

# CCW Handgun Drills (Part 3)

## [Massad Ayoob's Dry-Fire Safety Rules](#)

[Go Back to Part 1](#)

Printable Targets at [Pistol-forum.com](#)

[Go Back to Part 2](#)

[Active Response Training](#) and [Pistol-forum.com](#) have a huge list of Drills.

### Firearm Safety Rules

#### 1. **ALWAYS keep the gun pointed in a safe direction.**

This is the primary rule of gun safety. A safe direction means that the gun is pointed so that even if it were to go off it would not cause injury to others or damage to property. The key to this rule is to control where the muzzle or front end of the barrel is pointed at all times. Common sense dictates the safest direction, depending on different circumstances.

#### 2. **ALWAYS keep your finger off the trigger until ready to shoot.**

When holding a gun, rest your finger on the trigger guard or along the side of the gun. Until you are actually ready to fire, do not touch the trigger.

#### 3. **ALWAYS keep the gun unloaded until ready to use.**

Whenever you pick up a gun, immediately engage the safety device if possible, and, if the gun has a magazine, remove it before opening the action and looking into the chamber(s) which should be clear of ammunition. If you do not know how to open the action or inspect the chamber(s), leave the gun alone and get help from someone who does.

#### 4. **ALWAYS Know your target and what is beyond.**

Be absolutely certain you have identified your target beyond any doubt. Equally important, be absolutely certain the area beyond your target is clear. This means observing your entire area of fire *before* you shoot. Never fire in a direction in which there may be people or property that may be damaged. *Think* first. *Look* second. *Shoot* third.

#### **Know how to use the gun safely.**

Before handling a gun, learn how it operates. Know its basic parts, know how to safely open and close the action and remove any ammunition from the gun or magazine. Remember, a gun's mechanical safety device is never foolproof. Nothing can ever replace safe gun handling.

#### **Be sure the gun is safe to operate.**

Just like other tools, guns need regular maintenance to remain operable. Regular cleaning and proper storage are a part of the gun's general upkeep. If there is any question concerning a gun's ability to function, a knowledgeable gunsmith should look at it.

#### **Use only the correct ammunition for your gun.**

Only BB's, pellets, cartridges or shells designed for a particular gun and caliber can be fired safely in that gun. Most guns have the ammunition type stamped on the barrel. Ammunition can be identified by information printed on the box and sometimes stamped on the cartridge. Do not shoot the gun unless you know you have the proper ammunition.

#### **Wear eye and ear protection as appropriate.**

Guns are loud and the noise can cause hearing damage. They can also emit debris and hot gas that could cause eye injury. For these reasons, safety glasses and hearing protection should always be worn by shooters and spectators.

❑ **Never use alcohol or over-the-counter, prescription or other drugs before or while shooting.** Alcohol, as well as any other substance likely to impair normal mental or physical bodily functions, must not be used before or while handling or shooting guns.

❑ **Store guns so they are not accessible to unauthorized persons.**

Many factors must be considered when deciding where and how to store guns. A person's particular situation will be a major part of the consideration. Dozens of gun storage devices, as well as locking devices that attach directly to the gun, are available. However, mechanical locking devices, like the mechanical safeties built into guns, can fail and should not be used as a substitute for safe gun handling and the observance of all gun safety rules.

## Notes on Drills

The material on these pages is a collection of Drills submitted by Readers who want to share their knowledge with others.

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There is no substitute for good firearms training and knowledge. You should know and practice all the laws of handgun safety at all times when shooting/practicing with any firearm. You should have a good quality holster that is made to carry the firearm you are using with it. Any holster used must be of good quality, cover the trigger and must not collapse when the firearm is drawn, allowing you to reholster with one hand. .

### Drills

**Clicking on Drill in listing will take you to that Drill.**

# 66	<a href="#">50 Round Practice Exercise</a>	Clint Smith	51
# 67	<a href="#">100 Round Practice Drill</a>	Clint Smith	52
# 68	<a href="#">Mexican Defense Course</a>	SWPL	52
# 69	<a href="#">240 Rd Drill Based on Central Texas Standards</a>	McCormick/Coleman	53
# 70	<a href="#">DOT Drill (90 Rounds)</a>	Ernest Langdon	54
# 71	<a href="#">The Dot Drill</a>	Personal Defense Training, Inc.	54
# 72	<a href="#">The Dot Drill</a>	Sierra Firearms Academy	55
# 73	<a href="#">Service Ammunition Testing Protocol</a>	Jeff Gonzales	55
# 74	<a href="#">Defensive Handgun Practice Drill—Modified</a>	Rick Miller	56
# 75	<a href="#">60 Round Skill Drill</a>	10-8 Consulting	57
# 76	<a href="#">Dry Firing/Dry Practice</a>	Robbie Robinson	58
# 77	<a href="#">Maricopa County Drill Basics</a>	From Handguns Magazine	59
# 78	<a href="#">Old time Drill</a>	Unknown	60
# 79	<a href="#">Catch-22</a>	Dave Sevigny	60
# 80	<a href="#">F.A.S.T. (Fundamentals, Accuracy, &amp; Speed Test)</a>	Todd Green	61
# 81	<a href="#">Gunsite Practice Drill—Modified</a>	Gunsite	62
# 82	<a href="#">45 Round Practice Session</a>	Ken Hackathorn	63
# 83	<a href="#">Dry Fire Practices/Drills</a>	Personal Defense Training LLC	63
# 84	<a href="#">Dry Fire Practice</a>	David Turley	65
# 85	<a href="#">Keeping Your Skills Sharp</a>	Scott Norton	66
# 86	<a href="#">5 &amp; 5</a>	Claude Werner	66
# 87	<a href="#">21-12 Drill</a>	Brian Buchanan	67

# 88	<a href="#">Tri-10</a> .....	Gunslinger .....	67
# 89	<a href="#">Circle Drill</a> .....	George Harris .....	68
# 90	<a href="#">5 Shot Touch Group</a> .....	Col Ben Findley .....	68
# 91	<a href="#">Dry Fire Practice</a> (Video) .....	Dave Spaulding .....	69
# 92	<a href="#">Five Yard Roundup</a> .....	Justin Dyal .....	69
# 93	<a href="#">Wizard Drill</a> .....	Ken Hackathorn .....	70
# 94	<a href="#">Comprehensive Handgun Proficiency Drill</a> .....	Bill Wilson .....	71
# 95	<a href="#">5 X 5</a> .....	Gila Hayes .....	72
# 96	<a href="#">The Humbler</a> .....	Kyle Defoor .....	72
# 97	<a href="#">The 99 Drill</a> .....	JodyH .....	73
# 98	<a href="#">2 Yard Torture</a> .....	Larry Vickers .....	73
# 99	<a href="#">45 Drill</a> .....	Richard Mann .....	74
# 100	<a href="#">The Test</a> .....	Larry Vickers .....	74
# 101	<a href="#">Blind Swordsman Drill</a> (Live or Dry Fire) .....	Massad Ayoob .....	74
# 102	<a href="#">5 X 5 Drill</a> .....	Bill Wilson .....	75
# 103	<a href="#">The 5 X 5 Drill</a> ....(Different than 5 X 5 Drill above) .....	Dave Spaulding .....	75
# 104	<a href="#">Press Six</a> .....	Todd Green .....	76
# 105	<a href="#">X – Drill</a> .....	Rob Haught .....	77
# 106	<a href="#">Five Yard Roundup</a> .....	Justin Dyal .....	77
# 107	<a href="#">“9 in 9”</a> .....	Dave Spaulding.....	78
# 108	<a href="#">Do Good Drill</a> .....	Dave Spaulding .....	78
# 109	<a href="#">Wilson’s CCW Basic Proficiency Test</a> .....	Bill Wilson .....	79
# 110	<a href="#">Slow Fire Drill</a> .....	Rob Leatham .....	80
# 111	<a href="#">Gunhandling and Shooting Freestyle</a> .....	Rob Leatham .....	80

## Targets

There are a lot of different targets out there. You can use any target you wish. The more life- like when training for self-defense the better. IDPA, B27 police targets or many other commercially made targets are very good for practice. Putting tee shirts on your targets will also make the targets look like what you would be facing in a life and death situation. You can also use almost anything else. A 3 X 5 Index card, ½ sheets of paper, full sheets of paper or just about anything else you can think of. We do not recommend using bottles, cans or other similar items. Paper works best and is easiest to clean up and leave the range area clean. Be aware of bullet splatter and ricochet when shooting steel objects or targets.

Law Enforcement Targets <https://targets.net/collections/law-enforcement-targets> is a web site that sells targets but also has images of many of the targets that are used in many Drills and Qualifications. We are in no way endorsing this web site but list it here as a reference tool for our readers.

## Cover

In any self-defense use of a firearm, avoiding getting shot is equally important as stopping the attacker. You should always practice moving to cover and shooting from cover when you practice with your firearm. You will react as you train and moving to cover during practice will lead to, in most cases, moving to cover when your handgun comes out in that self defense situation. If you practice that way you will react that way. *Perfect* practice makes perfect.

This is how everyone is training now. As we learn more and more about what happens in life and death situations, we are learning we react exactly as we have trained. Most Drills don’t take cover into

consideration. Do make changes to the standards listed here and use cover or move to cover at the start of your draw.

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## Dry Fire Safety

Pick one room for dry fire practice and remove any ammunition from that room. Do not allow any ammunition to come into that room. You can use snap caps if you are concerned about damaging your firearm while dry firing. Contact the maker of your firearm if you are concerned about dry firing your handgun. Do not dry fire a rim fire firearm like a .22 or .17 without snap caps. Dry firing those firearms without snap caps will damage the firearm.

