

# CCW Handgun Drills (Part 2)

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

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

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[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.

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## Notes on Drills

The material on these pages is a collection of Drills submitted by Readers who want to share their knowledge with others. Handgunlaw.us, Steve Aikens and Gary Slider assume no liability for the use of the material contained within.

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.

**If you wish to contribute your Drill/s Courses not listed here email us, and if appropriate we will add it, giving you credit for the listing.**

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## 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.

## 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.

# Firearm Drills

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## #46 Lateral Movement Practice Course

Spartan Tactical Training Group

30 rounds total

IDPA or IPSC target scored 5-4-2 or TQ-21AWIS target scored 10-9-8-7

Stage One: 5 or 7 yards

On the signal, the shooter will take one step off the line of force to the left while drawing the handgun from the holster and fire 2 rounds to the body and 1 round to the head in 5 seconds. (2x)

Stage Two: 5 or 7 yards

On the signal, the shooter will take one step off the line of force to the right while drawing the handgun from the holster and fire 2 rounds to the body and 1 round to the head in 5 seconds. (2x)

Stage Three: 10 yards

On the signal, the shooter will take one step off the line of force to the left while drawing the handgun from the holster and fire 2 rounds to the body and 1 round to the head in 6 seconds.

Stage Four: 10 yards

On the signal, the shooter will take one step off the line of force to the right while drawing the handgun from the holster and fire 2 rounds to the body and 1 round to the head in 6 seconds.

Stage Five: 15 yards

The shooter begins to the RIGHT of the high barricade. On the signal, the shooter will move left and take cover behind the barricade while drawing the handgun from the holster and fire 6 rounds to the body in 12 seconds around the LEFT side of the barricade.

Stage Six: 15 yards

The shooter begins to the LEFT of the high barricade. On the signal, the shooter will move right and take cover behind the barricade while drawing the handgun from the holster and fire 6 rounds to the body in 12 seconds around the RIGHT side of the barricade.

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## # 47 100 Round Practice Drill

Tom Campbell

Facing 2 targets, 6 feet apart shoulder to shoulder

Distance Rounds Exercise Description Time Limit

ISPC or IDPA Target

7 yards 5 rnds One shot on each draw 1.5 sec

10 yards 5 rnds One shot on each draw 2.0 sec

15 yards 5 rnds One shot on each draw 2.5 sec

25 yards 5 rnds One shot on each draw 3.0 sec

7 yards 10 rnds Two shots on each draw 2.5 sec

7 yards 12 rnds From the ready gun position 3.0 sec  
Fire two shots on the body and One shot on the head. 4X

10 yards 10 rnds Using two targets, fire one 6.0 sec  
Shot on T1, reload, and fire One shot on T2. 5X

10 & 15 yds 20 rnds T1 at 10 yds & T2 at 15 yds 8.0 sec  
Fire two shots on T1, reload, Fire two shots on T2. 5X

10 yards 10 rnds Draw with the strong hand 3.0 sec  
Only and fire two shots. 5X

10 & 25 yds 8 rnds 7.0 sec  
Both targets are partially obscured by a "no shoot" Target. T1 at 10 yds & T2 At 25 yds.  
Draw and fire one Shot on T1 and one shot on T2. 4X.

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## # 48 X Drills

**Ernie Langdon**

This drill is to improve on target acquisition skills as well as learn to read your sights and speed up slow down as required.

Two target version: 32 rounds

Place two targets at head height at one to three yards apart.  
Drill can be shot from 5 to 15 yards. Beyond 15 yard the drill starts to lose its point.

First String is, 2 shots to the body of left target, 2 shots to the head of right target, 2 shots to the head of left target, and 2 shots to the body of the right target. Making an X as you shoot.

Repeat the drill three times but always start in a different spot, i.e. second string start on the body on the right target.

Make sure you speed up for the body shots and slow down as needed for the headshots. The goal is to have zero out on headshots and 95% hits in the circle of the body shots. If you shoot the whole drill and do not drop and body shots, shoot faster.

Three target version: 24 rounds

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

Same as the two-target version but this time use three targets.

First String is, 2 shots on the body to the left target, 2 shots to the head on the middle target, then 2 shots on the body to the right target. Then repeat in the other direction starting with body of the right target. The start with 2 shots on the head on the left target, 2 shots on the body of the middle target, then 2 shots on the head to the right target. Repeat in other direction.

Again the goal is to shoot as fast as you can get 100% hits to the head and 95% in the zero down on the body. -3 are unacceptable.

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## **# 49 Defensive Handgun Practice Drill**

**Rick Miller**

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.

