated prop I do recommend you make is a barricade, which you can craft yourself by using a couple full-size targets and a full-size target stand. I recognize that not everyone is excited about the prospect of having a big target stand barricade hanging around in their house. If you have a basement you can store it in, that is ideal. If you want to fabricate some other solution, that would be fine also.

The bottom line is that these drills are here to let you prepare for some challenges that you will

eventually face at a match. Take the time to work through these drills and you will be a stronger

competitor.

Gun Pickup

**Setup Notes:**

This drill requires a table to set your gun on.

**Procedure:**

Start with your wrists above shoulders, standing uprange of the table. At the signal, pick up your pistol and engage each target with two rounds.

**Focus:**

Become proficient picking your gun up from a table and then engaging targets.

**Goal:**

Your goal is a 2.0 second par time.

**Commentary:**

This drill is good practice for the scenarios where you need to pick your gun up and then engage targets immediately. You encounter this sort of thing in matches occasionally and it never hurts to practice it.

As you might expect, the most important element to pay attention to is your grip consistency. You need to build up a solid grip, but do so quickly.

One thing you can mess around with is the surface of the table. You could use a wood table and then put a tablecloth on it after a few repetitions. You may notice some differences when you work off of a cloth. If you have a scrap of carpet available, that may be worth trying as well. You may find it makes it more difficult to effectively grip your gun if you have carpet in the way.

The two second goal time in this drill is very reasonable, but will not leave you any time to screw

around. Get your grip on the gun, get on target, and get your hits.

Ammo Pickup

**Setup Notes:**

This drill requires a table to set your gun and magazines on. A folding table for playing cards works well if you have access to one.

**Procedure:**

Start anywhere you like within arm’s length of the table. Your gun and magazines should be set on the table. Make sure you have your muzzle pointed downrange. Your gun must be *unloaded.*

**Drill One:**

At the signal, load your gun and engage each target with two rounds.

**Drill Two:**

At the signal, load your gun and engage each target with two rounds. You must also pick up two

additional magazines and retain them on your body. You may perform these things in any order, but

at the stop beep you must have accomplished all of the required actions.

**Focus:**

Work at picking up ammunition off a table.

**Goal:**

On Drill One, your par time is 2.5 seconds.

On Drill Two, your par time is 5.0 seconds. (4.0 seconds, if utilizing magnets, instead of mag pouches.)

**Commentary:**

It is not at all an uncommon situation that you will be required to start with your gun unloaded and the ammunition laying on a table or a barrel. This drill should prepare you for that scenario.

The first drill is to simply load the gun and engage the targets. I recommend you pay attention to how you set the gun on the table in the first place. Pay attention to how you place the magazines. You need to be able to grab them properly. You should also consider how high to bring the gun up before you attempt to load it. Loading down at crotch level can be difficult. These are all ideas to consider as you work through the drill.

Drill Two has the same requirement to load the gun and engage targets, but it adds in the stipulation that you stow two magazines away. This sort of thing does happen occasionally at matches and you need to be ready for it, especially if you shoot a low capacity division where you may need to retain four or five magazines to finish a big stage.

Remember that it doesn’t matter what order you do things in. You can load and shoot, then stuff

magazines or you can do the opposite. You can even do half of one thing, then the other thing, then back to the first thing. It doesn’t matter. Just get everything done within the goal time. I think you will learn quite a bit during this type of practice, so you will not have to worry about these elements when you see them at a match. You will have figured out the most efficient way for you to do things.

Finally, you can make these drills harder by setting your gun and mags on the table in undesirable spots. Some matches make you put the magazines all in one corner of the table or something like that and it can be pretty annoying. Make sure you try that sort of thing during your own training.

Seated Start

**Setup Notes:**

This drill requires a chair. A folding chair is a prop that you can expect to see in matches, so that is

probably the best choice. If that isn’t available just make sure you have a chair that doesn’t have

excessive cushioning that will prevent you from standing up.

**Procedure:**

Start seated, with your butt completely on the chair and your hands on your knees. At the signal, draw and engage each target with two rounds.

**Focus:**

Learn to draw your pistol and stand up efficiently.

**Goal:**

Your goal is a 3.0 second par time.

**Commentary:**

A common start position at USPSA matches is the seated start. There isn’t any real trick to this, it is just something you need to get used to. I think it is almost always desirable to stand up as you draw in a USPSA setting, so the rest of my comments will address that contingency.

The toughest thing to do correctly is to nail your draw. As soon as you start standing up it will start

moving your holster. That can be a challenging thing to get used to. The easiest way to handle it is to stay seated until you get your strong hand on the gun. If you choose to start standing right away and not wait to get on the gun, you will likely get a faster first shot, but it will be tough to nail your grip.

Notice that the target scenario for this drill includes two challenging partial targets and one open target. This is intentional. You may well find that it is easier for you to engage the open target first because you will not need to be as stable in order to fire good shots on it. You could take a partial target first, but you may find that you need to fight to stabilize your sight picture on it a bit more than the open target. There are a couple of safety issues I should call your attention to.

First, be extra careful of your muzzle direction as you draw. USPSA rules currently allow you to sweep your leg as you draw, but I think it is fair to say that it is not a “best practice” sort of thing. If you have a problem with sweeping your legs when you draw your pistol, then take advantage of your dry-fire training to build different habits.

The other issue is the possibility of getting the gear on the back of your belt caught in the chair. There are several YouTube videos floating around where a USPSA competitor shoots a stage with a folding chair caught on his belt. Obviously, that is the kind of thing that can cause you to fall over or possibly rip your belt off putting your gear on the ground. You don’t want to be the next YouTube superstar, so start paying attention to this stuff in dry-fire. You should prepare yourself for the possibility that you

will be required to start with your back against the back of a folding chair. Usually, I just make sure not to have a magazine in any of my rear pouches in order to minimize the possibility of getting snagged.

The stage may require enough shots that you don’t have the option to run light on ammo. Having your back against the back of a folding chair with a full belt is basically worst-case scenario. Make sure you can get through that without getting caught on the chair! Take a bit of extra time if you need to.

Barricade

**Setup Notes:**

This drill requires you to construct a shooting barricade. You are free to construct it out of anything you want. I personally prefer to use a couple full-size targets and a full-size target stand.

You should construct a box connected to the barricade in order to force yourself to actually stand behind the barricade and shoot around it.

**Procedure:**

Start standing in the shooting area with your hands relaxed at sides, wrists above shoulders, or both

hands gripping the barricade.

At the start signal, engage each target with two rounds.

Vary the drill as described in the commentary.

**Focus:**

Learn to shoot while leaning around a barricade.

**Goal:**

Have the ability to lean around the barricade and engage targets at virtually any angle.

**Commentary:**

I don’t like to use goal times when it comes to setting up barricade shooting because so much of it is just about figuring out how you can maximize your comfort level.

I want you to use this drill as an opportunity to experiment with different start positions, body positions, target locations, and so forth. Move things around and make sure you can effectively engage the targets.

Work from each side of the barricade. Try out different start positions.

Like I pointed out above, I usually just construct a barricade from a couple full-size targets and a fullsize target stand. If you do that, then you can very easily work around both sides of it. You may not want a full-size target hanging out in your living space. In that case, you can use a wall as a barricade.

Low Port

**Setup Notes:**

This drill requires you to construct a shooting port. You are free to construct it out of anything you want.

I personally prefer to use a couple full-size targets and a full-size target stand. I just cut the “A” zone

from a target and use the hole as my shooting port.

The port for this drill should be constructed at a height that presents a reasonable challenge for you. The port needs to be low down enough that you need to get into a very low squat or drop to a knee. The port should not be so low that you are tempted to go prone.

**Procedure:**

The start position will be two large steps away from the port. You may make these steps in any desired direction. Start with your hands relaxed at sides, facing downrange. At the signal, move to the port and engage each target with two rounds.

**Focus:**

Work on getting into low port positions.

**Goal:**

Become comfortable getting down into low port positions.

**Commentary:**

I have refrained from giving a specific goal time for this drill due to differences in drill construction and body type. A goal time that is appropriate for some is not going to be appropriate for others. If you are

able to maintain the same sense of urgency that you have in the other drills, you should be just fine in this one.

One thing I want you to experiment with is getting down to one knee versus getting down to a squat. If you are using a par time you will probably see there is not much of a difference in the time it takes to get down to one positions versus the other. Of course, getting out of that position will be a different story.

Another thing you should play around with is the gun position as you get down low. If the gun is fully extended, you may find that it bounces around as you get low, especially if you go down to a knee as opposed to a squat. This is a phenomenon you should learn to manage in dry-fire, so when you get on the range for real, you can just worry about the noisy part.

Prone

**Setup Notes:**

Make a note of the wall section in the drill diagram. You can construct a similar wall section and force yourself to shoot under it if you want the same visual effect that you will likely see at a match. It may be more work than it is worth, so feel free to work on prone shooting without the wall section. You may also want to make a note that the targets are placed lower on the wall for prone shooting practice. Because of the way ranges are constructed, you will infrequently need to do prone shooting at an upward angle. Most ranges don’t have berms high enough to allow extreme upward angles. Just be aware of this fact and construct your at home training to be something plausible for a match situation.

**Procedure:**

Start with your hands relaxed at sides, facing downrange. At the signal, drop to the prone position and engage each target with two rounds.

**Focus:**

Getting into the prone position.

**Goal:**

Get comfortable with the idea of going prone and engaging targets. There is no specific time goal for this drill.

**Commentary:**

Prone shooting is a bit of an uncommon challenge to see in matches these days, but it is still something you may occasionally see. The idea behind this drill is to take the time to figure out how to go prone.

There are a few technical options you have. Some shooters are able to virtually throw themselves onto the ground and get to shooting. Other shooters put a hand on the ground, then lower themselves down.

Obviously, the better shape you are in, the more of an advantage you are going to have when it comes to getting down prone.

The other thing to pay attention to is being able to transition between the targets. Depending on how you set things up, it may be difficult for you to go from one target to the other. This is a common challenge with prone shooting and it is something you need to be prepared for. You may well have to reposition your whole body just to transition! Be ready for that stuff.

Notice that there isn’t a goal time for this drill. Your goal is to be comfortable with the challenge of

going prone. You just want to avoid any confusion about the mechanics of going prone at a match.

Up and Down Transitions

**Setup Notes:**

Depending on the scale of targets you are using, you may need to adjust the height of the targets on the wall. With small scale targets, you will be standing so close to the wall that you may not want to have the low target near the floor. If you are using larger scale, you may need to have the bottom of the target touching the floor in order to create the proper effect for the drill. Do some experimentation to figure it out.

**Procedure:**

Start with your wrists above shoulders, facing downrange. Engage each target with two rounds.

Alternate which target you engage first.

**Focus:**

Develop strong up and down transitions.

**Goal:**

Your goal is a 1.8 second par time.

**Commentary:**

Transitioning the gun up and down is a common challenge and it is one you want to prepare for.