Practicing reloading along with your dry fire Drills must be done *only* with snap caps. You cannot allow any ammo into the room and those few dollars for snap caps are a lot cheaper than putting holes in something in your home or worse, negligently shooting someone. Never forget that you are 100% responsible for all rounds that come out of your firearm.

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## Firearm Drills

### #66 50 round PRACTICE EXERCISE

Clint Smith

Target: 18 x 30 inch cardboard. Primary zones are two 8-inch paper plates, aligned one above the other, and a 3x5 index card aligned above the plates. If using an IDPA or IPSC target as the backer, the 3x5 card is centered in the head. These simulate the three primary target zones on the human body, head, chest, and pelvis. The A-zone is the head, the B-zone is the chest, and the C-zone is the pelvis.

**STAGE ONE:** From the ready position, come on target and fire one round to the B-zone. Remember proper follow through, and get a follow-up sight picture after the gun fires. Sight picture -- one shot -- sight picture. 6x total of 6 rounds.

**STAGE TWO:** From the ready position, engage each zone A-B-C with one round. Change the order with which you engage the zones and repeat. Focus on accuracy. 2x total of 6 rounds.

**STAGE THREE:** From the ready position, engage each zone A-B-C with two rounds. Perform a mandatory reload and engage each zone again with two rounds each. Change the order with which you engage the zones. Total of 12 rounds.

**STAGE FOUR:** From the ready position, engage the target in the center zone with one round. Repeat firing two rounds. Repeat firing three rounds. Total of 6 rounds.

**STAGE FIVE:** From the ready position, strong hand only engage the target in the center zone with one round. Repeat firing two rounds. Repeat firing three rounds. Perform a mandatory reload with both hands and switch the gun to weak hand only. Engage the target in the center zone with one round. Repeat firing two rounds. Repeat firing three rounds. Total of 12 rounds fired.

**STAGE SIX:** From the ready position, fire 4 rounds slow fire at the A-zone (head), perform a mandatory reload, and fire another 4 rounds slow fire at the A-zone.

## TOTAL OF 50 ROUNDS FIRED

These exercises can be performed at 5,7 or 10 yards. An 8-1/2 x 11 inch sheet of paper can be used instead of the paper plates. Perform the drill the first time from the ready position, the second time from the holster and the third time from the holster with concealment. Increase the distance as your proficiency increases.

[Back to Index](#)

### # 67 100 round Practice Drill

Clint Smith

**Stage One/5 or 7 yards:** Warm up drills/Focus on Accuracy

Load 3 magazines with 10 rounds each

From the holster, draw and fire 10 sighted pairs. Focus on accuracy. (20 rnds)

From the ready position:

„« Strong hand only, fire 5 singles. Focus on accuracy. (5 rnds)

„« Weak hand only, fire 5 singles. Focus on accuracy. (5 rnds)

**Stage Two/5 or 7 yards:** The Mozambique Drill

Load 3 magazines with 10 rounds each

From the holster, draw and fire two rounds to the body and one round to the head (aka "The Mozambique Drill"). Be smooth. Focus on accuracy. Perform this drill 10 times. (30 rnds)

**Stage Three/5 or 7 yards:** Out of Battery Reloads

Load each of 3 magazines with 2 rounds each: Out-of-battery reloads:

From the holster, draw and fire two, reload, fire two, reload, and fire two. (2+2+2). Perform this drill 2 times. (12 rnds)

**Stage Four/5 or 7 yards:** Clearing failure to fire malfunctions

Load each of 2 magazines with 4 live rounds and one inert "dummy" round.

From the holster, draw and engage the target, clearing the malfunction with a "tap-rack-ready" malfunction clearance whenever necessary. (8 rnds)

**Stage Five/10 and 15 yards:** Accuracy at distance

Load each of 2 magazines with 10 rounds each

„« At 10 yards from the holster, draw & fire 5 sighted pairs (10 rnds)

„« At 15 yards from the holster, draw & fire 5 sighted pairs (10 rnds)

[Back to Index](#)

## # 68 Mexican Defense Course

SWPL

(As Described by Ken Hackathorn)

6 targets

Par for each stage is 5 seconds.

**Stage 1-** Start walking away from targets. Sometime after crossing the 10 yard line, the signal will sound. Upon signal, turn, engage T1 with 6 rounds.

**Stage 2-** As in Stage 1, but shooter will engage T1 through T6 with 1 round each.

**Stage 3-** Walk toward targets starting from 15+ yards away. After crossing 10 yard line, and signal sounds, engage T1 with 6 rounds.

**Stage 4-** As in Stage 3, except engage T1 through T6 with 1 round each.

**Stage 5-** Start moving laterally at 10 yards out. At signal, engage T1 with 6 rounds while still

[Back to Index](#)

**Stage 6-** As in Stage 5, except engage T1 through T6 with 1 round each while moving.

[Back to Index](#)

## # 69 PRACTICE DRILLS

### Based on the Central Texas Standards

The "Central Texas Standards" was originally developed as a practice drill by IPSC shooters Chip McCormick and Ronin Coleman. This practice drill is based on the skills tested in the Central Texas Standards. The original time limits were VERY tight -- shooters can adjust par times as necessary.

Set up three IPSC targets in an "El Presidente" configuration, side by side with one meter between targets. The left target is A, the center target is B, and the right target is C. The exercises are scored VIRGINIA COUNT -- misses and shots not fired incur no penalties. Overtime shots are -5 points each.

50 YARDS / 35 YARDS / 25 YARDS

STANDING: 2 rounds on each target. (3 individual reps) 3X

STANDING TO KNEELING 2 rounds on each target (3 individual reps)

STANDING TO PRONE: 2 rounds on each target (3 individual reps)

30 rounds fired per stage

15 YARDS

STANDING: 2 rounds on each target (3 individual reps) 2X

STANDING: 2 rounds on each target strong hand only. 2X

STANDING: 2 rounds on each target weak hand only. 2X

STANDING: "El Presidente Drill" 2X

60 rounds fired

10 YARDS / 7 YARDS

STANDING: 2 rounds on each target (3 individual reps) 2X

STANDING: 2 rounds on each target strong hand only. 2X  
STANDING: 2 rounds on each target weak hand only. 2X  
STANDING: "El Presidente Drill" 2X  
STANDING: 2CM/1 headshot on each target (3 individual reps)(2X)  
STANDING: 1 headshot on each target (2X)  
OUT OF BATTERY RELOAD: 2+2+2

90 rounds fired per stage      Total Rounds Fired: 240

[Back to Index](#)

## # 70 DOT DRILL (90 ROUNDS)

**Ernest Langdon**

Good all around practice drill

On a full IDPA, IPSC or other large target, draw 9 circles about 2 ½ to 3 inches in diameter. Spread the circles out so that there are at least 4 inches between them. Drill is shot at 7 to 10 yards.

0 0 0

0 0 0

0 0 0

On the top left hand circle, draw and fire one shot, repeat 6 times.

On the top middle and top right circle, draw and fire one shot to each, repeat 6 times.

On the center middle and center right, draw and fire two shots to each, repeat 6 times.

On the bottom middle and bottom right, draw and fire two to the middle, slide lock reload, and then two to the right. Repeat 6 times. Note: one round in magazine and one in the chamber as the start of each string.

On the middle left, draw and shoot two rounds, Strong hand only. Repeat six times.

On the bottom left, draw and transfer, shoot two rounds, weak hand only. Repeat 6 times.

The goal of the drill is to not drop any shots out of the circle.

[Back to Index](#)

## # 71 THE DOT DRILL

**Personal Defense Training, Inc**

This is a marksmanship drill, fired at 3 yards or further. Targets are ten 2" dots numbered 1 through 10. A total of 50 rounds is needed. You will perform: 22 draws and holster, depending on magazine capacity 5-10 administrative or speed reloads, obtain 83 sight pictures and press the trigger 50 times.

- Dot #1- Draw and fire one string of 5 rounds for best group. One hole if possible, total 5 rounds.
- Dot #2- Draw and fire 1 shot, holster and repeat X4, total 5 rounds.

[www.handgunlaw.us](http://www.handgunlaw.us)

- Dot #3 and 4- Draw and fire 1 shot on #3, then 1 shot on 4, holster and repeat X4, total 8 rounds.
- Dot #5- Draw and fire string of 5 rounds, strong hand only, total 5 rounds.
- Dot #6 and 7- Draw and fire 2 shots on #6, then 2 on #7, holster, repeat X4, total 16 rounds.
- Dot #8- From ready or retention, fire five shots, weak hand only, total 5 rounds.
- Dot #9 and 10- Draw and fire 1 shots on #9, speed reload, fire 1 shots on #10, holster and repeat X3, total 6 rounds.

When you can do this clean on demand, extend the length or start timing and work on speed but maintaining accuracy. If a single shot is missed, you flunk. Only hits count and only perfect practice makes perfect.

The target that PDT uses has the #1 dot centered on the top row and then the other dots below in three rows of three dots.

1  
2-3-4  
5-6-7  
8-9-10

[Back to Index](#)

## # 72 THE DOT DRILL

Sierra Firearms Academy

This is a precision drill, fired at 10 yards without regard to time, only precision. The targets are 10 - 3" dots placed in the following sequence. 1 dot on top, then 3 rows of 3.