## # 50 Point Shooting Drill

**Kenneth A. Giorno**

**Drill Criteria:** “Train as you’ll fight”, in other words; wear your everyday clothes, gun belt, holster, and weapon(s).

### Close Quarters Drills.

- **a. Body Point Drill** single target/single shot.

- i. One target - 2 to 5 yards range.
- ii. Draw and fire 1 round, repeat 6 times.
- iii. Total rounds fired - 6

- **b. Body Point Drill** w/2 shot burst.

- i. 2 to 5 yards range.
- ii. Draw and fire 2 rounds, rapid, repeat 6 times.
- iii. Total rounds fired – 12

- **c. Multiple Assailant Body Point Drill** w/2 shot burst each.

- i. Two targets, six feet apart - 2 to 5 yards range.
- ii. Draw and fire 2 rounds, rapid, engaging each target, repeat 6 times.
- iii. Total rounds fired – 24

These should be performed from any one (or all) of the following positions:

### Fairbairn & Syke's Quarter or Close Hip

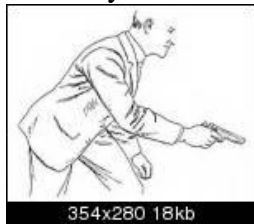


### Fairbairn & Syke's Half Hip



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

Fairbairn & Syke's Three-Quarter Hip (Note: Pic shows the ready position. Gun is brought up at or just below eye level for firing.)



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## # 51 Ballard Drill (Point Shooting)

**Paul Ballard**

Criteria :- an exercise to improve point shooting ability , to practise engaging multiple targets and controlling the handgun.

Fired using duty gear or plainclothes gear with the pistol concealed by a garment.

**Drill.** Three targets with an eight inch centre scoring area and a six by six head (approx.). Hits outside do not score. Targets set at four yards , centers two yards apart .

All shots fired in the Fairburn & Sykes Close Hip and Half Hip position. (See Images above)

Draw and fire nine shots in the following order :-

T1 - one shot , T2 - one shot , T3 - two shots ,

T2 - one shot , T1 - one shot ,

T1 - one head shot , T2 - one head shot , T3 - one head shot .

A self improvement drill, first all scoring hits , then improve time .

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## # 52 Gunsite Orange Graduation Drill

**Gunsite**

1 target

1- 3 meters: draw, fire 1 round. Par- 1.5 sec Perform 2x

2- 7 meters: draw, fire 1 round. Par- 1.5 sec Perform 2x

3- 10 meters: draw, fire 1 round. Par- 2.5 sec Perform 2x

4- 15 meters: draw, fire 1 round from kneeling. Par- 3.5 sec Perform 2x

5- 25 meters: draw, fire 2 rounds, from prone. Par- 6.5 sec Perform 1x

10 rounds/50 points possible

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## # 53 Defensive Handgun Practice Drill—Modified

**Rick Miller**

Ammunition required: 40 rounds

Targets: Paladin, IPSC or IDPA targets scored 5-4-2



Time limits may be adjusted as required

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.

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## **# 54    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.

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## # 55 Basic Handgun Skills Test – Instructions

**TAC2**

Drill #1 – Strong Hand Only – 6 rds. only – 1 target, 5 yd. straight ahead. Gun fully loaded. Shooter starts facing target with gun in strong hand, with muzzle pointed 45 degrees to ground. At buzzer, shooter acquires and engages target with 6 rds. Strong hand only.

Drill #2 – Weak Hand Only – 6 rds. only – 1 target, 5 yd. straight ahead. Gun fully loaded. Shooter starts facing target with gun in weak hand, with muzzle pointed 45 degrees to ground. At buzzer, shooter acquires and engages target with 6 rds. Weak hand only.

Drill #3 – Double Tap – 2 rds. only – 1 target, 7 yd. straight ahead. Gun fully loaded. Shooter starts facing target with hands relaxed at sides. At buzzer, shooter draws and engages target with 2 rds. Freestyle.

Drill #4 – Failure Drill – 3 rds. only – 1 target, 7 yd. straight ahead. Gun fully loaded. Shooter starts facing target with hands relaxed at sides. At buzzer, shooter draws and engages target with 2 rds. to the body and 1 rd. to the head. Freestyle.

Drill #5 – Bill Drill – 6 rds. only – 1 target, 7 yd. straight ahead. Gun fully loaded. Shooter starts facing target with hands in surrender position (wrists above shoulders). At buzzer, shooter draws and engages target with 6 rds. Freestyle.