I think the biggest challenge with transitions like this is that your arms can actually be in the way of your vision of the low target. This doesn’t necessarily screw things up, it can just be a little bit disconcerting.

For this reason the procedure of this drill requires you to alternate which target you engage first. Make sure you try every possible combination of target engagement order, including going low target first. I think many shooters will probably find that they prefer going low target first because it will avoid that uncomfortable transition down to the low target.

Obviously, in a match scenario you will not always get to start on the low targets. There may be some other factors causing you to pick a different order. For that reason, you need to be comfortable with every possibility.

Prop Manipulation

**Setup Notes:**

This drill requires a prop for you to mess around with. I prefer to use an empty soda can. You are

welcome to use anything of similar size.

The shooting area should be one yard square. It will be important for you to mark off the edges of the shooting area.

**Procedure:**

Start with your hands relaxed at sides, standing in the box, facing downrange. Have your soda can (or whatever) placed outside the box on the left. Engage each target with two rounds, then reload, then move the can from the left to the right. After the can is placed outside the shooting area on the right side, engage each target with an additional two rounds.

You can vary this drill by moving the can from front to back, right to left, and back to front.

**Focus:**

Work on dealing with props during shooting a stage.

**Goal:**

Your goal is to smoothly, efficiently, and consistently deal with the prop. There is no specific time goal associated with this exercise.

**Commentary:**

This drill may strike some as a little bit silly. I understand that soda cans are not a terribly common prop in USPSA competition. The can is just a stand in. It represents a lever, a rope, an ammo can, or anything else that a Match Director could potentially make you mess around with at some point during a stage.

The whole idea being that you are shooting, then you mess around with the prop as quickly and

efficiently as you can, then you get back to the shooting. Your key to all of this is doing a little bit of

mental rehearsal before you execute the drill. You want the prop manipulation part of the drill to be just as smooth as a reload or a draw. It should appear to a casual observer just like business as usual.

You will note that there isn’t a goal time for this drill. Due to the different variations there are for this drill, I think it would be counterproductive to have you pushing a goal time. Instead, make sure that you feel smooth and controlled during the drill. Make sure that messing around with the soda can doesn’t force any mistakes. Once you are able to consistently execute like that, you should be able to move on to the next thing.

**Part 9: Designing Practice Stages**

Designing your own dry-fire practice stages is a great tool that you can use to work on combining skills.

Let me explain what I mean by that.

If you think back to all the previously discussed drills, you might notice that they all deal with working on a single thing in isolation. Discrete skills are all addressed in the previous sections. The point of designing practice stages is to work on combining multiple skills and trying to perform them all at maximum efficiency. If you think about it, it is actually really tough to perform multiple skills in rapid succession at maximum efficiency.

Think about the drills in “Part 4: Learning Drills” of this book. There are some exercises that only

require you to grip your pistol in the holster or take your pistol from low ready to pointed at a target. If you have already worked with these drills, you probably feel that they are fairly easy to execute in the given par time. This is normal. You only need to perform that one little action. It just doesn’t take long to master something so simple.

You can contrast the relative simplicity of the very small drills to a fairly standard drill like “El

Presidente.” In that drill, you have a turning draw, a reload, and bunch of transitions. It isn’t the most complicated thing in the world, but it isn’t super simple either. I would be surprised if very many of the people reading this book can learn to nail the goal time on “El Presidente” in just a few minutes. There is just too much happening. People need to nail reloads, they need to learn to snap their head around and draw, and they need to transition smoothly from target to target. Not only that, but they need to *do it all* *at once*. This is the effect that stringing multiple skills together can have on your shooting. It is certainly something you need to practice.

To that end, I suggest that you construct practice stages. Obviously, you will be limited by your living situation, but you may be surprised at the variety of challenges you can construct. If you have a basement, you can turn it into an area with targets all over the place. You can construct ports. You can use walls to create vision barriers. The sky is absolutely the limit when it comes to constructing practice stages.

This sort of practice becomes more and more important as you improve. I know a few Grand Master

shooters that do roughly 50 percent of their dry-fire in this format! I have provided a couple of examples of practice stages to help spur your imagination. Please don’t feel limited by the examples I have, just try and understand the thinking behind working stages in dry-fire.

Sample Stage 1

On this stage you can work with a few elements. The left targets can be taken from the left box. The

targets on the right can be taken from the right box. You can work on position entry, position exit, hard entry, hard exit, drawing, reloading, and distance changeups. You could potentially run this stage in either direction.

**Let me give you a few examples:**

 Engage Target Array 1 from the left box, move to the right box and engage Target Array 2.

Reload as you move.

 Engage Target Array 2 from the right box, move to the left box and engage Target Array 1.

Reload as you move.

 Engage Target Array 1 from the right box, move to the left box and engage Target Array 2.

Reload as you move.

 Engage Target Array 2 from the left box, move to the right box and engage Target Array 1.

Reload as you move.

You can vary what direction you engage the targets within a particular array (left to right vs. right to

left). You could engage the partial targets first, then the open targets. The possibilities are pretty much endless. You should work though all the skills discussed in previous drills in the context of a larger and more complicated stage.

Sample Stage 2

As you can see, this stage has three potential positions to shoot from and two sets of targets. The

possibilities here are multiplied immensely by the increased number of options.

**You can vary the following things:**

 What targets are engaged?

 What position the targets are engaged from?

 What order the targets are engaged?

 When are reloads performed?

 Do you shoot one handed or freestyle?

 Do you engage from the left or right side of the barricade?

The possibilities are just about endless with a stage this complicated. The important thing is to zero in on the specific issues that you as a shooter need to work through. If you need to work on position entry, then skew the stage setup and procedure to emphasize that issue. If you need to work on reloading while moving, then work on those things.

**Part 10: Sample Training Plans**

Many readers of this material will be wondering where to start. Do you work through the book in the

order the drills are written? Do you work on the stuff you are bad at? How much should you train?

My position on these questions is that ultimately you need to figure things out for yourself. You know your own shooting, the best of anyone, and you need to be able to self-analyze your own technique, training, and progress. No book can do that stuff for you. That having been said, I think it may be helpful to give you a few sample plans to give you an idea of what you should be doing in your own training.

The following charts are done in four week cycles.

I have specified which of the five sections you should select a drill from for each day. On many days, I select two sections. Each practice session should last between 15 and 30 minutes. Spend about five minutes on each drill.

I have abbreviated the drill sections like this:

Learning Drills: LD

Marksmanship Training: MK

Core USPSA Skills: CR

Field Course Skills: FC

Short Course Skills: SC

Day Off: OFF

**New Shooter**

Week Number Week 1 Week 2 Week 3 Week 4

Monday LD MK LD MK

Tuesday MK LD MK LD

Wednesday CR CR CR CR

Thursday MK LD MK LD

Friday FC FC FC FC

Saturday LD MK LD MK

Sunday OFF OFF OFF OFF

**Accurate, but Slow**

Week Number Week 1 Week 2 Week 3 Week 4

Monday CR CR CR CR

Tuesday LD, CR LD, CR LD, CR LD, CR

Wednesday CR, FC CR, FC CR, FC CR, FC

Thursday MK CR MK CR

Friday CR, SC CR, SC CR, SC CR, SC

Saturday OFF LD OFF LD

Sunday LD OFF LD OFF

**Fast, but Inaccurate**

Week Number Week 1 Week 2 Week 3 Week 4

Monday MK MK MK MK

Tuesday FC FC FC FC

Wednesday MK, CR MK, SC MK, CR MK, SC

Thursday MK MK MK MK

Friday OFF OFF OFF OFF

Saturday MK MK MK MK

Sunday LD LD LD LD

**Stuck in B Class for Two Years**

Week Number Week 1 Week 2 Week 3 Week 4

Monday CR CR CR CR

Tuesday LD CR LD CR

Wednesday CR LD CR LD

Thursday CR, MK CR, MK CR, MK CR, MK

Friday FC SC FC SC

Saturday CR, MK CR, MK CR, MK CR, MK

Sunday OFF OFF OFF OFF

**Hardcore Training Plan**

(Double the normal training, 30 to 60 minutes each day, broken into two sessions)

Week Number Week 1 Week 2 Week 3 Week 4

Monday MK, CR, FC, SC MK, CR, FC, SC MK, CR, FC, SC MK, CR, FC, SC

Tuesday MK, CR, FC, SC MK, CR, FC, SC MK, CR, FC, SC MK, CR, FC, SC

Wednesday MK, CR, FC, SC MK, CR, FC, SC MK, CR, FC, SC MK, CR, FC, SC

Thursday MK, CR, FC, SC MK, CR, FC, SC MK, CR, FC, SC MK, CR, FC, SC

Friday MK, CR, FC, SC MK, CR, FC, SC MK, CR, FC, SC MK, CR, FC, SC

Saturday MK, CR, FC, SC MK, CR, FC, SC MK, CR, FC, SC MK, CR, FC, SC

Sunday LD or OFF LD or OFF LD or OFF LD or OFF

**Part 11: Dry-Fire FAQ**

**Does this really work?**

Yes, this works. Try it! Give it a real shot. Commit yourself to putting in some actual effort. You will see results, I can promise you.

**How do I do multiple shots?**

(This also appeared in “Part 3: How to Use the Drills,” but it is so commonly confused that it is printed again here, just to make sure you see it.)

With a **double action pistol**, such as a CZ or a SIG, you should pull the trigger all the way (double

action) for the first shot, and then not let the trigger out far enough for it to reset. For follow-up shots simply pull the trigger again. The trigger will not have any real resistance for the follow-up shots. When you reload or move from spot to spot be sure to pull your finger out of the trigger guard, your first shot after that will be in double action mode.

With a **single action pistol**, such as a 1911/2011, you only get one pull of the trigger. The rest of the

time you press back on an inactive (or “dead”) trigger.

With a **striker-fired pistol**, such as a Glock, you can place a rubber band into the ejection port of the gun, with the goal of holding the gun slightly out of battery. If you do this appropriately, the trigger will not be able to release the striker, so the trigger will feel a bit squishy during dry-fire practice.

With any of these pistols, you will be using the trigger differently than you would if the gun were being fired live. Unfortunately, there is no good solution for this. Focus on putting pressure on the trigger and directing the pressure straight back into the frame of the gun. If you can do that consistently, you will be well on your way to good shooting.

**How does the timer pick up the shots?**

It doesn’t. The function of your timer is to use the par setting. Consult the documentation that came with the timer to figure out how it works. The whole idea is to set the timer for the goal times and it will emit a second beep at the end of the drill.

**How do I know if I am being accurate or not?**

Watch the sights carefully. You need to bring some understanding of what the sights should look like at any given distance in order to score good points. If you don’t know how precise of a sight picture you need to hit the “A” zone, then figure that out in live-fire. When you get to dry-fire, you need to hold yourself accountable for the sight pictures that you see. If you aren’t sure whether or not you had the required sight picture, then consider it a miss.