**Dot #1:** Draw and fire one continuous string of 6 rounds for your best group.

**Dot#2:** Draw and fire 1 shot, holster and repeat for a total of 6 shots.

**Dot#3&4:** Draw and fire one shot on 3, then one shot on 4. Holster and repeat 6 times.

**Dot#5:** Draw and fire 6 shots continuous fire, strong hand only.

**Dot#6&7:** Draw and fire 2 shots on 6, then 2 shots on 7. Holster and repeat 6 times.

**Dot#8:** Draw and fire 6 continuous shots weak hand only.

**Dot#9&10:** Draw and fire 2 on 9, reload, fire 2 on 10. Holster and repeat 6 times.

If the drill is too difficult with this target size or distance, reduce the distance or increase the target size and work down to 10 yards and 3 inch dots. Once you can do this on demand, your precision skills will be way above average. Practice with a goal of increasing your speed, while maintaining your accuracy. Just blasting at them will not help you a bit.. Perfect practice makes perfect performance.

Remember... The only way you can be successful at this, is to have your sights clearly in focus for each and every shot. Shoot at the center of the dot, not the whole dot. Good luck!

[Back to Index](#)



## # 73 Service Ammunition Testing Protocol

Jeff Gonzales

To test accuracy & reliability of service ammunition in handguns  
(a good practice drill to develop accuracy)

This course was originally developed by The International Wound Ballistics Association (IWBA)

**STAGE I** 25 yards -- Slow fire standing fired in 5 shot groups. Total of 25 rounds.

**STAGE II** 25 yards -- Slow fire kneeling fired in 5 shot groups. Total of 25 rounds.

**STAGE III** 25 yards -- Slow fire prone fired in 5 shot groups. Total of 25 rounds.

**STAGE IV** 10 yards -- Timed fire standing fired in 5 shot groups. Total of 25 rounds fired.

**STAGE V** 7 yards -- Begin with all magazines loaded to capacity. From the standing position, fire a total of 50 rounds at a rapid fire pace, reloading as necessary. (This stage tests magazine function and how the weapon cycles at maximum speed). Try to keep all rounds fired in the primary scoring zone of your target.

**STAGE VI** 7 yards -- Begin standing. Timed fire strong hand only in 5 shot groups. Total of 25 rounds fired.

**STAGE VII** 5 yards -- Begin standing. Timed fire weak hand only in 5 shot groups. Total of 25 rounds fired.

Begin with a clean and lubricated weapon. Note any malfunctions. On the rapid fire stages, only shoot as fast you can go and still maintain good accuracy and control. You may go down and inspect the target in between strings of fire and between stages to check on your accuracy.

[Back to Index](#)

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## # 74 Defensive Handgun Practice Drill—Modified

Rick Miller

In Combat Handguns Magazine  
(volume 28 number 1 / February 2007)  
Page 94

Ammunition required: 40 rounds  
Targets: Paladin, IPSC or IDPA targets scored 5-4-2  
Time limits may be adjusted as required  
Qualification standard: 200 points possible  
160 points (80%) to qualify

Two targets, 18-24 inches apart (T1 and T2)  
Each target engaged with 20 rounds

Stage 1 -- 1 yard -- Draw and fire two rounds at the left target (T1) in 1.5 seconds from the close quarter position. Repeat 3X for a total of 6 rounds.

Stage 2 -- 7 yards -- Draw and fire one round strong hand only at the right target (T2) in 2 seconds. Repeat 3X for a total of 3 rounds.

Stage 3 -- 7 yards -- Begin with the pistol in the weak hand at low ready. Fire one round weak hand only on the right target (T2) in 2.0 seconds. Repeat 3X for a total of 3 rounds. ALTERNATIVE: Perform a weak hand only draw from the holster and fire one round weak hand only on the right target in 4.0 seconds. Repeat 3X for a total of 3 rounds.

Stage 4 -- 7 yards -- Draw and fire two rounds on each target in 4.0 seconds. Repeat 2X for a total of 8 rounds.

Stage 5 -- 10 yards -- Draw and fire two rounds per target, perform a mandatory reload, and fire another two rounds on each target for a total of 8 rounds in 8 seconds.

Stage 6 -- 15 yards -- Draw and fire one round at the left target (T1) in 3 seconds. Repeat 6X for a total of 6 rounds.

Stage 7 -- 25 yards -- Begin standing with the weapon holstered. Draw and fire one round at the right target (T1) in 5 seconds. Alternate between braced kneeling and rollover prone positions. Repeat 6X for a total of 6 rounds.

[Back to Index](#)

## # 75 60 Round Skill Drill

## 10-8 Consulting

IPSC or IDPA target scored 5-4-2  
4 required headshots scored 5 pts each  
Target at 5,7,10, or 12 yards

**STAGE 1** -- At the signal, draw and fire two rounds to the body and one round to the head (Failure to Stop drill/aka "The Mozambique Drill"). 4X total of 12 rounds.

**STAGE 2** -- At the signal, draw and fire two rounds strong hand only. 3X total of 6 rounds.

**STAGE 3** -- Begin with the gun at low ready with the gun in the weak hand. At the signal, fire two rounds weak hand only. 3X total of 6 rounds.

**STAGE 4** -- Load each of two magazines with 3 rounds. At the signal, draw and fire 3 rounds, perform a mandatory out-of-battery reload and fire another 3 rounds. Total of 6 rounds.

**STAGE 5** -- Load each of two magazines with 6 rounds. At the signal, draw and fire 3 rounds, perform a tactical reload or reload with retention and fire another 3 rounds. Total of 6 rounds.

**STAGE 6** -- Begin with a 3 round magazine loaded and a holstered weapon with an empty chamber. At the signal, draw strong hand only, rack the slide and chamber a round strong hand only and fire 3 rounds. (2x)Total of 6 rounds.

**STAGE 7** -- Begin with a 3 round magazine loaded and a holstered weapon with an empty chamber. At the signal, draw weak hand only, rack the slide and chamber a round weak hand only and fire 3 rounds. (2x)Total of 6 rounds.

**STAGE 8** -- Load each of 2 magazines with 3 rounds. At the signal, draw and fire 3 rounds, strong hand only reload strong hand only and fire another 3 rounds. Total of 6 rounds.

**STAGE 9** -- Load each of 2 magazines with 3 rounds. At the signal, draw and fire 3 rounds weak hand only, reload weak hand only and fire another 3 rounds weak hand only. Total of 6 rounds.

[Back to Index](#)

## **#76 DRY FIRING/DRY PRACTICE**

**ROBBIE ROBINSON**

Dry-fire is a generic term for practicing at home with an unloaded gun. It does not necessarily only mean pulling the trigger. It can refer to practicing reloads, drawing, or most any other skill you need.

I wholeheartedly recommend dry-fire practice. I attribute dry-fire to my ability to classify as master in several disciplines within a year after I first started shooting. When you dry-fire, you can practice just about any of the skills you can work on in live-fire without going to the range and paying for targets, ammo, or range time. Then when you do go to the range, you only have to verify the dry-fire practice has helped you to become proficient at the basic skills. Generally, after the first few weeks of practice, I recommend you dry-fire at least weekly and shoot live-fire at least monthly.

Do not dry-fire at an interior wall that a bullet could pass through. An interior wall with an outer brick wall on the opposite side or a stone fireplace works well. I have a friend who uses a cardboard target with a Kevlar vest on it. Never, under any circumstances whatsoever, dry-fire at anything you could possibly destroy. This includes people, pets, the TV set, or anything else a bullet could destroy. Other than being unsafe and irresponsible, you can be charged with a felony (in TN, specifically but in most other states as well) if you point a gun at a person, regardless of whether it is loaded, unless you have justification to take their life.

If there is nothing in your house at which you can safely dry-fire, do not dry-fire at home. Do not dry-fire at something unsafe because you "know the gun is unloaded." I reiterate, never, under any circumstances whatsoever, for any reason whatsoever, are you to dry-fire at something you could destroy. Do not dry-fire if you are tired, distracted, or your mind is on anything other than your practice time.

This type of practice should be done in the following setting:

1. Go off into a room by yourself and shut the door.
2. Turn off the TV, radio, computer, iPod, cell phone, and any other devices that could conceivably distract you.
3. Clear the gun, put the ammo across the room (in another room is even better) and check it to be sure it is clear.
4. Find a small target that is in a safe, bullet-proof place. (see above paragraph)
5. Get into position.
6. Check your gun again.
7. Check your gun again.

8. Take a deep breath and relax.
9. Check your gun again. Be absolutely, by God sure, the chamber and magazine well are clear!
10. Say out loud, "I'm beginning my dry-fire practice time."
11. Stop practicing before you are tired or distracted, as you tend to get sloppy in your techniques and build bad habits.
  - A. For the first two weeks, practice every day, 15-20 max.
  - B. For the next two weeks, practice 2-3 times a week, 15-20 max.
  - C. After that, practice 1 or 2 times a week, 15-20 max.
12. Vary your practice routines.
  - A. Start with slow presentations. Make them perfect, then speed up gradually.
  - B. If you have a double action gun, practice using the double action trigger.
  - C. Move on to other skills. Always start off slowly/perfectly.
13. If you are distracted for any reason, start over from step one or quit for the day.
14. Once finished, say out loud, "I'm finished for the day."
15. Put the gun away. Do not practice any more, not even once more!
16. Go on with your life until your next practice session.

Practice different skills. Multiple targets, shooting on the move, reloads (using dummy ammo), etc.

Don't dry-fire the following types of guns:

Cheap, crappy guns  
.22 caliber or any rim-fire guns  
Berettas (Beretta says it will crack the firing pin)  
Any gun that the manufacturer says not to dry-fire

Most other high quality, well made sidearms can be dry-fired with no problem. I dry-fire my Sigs all the time, however, if there is any question, contact the manufacturer as in some cases, dry-firing may void the warranty. You can buy 'snap-caps' or other types of dummy cartridges, for any gun that you don't want to dry-fire.