Drill #6 – Concealment Double Tap (jacket or vest, etc. must cover holstered gun when both arms are extended straight out to sides),– 2 rds. only – 1 target, 7 yd. straight ahead. Gun fully loaded. Shooter starts facing target with hands relaxed at sides. At buzzer, shooter draws and engages target with 2 rds. only. Freestyle.

Drill #7 – Tac-Load – 1 rd. only – 1 target, 7 yd. straight ahead. Chambered rd. and partially loaded magazine in gun. Shooter starts facing target with gun aimed at target, with proper grip, etc. At buzzer, shooter must perform a true Tac-Load (retrieve full magazine from belt pouch, then switch magazines at gun, then place partially filled magazine in pocket), then engage target with 1 rd. Freestyle.

Drill #8 – Speed-Load – 1 rd. only – 1 target, 7 yd. straight ahead. Slide locked open with empty

magazine in gun. Shooter starts facing target with gun aimed at target, with proper grip, etc. At buzzer, shooter must perform a true Speed-Load (retrieve full magazine from belt pouch while simultaneously dropping empty magazine from gun, then insert full magazine into gun and then engage target with 1 rd. Freestyle.

Drill #9 – Modified Bill Drill 15 – 6 rds. only – 1 target, 15 yd. straight ahead. Gun fully loaded. Shooter starts facing target with hands relaxed at sides. At buzzer, shooter draws and engages target with 6 rds. only. Freestyle.

Drill #10 – Modified Bill Drill 20 – 6 rds. only – 1 target, 20 yd. straight ahead. Gun fully loaded. Shooter starts facing target with hands relaxed at sides. At buzzer, shooter draws and engages target with 6 rds. only. Freestyle.

Drill #11 – Failure to Fire – 1 rd. only – 1 target, 7 yd. straight ahead. Slide closed on empty chamber with full magazine in gun. Shooter starts facing target with gun aimed at target, with proper grip, etc. At buzzer, shooter must “snap” on empty chamber to experience the malfunction, then perform an “Immediate Action Drill” (Tap-Rack) and then engage target with 1 rd. Freestyle.

Drill #12 – Stove Pipe – 1 rd. only – 1 target, 7 yd. straight ahead. Gun set up with a “stove pipe” malfunction with a rd. in the chamber and a full magazine in gun. Shooter starts facing target with gun aimed at target, with proper grip, etc. At buzzer, shooter must clear the malfunction and then engage target with 1 rd. Freestyle.

Drill #13 – Double Feed – 1 rd. only – 1 target, 7 yd. straight ahead. Gun set up with a “double feed” malfunction with an empty case in the chamber and a full magazine in gun. Shooter starts facing target with gun aimed at target, with proper grip, etc. At buzzer, shooter must clear the malfunction and then engage target with 1 rd. Freestyle.

Drill #14 – Standard El Presidente – 12 rds. only – 3 targets, 10 yd. straight ahead. Gun fully loaded. Shooter starts with back to targets and hands relaxed at sides. At buzzer, shooter turns, draws and engages T1-3 with 2 rds. each, shooter then performs a speedload and then engages T1-3 again, with 2 rds. each. Freestyle.

Drill #15 – Tactical El Presidente – 6 rds. only – 3 targets, 10 yd. straight ahead. Gun fully loaded. Shooter starts with back to targets and hands relaxed at sides. At buzzer, shooter turns, draws and engages T1-2 with 1 body shot each, then T3 with 2 body shots, then T1-2 with 1 head shot each. Freestyle.

Drill #16 – IDPA style El Presidente – 12 rds. only – 3 targets, 10 yd. straight ahead. 6 rds. only in gun at start. Shooter starts with back to targets and hands relaxed at sides. At buzzer, shooter turns, draws and engages T1-3 with 2 rds. each to slide lock, shooter then performs a speed-load, then engages T1-3 again, with 2 rds. each. Freestyle.

Drill #17 – Corner Drill, Tactical Order – 6 rds. only – 3 targets, 5 yd. T1 straight ahead, T2 90 degrees to left, T3 90 degrees to right. Gun fully loaded. Shooter starts facing T1 with hands relaxed at sides. At buzzer, shooter draws and engages T1-3 with 2 rds. each, starting with T1. Freestyle.

Drill #18 – Corner Drill, Tactical Sequence – 6 rds. only – 3 targets, 5 yd. T1 straight ahead, T2 90 degrees to left, T3 90 degrees to right. Gun fully loaded. Shooter starts facing T1 with hands relaxed at

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sides. At buzzer, shooter draws and engages T1-3 with 1 rd. each, then engages T1-3 again with 1 rd. each, starting with T1. Freestyle.