In short, you know if you are accurate or not based on your live-fire experience. You need to hold

*yourself* accountable to that standard.

There are some devices on the market that are designed to assist you. The most popular among them are the laser emitting devices that you can insert into your gun. There are even the SIRT pistols designed to emit a laser pulse with every press of the trigger. These devices can be problematic for practical shooters. If you are training yourself to have a sight focus, then the laser dot being emitted on the target can be a real distraction. You can certainly use the laser to supplement your regular dry-fire, but I don’t

know anyone that puts up with the distraction of the laser over the long term. Eventually, you need to learn to accurately read the sights yourself.

**How much better than dry-fire is live-fire?**

It is very common for people to believe that live-fire training is superior to dry-fire training. They think live-fire is more effective. In many ways, this is true. In other ways, it isn’t.

I think live-fire is a valuable and necessary tool. You get the feel of the gun going off. You learn to track the sights. You can see how much the gun bucks around when it fires. You get used to the muzzle blast.

There are many sensations you need to be acclimated to in order to shoot at the highest level. You also need feedback. You need to put holes in targets and figure out how to make the holes be where you need them to be. You need to confirm your dry-fire training is working.

In many ways, you don’t need to shoot real bullets to get the same impact in your training. For example, when you are doing draws, you are working on building up your grip of the pistol. You are perfecting bringing the pistol up to your eye line with the sights aligned. You are bringing all of those little technical elements together. There is no part of any of that where you need to fire a round. It simply isn’t part of the equation. So, in that respect dry-fire isn’t any worse than live-fire.

The point here is that you should abandon the idea that dry-fire practice is good, but live-fire is better.

They are both important. They can both help you. There are advantages to both in different scenarios.

You should avoid the mentality that live-fire is better than dry-fire. Both of them are serious training.

Both of them can take you places. If you adopt the mindset the live-fire training is better, then I feel like you will neglect your dry-fire training. That would be a poor idea.

**Why am I almost always slower in live-fire, than I am in dry-fire?**

Figuring out exactly why dry-fire times are faster than live-fire times is a widely discussed question. Of course, the obvious answer is to point to the fact that the gun is recoiling when you shoot live rounds and the recoil recovery time constitutes the time difference between live-fire and dry-fire times. I think it is certainly accurate to point to recoil as one factor, but there are a plethora of other issues that come in to play. I don’t have the data at this point to figure out exactly how each of these factors affects your times, but you should understand that instead of one issue, there are a constellation of possible issues.

One important thing to remember is how the level of tension in your body during your gun manipulation will affect your times. Generally speaking, people move fluidly and precisely when they feel relaxed. I have often experienced my body tensing up when I get out to the range to shoot “for real.” I have observed this same phenomenon in other shooters as well. That additional tension often produces mistakes that add time to draws and reloads.

Another thing to consider is that the motion in the sights can make people slow down their shooting.

 I consider this to be separate from recoil control. Many shooters are able to hold their guns on target

during rapid fire shooting, but are unable to read the sights fast enough to take advantage of it. Of

course, during dry-fire the sights will remain stable because the slide isn’t flying back and forth to

chamber fresh rounds. With training, this issue can be minimized or even totally overcome, but for

newer shooters it can have a devastating effect on stage times.

Finally, many shooters aren’t honest with themselves about the quality of their sight pictures during their dry-fire. This leads to extremely fast dry-fire times and then inconsistent live-fire results. Frequently, someone with this issue will end up unable to “shoot fast” when they are actually on the range. They end up slowing everything down just to make sure they don’t miss targets completely.

**Glossary**

**“A”:** The maximum point-scoring zone on a USPSA target

**Dry-fire:** Practicing with an unloaded firearm

**Grandbagging:** Attempting to obtain a classification that is above your “true” skill level

**Group shooting:** Shooting a few shots in the same place on the target

**Hosefest:** Stages that do not have demanding marksmanship challenges

**IDPA:** International Defensive Pistol Association

**Index:** Ability to look at a spot and have the sights show up in alignment on that spot

**Limited division:** USPSA division defined primarily by allowing everything except optics and

compensators

**Live-fire:** Actually firing a gun

**Open division:** USPSA division allowing for significant modifications to the competition firearm

including optical sights.

**Production division:** USPSA division using predominately unmodified firearms

**Sandbagging:** Attempting to remain in a classification that is below your “true” skill level

**Sight focus:** Having your optical focus on your sights

**Splits:** The time between shots

**String:** A number of shots at a target or group of targets

**Strong hand:** Your dominant hand

**Super squad:** The group of the top shooters at USPSA Nationals

**Target focus:** Having your optical focus on the target you are engaging

**Transitions:** Moving the gun from one target to another

**Trigger freeze:** Attempting to pull the trigger so fast that you don’t pull it far enough to discharge the gun

**Walkthrough:** The stage inspection period at a match

**Weak hand:** Non-dominant hand

**USPSA:** United States Practical Shooting Association

Szkolenia strzeleckie na «sucho»

Dla praktykujących strzelanie z pistoletu

Ben Stoegera

Książka jest chroniona prawem autorskim Stanów Zjednoczonych Ameryki. Jakiekolwiek reprodukowanie i nieuprawnione użycie materiałów lub ilustracji zawartych w jej treści bez pisemnej zgody autora jest zabronione.

Ta książka obejmuje aspekty treningów z zakresu strzelania z pistoletu, które z natury jest niebezpiecznym sportem.

Nigdy nie próbuj obrazować treści tej książki bez posiadania pełnej wiedzy i uświadomienia ryzyka, związanego z takimi czynnościami. Zawsze przestrzegaj zasad bezpiecznego używania broni, w tym między innymi:

**Zawsze traktuj broń palną jako naładowaną.**

**Zawsze kieruj lufę w bezpieczne miejsce.**

**Nigdy nie kładź palca na spuście jeśli nie jesteś gotowy do oddania strzału.**

**Zawsze trzymaj broń palną rozładowaną, póki ona nie jest gotowa do użytku.**

**Zawsze uważaj w co strzelasz i na to, co jest za tym.**

Na skutek wypadku strzelający ponosi odpowiedzialność. Książka zawiera ćwiczenia ustalone w formie strzelania na «ostro» i strzelania na «sucho» – nigdy nie pozostawiaj amunicji gdziekolwiek w pobliżu twojego terenu do strzelania na «sucho» i zawsze bądź pewien, że w trakcie wykonywania ćwiczeń ze strzelaniem na «sucho» twoja broń nie jest naładowana.

Czytelnik tej książki uznaje i uświadamia wszelkie ryzyko, powiązane z jego czynnościami w ramach strzelania na «ostro» i strzelania na «sucho» i niniejszym akceptuje całe ryzyko, związane z jakimkolwiek strzelaniem i działaniami pokrewnymi.

**Przedmowa**

Już od ponad sześciu lat aktywnie działam w IDPA, Steel Challenge, USPSA, oraz innych sportach strzeleckich. Zaczynałem od IDPA, ale nie władałem dobrze zorganizowanym programem treningowym.

Podsumowując moje doświadczenie w IDPA, latem 2008 roku szybko zostałem sklasyfikowany jako klasa B w Produkcji. Niemniej jednak, odkryłem, że wyjście z klasy B nie było łatwym zadaniem. W ciągu kolejnych kilku lat, znalazłem więcej czasu na treningi, czasami spędzając na strzelnicy kilka dni w tygodniu, biorąc pod uwagę prawie cotygodniowe miejscowe zawody. Starałem się być bardziej konkurencyjnym, jednak uznałem, że asortyment umiejętności, który powinien był wedrzeć się do klasy A, delikatnie mówiąc, był wyzwaniem.

Przez te lata ćwiczyłem z niejakimi zdolnymi tutejszymi strzelcami i nawet byłem na kilku zajęciach prowadzonych przez nielicznych najlepszych strzelców USPSA. To wciąż była walka. W większości przypadków, wiedziałem, co robić i miałem odpowiednie podstawy, ale wprawdzie nie dostrzegałem większego postępu. Latem 2012 roku, byłem przyjęty do klasy A po prostu w sposób drastyczny. Posiadałem wystarczająco od 75 do 76 procentów, wraz z którymi wkraczałem poza linię. W ciągu czterech lat przesunąłem się w przybliżeniu o 10 procentów.

Wprawdzie nie wiedziałem w jaki jeszcze sposób mogłem pracować więcej dla zdobycia klasy mistrzowskiej. Wcześniej sporo czasu spędziłem na strzelnicy i na domiar złego, koszt amunicji zwyżkował. Byłbym pełen zdumienia, gdybym nie wypikował. Jednak chciałem robić to, co mogę w sprawie poświęcenia dla dobrej roboty.

Przypominam sobie, jak mój przyjaciel, Jay Hirshberg wspólnie z Benem Stoegerem, prowadził wyjątkowy program dla niewielkiej grupy osób, poświęciłem temu wiele myśli. Słyszałem o Benie głównie na forach strzeleckich. Rzecz jasna, wiedziałem o jego kwalifikacjach, ale, prawdę mówiąc, myślałem, że on był trochę awanturnikiem i z uwagi na to, że nie wypracował zbyt wiele uprzednich instrukcji z tego zakresu, obawiałem się o jego możliwościach nauczania.

Postanowiłem dać mu szansę. Metoda nauki Bena w znacznym stopniu odróżniała sie od tego, co ja zastosowywałem. Zamiast trzymania każdego w swojej klasie, przeprowadzenia mnóstwa ćwiczeń oraz analizowania problemów każdego, większość czasu on spędził zadając pytania i spostrzegając za nami w czasie treningów. Poprosił każdego z nas przygotować te ćwiczenia, które byśmy zrobili w trakcie typowych treningów. Gdy Ben i Matt Hopkins przyszli mnie zobaczyć, on obdarzył mnie intrygującym spojrzeniem i zapytał co robiłem. Powiedziałem mu, a on nadal patrzył na mnie tak, gdyby miałem trzy głowy. Szczerze mówiąc, na początku byłem trochę podirytowany. Następnie on wytłumaczył o śledzeniu progresu i doskonaleniu, musiałem wykonywać powtarzalne ćwiczenia i pracować nad nimi na okrągło, gdy nieustannie poszukiwałem sposobów na bycie lepszym w każdym z nich. W przeciwnym razie, nigdzie bym nie doszedł. Hmmm...wyglądałoby to zbyt oczywiste. Co ważniejsza, on także położył ogromny nacisk na korzyści wynikające z solidnego programu treningów strzeleckich na «sucho». Do tej pory, niewiele czasu spędziłem na przy wykonywaniu jakichkolwiek ćwiczeń ze strzelania na «sucho». Ben przekonywał mnie, że systematyczne praktykowanie strzelania na «sucho», wspomagane ćwiczeniami strzelania na „ostro”, były kluczem do osiągnięcia kolejnego poziomu. To był grudzień 2012 roku.