[Back to Index](#)

## # 77 MARICOPA COUNTY DRILL BASICS

From Handguns Magazine

**Starting position: Ready position or holstered with gun loaded and charged. NRA TQ-21 target.**

### Stage 1

1. **3 yards**, 3 hits from holster (2 center-mass, 1 head), strong hand only, 4 sec.
2. **3 yards**, 3 hits from ready (2CM, 1 head), strong hand only, 3 sec.

3. **3 yards**, 3 hits from holster (2CM, 1 head), two hands, 4 sec.
4. **3 yards**, 3 hits from ready (2CM, 1 head), two hands, 3 sec.
5. **3 yards**, 2 hits from ready, weak hand only, 3 sec. (do three times)

### Stage 2

(start with only three rounds in the gun)

1. **7 yards**, 3 hits from holster, 4 sec.
2. **7 yards**, 6 hits from ready (3 hits, tactical reload, 3 hits), 15 sec.
3. **7 yards**, 5 hits from ready, (3 hits, empty reload, 2 hits), 12 sec.

### Stage 3

1. **15 yards**, 3 hits from holster, 5 sec.
2. **15 yards**, 3 hits from ready, 4 sec.
3. **15 yards**, 2 hits from holster, 4 sec. (do twice)
4. **15 yards**, 1 hit from ready, 2 sec. (do twice)

### Stage 4

1. **25 yards**, 2 hits from holstered, 6 sec.
2. **25 yards**, 2 hits from ready, 5 sec. (do twice)

[Back to Index](#)

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## # 78 Old Time Drill

This method appeared in "The American Rifleman" some years ago.

- Sit or stand 20' from a vertical 2X4.
- With the strong hand, dry fire at it, 6 moving up and 6 moving down.
- When you can keep the sights on the board, live fire.
- If any of the 12 do not hit - go back to step 1 until they all do.
- If all are in, mount a 2X4 horizontal and repeat right to left, left to right.
- When you can keep 24 live fire hits on both boards (12 each V&H) back up another 20 feet and repeat process from step 1.
- Do this, always starting over, till you are at the distance you expect to shoot.
- This does 4 things for you, instinctive correct grip, sight picture, and trigger squeeze, as well as strengthen the shooting muscles.
- Next, repeat whole exercise with weak hand. If you've done this correctly, you don't really need the sight picture. You can become very accurate with minimum ammo expenditure. Don't try to do it all in one day.

[Back to Index](#)

## # 79 Catch-22

Dave Sevigny

**Target:** MGM Auto-Popper or 8" plate

**Start position:** As per string description.

**Rounds fired:** 15 to ?

This Drill was developed by Dave to test draw speed and trigger control. A timer and steel target are all that you need to practice this drill

1. Freestyle - Draw and fire until you get a hit on the target. Record time. Repeat for a total of five draws.
2. Strong Hand Only - Draw and fire until you get a hit on the target. Record time. Repeat for a total of five draws.
3. Weak Hand Only - Draw, transfer gun to weak hand and fire until you get a hit on the target. Record time. Repeat for a total of five draws.

You keep shooting on each round till you score a hit on the target. When you have finished you should have 15 times recorded. Add these together and you have your score. No do over's. You take your 15 times and add them all up. You have to use steel targets

Dave states that less than 23 seconds is the Grand Master Level. If you use concealment 26 seconds or better is the Grand Master Level.

[Back to Index](#)

---

## # 80 F.A.S.T. (Fundamentals, Accuracy, & Speed Test)

Todd Green

**Range:** 7 yards

**Target:** 3×5 card (head), 8" plate (body)

**Start position:** weapon concealed or in duty condition with all holster retention devices active; shooter facing downrange in relaxed stance with arms down at sides

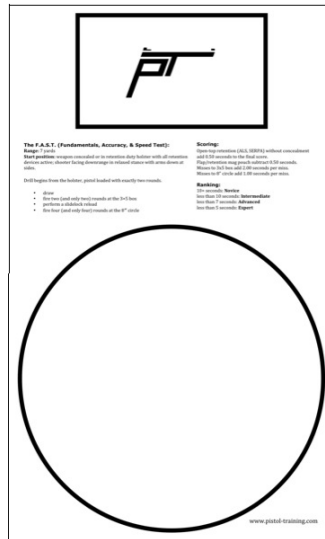
**Rounds fired:** 6

Shooter loads gun with a total of two rounds. On start signal, shooter draws and fires two rounds at the head target; performs a slidelock reload; and fires four rounds at the body target.

### Ranking:

- 10+ seconds: **Novice**
- less than 10 seconds: **Intermediate**
- less than 7 seconds: **Advanced**
- less than 5 seconds: **Expert**

If shooter is using a retention holster **and** flap (covered) magazine pouches, subtract 0.5 seconds from the recorded time. If shooter is using an open-top retention holster (e.g., Blackhawk SERPA or Safariland ALS) with no concealment, add 0.50 seconds to the recorded time. Target on next page.



[Back to Index](#)

## # 81 Gunsite Practice Drill—Modified

**Gunsite**

(50 rounds)

(procedure modified for use on a 50 ft indoor range)

Based on the practice exercise found in the  
Gunsite Defensive Pistol Training Handbook  
(Gunsite Academy; Paulden, Arizona, 2001) Pages 62 & 63

STAGE ONE – 7 yards

6 single shots. 1 second time limit. (6)

STAGE TWO – 7 yards

3 pairs . 1-1/2 second time limit. (6)

STAGE THREE – 7 yards

The Mozambique Drill. Two shots to the body followed by one shot to the head.

3 rnds. 4 second time limit. 2X (6)

STAGE FOUR – 10 yards

6 single shots. 1-1/2 second time limit. (6)

STAGE FIVE – 10 yards

3 pairs. 2 second time limit. (6)

STAGE SIX – 10 yards

In Battery Reload. Two shots – speed reload – two shots. Total of 4 rounds and a reload. 5 second time limit. 2X (8)

STAGE SEVEN – 15 yards

3 pairs. 4 second time limit. (6)

STAGE EIGHT – 15 yards

Standing to Kneeling. Begin standing, drop to high kneeling, fire 2 rnds in 4 seconds. 3X (6)

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Fired on the Gunsite Academy Silhouette target or the IDPA Target. Only hits in the 8 inch A-zone are counted for score

To pass, 40 rounds must be in the A zone, and both headshots must be on target.

(The original version of this course had a 25 yard stage involving shooting from kneeling, and a 50 yard stage involving shooting from prone. In both cases, the shooter began standing with the weapon holstered. I modified this drill to accomodate shooting on a 50 ft indoor range. I think the time limits may be unrealistically tight for most shooters not using an open-top kydex speed rig. However, I still think it's a good practice drill)

[Back to Index](#)

---

## # 82 45 Round Practice Session

**Ken Hackathorn**

Paste target(s) after each drill.

3 yards: Close-in retention. Fire 2 rounds. Perform 3x 6 rounds total.

5 yards: Strong hand only. Fire single rounds, or doubles. 6 rounds.

3 yards: Back away from target at least 3 yds, shooting 3 rounds while moving. Try to get at least to seven yards by third shot. Perform 2x 6 rounds.

7 yards: Double taps. Perform 3x 6 rounds

7 yards: Step a few paces to one side. Draw and fire 3 rounds while moving to other side. Perform 1x 3 rounds

7 yards: As above, except opposite direction. Perform 1x 3 rounds

6-10 yards: Put up three targets from 6-10 yards out. Engage 1-1-2-1-1 Perform 1x 6 rounds

6-10 yards: As above, but engage all targets with double taps. Perform 1x 6 rounds

7 yards: Place gun on ground. Put strong hand in belt behind back. Pick up gun with weak hand, fire 1 round. Perform 2x 2 rounds

15 yards: Draw and fire 1 precise shot in 2.5 seconds. Perform 3x 3 rounds

[Back to Index](#)

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## # 83 Dry Fire Practices/Drills

**Personal Defense Training, LLC**

It has been proven that weapon handling skills degrade by 20% in only one week if you are inactive. Dry fire practice is crucial to improving and maintaining live fire skills. Nobody has the time or money to live fire enough so these drills and procedures were created to help you practice safely and efficiently at the time of your choice and at no cost. In dry-fire, you essentially do everything except experience the bang and the cycling of the action. By not having to deal with recoil management or noise issues, you will be able to concentrate on proper equipment manipulation and trigger control. Top shooters are very comfortable with their gear and much of their smoothness comes from their familiarity with their gear. The key to effective practice is to perform the fundamentals perfectly. Trigger control, sight alignment, sight picture, grip and posture can all be practiced during dry-fire but it must be done correctly or you will just ingrain poor habits. The old adage "Only perfect practice makes perfect" should be followed.



## What's needed to dry-fire?

1. Safe area - Backstop capable of containing a round with a target of some sort. Be aware that handgun rounds can penetrate most materials in many dwellings. This includes both interior and exterior walls, ceilings and floors. Ideally, you should find an area that will positively contain any unintended round. An example would be an exterior wall that has significant dirt on the other side like a non-exposed basement wall.
2. Inert training rounds - Must be identifiable as inert and look distinctly different than live ammo. We prefer the type with an actual brass case such as the ones at S.T. Action Pro or the A-Zooms because the case won't degrade with use like plastic ones. You should also consider obtaining the blue CRTC training magazines from Dillon.
3. Live ammo container - For placing live rounds which MUST be kept in a separate room from where you will be practicing.
4. Electronic timer with random buzzer is very useful but not mandatory. The primary method of using a timer for practice is by setting a PAR time for an exercise and then practicing until you can properly perform that exercise in the allotted time. Then start to slowly reduce the allotted time and practice that until you can do it. Continue as desired but always make sure that you don't sacrifice proper technique for faster times. Speed will come with time but bad habits are very hard to break.

## Guidelines for dry-fire

1. Clear your gun - Place all live rounds and magazines with live rounds in the ammo container in another room.
2. Place target in a safe direction to minimize potential for injury if a negligent discharge occurs.
3. Visually and manually inspect guns, magazines and training rounds to ensure no live rounds are present.
4. Visually and manually inspect all training materials again.
5. Do not allow yourself to be disturbed. If you are, stop the session and deal with it. Inspect all gear upon return.
6. When you have completed the practice session, clear and store training rounds. Audibly say "practice is over, I'm now going live, I will not do any more practice." Virtually every negligent discharge related to dry-fire is because someone loads up, gets distracted, and then does just one more presentation. Once you are finished, **NO MORE PRACTICE FOR THE SESSION.**
7. Place the weapon in the condition you wish it to be in, but we advise that you consider leaving the pistol unloaded until after you have completed another task, such as eating, watching TV, etc.

## How often should you dry-fire?

We think you should dry-fire 5-10 times as much as you live fire but just 5-10 minutes a few times per week will result in noticeable improvement in fairly short order. It's not productive to practice for long periods because people tend to get sloppy which does nothing but build bad habits. It's better to do 10 minutes three times a week than one thirty minute session once per week. Utilize a variety of regimens in addition to the drills presented here but here is a sample of what you might do. Keep in mind that this "regimen" is probably a week's worth of practice over multiple sessions if you perform 5-6 repetitions of each exercise. Dry-fire practice is about quality, not quantity.

- 5-10 presentations from a ready position, Don't press the trigger.
- 8-10 correct draw strokes with no trigger press. Do these perfectly and develop a "groove". **NO SHORTCUTS!** Present the gun from the holster and aligned with the target.

- 8-10 correct draw strokes but still without pressing. Add speed but keep them smooth.
- 8-10 draws adding trigger prep (taking up slack) but still not pressing off the shot. As the weapon rises into the line of sight, take up the slack, pick up the front sight and FOCUS on the front sight. HOLD IT. FOLLOW THROUGH. Do everything right to the edge of discharge but don't break the trigger. Mentally, pause and verify that everything is as it should be and make a conscious decision about if you could get a perfect hit if needed.
- 8-10 draws just like the previous one but add complete trigger press. As you press, monitor the front sight for movement. Go for perfect execution with no front sight dip or bounce. Get perfect sight alignment and picture.
- Do 8-10 presentations with turns, both 90 and 180 degrees.
- Perform reloads and malfunction clearance drills.
- Add movement in all directions while performing the drills. Concentrate on staying on target while minimizing bouncing.
- Do presentations with your eyes closed to develop an index. Focus on the exact spot you wish to hit. Close your eyes and present the weapon. Open your eyes and see where you are actually aiming. Consider making postural adjustments so that you are better indexed.
- Present while sitting and every other position imaginable - kneel, prone, non-dominant hand, sitting at a table, supine, etc.

[Back to Index](#)

## #84 Dry Fire Practice

David Turley

My basic routine focuses mainly on some basic skills used in competition. It only takes about 15 minutes to do. In a typical session, I do 20 reps of drawing the pistol, finding the sight alignment and making one "shot" from each of the listed start positions.

- Facing the target with hands at side
- Facing the target with hands above shoulders
- Facing away from the target with hands at side, turn and draw
- Facing away from the target with hands above shoulders, turn and draw
- While stepping left
- While stepping right
- While stepping forward
- While stepping backward

In each of these drills, the goal is to get the gun smoothly and quickly on target, in this case a 4" square, and dry fire the pistol without losing the sight alignment.

The next exercise practices reloading skills. I work through all the positions of the mags on my belt. The goal is to pull the trigger, drop the mag, and smoothly load a new magazine, and regain the sight picture.

I finish with the Wall Drill. This involves repeated trigger pulls while focusing only on the sight alignment. This is done using a two-hand grip, as well as strong hand and weak hand only. When I first started this drill I was shocked to realize just how much I moved the pistol while pulling the trigger. No matter what dry fire routine you practice, safety is the most important rule. Be sure your weapon is **completely unloaded** and **double-checked** before doing any of these drills. Keep all live ammo **in a separate room**.

[Back to Index](#)

## # 85 Keeping Your Skills Sharp

Scott Norton

As Published by [www.GunsSaveLife.com](http://www.GunsSaveLife.com) 10/18/12

Now that we're at the range but short of time or funds how do we keep in shooting shape? Let's look at only 400 rounds a month broken down into 100 rounds a week.

1st Develop a plan and stick to it. Here's an example:

10 Rounds: **Slow fire marksmanship** - Very small dot, ability dependent, 3 inches, Silver Dollar or Quarter size – Rest between every shot, focus on sight picture / alignment, trigger press, 3 yard line.

10 Rounds: **Presentations**, one shot, 5 times low ready, 5 times high ready, presentations should be at 80% to max speed, speed of shot is dictated by difficulty of shot not speed of presentation, 3 yards 3 inch dot.

10 Rounds: **The Draw**, if you use more than one holster switch every week, 10 one shot draws, if you use concealed focus on that method, 3 yards 3 inch dot.

20 Rounds: **Rhythm Drills**, 5 yards with 8 inch dot, 1 second, ½ second, ¼ & maximum cadence of five rounds.

10 Rounds: **Reloads**, chambered round w/empty mag, one shot, reload, one shot, from holster, 3 inch dot at 3 yards.

10 Rounds: **Soft / Type 1 Malfunctions**, loaded mag w/empty chamber, from holster, attempt to fire, tap, rack & require the target, fire one shot.

20 Rounds: **Shooters choice** of what you like – it's also important to make this enjoyable so have some fun.

FINAL 10 Rounds: Come back to the beginning and finish with what you started with, **marksmanship and focus**.

With this small amount of ammo but a good plan and discipline a shooter can maintain a general high level of ability with a low level of time & money.

Added 10/26/12

[Back to Index](#)

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## # 86 5 & 5 5 Shots - 5 Seconds, 5 Targets 5 Yards.

Claude Werner

Rounds - 6 strings of 5 each. 30 rds. total.

Distance – 5 yards.

Time - 5 seconds max per string.

Mr. Werner's standard is to put 5 shots in a 5 inch circle at 5 yards in 5 seconds. Use any target and make six circles each five inches in diameter. Measure the distance and shoot from five yards. First take your time and shoot 5 rounds at the upper left target to confirm your aim point. You can take as much time as you need to shot the smallest group you can shoot.

Starting from low ready at the buzzer shot five rounds into the next circle in less than 5 seconds. Repeat this five times starting from low ready for each string. All shots must be inside the circle and can take no longer than 5 seconds. All five strings must have all hits inside their respective circle and each string must take less than 5 seconds to meet the standard.

[Back to Index](#)

## # 87 21-12 Drill

**Brian Buchanan**

As described by Dave Spaulding in Handguns Magazine. Developed to practice smoothly shifting from two hands to one hand and back as this may be required due to injury or one hand is occupied with other tasks.

Rounds - 4

Distance – 5 Yds

Target – IPSC or IDPA or Similar Target with 8” center.

Time - No set time. Good times would be 12 seconds for beginners. 6 seconds for experienced shooters. 4 seconds for trainers with all A Zone hits.

Draw and fire one round using your preferred two hand stance. Immediately transfer to the primary hand and fire one round on the target. Then transition to the off hand and place one round on the target then place the primary hand into the support position on the grip and fire one round.

Transition smoothly and surely, and at first you may find it difficult to achieve a two-hand shooting position with the support hand as primary.

**Note:** This drill practices all the different grips you could have on your firearm in a defensive shooting. Practice the transitions in different orders than described above once you become proficient with this drill.

[Back to Index](#)

## # 88 Tri-10

**Gunslinger**

**Range:** 10yd

**Target:** Tran Star-II similar

**Start position:** holstered

**Rounds fired:** 10

*(safety notice: as with any drill involving transfer from one hand to the other, please remember to **be careful**. If you should drop the gun during the drill, **let it fall to the ground and do not try to catch it in midair**. If you try to catch it, the odds are very good that you'll snatch the trigger and discharge the gun accidentally)*

Set your shot timer to a PAR time of 10 seconds. On the buzzer, draw and engage the target as follows:

1. fire 4 shots freestyle (both hands)
2. transition gun to strong hand only

3. fire 3 shots strong hand only
4. transition gun to weak hand only
5. fire 3 shots weak hand only

If the drill is too hard or too easy, you can adjust the size of the scoring zone, the distance, and/or the time limit. But the “official” version is 10 shots in 10 seconds at 10 yards.

[Back to Index](#)

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## # 89 Circle Drill

**George Harris**

**Range:** 7yd

**Target:** 8" plate

**Start position:** any

**Rounds fired:** 36

The Circle Drill is intended to teach students the relationship between speed and accuracy, and how time affects marksmanship fundamentals.

The drill begins by firing six rounds at the plate at a slow pace (1 shot per second). Repeat. This is fundamental marksmanship with little or no time pressure.

Next, pick up the pace. Fire six rounds at a moderate pace (2 shots per second). Repeat. This speed is the “comfort zone” for most shooters, they should still get reasonably good hits.

Finally, maximize speed by firing six rounds at a pace of about 4 shots per second (or as fast as possible if 4/second is faster than the gun can be kept under control). Repeat. This pace should push a shooter outside of his comfort zone and force him to work harder at recoil management and sight tracking. Accuracy will suffer but the goal is to keep 90%+ hits on the plate.