Z tej racji postanowiłem skorzystać z Bena programu treningowego. Zacząłem regularne strzelanie na «sucho» i skoncentrowałem się na bardzo specyficznym układzie ćwiczeń. Nieustannie nad nimi pracowałem. Śledziłam swój postęp w bardzo szczegółowej tablicy, łącznie ze wszystkimi ćwiczeniami, które poznałem dzięki książce “Mistrzowskie treningi”. Bardzo szybko dostrzegłem progres w ramach pewnych ćwiczeń. Po raz pierwszy w miom życiu byłem w stanie zastąpić jedną sekundę wyciągania broni i zastąpić dwie sekundy “Bill Drill”. Wow! Niektóre inne ćwiczenia nie przychodziły mi tak łatwo. Rwałem się do przodu. Sporo pracowałem zarówno z ćwiczeniami strzelania na „ostro”, jak i strzelania na «sucho». W te dni, gdy nie praktykowałem strzelanie na „ostro”, upewniłbym się, że spędzam czas na ćwiczeniach ze strzelania na «sucho», począwszy jeszcze od zwykłych super ważnych chwytów w trakcie wyciągania i zarepetowanych ćwiczeń, do całkowitego mini-upozorowania.

Latem 2013 roku, zrobiłem Mistrza. Doszedłem do 90-ciu plus procenty biegania, myślałem, że nigdy nie będę w stanie tego zrobić. Przed wstąpieniem do Bena klasy, myślałem, że posiadam jeden klasyfikator w wysokości ponad 80 procentów! Teraz świetnie rywalizuję z innymi Mistrzami, ale przede mną jeszcze długa droga. Przynajmniej teraz wiem, co powinienem robić.

Człowieku, pamiętaj, nie ma skrótów. To nie jest łatwe. Jednak, mogę Cię zapewnić, że jeśli postępujesz zgodnie z planem Bena, zwróć uwagę na wszystkie treści tej książki i ciężko pracuj, BĘDZIESZ DOSKONALIĆ SIĘ. Za długo ignorowałem strzelanie na «sucho» i zapłaciłem. Nie mogę się doczekać rozszerzenia w tym roku nowego programu strzelania na «sucho» od Bena przedstawionego w tej książce.

Gdy widzę ludzi robiących to, co ja robiłem dokładnie parę lat temu, rzucając pociski po tarczy praktycznie bez żadnego celu, i to mnie dobija. Nie bądź tą osobą. Dzięki tej książce, i wzorom programu ćwiczeń, nie masz wymówek. Zostań Bossem albo idź do domu.

Dave Solimini

**Podstawy**

Jestem strzelcem. Przez całe moje dorosłe życie dużo swojego wolnego czasu spędziłem przy strzelaniu. W większości przypadków swoje strzelanie trenuję na zawody Stowarzyszenia Stanów Zjednoczonych dla praktykujących strzelanie (USPSA). W ciągu lat uświadomiłem sobie, że coraz mniej czasu spędzam na strzelnicy w trakcie każdej sesji treningowej. Do niedawna, za wiele nie myślałem o tym zjawisku. Moją pierwszą myślą było to, że zrobiłem się leniwy. Jak się okazało, to nie przez przypadek.

Jeden z moich przyjaciół (Matt Hopkins) spędził ze mną pewien czas na strzelnicy. Nazywa moje metody ćwiczenia “Kontrolowany chaos.” Hopkins, całkiem słusznie, podkreślił, że praktykowanie jest umiejętnością swoją własną, i jest czymś czego ludzie uczą się i rafinują z biegiem czasu. To jest coś, co ja przegapiłem aż dopóki on to mi na wskazał, teraz uświadamiam, że miał rację.

Nauka o tym, jak prawidłowo ćwiczyć jest jedną z najważniejszych rzeczy, które strzelec może zrobić dla osiągnięcia lepszych wyników. Przyjrzałem się z bliska do swoich własnych metod ćwiczeń. Na strzelnicy spędzam mniej czasu i wystrzeliwuję o dużo mniej nabojów w porównaniu niemal z każdym pojedynczym “super marnotrawcą”, z którym się zmagałem.

 Podobnie jak normalni ludzie, zwyczajnie nie mam dostępu do 50,000 nabojów próbnej amunicji rocznie. [Przeważająca większość](http://context.reverso.net/translation/polish-english/Przewa%C5%BCaj%C4%85ca%2Bwi%C4%99kszo%C5%9B%C4%87) strzelców powinna była skończyć rocznie z być może 10,000 sztuk amunicji. Taka jest prawda zaistniałej sytuacji.

Moim zdaniem, należy uczciwie powiedzieć, że jeśli bierzesz kogoś utalentowanego i z motywacją, i pakujesz ich na strzelnicę z bezdennym wiadrem amunicji osiem godzin dziennie, w końcu oni coś wykombinują. Prawdopodobnie to nie jest wyjście dla Ciebie. Prawdopodobnie nie jesteś profesjonalnym strzelcem, i najprawdopodobniej musisz płacić za swoją amunicję; dlatego, musisz opierać się na podejściu do swoich treningów.

Postanowiłem napisać tę książkę i zaproponować metody, które sprawiły, że odniosłem sukces w następstwie tej rzeczywistości.

Jeśli jesteś strzelcem z ograniczonymi zasobami i chcesz zostać lepszym, wierzę, że ta książka posłuży Ci jako rozwiązanie. Książka nie zawiera żadnych sztuczek, gadżetów czy magicznych pigułek. To, co umieściłem w tej książce - to w zasadzie każda metoda praktyki, ważne ćwiczenie, oraz wskazówki treningowe, które przyczyniły się do mojego sukcesu. Mam nadzieję, że uznasz te metody, ćwiczenia i wskazówki za logiczne, właściwe i pomocne.

To nie są moje pomysły, w każdym razie nie wszystkie z nich. Wiele z tych materiałów opiera się o materiały treningowe rozwinięte przez innych strzelców. Wysoko postawione osoby, takie jak Brian Enos, Saul Kirsch, Mike Plaxco, i Rob Leatham, w pewnym sensie wszyscy oni współdziałali na rzecz mojego własnego systemu ćwiczeń. Ta książka opiera się na wiedzy, która powstała wcześniej, w końcu oni zasługują na uznanie.

Tak jak wspomniałem wcześniej, nie jest to jakieś wciskanie kitu. Jeśli chcesz konkurować na wyższym poziomie w naszym sporcie, będziesz musiał zainwestować niewielki majątek w amunicję, bilans twojego czasu wolnego, i spory kawałek swojej duszy. Jeśli jesteś gotowy do tego, co trudne, wszystko jest możliwe. Pomimo tego, nawet jeśli nie gonisz się za tytułem krajowym, szczerze wierzę, że możesz otrzymać korzyść z tej książki. Być może jesteś zdolny do osiągnięcia klasy lub o dwie wyżej w USPSA. Możesz zacząć się bić o to, że chłopak klasy A w twoim klubie miejscowym nie może Cię dotknąć. Możesz stać się konkurencyjnym w swojej sekcji zawodów. Jeśli jesteś gotowy dołożyć starań, wtedy chętnie pokażę Ci jak.

**Istnieje jedno ważne zastrzeżenie, które chcę przedstawić wcześniej. Wszystkie informacje zostały opracowane dla Produkcji broni. Sądzę, że ćwiczenia i informacje będą przydatne dla każdej sekcji, ale po prostu zrozum, skąd one pochodzą. Każdy strzelec, używający mechanicznych przyrządów celowniczych, powinien wiele na tym zyskać. Jeśli używasz broni klasy Open, do pomocy włączyłem informacje, ale zrozum, że czasy celowania będą trochę zbyt powolne.**

**Wstęp**

Strzelanie na «sucho» jest jedną z tych rzeczy, którą każdy wie, że powinienem zrobić, ale bardzo mało osób znajduje na to czas. Adresując do tej grupy, jeszcze mniej znajduje czas, żeby zrobić to dobrze. Cały sens tego podręcznika sprowadza się do zorganizowania twoich treningów strzeleckich na «sucho» i zmaksymalizowania twojego potencjał.

To nie jest moje pierwsze rodeo. Wracając do 2009 roku, złożyłem do kupy “15 minutowy program strzelania na «sucho»” na mojej stronie internetowej. W 2012 r., wspólnie z Jay Hirshberg redagowaliśmy książkę bazującą się na tak zwanym systemie “Gwarantowany efekt za 15 minut dziennie” W międzyczasie równie dobrze przeprowadziłem szereg seminarium szkoleniowych z zakresu strzelań na «sucho» będących stałym tematem rozmów i instrukcji. W świetle tych informacji okazało się, że oferowanie ludziom mnóstwa ćwiczeń ze strzelania na «sucho» łącznie z rzetelnymi minimalnym wyjaśnieniem, było wystarczające dla niektórych strzelców, jednak wielu osobom pozostawiło wiele do życzenia.

Również byłem autorem książki szkoleniowej z zakresu strzelania na „ostro” “Umiejętności i ćwiczenia” – Dla praktykujących strzelanie z pistoletu.”

“Umiejętności i ćwiczenia” zawiera niezwykle szczegółowe ćwiczenia oraz cele dla treningów strzeleckich ”ostro”, dlatego dla mnie ma sens posiadanie podręcznika treningowego do strzelania na «sucho» ułożonego zgodnie z tymi samymi zasadami, stąd ludzie mogą mieć korzyść z posiadania skonsolidowanego systemu. Krótko mówiąc, chcę, aby ludzie przysposabiający do mojego programu szkoleniowego, władali kompletnym i aktualnym systemem.

Ten podręcznik ze strzelania na «sucho» odchodzi od moich wcześniejszych prac na kilka ważnych aspektów. Przede wszystkim, zaniechałem wielopoziomowe czasy celowania. To znaczy, że zrezygnowano z ustalania czasu celowania dla strzelców „Zaawansowanych”, a następnie dla strzelców “Średnich” i tak dalej. Z perspektywy czasu, jedyną przyczyną, dlaczego w ogóle dawałem ten czas, było usatysfakcjonowanie potrzeb strzelca. Te czasy zostały ustalone pod presją niektórych testerów, którzy chcieli celów pośrednich. Oni od razu nie chcieli potrzebować zmierzyć się przeciwko czasów zaawansowanych. Uświadomiłem sobie, że duża liczba strzelców zdecydowała się na zwykłe siedzenie na czasach “Średnich” i zaprzestała rozwoju. Wielopoziomowe czasy celowania miałyby motywować ludzi i dać im coś, do czego można dążyć. Nie chciałem, aby ludzie byli zadowoleni “pośrednim.” Jedyną drogą do rozwiązania tego problem jest ich usunięcie. W tej książce masz czas celowania. Po prostu niczego więcej nie znajdziesz.

Również są inne cele, które nie przedstawiają sobą czasów celowania, zresztą problem czasu to jedyny wymagający rozwiązania.