For added challenge, also perform the drill one-handed both strong- and weak-hand. Note that the times, especially the “fast” time, may need to be adjusted for one-handed shooting. The goal remains the same. First speed is slow marksmanship, second speed is a steady comfortable cadence, and finally maximum speed without losing control of the gun.

[Back to Index](#)

---

## # 90 “5-Shot Touch-Group”

**Col Ben Findley**

Many students have asked for a simple practice drill to help their shooting fundamentals. Here is one of several I use and suggest, the “5-Shot Touch-Group” Drill. It is a very basic and helpful **drill for practicing and mastering shooting fundamentals and accuracy with both the strong and support hand**. This drill is basic, easy to perform, but challenging to master. You can use any type of target like a blank 8.5" x 11" piece of paper, a 9-inch paper plate, or even a similar-sized used target with a small empty area for your 5-shot groups. Shoot four 5-shot groups for a total of 20 rounds fired and try to get ALL five shots to **Touch** each time or at least be **within 4 inches**. Here are the 4 stages in the simple “5-Shot Touch-Group” Drill:

1. While focusing on your Grip, Stance, Trigger and Breath Control, slowly fire **ONE SHOT** at any place on the target using a **standing TWO-HANDS stance**. Use that bullet hole wherever it hit as your target for the next four rounds you fire.
2. Next, focus particularly on proper Aiming and Sight Alignment and fire **TWO SHOTS** in rapid succession at the previous bullet hole using a **standing TWO-hands stance**.
3. Now fire **ONE SHOT** standing from the **Low Ready Position** using your **STRONG-hand ONLY**.
4. Your fifth and **LAST SHOT** should be fired standing from the **Low Ready Position** using your **SUPPORT hand ONLY**.

The **GOAL** of the 5-Shot Group Drill for a new shooter is to **make All five rounds Touch** or **achieve a 4-Inch Small Group**.

I generally **start them at a distance of 3 yards or 9 feet from the target**. Then I graduate them out to **4 yards, then to 5 or 7 yards**. Experienced shooters should be successful with about half of their groups touching or within 3" from about 4 yards or more. For more challenges as your learning curve improves, add Stage #5 where you shoot this drill advancing on your target from a distance of 15 feet and Stage #6 shooting it retreating from your target at 4 yards. **BE SAFE and make certain you are ready for these stages!** When focusing on **refining your Trigger Control, do the drill at about 15 feet** and consider timing yourself. Also, you might **add speed reloads** between every other 5-shot group for more of a challenge. It's very challenging to meet the goal at this distance for most. This is a great simple drill for a quick practice or for fun competition with friends. The shooter with the closest touching shots or smallest group in the 5-shot group after the 4 stages is the "Winner."

[Back to Index](#)

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## # 91 Dry Fire Drills (Video)

Dave Spaulding

Here is a 16 minute video of how Dave Dry Fire Practices. Very good information on many aspects of dry fire and how to dry fire. <https://www.youtube.com/watch?v=B6gisBvWeHM>

[Back to Index](#)

---

## # 92 Five Yard Roundup

Justin Dyal

- 1 NRA B-8 Target ([Printable Target](#))
- Timer  
5 Yards  
10 Rounds

There are four strings of fire, each with a time limit of 2.5 seconds. (Remember the three-second statistic? We want to be effective within that time.) Scoring is by the rings on the target for the ten shots, equaling a possible 100 points. Hits off of the ten-inch repair center are counted as misses and minus ten each. Late hits are noted and five points are deducted per late shot. A "scratch eight" in 2.49 seconds is preferable to a "ten" over the limit, which nets only five points.

### String 1: One Shot From the Holster

The first string is somewhat of a gimme for most shooters. Take the gift and don't complain! The drill

is set up to allow duty rigs and concealment to include backups in ankle holsters within the same time limits as the later strings.

Many shooters can “settle in” to a cold start on the drill under full control, executing a nice, deliberate draw and starting the drill with a center “10” hit with some time to spare.

Instructor-level shots will nail an ‘X’ in about 2.0, while the average armed user may initially be a little shaky under the time pressure and be happy to smack black inside of the limit.

### **String 2: Four Shots From the Ready**

The shooter begins in whatever is their personal or unit SOP ready position, leaned in and prepared to stack hits. On the buzzer, they have 2.5 seconds to score four hits. That works out to about one second for the first shot and follow-ups at half-second intervals; not a full cyclic rate round dump, but a nice, highly aggressive and controlled domination of the target. It may be “only” five yards, but stance and technique are the only gateways to getting four center hits at that speed.

### **String 3: Three Shots From Strong-Hand-Only Ready**

I’ve introduced the drill to a wide range of real-deal serious operational shooters. String 2 is a little bit of a wake-up call that they might need to get more serious about training up close. The results are usually decent but not with the level of control they’d like. As they stand by for the beep on the strong-hand string, there’s frequently a good bit of nervous teeth sucking going on!

This is especially true for those who mostly train on unrealistically large targets like the federal “Q” or similar. SWAT or instructor-level dudes can usually get the hits under time within an attempt or three. For more entry-level professionals or CCW users, it’s a wake-up call that their comfortable speed and degree of recoil control are not up to the task. There are typically two loose hits and maybe one off, and probably one or more late. It takes only a little focused work to bring this to all three on the ten-inch repair center, which is conveniently upper torso sized, within time.

### **String 4: Two Shots From Support-Hand-Only Ready**

Support hand is usually taken as an afterthought. Two good holes in 2.5 require a solid level of control. A chunk of the top 5% level shooters can’t guarantee two tens in the limit on each run. You have to work for it every time.

This string is where the less experienced shooter has to decide whether they go for two in the black and maybe risk a late hit penalty or plant two on the ten-inch center inside of time. Either way, they are far ahead of casually flinging shots onto large silhouettes in time limits more suited to doing long division than winning a fight.

[Back to Index](#)

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## **#93 Wizard Drill**

**Ken Hackathorn**

- 1 IDPA Target or similar
- Timer
- 3 – 10 Yds.
- 5 Rounds Total
- 4 Strings of Fire

This drill is to test if you are competent with your carry gun and should be shot cold. You should be

able to do it on demand. Drill is fired with your carry gun with your carry ammunition. Duty Belt if Officer. Concealed like you normally carry with your carry ammunition. If pocket carry hand can be in pocket on firearm. Draw about a 6 in circle in the head area and the IDPA target has an 8" center of mass circle. Timer should be set to a par time of **2.5 Seconds** as all shots in all strings must be fired in the 2.5 seconds par time. Shooter starts facing target.

**String 1: 3 Yds. One (1) round to the Head strong hand only.**

**String 2: 5 Yds. One (1) round to the Head both hands.**

**String 3: 7 Yds. One (1) round to the Head both hands.**

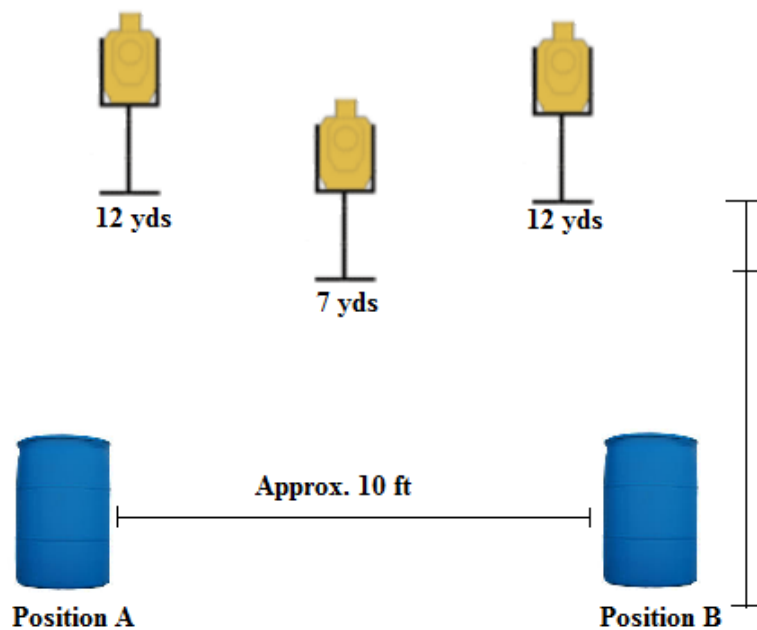
**String 4: 10 Yds. Two (2) rounds to the center of mass.**

**Score:** Miss on a head shot and not on the target fails the drill. Any head shots on the target but outside the circle on the head is down 1 point. Any shots outside the 8" circle of mass is down 1 point. You can be down a total of 2 points and still pass. More than 2 points down you fail.

[Back to Index](#)

## #94 Comprehensive Handgun Proficiency Drill

**Bill Wilson**



Skills tested include: Drawing, Target Acquisition, Recoil Control, Movement, Emergency Reload and Varying Distances.

Targets: IDPA or similar.

Rounds: 14

One String: Shooter begins at Position A and upon signal from timer draws and engages left target with three (3) rounds to the body then transitioning to the Right target putting three (3) rounds to the center of mass. The Shooter moves to Position B placing two (2) rounds on the center target while on the move between shooting positions. From Position B shooter reengage the right target with two (2)

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rounds to the body and one (1) to the head and then the left target with two rounds to the body and one (1) to the head. You perform one reload from slide lock. Higher cap mags would have to down load so they run dry before the final rounds are fired.

Bill Wilson states that:  
Under 18 seconds is Excellent  
Under 29 seconds is proficient  
Above 30 you need range practice.

[Back to Index](#)

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## #95 5 X 5

Gila Hayes

**Target:** 5" Circle at 5 yds.  
**Rounds:** 25 in 5 strings of 5.  
**Par Time:** 5 seconds per string

You can shoot the drill from low ready or from the holster to test your consistency.