Jak już wcześniej wspomniałem, w tej książce uporządkowałem ćwiczenia w ten sam sposób, jak w “Umiejętności i ćwiczenia.” Cztery sekcje składowe pozostają niezmienne. Są to trening celnego strzelania, podstawowe USPSA umiejętności, podstawowe umiejętności terenowe, oraz krótki kurs umiejętności. Jest tylko jedna dodatkowa sekcja do strzelania na «sucho».

Ta sekcja nazywa się “Ćwiczenia poznawcze.” Przyczyną dołączenia tej sekcji było uzyskanie miejsca dla przeprowadzenia ćwiczeń z zakresu strzelania na «sucho» służącego pomocą do poznawania ludźmi podstawowych mechanik. Są ćwiczenia, z których nie skorzystałbyś w trakcie strzelania na „ostro”, dlatego nie ma dla nich miejsca w “Umiejętnościach i ćwiczeniach.”

Pomijając najważniejsze zmiany, wziąłem pod uwagę więcej objaśnień w sprawie ćwiczeń. Udzieliłem więcej wskazówek dotyczących zagadnień, na których należy się skupić, i ćwiczeń, z którymi trzeba pracować, w oparciu o twój poziom umiejętności. Mam nadzieję, że ten podręcznik treningowy ze strzelania na «sucho» uważa się za ukończony i pomocny dla strzelców każdego poziomu.

**Nie bądź rezygnantem**

Jeśli jesteś początkującym w ujęciu definicji strzelanie na «sucho», wtedy ta książka może wydawać się tobie nieco zbyt przytłaczająca. Jest tu wiele ćwiczeń wraz z wymaganymi standardami wykonywania. Materiał szkoleniowy tej ksiązki został opracowany w celu wytwarzania najlepszych możliwych strzelców. Jeśli wydaje Ci się, że to przechodzi twoje pojęcie, zrób głęboki wdech i w tym samym czasie zrób jedno małe ćwiczenie.

W celu wykorzystania tej książki z najlepszym efektem, musisz mieć dobre pojęcie o przepisach i procedurach USPSA, o tym, jak działa twoja broń, oraz podstawową wiedzę o technice strzelania. Jeśli nie posiadasz podstaw, ta książka może być dla Ciebie za trudna. Tym się nie przejmuj, po prostu spróbuj nadgonić.

Podstawowym priorytetem powinno być znalezienie bezpiecznego miejsca w domu do codziennego przeprowadzenia twoich treningów strzeleckich na «sucho». Zechcesz trochę przestrzeni do poruszania się oraz pewne cele do “wystrzeliwania”. Będziesz potrzebował ślepej amunicji, timera. Poświęć czas dla pozbierania się z tymi rzeczami i doprowadź do porządku logistykę swoich treningów strzeleckich na «sucho» zanim naprawdę zabierzesz się do swoich szkoleń.

Czuj się swobodnie, gdy usiłujesz zrobić niektóre ćwiczenia bez żadnych ograniczeń czasowych. Możesz zmodyfikować ćwiczenia do swoich upodobań. Czuj się swobodnie po prosto rozkładając swoją broń. Raz już poradziłeś sobie z tymi rzeczami, w takim razie możesz zaczynać swój poważny trening. Nie ma potrzeby przerastać samego siebie lub od razu się krzyżować.

Twoje praktyczne szkolenia strzeleckie są czymś, gdzie prawdopodobnie będziesz spędzał dobry kawał czasu, wykonując je. Niewykluczone, że wciągniesz się w to na okres kilku lat. Nie czuj się jak gdyby musisz wchłonąć wszystko od razu.

**Część 1: Wszystko o strzelaniu na «sucho»**

**Cel**

Oczywiście, musisz mieć cel. A o co dokładnie powinieneś się starać się z tą całą bzdurą strzelania na sucho? Sądzę, że dobrze byłoby być bardziej konkretnym niż po prostu powiedzieć “poczuj się lepiej.” Jak czuć się lepiej? Co konkretnie powinieneś umieć robić?

W “Umiejętnościach i ćwiczeniach” ustaliłem następujące zasady, a mianowicie minimalny standard względem tego, co twoje treningi ze strzelania na «sucho» powinny Ci przynieść:

1. Gdy wyciągasz pistolet z kabury, zastosuj ten sam chwyt za każdym razem. W strzelaniu na “ostro” nie możesz pracować z nieskoordynowanym uchwytem. To nie jest zwykłe załatwianie spraw.

2. Musisz być w stanie patrzeć w każdy dany punkt, wtedy wyciągasz pistolet i celujesz w ten punkt podczas gdy utrzymujesz ukazujący się celownik w najbliższej zgranej linii. To jest określane jako“indeks” albo “naturalny punkt celu” albo jako pewne odmiany tego. Posiadanie tej umiejętności jest bardzo ważne. Naturalnie, na podświadomym poziomie musisz umieć “jeździć” bronią tam dokąd chcesz.

3. Jako logiczny postęp wyciągania pistoletu wraz z zasadą „równej muszki”, musisz umieć patrzeć od punktu do punktu i utrzymywać ukazujący się celownik na linii w tamtym punkcie.

4. Musisz sprytnie i skutecznie operować wszystkimi umiejętnościami posługiwania się bronią, takimi, jak na przykład wyciąganie i przeładowywanie.

5. Musisz umieć pociągnąć za spust prosto do tyłu, nie naruszając wyrównany celownik.

Z pewnością ten podręcznik przyprowadzi Cię do tej minimalnej normy pod warunkiem, że będziesz chętny włożyć w to czas. Będziesz szybko i akuratnie posługiwać się bronią. Będziesz mógł szybko wyregulować położenie celownika na tarczy i na podświadomym poziomie przeskakiwać od tarczy do tarczy.

Oprócz możliwości wykonywania wymaganych rzeczy, będziesz miał okazję do rozwijania swoich umiejętności w celu efektywnego przenoszenia się po etapach. Będziesz mógł obrazować swoją grę poprzez pracę nad niezręcznymi pozycjami startowymi. Możesz doskonalić swoje strzelanie na umiejętnościach poruszania się. Możesz doskonalić i rafinować swoje techniki w sposób, który nie uważałeś za możliwy.

Zanim popadniesz w nadmierny entuzjazm, muszę Cię ostrzec. Aby stać się strzelcem najwyższej próby, musisz zajmować się więcej niż po prostu strzelaniem na «sucho». Wzywam, abyś regularnie ćwiczył strzelanie na „ostro”. Minimalna norma, którą musisz wynieść z tej książki, jest następująca:

1. Musisz strzelać na «sucho» wystarczająco dla tego, aby rozumieć, co znaczy strzelać z broni.

2. Powinieneś umieć wykonywać podstawowe techniki przy używaniu ostrej amunicji, a także rzeczy, takie jak prawidłowy chwyt, kontrola spustów, oraz bezpieczne obchodzenie się. Nie musisz być zbyt dobry, jednak musisz być kompetentny.

3. Musisz zidentyfikować problemy swojego strzelania. Twoje treningi strzeleckie na „ostro” potwierdzą twoje treningi strzeleckie na «sucho» w wielu aspektach. Jednak, jeśli popełniasz będy w czasie swoich treningów strzeleckich «sucho» i formujesz złe nawyki, musisz zidentyfikować te nawyki podczas strzelania na «ostro». Następnie możesz pracować nad poprawą tych rzeczy w środowisku do strzelania na «sucho».

**Dlaczego strzelanie na «sucho»?**

Wydaje się, że wytaczanie argumentu na rzecz efektywności treningów strzeleckich na «sucho» jest prawie zbędne lub jakoś niepotrzebne. Ale jak było powiedziane, nie każdy w pełni “robi zapas” w stosunku do możliwości treningów strzeleckich na «sucho». Jeśli naprawdę nie wierzysz, że w twoim przypadku to może działać, wtedy ja nie wierzę, że ty włożysz w to swoje serce i maksymalnie wykorzystasz swój czas. W każdym razie, jeśli nie jesteś do końca pewien, że strzelanie na «sucho» jest drogą do osiągnięcia szczytu, daj mi szansę przekonać Cię.

Najważniejszą rzeczą do zrozumienia jest to, że ludzie, którym wydaje się, że oni wiedzą, o czym mówią, twierdzą, że dla tego, aby być naprawdę dobrym w czymś, musisz codziennie nad tym pracować. Pomyśl o ludziach w twoim życiu. Jedni utalentowani, inni są naprawdę dobrzy w czymś, zawsze sprawiają wrażenie zajętych tym czymś. Jeśli chodzi o strzelanie, w inny sposób to nie działa. Najlepsi strzelcy, których znam, to chłopcy, którzy codziennie nad tym pracują. O ile nie masz szalonej kasy na zakup amunicji, sposób, w który powinieneś codziennie nad tym pracować to strzelanie na «sucho». Po prostu nie masz żadnych innych rozsądnych opcji.

Inna ważna rzecz, którą należy pamiętać - strzelanie na «sucho» jest niekłopotliwe. Możesz to robić u siebie w domu o każdej porze dnia i nocy. Pracujesz 12 godzin dziennie czy dotrzymujesz się innych godzin? Nie ma problemu, strzelanie na «sucho» będzie tam czekać na Ciebie jak tylko będziesz gotowy. Wszystko co musisz zrobić to zdecydować się znaleźć czas na robienie tego. Gdy pogoda na zewnątrz jest nieprzyjemna albo nawet niebezpieczna, wciąż możesz strzelać na «sucho» w domu. Nie ma różnicy czy jest zimno czy pada deszcz, lub pierwsze i drugie; strzelanie na «sucho» będzie tam czekać na Ciebie. Podsumowując:

**Jeśli naprawdę chcesz zostać mistrzem, strzelanie na «sucho» jest twoim biletem.**

**Część 2: W jakim stopniu strzelanie na «sucho» jest stosowne do twojego ogólnego planu**

**Cykl treningowy**

W przeszłości, wpadłem na pomysł odnoszący się do cyklu strzelania na “ostro”/strzelania na «sucho». Uważam, że to jest ważna koncepcja wymagająca zrozumienia. Ten cykl odwołuje się do relacji pomiędzy treningami strzeleckimi na “ostro” i treningami strzeleckimi na «sucho». Im większe masz pojęcie o tych relacjach, tym więcej będziesz się doskonalił.

Dla większości strzelców, zdecydowana większość ich treningów zostanie przeprowadzona w formie strzelania na «sucho», zarówno pod względem powtórek, jak i pod względem czasu wykonania. (Sądzę, że pięć powtórek strzelania na «sucho» dla każdej powtórki strzelania na “ostro” to skromna liczba). Polecam tobie strzelanie na «sucho» każdego dnia. Uważam to za rozsądną rekomendację dla ludzi, którzy chcą być dobrzy w sporcie. Prawie każdy może znaleźć trochę czasu w pewnym momencie dnia. Jeśli naprawdę chcesz się doskonalić, będziesz mieć czas przyłożyć się do broni.