**String:** From low ready or from the holster at the buzzer put 5 rounds in the 5" circle in 5 seconds or less. Repeat this drill 5 times for a total of 25 rounds. A pass is all strings in 5 seconds or less and no misses.

[Back to Index](#)

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## # 96 The Humbler

Kyle Defoor

**Target** - B-8 or an NRA 25-yard Rapid Fire Target (You may be able to find a printable target online)

**Total Rounds** - 70 rounds

**Distance** - 25 Yards No one has shot a perfect score for this drill. Most shooters should start out at a shorter distance (5 yds recommended) and work their way back a few yards at a time when they become proficient at the shorter distance. Some state that when you can shot a score of 630 or higher you move back. This is 90% of a perfect score. It is not called the Humbler for no reason!

**Scoring** - As per numbered rings on the Target. Max Score 700

- A Timer is needed for some stages unless you have assistance with a watch or other timing device. Concealment is not required but you could incorporate that into the drill if you mainly train for self defense.

**Stage 1-** 10 rds slow fire in 10 minutes

**Stage 2-** 5 rds in 20 seconds from the draw (done two times)

**Stage 3-** 5 rds in 10 seconds from the draw (done two times)

**Stage 4-** 5 rds strong hand only in 5 minutes

**Stage 5-** 5 rds in 20 seconds strong hand from the draw

**Stage 6-** 5 rds in 10 seconds strong hand from the draw

**Stage 7-** 5 rds weak hand only in 5 minutes

**Stage 8-** 5 rds kneeling in 5 minutes

**Stage 9-** 5 rds in 20 seconds standing to kneel with the draw

**Stage 10-** 5 rds prone in 5 minutes

**Stage 11-** 5 rds in 20 seconds standing to prone with the draw

[Back to Index](#)

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## # 97 The 99 Drill

[JodyH](#)

**Target:** 4x6 card. 3x5 card for an Advanced Version of the 99 Drill.

**Range** – 7 to 15 yards.

**Starting Position** - Holstered with Concealment. Hands at Side

**Total Rounds** – 99

Shot Timer Needed. Shots must be fired before the par time expires. All Shots after the buzzer count as a miss.

This Drill is a good way to practice Draw, Speed, Reloads and Accuracy. It is possible to shoot only half the strings for an abbreviated drill.

1. 7 yards, 2.5sec PAR: draw and shoot three (10 times, total 30 rounds)
2. 7 yards, 5.0sec PAR: draw, fire one, reload, fire two (10 times, total 30 rounds)
3. 10 yards, 3.5sec PAR: draw and shoot three (10 times, total 30 rounds)
4. 15 yards, 5.0sec PAR: draw and shoot three (3 times, total 9 rounds)

[Back to Index](#)

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## # 98 2 Yard Torture

**Larry Vickers**

**Target** - 25 Yard NRA Bullseye Pistol Target or any other type target with a center aim point will do.

**Distance** – 2 to 20 yards.

**Rounds** – 20 total.

Timer Required.

Starting at 2 yard line shooter will put timer on delay. You will push the start button and get a good grip with good sight picture with finger on the trigger before the timer goes off. At the sound of the buzzer shoot one round. Larry states you should shoot the round while the buzzer is sounding but not before or after. You will repeat this a second time from 2 yards.

Then you will move back to 4 yards and repeat the above and continue moving back in 2 yard increments until shooting your last rounds from 20 yards. This Drill shows how the wobble changes over distance and gives you a way to track improvements in your shooting.

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## # 99 The 45 Drill

Richard Mann?

**Rounds** - 5 rounds.

**Distance** – 5 yards.

**Time** - 5 seconds

**String** - Five rounds at five yards in a five-inch circle under five seconds.

Drill is shot from concealment or duty gear.

Per Richard Mann - More than anything, it provides a solid baseline for evaluating potential concealed carry handguns. If there are any interface issues or you can't manage the gun in the drill, then you know you might need to keep looking for your next defensive piece. Get one you can make sing in the 45 drill and you just might have a keeper. [Video On YouTube](#)

[Back to Index](#)

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## # 100 The Test

Larry Vickers

Larry describes "The Test," as one of his gold standard accuracy drills. 10 shots, 10 seconds, from 10 yards.

**Rounds** - 10 From the Ready Position.

**Target** – B8 Bullseye.

**Time** – 10 Seconds.

**Score** – Add the total of the 10 rounds and a score of 90 is good and 95 or over is excellent.

You can start at shorter distances and move back as your proficiency increases. You can also go further than 10 yards. Larry states if shooting an 8 round magazine firearm to start from the holster as this seems to average out the one less shot fired.

[Back to Index](#)

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## # 101 Blind Swordsman Drill (Live or Dry Fire)

Massad Ayoob

Massad Ayoob states the Blind Swordsman Drill, a method that my students and I have found remarkably effective for improving trigger control. Trigger Control is the heart of shooting well. By closing your eyes you are just concentrating on the trigger pull and nothing else at that time. This drill is best done with a partner on the range if live firing to make sure everything is safe. It can also be done during dry fire. Here is a [Link](#) to Massad and Ken Hackathorn demonstrating this Drill.

**Target** – Any target to get an aiming point will do.

**Rounds** – Any amount shooting 1 round at a time.

**Distance** – 5 Yards or whatever works for you. You can vary the distances.

**String:** Bring firearm up and aligning the sights on the target when you have a good sight picture close your eyes and concentrate on the trigger pull and press the trigger. Keep your grip bringing the firearm back to your natural point of aim Immediately after firing the shot or when the hammer falls. Open your eyes and see if your sights are still aligned at your target. This drill works best when live firing as you have a hole in the target showing if your moving the firearm when pressing the trigger. You can repeat this drill as much or as little as you want.

[Back to Index](#)

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## # 102 5 X 5

**Bill Wilson**

**Safety** – Follow all firearm safety rules and wear ear and eye protection.

**Target** - IDPA Standard Target (Shot Timer is required)

**Rounds** – 25

**Distance** - 10 Yards Hands naturally at side at start. Concealment Garment not Required.

**Scoring** – Standard IDPA Scoring Center or Head Shot is 0 Points down. Outside the center ring is 1 or 3 points as per the IDPA target Scoring. Each string starts at the sound of the timer. After each string write down your time.

**String One** – Draw and fire 5 rds at center of mass freestyle.

**String Two** – Draw and fire 5 rds at center of mass strong hand only.

**String Three** – Start with a total of 5 rounds in your firearm with one reload of at least 5 rounds. Draw and fire 5 rounds at center of mass reloading when empty and then 5 more rds at center of mass.

**String Four** – Draw and fire 4 rds to center of mass and 1 rd to the head.

Score your target. There should be 24 holes in the center of mass and one in the head. Add .5 second for each point down to the total time of the four strings. Later versions of this drill 1 second was added for each point down.

**Grand Master:** 15 seconds or less

**Master:** 20 seconds or less

**Expert:** 25 seconds or less

**Sharpshooter:** 32 seconds or less

**Marksman:** 41 seconds or less

**Novice:** 50 seconds or less

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## # 103 The 5 in 5 Drill (Different than 5 X 5 Drill Above)

**Dave Spaulding**

The "5 in 5". Shooters are challenged with shooting 5 shots from holster in under 5 seconds at various distances of 5, 10, 15, 20 and 25 yards. This is a great drill for combative shooters to build on their skills of speed and accuracy.

**Target** - 6" W X 10" T Blank Paper or Daves Chest Cavity Target.

**Rounds** – 25 rds in 5 strings of 5 rds each.

Timer Required. Strings start from the Holster. All Rds in the 6 X 10 Target

[www.handgunlaw.us](http://www.handgunlaw.us)

String 1 – From the holster at 5 yds on timer signal draw and put 5 rds on the 6 X 10 target in under 5 seconds.

String 2 – Same as String 1 but from 10 yds.

String 3 – Same as String 1 but at 15 yds.

String 4 – Same as String 1 but at 20 yds.

String 5 – Same as String 1 but at 25 yds.

This drill is not easy to master as drills are practiced to improve your abilities. Dave doesn't state this but for newer shooters you could cut the distances in half and start this drill from those distances until you become more proficient with your handgun and this drill.

Where you can buy Dave's Chest Cavity: <https://handguncombatives.store/products/copy-of-downloadable-handgun-combatives-rectangle-triangle-targets>

## # 104 Press Six

Todd Green

**Target** – 6 two inch circles on a sheet of paper. Distance between circles should be great enough to take into account that some rounds at one circle might impede on another.

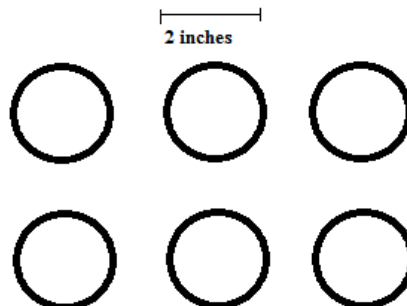
**Distance** – That distance you can keep most of your rounds in the circles. Add distance as you become more proficient with the Drill.

**Rounds** – 62 rounds total. Timer is needed to run this drill as designed.

**Scoring** – This drill doesn't have a pass/fail. You use this drill to improve all aspects of presentation and shooting accurately.