Proszę pamiętać o tym, ze większość ludzi faktycznie nie strzela na «sucho» każdego dnia, jednak w większym stopniu to jest powiązane raczej z różnymi priorytetami niż z brakiem czasu.

Oczywiście, że strzelanie na “ostro” na co dzień to kiepski pomysł. Normalnie, nic takiego się nie wydarzy.

Czas wykonania, jeśli chodzi o wędrowanie do i ze strzelnicy, strzelanie, i załadowana amunicja – tego za wiele, już nie wspominając o obciążeniu finansowym na wystrzeliwanie 300 nabojów dziennie, które kosztowałyby sporo kasy. W przypadku strzelania na “ostro” to nie zdarza się zbyt często. Normalni ludzie wychodzą ze strzelnicy raz lub dwa razy w tygodniu, jeśli mają dużo szczęścia. Wielu z nich chodzi na trening strzelecki na “ostro” w przybliżeniu raz lub dwa razy w miesiącu. Niektórzy ludzie chodzą mniej niż Ci! Pewne, że gdy dochodzi do zajęć, większość jest prawie zawsze lepsza, jednak chcę poruszyć ten temat wobec “normalnych” ludzi. Przecież wiesz, że ludzie mają czas i ograniczenia finansowe wpływające na ich zaangażowanie w strzelanie.

W każdym razie, jeśli czytasz o tych realiach treningowych i kiwasz głową, wtedy to dobra nowina. Jeśli tylko rozumiesz cykl treningowy, będziesz mógł osiągnąć znaczne postępy.

Cykl strzelania na “ostro”/strzelania na «sucho» w gruncie rzeczy jest koncepcją twoich treningów. Jeśli podzielasz ten paradygmat, wtedy wszystkie twoje faktyczne treningi będą się odbywały w formie strzelania na «sucho», ty robisz powtórki wszystkich umiejętności z zakresu mechaniki, nad którymi pracujesz po tysiąc razy. Następnie badasz te zdolności w strzelaniu na “ostro” i obserwujesz swój progres. Wtedy możesz wprowadzać korekty do swoich treningów na “sucho”, aby lepiej przygotować samego siebie do treningu na „ostro”.

Teraz, słowo służące oznaczeniem brzmi “wszystko.” Pamiętaj, że zaproponowałem, aby z reguły wszystkie twoje treningi były przeprowadzone bez użycia kul. Podczas strzelania na „sucho” będziesz pracował nad swoim chwytem, procesem wyciągania, przeładowywaniem, poruszaniem się, przejęciem celu, i tak dalej. Zaprogramujesz się na wykonywanie każdej małej techniki w określony sposób. Gdy wstępujesz na strzelnicę dla wystrzelenia pocisku, poddajesz się próbie. Zostaniesz zauważony jeśli osiągniesz progres. Dostrzegasz, w jaki sposób możesz zmodyfikować swój trening ze strzelania na „sucho”, aby osiągnąć efektywność. Ociągasz się ze swoim chwytem w czasie strzelania na „sucho”? Jeśli tak, na strzelnicy wyjdzie to na jaw. Najważniejsze jest, abyś zidentyfikował problem i wprowadził zmiany, gdy wracasz z powrotem do domu.

To prowadzi do nigdy niekończącego się cyklu nauki i doskonalenia. O ile tak naprawdę nigdy nie jesteś usatysfakcjonowany ze swych osiągnięć w strzelaniu na “ostro”, możesz nieustannie modyfikować swoje strzelanie na «sucho» w celu jego poprawy. Cały czas możesz starać się posuwać się na przód, osiągać większą efektywność, lepiej widzieć swoje cele, i tak dalej.

Powinienem zwrócić uwagę, że fakt, iż ty się nie trenujesz w strzelaniu na „ostro”, w rzeczywistości nie do końca jest prawdą. Dla wielu ludzi myślenie o strzelaniu na “sucho” jak o o praktyce i strzelaniu na „ostro” jak o teście utrzymuje ich zaangażowanie w strzelanie na „sucho”. Miej na uwadze, że strzelanie na “sucho” jest czymś więcej niż po prostu wyjmowanie broni i udawanie głupiego, ale to tylko wtedy, gdy zdecydujesz że to tak.

**Co praktykować?**

Jeśli ty nie praktykujesz odpowiednich rzeczy, każde zajęcie praktyczne “na sucho” będzie mieć niewielką skuteczność. Raczej to nie jest poważny problem dla początkującego strzelca właśnie startującego w sporcie. Jednakże, po pewnym czasie musisz skierować swoje wysiłki poza robienie tego, co uważasz za najlepsze. Zazwyczaj, gdy ludzie osiągają sukces na stałym poziomie, w takim razie im trzeba zaczynać poświęcać trochę czasu rozmyślaniom o tym, jak podchodzić do treningu w sposób bardziej systematyczny.

W odniesieniu do strzelania na “sucho” całe sedno tkwi w tym, aby zrobić z Ciebie lepszego strzelca. Sądzę, że niektórzy ludzie mają skłonność do opanowania strzelania ma “sucho” tylko przez wzgląd na bycie dobrym w tej dziedzinie. Z drugiej strony, inni ludzie mają skłonność do powstrzymywania się od robienia szybkich osiągnięć w strzelaniu na ”sucho” oraz obawiają się być kimś w rodzaju magika suchego ognia, który nie jest w stanie poprawnie strzelać ostrą amunicją.

Rozwiązaniem tej zawikłanej sytuacji jest monitorowanie swoich wyników w strzelaniu na “ostro”. Skup się na swoich porównywalnych wynikach. Przede wszystkim, bądź ze sobą szczery. Upewnij się, że trzymasz swoją broń “na serio.” Upewnij się, że pilnujesz swojego celownika dla każdego punktu do strzelania na “sucho”. Rzecz polega na tym, że strzelanie na “sucho” służy do wyrabiania nawyków, które powodują, że odnosisz sukces używając prawdziwych nabojów. Twój wynik opowie Ci, co się dzieje.

Wcześniej opisałem to zjawisko (w innych książkach) jako cykl strzelania na “ostro”/ na «sucho». Nadal uważam, że to jest najbardziej skuteczny sposób wytłumaczyć ten proces. Dowiesz się, jakich technik chcesz używać, to może być sposób, którego używasz do trzymania broni, to, za co się trzymasz gdy ją przeładowujesz, lub wszelkie informacje dodatkowe. Trenujesz się bez używania amunicji i robisz tysiące powtórek podczas strzelania na «sucho». Wtedy możesz wystrzelić z ostrej amunicji i zobaczyć, co jest grane. Następnie wprowadzasz korekty do treningów ze swojego strzelania na «sucho» w celu odzwierciadlenia tego, czego się nauczyłeś podczas strzelania na “ostro”.

Kluczem w tym całym procesie jest bezwzględna samoanaliza. Nie sądzę, żeby było to traktowane jak robienie z samego siebie szaleńca lub w przeciwnym razie, psychicznie niezrównoważonego, ale mówiąc krótko, potrzebujesz stałej oceny tego, co się dzieje z twoimi treningiem. Nie pozwalaj, aby cokolwiek się obruszyło. Nie szukaj innego dnia do rozwiązywania problemów technicznych. Nie zgadzaj się na niechlujną kontrolę spustów skoro dążysz do doskonałości.

Musisz wytropić swoje słabości i bezlitośnie je zniszczyć. Jeśli występują elementy techniczne, będące trudnym wyzwaniem w ramach demoralizacji, wtedy popracuj nad nimi. Jeśli to jest dla Ciebie trudne, prawdopodobnie to jest równie trudne dla każdego. Po prosto musisz włożyć w to czas i wtedy może być lepiej.

Na zakończenie, zawsze pracuj nad podstawami. Odpowiednio wyrównana muszka oraz odpowiednia kontrola spustów są bezwzględną koniecznością. Jeśli to zaniedbujesz, to poważnie zaszkodzisz swojemu strzelaniu. Możesz spowodować okropnie wielką szkodę poprzez kilka tysięcy nieprawidłowych powtórek. Nie bądź tą sobą.

**Technika wkorzeniania**

Większość korzyści od strzelania na «sucho», jakie niosą za sobą powtórki, sprawiają, że specyficzne techniki, które ty całkowicie wkorzeniasz, są podświadome. Tak się składa, że regularne strzelanie na «sucho» nieodmiennie zakorzeni twoją technikę - to pałka o dwóch końcach. Jeśli robisz wszystko jak należy, wkorzenianie tych nawyków to dobra rzecz. W przeciwnym razie - nie. Parę osób, z którymi miałem kontakt, utrzymywali, że te tak zwane “blizny treningowe” w sposób nieunikniony są faktycznie skutkami ubocznymi. Nie mogę powiedzieć, że się nie zgadzam. Sądzę, że każdy może się zgodzić, że ty w trakcie swoich treningów strzeleckich na «sucho» chcesz robić rzeczy możliwie jak najbardziej prawidłowo.

Pierwszy krok na drodze do wkorzenienia prawidłowej techniki to dokonanie świadomego wyboru odnośnie techniki, której chcesz używać. Musisz systematycznie odpracowywać każdy mały szczegół. Gdzie kładziesz swoje ręce, gdy wyciągasz broń? Czy używasz punktu bazowego na szkielecie broni podczas przeładunku? Czy masz zamiar chwycić broń wysoko przy pomocy słabszej ręki owijając palce wokół kabłąka spustowego czy masz zamiar zatrzymać się na kabłąku spustowym? To są poważne pytania. Jeśli powyższe pytania brzmią dla Ciebie jak Grecki, nie martw się. Masz wystarczająco informacji o technikach strzeleckich, które mogą napełnić całą książkę. (wiedziałbym, napisałbym jedną). Aczkolwiek twoje pojęcie o technikach strzeleckich wzrasta, możesz w coraz większym stopniu dokonać świadomego wyboru odnośnie tego, co robisz. Chodzi o to, że potrzebujesz poprzednio zdecydować się, w jaki sposób zamierzasz siebie trenować.

Chcę Cię ostrzec o uprawnianiu swojego ciała do samodzielnego uporządkowania tych rzeczy. Dla przykładu, istnieje ogólna wskazówka do wykonywania wielu ćwiczeń w celu zapoznania się z chwytem broni. Z pewnością, możesz to robić i doskonalić na wiele sposobów, ale równie dobrze możesz trenować się w celu robienia rzeczy, mających efekt przeciwny do zamierzonego. W ramach strzelania na «sucho», nie doświadczysz tego w pełni. Nie odczujesz odrzutu. Nie masz do czynienia z presją zawodnictwa. Masz dość “rozgrzewania się” podczas treningów. Podczas strzelania na «sucho», które nie przewiduje prawdziwych nabojów, wszystko może dobrze funkcjonować. Sens strzelania na «sucho» nie polega na byciu dobrym w strzelaniu na «sucho». Chodzi o wyrabianie nawyków, które powodują, że odnosisz sukces w trakcie strzelania ostrą amunicją. Nigdy nie spuszczaj z oczu tej perspektywy.

Jeśli jesteś nowo przybyłym w sporcie, nie będę się patyczkować z timerem. Naucz się robić wszystkich rzeczy, których potrzebujesz. Zrozum, jak wyciągać broń. Zrozum, jak przeładowywać. Wykonaj kilka ruchów. Postaw na bezpieczeństo. Nigdy nie daj sobą pomiatać. Zastosuj w praktyce 180 stopień linii w swojej strefie strzelań na «sucho». Sprawdź swoje techniki. Nagraj wideo o sobie i dokładnie przeglądaj każdy szczegół. Nie musisz być idealny, pomimo tego poszukaj poważnych problemów technicznych. Czy machasz szalenie dookoła gdy wyciągasz broń? Czy opuszczasz broń na dół gdy zmieniasz pozycję? Rozwiąż najważniejsze problemy, następnie rozpocznij pracę z timerem. Po tym, jak zostaniesz przeszkolony, aż do momentu, gdy jesteś spokojny i konsekwentny, przywołaj tą presję czasu. Byłbyś zdziwiony, jak szybko możesz robić postęp. W tym podręczniku czasy celowania są całkiem rozsądne, po prostu musisz zdecydować się dotrzeć do nich. Dla wielu osób rozwijanie nawyku niezwykle szybkiego wyciągania broni zajmuje tylko kilka tygodni, jednak pierwszy krok na drodze ku temu decyduje o tym, że oni muszą dogonić czas celowania.

Jeśli podjąłeś decyzję, że chcesz zmienić swoją technikę, wtedy musisz zacząć od nowa. Prawie nie da się uniknąć sytuacji, że w pewnym momencie zechcesz zmienić swój chwyt lub zmienić pozycję, w której stoisz, lub zmodyfikować pewne szczególy twojej techniki. Kiedy się na to zdecydujesz, zacznij cały proces od początku. Odsuń timer. Skup się na tym, co ty zmieniasz. Zobacz wideo o sobie. Dopiero wtedy powinieneś przypomnąć sobie o presji czasu.

To jest trwały proces. Twoja technika będzie się rozwijać w zależności od tego, jak długo jesteś w sporcie, i to jest zdrowy proces. Dzięki sumiennej pracy i pragnieniu osiągnięcia doskonałości, możesz dostać się wszędzie, dokąd chcesz.

**Określenie celów**

Jednym z najważniejszych aspektów ćwiczeń w tej książce jest wprowadzony cel. Nie sądzę, że muszę dogłębnie tłumaczyć, że posiadanie celu to ważna rzecz. To oczywiste, że powinieneś mieć cele i ten kierunek. Jednak, jeśli poświęcisz chwilę czasu i pomyślisz, co da się zrobić, jakie są twoje cele osobiste, to najprawdopodobniej okaże się, że one nie są bardzo pilne. Chcesz stać się lepszym. Chcesz, aby w pewnych zawodach szło Ci lepiej, czyli za sześć miesięcy. Na pewno chcesz zrobić GM w następnym roku. To świetnie, że jesteś zmotywowany na te wszystkie sposoby, ale sądzę, że ważne jest skupienie się na czymś naprawdę konkretnym w ramach ćwiczeń, nad którymi teraz pracujesz.

Zamiast zachowywać pozory tak, aby za rok mogłeś być „dobrym”, chcę Cię wciągnąć do zajęć praktycznych już teraz. Staraj się o wprowadzony czas celowania. Z kolei spróbuj się dobrać do konkretnej liczby poprawnych powtórek. Spróbuj być zauważalnie lepszym dzisiaj, niż byłeś wczoraj.

Cały sens celu w tym, że angażujesz się w swoje treningi. Jeśli nie jesteś w stanie osiągnąć celu, chcę żeby Ci było przykro z tego powodu i żebyś pracował więcej. Jeśli trafiasz w cel, chcę, abyś odczuwał znaczenie osiągnięć i zacząłeś wędrować do następnego celu.

Wierzę, że czasy celowania, które sprecyzowałem dla każdego ćwiczenia są właściwe dla strzelców GM regularnie praktykujących strzelanie na «sucho». Nie można powiedzieć, że jeśli opanowałeś te ćwiczenia w strzelaniu na «sucho», to automatycznie staniesz się GM, jednak, można powiedzieć, że w ten sposób będziesz posiadał poważny atut. Jeśli jesteś strzelcem o wysokim rankingu, ale strzelanie na «sucho» nie praktykujesz regularnie, prawdopodobnie zrozumiesz, że możesz szybko nauczyć się schwytywać sprecyzowane przeze mnie cele.

Mam bardzo ważną wiadomość dla osób, którzy nie są w stanie dotrzeć do wprowadzonych w tej książce czasów celowania. Sądzę, że ta wiadomość będzie adresowana do ponad 90 procentów czytelników:

Nie daj się zniechęcić. W obliczu tych czasów celowania postanowiłem rzucić wyzwanie. Realizacja regularnych intensywnych zajęć praktycznych może potrwać dobrych setki godzin. Jeśli jesteś powolniejszy na 50 lub 70 lub nawet 100 procentów w porównaniu z wprowadzonym czasem celowania, wtedy powinieneś wybrać cel dla tego dnia, w którym on jest osiągalny odwołując się do pewnego wysiłku z swojej strony. Skoro możesz stworzyć swój osobisty czas celowania, zrób krok naprzód bliżej do wprowadzonego czasu celowania. Jakikolwiek podany czas celowania, odmienny od czasu celowania, który wprowadziłem, jest czasem celowania, w który pod wieloma względami ja po prostu nie wierzę. Nie zniechęcaj się z powodu wprowadzonych czasów celowania; niech one Cię zmotywują.

**Błędy**

Jeśli strzelasz na «sucho» (lub strzelasz na «ostro», jeśli już o tym mowa), popełnisz błędy. Wprawdzie, błędy są czymś, czego się nie da uniknąć. Powszechnie uważa się, że musisz być perfekcyjny przy każdej powtórce, ale ja nie wierzę, że to ten przypadek.

W sporcie USPSA, musisz być bystrym. Pośpiech jest przyczyną błędów, niemniej jednak opanowanie wszystkiego do perfekcji przez cały czas to zapewne znaczy, że jesteś powolny i że znajdujesz się w strefie komfortu, a twoje umiejętności za wiele nie awansują. Nie bądź tą osobą.

Faktem jest, że popełnianie błędów tu i tam nie szkodzi twojemu strzelaniu. Trochę bałaganu czasem nie zaszkodzi. Strefa praktyk znajduję się tam, gdzie musisz pracować nad tym, aby to opanować. To jest strefa, którą możesz schwycić, jeśli się skupiasz w niej. Jeśli chcesz “chałturzyć” przy pomocy lenistwa, zawiedziesz siebie.

**Postaraj się dostosować ten schemat do swoich zajęć praktycznych:**

 Jeśli posuwasz się z z tak wielkim trudem, że po raz kolejny nie możesz zrobić prawidłowo, raczej posuwasz się ze zbyt wielkim trudem.

 Jeśli okazjonalnie nawalasz się, ale generalnie możesz dać sobie radę, to wtedy znajdujesz się w strefie.

 Jeśli jesteś “perfekcyjny,” to właśnie z tej racji nie posuwasz się, poziom twoich umiejętności nie awansuje w ten sposób.

Muszę Ci podsunąć jedno ostrzeżenie dotyczące błędów. Powinieneś być świadomy tego, że popełniasz błędy z uwagi na fakt, iż to się może obrócić się przeciwko tobie. Przykładowo, musisz wiedzieć, że pociągnąłeś za język spustowy przed tym, jak zająłeś odpowiednie położenie do celowania w tarczę. Jeśli popełniasz błędy, których nie uświadamiasz, wtedy istnieje prawdopodobieństwo, że powtórzysz te same błędy. Jeśli nieświadomie ciągle powtarzasz swoje błędy, wtedy te błędy zaczynają przerastać w nawyki. Samoświadomość ma kluczowe znaczenie!

Z mego punktu widzenia, najważniejsza kwestią dotyczącą błędów, jest to, że nie powinieneś się ich obawiać. Postanów, że zamierzasz rozwinąć niewiarygodną prędkość, a następnie zrób to. Skończysz, rzucając magazynki przez pokój w czasie, gdy przegapiłeś przeładunek. Twoja ręka zostanie naderwana wskutek opóźnionego chwytu. Nie martw się, każdy, kto naprawdę jest bystry, doświadczył tego samego.

**Napięcie**

Jedna z kwestii, którą nie uważam za właściwą, to ta o napięciu. Poprzez “napięcie” chciałem zaadresować do napięcia mięśni. W szczególności, od razu chcę przejść to napięcia twoich rąk.

Chciałbym przytoczyć cztery ważne argumenty:

1. Gdy strzelasz z pistoletu, mocne chwytanie broni uważa się za skuteczne. Zdania są podzielone w zależności od tego, na ile mocno, którą ręką i tak dalej. Jednak, pod względem tego, że powinieneś trzymać broń bardzo mocno, nie ma wiele rozbieżności. Szczegóły pozostawię dla twojej własnej analizy.

2. W tej książce o wiele łatwiej wykonywać ćwiczenia z obniżonym napięciem twoich rąk i przedramienia. Gdy jesteś zrelaksowany, poruszasz się szybciej i bardziej dokładnie, więc to powinno mieć dla Ciebie sens. W sumie, właśnie dlatego ludzie lubią czuć się “luźno” wtedy, gdy oni powinni poruszać się szybko i dokładnie.

3. W strzelaniu na «sucho» możesz się skusić do zastosowania luźnego chwytu broni. Brak kontroli nad odrzutem powoduje brak bezpośrednich bodźców do chwytania się za broń.

4. Podczas strzelania na «ostro», pozująca w twojej ręce broń najwyraźniej może wywołać u Ciebie napięcie. Czasami ludzie chwytają się za broń na tyle mocno, że oni mają problemy z odpuszczaniem zmieniającego się nacisku i nie są w stanie pohamować się.

Tu koniecznie trzeba sformułować argument odnośnie tego, że musisz poznać zmienne napięcie ręki. Musisz naprawdę mocno trzymać broń w momencie, gdy ciągniesz za spust, i tylko wtedy gdy ciągniesz za spust. Za każdym innym razem (tak jak w czasie przeładunku) o wiele lepiej jest być trochę „luźnym”.

Radzę, abyś zwrócił uwagę na ten problem zarówno podczas treningów strzeleckich na «ostro», jak i na «sucho», i podjąć kroki w celu ich poprawy, jeśli problem istnieje. To jest problematyczne dla osób, które z rzadka strzelają na «ostro», ale często strzelają na «sucho». Jak tylko wykształcisz świadomość z zakresu napięcia ręki, możesz podjąć kroki w celu ich poprawy.