**This drill is not easy but tests all the abilities needed to present your firearm and shoot quickly and accurately. A great Drill to shoot often.**

Circle	Shots	Par Time	Repetitions
Top Left	Draw & Fire 1 Rd.	None	10 Times
Top Center	Draw & Fire 1 Rd.	3 sec.	10 Times
Top Right	Draw & Fire 1 Rd.	2 sec.	10 Times
Bottom Left	Draw & Fire 2 Rds.	None	5 Times
Bottom Center	Draw & Fire 2 Rds.	3 Sec.	5 Times
Bottom Right	Draw & Fire 3 Rds.	3 Sec.	4 Times



## #105 X – Drill

Rob Haught



This drill is to test your target acquisition with the proper sight alignment and engaging a target at different elevations and in smaller to larger and larger to smaller target areas. Passing the Drill is keeping all rounds in the 4 or 8 inch circle. This Drill just gives you a base to test your skills and see improvements in your skill set. An IDPA Target or drawing your own target with a 4 inch circle above and 8 inch circle with 3 inches separating them.

**Target** - 2 IDPA or drawing your own 2 target. Space Targets 3 or so feet apart.

**Strings** - 4 with a total of 12 rounds.

**Distance** - Drill is shot at the distance you wish to start at. As you become proficient at that distance you can move further back. You should shoot it from concealment using your preferred carry mode or you can choose any starting position you prefer.

A timer can be used adding total of all four strings to give you results to compare yourself to for tracking improvements. The drill is designed to be shot with all rounds inside the two circles but you can use any scoring calculation you wish to track your progress.

**String 1** – From Concealment or position you wish to start from Place 1 Rd. in Center Mass on the L Target and 1 Rd. in the Head of the R Target. Total of 2 Rds.

**String 2** - From Concealment or position you wish to start from Place 1 Rd. in Center Mass on The R. Target and 1 Rd. to the Head on the L Target. Total of 2 Rds.

**String 3** - From Concealment or position you wish to start from Place 1 Rd. in Center Mass on the L Target and 1 Rd. in the Head of the R Target then 1 Rd in the Center of Mass on the R Target and then 1 Round to the Head of the L Target. Total of 4 Rds.

**String 4** - Concealment or position you wish to start from Place 1 Rd. in Center Mass on the R Target and then Place 1 Rd to the Head of the L Target then 1 Rd to Center Mass Left Target and then 1 rd to the Head of the R Target. Total of 4 Rds.

## #106 Five Yard Roundup

Justin Dyal

**Rounds** - 10 total

**Strings** – 4

**Target** – NRA B-8 Target (Or draw a 5 ½ inch circle on paper)

**Distance** – 5 Yards

**Time** – 2.5 seconds for all strings. (Timer Needed)

All rounds in the black on NRA B-8 or your 5 ½ inch drawn circle.

**1<sup>st</sup> String** – From Concealment draw and put one round on target with both hands.

**2<sup>nd</sup> String** – From Low ready put 4 rounds on target with both hands.

**3<sup>rd</sup> String** – From Low Ready put 3 rounds on target with strong hand only.

**4<sup>th</sup> String** – From low ready put 2 rounds on target with weak hand only.

As explained this drill will hone your skill for the first critical moments of a defensive shooting before reloading or being able to seek cover and keep all your rounds in center of mass.

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## #107 “9 in 9”

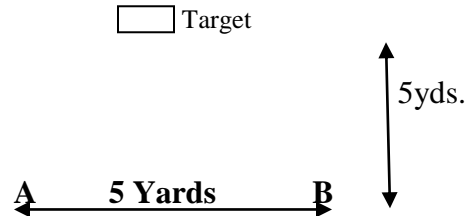
**Dave Spaulding**

**Rounds** - 9 total

**Strings** – 1 (Timer Required)

**Target** – 3” X 5” Card

**Distance** – 5 Yards (You could use smaller distances and move back as you become more proficient but the times below are for a 5 yard shooting distance.)



Use anything to mark positions “A” and “B” as your shooting position 5 yards apart. Starting at position “A” at the buzzer draw and fire 3 rounds on the 3 X 5 card then move to position “B” and fire 3 more rounds then return to position “A” and fire 3 more rounds. To pass all rounds must be on the 3 X 5 card. This Drill test your ability to draw and engage the target with multiple rounds. Move with a firearm safely and shoot accurately while exerting yourself with precision. All of this must be done quickly to meet the par times listed below.

**12 Seconds or less – Competent to Carry a Handgun.**

**11 Seconds or less – Pretty Good.**

**10 Seconds or less – Advanced Skill Level.**

**9 Seconds or less – Go work on some other Skill Set.**

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## #108 The 8 round - "Do Good Drill"

**Dave Spaulding**

Dave says this drill is limited in rounds due to costs of ammo at this time. Drawing from the holster from concealment and getting rounds on target. Dave makes a great statement in the video. "The drill is difficult but doable. Don't practice the drill practice the skills that make the drill a success"! The video is only 8:45 long and worth the watch. Dave has a lot of good videos and this link will lead you to the "Do Good Drill and more of his Drills!

<https://www.youtube.com/watch?v=ISSHPQuV7xA&t=5sideo>

**Rounds - 8 Rds in 5 strings**

**Target – 3" X 5" Target**

**Timer Required.**

**1<sup>st</sup> String – 10 Foot - Two rounds strong hand only in 2 seconds.**

**2<sup>nd</sup> String – 10 foot – 1 Round weak hand only from low ready in 2 seconds.**

**3<sup>rd</sup> String - 15 Foot – 2 Rounds both hands from the holster in 2 seconds.**

**4<sup>th</sup> String – 20 foot – Two rounds both hands from the holster in 2.5 seconds.**

**5<sup>th</sup> String – 30 foot – One round both hands from the holster in 2.25 seconds.**

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## **#109 Wilson's CCW Basic Proficiency Test**

**Bill Wilson**

This is Bill Wilson's Proficiency test for those who carry a firearm for self defense and can they do the job if called upon. Bill believes you need to shoot this drill cold which means no practice before you shoot this drill as you would not get to practice before a defensive shooting situation.

**Rounds:** 18 Total in 3 Strings

**Distance:** 5 & 7 Yards

**Timer Needed:** Your concealment holster and concealment preferably dressed the way you carry your defensive firearm.

**Target:** 2 IDPA or similar with an 8" Circle in the Body and 4" Circle in the Head. (Make your own if needed) set 6 feet apart

This is Bill Wilson's Proficiency test for those who carry a firearm for self defense and can they do the job if called upon. Bill believes you need to shoot this drill cold which means no practice before you shoot this drill as you would not get to practice before a defensive shooting situation.

**String 1** – At 5 yards draw from concealment and place 2 rds to the body and one to the head of the #1 target and then place 2 rds to the body and one to the head of the #2 target. Write down your time.

**String 2** - At 5 yards draw from concealment using strong hand only place 3 rds to the body on #1 target and then place 3 rds to the body of #2 target. Write down your time.

**String 3** – At 7 yards draw from concealment and place 3 rds to the body of #1 target and then place 3rds to the body of #2 target. Write down your time.

**Scoring** – Total the time for your 3 strings and then add 1 second for each round outside the 8 and 4 inch circles and add 5 seconds for any shots that missed the target completely.



A Score of 15 seconds or less is extremely proficient. A score of 15 to 20 seconds is fully proficient. 20 to 27 is marginally proficient. Over 27 seconds is not proficient.

This Drill not only shows you how well you can shoot according to Bill Wilson who is a Master Class shooter but also allows you to do this drill often to see your improvement.

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## #110 Slow Fire Drill:

**Rob Leatham**

Accuracy Firearm: Pistol  
All shots must be on target.

Target:



Unlimited time.

Two handed standing position. Five shots on target at distances listed below: →

3.5 yards in orange (red) →

7 yards in orange (red) →

8 yards not in 9 circle →

10 yards not in 9 circle →

15 yards not in 9 circle

Each shot reinforces the basics and the shooter also verifies sight zero.

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## #111 Gun Handling and Shooting Freestyle, Strong Hand, and Support Hand Only

**Rob Leatham**

Range: 7 and 15 yards  
Target: USPSA Metric



Start Position: Holstered  
Rounds Fired: 12

This is a short test of gunhandling and shooting freestyle, strong hand, and support hand only.

Part one at the 7 yard line: At the start signal, draw and shoot two shots freestyle, two shots strong hand only, transfer to support hand only, and shoot two shots support hand only. All shots to the lower A-zone. Record your time and hits.

Part two at the 15 yard line: Same drill (draw and shoot two each freestyle, SHO, and WHO, six shots total), but targeting the 6x6" head box (A/B zone.) Record your time and hits.

Alternatively, if your range won't allow drawing from a holster, then start with the gun laying on the bench, slide forward on an empty chamber, but loaded magazine in the gun. At the start signal, retrieve pistol, rack slide, and shoot as previously specified

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[Back to Part 1](#)

[Back to Park 2](#)

## Updates

11/9/12 - Contents Page Entry Linked to Drill in Listing.

4/27/13 – Drill # 86 Added.

9/16/14 – Drill # 87 Added

12/10/14 – Drills # 88 and 89 Added.

3/1/16 – Drill # 90 Added.

6/4/16 – Drill # 91 Added.

4/17/18 – Drill # 92 Added.

11/1/18 – Drill # 93 Added

1/21/19 – Drill # 94

2/1/19 - Drill # 95 Added.

10/1/19 – Drills # 96, # 97 and # 98 Added

11/22/19 – Drill # 99 Added.

2/10/20 – Drill # 100 Added.

4/8/20 – Drill # 101 Added.

5/1/20 - Drill # 102 Added

5/13/20 – Drill #103 Added.

8/1/20 – Drill #104 Added.

11/15/20 – Drill #105 Added

1/9/2021 – Drill #106 Added

11/1/2021 – Drill #107 Added

11/23/2021 – Drill #108 Added

11/26/2022 – Drill # 109 Added.

10/27/2023 – Drills #110 & 111 Added.