Pamiętaj, to wbrew zdrowemu rozsądkowi, jak również skomplikowane, aby w taki sposób móc sprawować kontrolę nad napięciem twojej ręki. Podczas strzelania na «ostro» wszystkie twoje instynkty zostaną przytłumione, i wyluzowane podczas strzelania na «sucho». To niezgodne z ludzką naturą być w stanie z łatwością opanować ten element strzelania, jednak w obliczu świadomej praktyki to może się wydarzyć.

**Część 3: Jak korzystać z ćwiczeń**

Zanim skieruję, jak korzystać z ćwiczeń umieszczonych w tej książce, musimy krótko przedyskutować kwestię bezpieczeństwa. Kluczowym słowem w strzelaniu na «sucho» jest suchy, bez ostrej amunicji. Przestrzegam przed noszeniem ostrej amunicji gdziekolwiek w pobliżu twojego terenu do ćwiczenia strzelania na «sucho». Oprócz tego, polecam, abyś miał niezawodne wsparcie dla swoich zajęć na «sucho», na wszelki wypadek, jeśli załadowany pocisk jakimś dziwnym trafem zadziała w sposób mieszaniny. To znaczy, że pod wieloma względami piwnica jest idealnym miejscem do strzelania na «sucho». Jeśli nie masz piwnicy, przyznasz, że masywna ściana jest najlepszym wyjściem.

Te ćwiczenia są sformułowane w tym samym stylu, co “Umiejętności i ćwiczenia.” Zostały opracowane w taki sposób, żeby użytkownicy “Umiejętności i ćwiczenia” mogli łatwo pojąć i zintegrować ich treningi strzeleckie na «ostro» z treningami na «sucho». W końcu dnia, to wszystko to jeden spójny system. W tej książce znajdziesz wiele ćwiczeń analogicznych do ćwiczeń ze strzelania na «ostro», które działają w tym samym układzie umiejętności. To prawdziwa siła tego systemu.

**Konstrukcja ćwiczenia**

Te ćwiczenia zostały opracowane w celu ich wdrożenia do różnych sytuacji życiowych. Zobaczysz słowo “imitowany” przed każdym opisanym dystansem. To nie bez powodu. Nie oczekuję, że zbyt wiele ludzi posiada 10 jardów przestrzeni do strzelania na «sucho». Praktycznie nikt nie posiada 25 jardów. Musisz imitować tę odległość używając miniaturowych tarczy. Tarcze są powszechnie dostępne w wymiarach od skali 2/3 do skali ¼ . Skalując faktyczny dystans w dół, możesz stworzyć odpowiedni efekt. W celu zastosowania poprawnego skalowania, należy pomnożyć skalę tarczy na dystans, który chcesz imitować.

**Przykład:** 10 imitowanych jardów w skali 1/4 tarczy, oznacza, że pomnożyłeś 10 na 1/4. W takim razie stoisz 2.5 jardów przed tarczami (lub, jeśli wolisz 7.5 stóp).

Muszę Cię ostrzec, używanie zbyt małych tarcz może być problemem. Gdy konstruujesz niezwykle małe tarcze, możesz skończyć na tym, że będziesz na tyle blisko do faktycznej tarczy, że trudno będzie odciągnąć wzrok z powrotem do twojej przedniej muszki. Dystans jako takie zjawisko występuje w różny sposób, w zależności od osoby, niemniej jednak postaram zatrzymać się w przybliżeniu na pięć stóp od faktycznej tarczy, niezależnie od skali.

**Wymagane rekwizyty**

Te ćwiczenia wymagają absolutny minimum rekwizytów. Niektóre ćwiczenia wymagają małych rzeczy, takich jak stół i krzesło. Dla większości ćwiczeń jest wymagane zaledwie kilka tarcz na ścianie. Najszerzej stosowanym rekwizytem jest barykada. Ja wolę używać pełnowymiarowej tarczy stojącej z przypiętymi do niej tarczami, aby stworzyć swoją własną barykadę. Możesz wyeliminować z tarczy strefę “A” w celu przekształcenia tej barykady w ścianę z portem. Moim zdaniem, te rekwizyty są całkiem minimalne, równie ćwiczenia mają na celu nie robić sobie problemu. Jeśli wydałeś gotówkę na nabycie tej książki, wtedy posiadasz środki na konstrukcję do tych ćwiczeń.

Jedna część mechanizmu, której nie powinieneś podawać w wątpliwość, to odpowiedni timer. Nie używaj jakichś głupich aplikacji na smartfony, weź dedykowany timer. Z pewnością, to może być głośno, jednak możesz umieścić coś na głośnikiem, aby stłumić dźwięk. Prawda jest taka, że aplikacje mobilne zazwyczaj za dobrze nie działają. Często zdarzają się problemy z dokładnością w czasach startowania i stopowania. Weź porządny timer, to cenna inwestycja.

**“Wystrzał” z kilkoma próbami**

W przypadku **pistoletów samopowtarzalnych**, takich jak CZ lub SIG, do oddania pierwszego strzału powinieneś cały czas ciągnąć za spust (podwójne działanie), a następnie nie odpuszczasz spustu zbyt daleko aż do jego ponownego ustawienia. W celu oddania kolejnych strzałów zwyczajnie pociągnij za spust jeszcze raz. Spust nie posiada żadnego realnego oporu do kolejnych strzałów. Przeładowując broń lub poruszając się od punktu do punktu, upewnij się, że zabrałeś palec z kabłąka spustowego, w dalszym ciągu twój pierwszy strzał odbędzie się w trybie podwójnego działania.

W przypadku **pistoletów jednostrzałowych**, takich jak 1911/2011, za spust ciągniesz tylko jeden raz . Przez resztę czasu ciśniesz z powrotem na nieaktywny (lub “martwy”) spust.

W przypadku **pistoletów powtarzalnych**, takich jak Glock, możesz umieścić gumkę w oknie wyrzutowym broni w celu jej utrzymania z niewielkim odstępem od akumulatora. Jeśli robisz te rzeczy we właściwy sposób, spust nie będzie mógł uwolnić iglicy, w następstwie tego podczas zajęć ze strzelania na «sucho» spust zostanie trochę wciśnięty. W ramach każdego z tych pistoletów zastosowanie spustu będzie odmienne niż gdybyś to zrobił podczas strzelania ostrą amunicją. Niestety to nie jest dobre rozwiązanie na tę chwilę. Skup się na wywieraniu nacisku na spuście i skierowaniu naporu bezpośrednio do szkieletu broni. Jeśli możesz robić to konsekwentnie, wtedy będziesz już na swojej drodze do dobrego strzelania.

**Ustalanie czasu startu i stopu**

Dla większości tych ćwiczeń wymagane jest używanie sygnału startu i stopu. Dla wielu z nich powinieneś samodzielnie ustalić czas startu i stopu; masz podwójny powód. Po pierwsze, wiele z tych ćwiczeń trudno powtórzyć z dużą konsekwencją, co z kolei powoduje, że zapisanie czasu startu i stopu jest niemożliwe i nie będzie bardzo znaczące.

Następnie, samodzielnie ustalając czas startu i stopu, będziesz mógł ustawić go lepiej (pod wieloma względami) aniżeli on będzie ustawiony dla Ciebie.

Działa to w ten sposób, że ty wyliczasz swój czas startu i stopu w ramach pewnych określonych czynności. Po tym, jak przez jakiś czas popracujesz nad ćwiczeniami opisanymi w tej książce, to nie będzie zbyt trudne. Wkrótce, będziesz wiedział, że to zajmie Ci w przybliżeniu X czasu, aby uporać się z Y tarczami, przy Z dystansie. Wystarczy tylko trochę przerobić charakterystyczny scenariusz, za pośrednictwem którego bardzo szybko będziesz mógł określić czas, na który wielokrotnie natrafiasz. Jak tylko wyliczysz czas startu i stopu, postępuj zgodnie z instrukcjami ćwiczeń.

W trakcie tego procesu, pamiętaj, że prawidłowo ustalony czas startu i stopu nie oznacza “iść najszybciej, jak tylko to możliwe.” Powinieneś umieć dostrzegać pewnego rodzaju celowanie we wszystkim. Powinieneś umieć sprawować odpowiednią kontrolę nad swoim spustem. Poza tym, odpowiednio ustalony czas startu i stopu nie oznacza 100 procentowe trafianie na czas. To tak nie działa. Jeśli popełniłeś błąd, to nie zdążysz na czas startu i stopu, i do tego “wystrzelisz” ubogi ogień, lub pierwsze i drugie. Pamiętaj o tym, jeśli niezawodnie zdążyłeś zrobić każdą powtórkę na czas, wtedy poszedłeś za daleko i musisz podnieść poprzeczkę.

**Tylko fakty**

Nie można powtarzać tego dość często. Musisz pamiętać, że ćwiczysz, aby strzelać prawdziwymi nabojami z ostrej broni. Ćwicz samego siebie, aby wyrobić mocny chwyt, gdy sięgasz po broń. Cały czas pilnuj pozycji celowania. Jeśli czujesz, jak gdybyś nie potrafił odpowiednio się kontrolować podczas strzelania na „sucho”, musisz zrozumieć, jakich technicznych zmian należy dokonać i włączyć je do swojego strzelania na «sucho». Chcesz zmienić położenie swojego ramienia? Mocniejszy chwyt? Poprawić położenie rąk? Dowiedz się tego i niech to się stanie częścią twoich zajęć treningowych.

**Zadowalająca celność w treningach strzeleckich na «sucho»**

Powinieneś rozważyć zadowalającą celność, która byłaby jednakową jak w strzelaniu na «sucho», tak i w strzelaniu na «ostro». Każde alfa trafienie tak naprawdę nie jest warunkiem dobrych osiągnięć w strzelaniu na «sucho». Chcesz tyle “A”, na ile to możliwe, ale ze względu na prędkość zachęcam Cię do ćwiczeń, nie widzę potrzeby, żeby każdy pojedynczy strzał musiał był doskonały. W miarę upływu czasu, musisz potrafić osiągnąć lepsze wyniki i lepsze punkty w ramach swoich treningów strzeleckich na «sucho». To osiągnięcie po prostu zabierze Ci trochę czasu.

**Czym jest ćwiczenie dla “Mistrza”?**

Ludzie często pytają mnie czy oni powinni zapomnąć o ćwiczeniu po tym, jak oni już go „opanowali”. “Opanowanie” ćwiczenia to kłopotliwa idea. Na pewno możesz zacząć być na bieżąco z ćwiczeniami. Możesz nabyć umiejętność w celu jej konsekwentnego utrwalania pod względem czasu celowania. To nie znaczy, że jesteś perfekcyjnym, to po prostu mówi o tym, że posiadasz zdolności do wykonywania ćwiczeń na odpowienim poziomie. Nie określiłbym tego jako mistrzowstwo, ale z drugiej strony nie mogę lekceważyć innych ćwiczeń opisanych w tej książce.