Drill #19 – Advancing Drill – 6 rds. only – 3 targets, 10 yd. straight ahead. Gun fully loaded. Shooter starts facing targets with hands relaxed at sides. At buzzer, shooter draws and engages T1-3 with 2 rds. each, while advancing toward targets. Freestyle. All shots must be made while moving and all shots must be completed before crossing the 5 yd. line.

Drill #20 – Retreating Drill – 6 rds. only – 3 targets, 5 yd. straight ahead. Gun fully loaded. Shooter starts facing targets with hands relaxed at sides. At buzzer, shooter draws and engages T1-3 with 2 rds. each, while retreating from targets. Freestyle. All shots must be made while moving and all shots must be completed before crossing the 10 yd. line.

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## # 56 Basic Dry Fire Practice Drills

Claude Werner

Dry fire practice can be extremely dangerous if proper safety procedures are not followed. Always observe the Four Rules of Safe Gun Handling

### Four Rules of Safe Gun Handling

All guns are always loaded

Never point a gun at anything you are not prepared to destroy

Keep your finger out of the trigger guard until your sights are on the target.

Know your target and what is beyond it

### Dry Fire Safety Procedures

Dry fire ONLY when you are alert and focused

Unload your pistol in an area other than the practice area – do not take any ammunition with you to the practice area

Go to your practice area where there is NO LIVE AMMUNITION

Check your pistol again to ensure that there is no ammunition in the pistol or any magazines you will use for practice

Dry fire practice only on a specific dry fire target which is used only for dry fire practice

Place your dry fire target against a bullet resistant wall, e.g., brick or concrete block

If a bullet resistant wall is not available the target should be backed by a body armor panel capable of containing a bullet from your pistol

Do not allow yourself to be disturbed during dry fire practice

Wear eye protection when dry firing in case of a Negligent Discharge

If you use dummy ammunition during dry fire, use ONLY commercially manufactured, easily identifiable dummies. Homemade dummies are unsafe and can result in death or serious injury.

When you are finished practicing, put your target and pistol away immediately and do some other action that will remove dry fire from your thoughts. Do NOT immediately reload your pistol. Failure to follow these procedures EXACTLY can result in death or serious injury.

### Basic Dry Fire Practice Session

Trigger Press Practice “ Freestyle 5 reps

Presentation from Low Ready “ Freestyle 5 reps

Draw from Open Holster “ Freestyle 5 reps

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Draw from Concealed Holster " Freestyle 5 reps  
 Trigger Press Practice " Strong Hand Only 5 reps  
 Draw from Open Holster " Strong Hand Only 5 reps  
 Trigger Press Practice " Weak Hand Only 5 reps  
 Presentation from Low Ready " Weak Hand Only 5 reps  
 Draw from Concealed Holster " Strong Hand Only 5 reps  
 Slide-lock Reload 5 reps  
 Trigger Press Practice " Freestyle 5 reps

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## # 57 Mikes Practice Drills

Mike ?

Drill	Description	Time	Notes	Rnds
1 shot draws	draw and fire one shot taking care to follow through. Go no faster than you can get "A" hits		10 yards one target	2
2 shot draws	draw and fire two shots taking care to follow through. The placement of the shots should be very close together. Go no faster than you can get "A" hits		12 yards one target	4
Failure drill	Old standard 2 to the body one to the head. The head shot should be fired on the muzzle rise & should like one continuous string. Bang Bang Bang not Bang Bang Bang		7 yards one target	3
Bill drill	six shots in 2 sec. It sounds easy but it takes a sub 1 sec. draw and .20 splits. Pretty darn hard to do consistently. I'll generally try 5-6 times and if I make it once I quit.		7 yards one target	6
Reload Drill	Draw fire 2 rounds reload fire 2 rounds		12 yards 1 target	4
"M" drill	The center target is at 7 yds other two at 10 . Start on the center target Fire 1 at the center 2 shots on each outside target and 1 more on the center.		5-10 yards 3 targets	6
5-10-20 Drill	three targets at 5-10-15 yards shoot 2 rounds each		5-10-15 yards 3 targets	6
Head Shots	fire 6 head shots on one target. If you are jerking the trigger this will "kill" you. <b>"My gun shoots low left I'm not jerking the trigger" yea right!!</b>		20 yards one target	5

Scoring Any Hit Outside Of The "A" Zone Is A Miss Which Is A Failure

Have An Efficient, Realistic And Measurable Standard To Meet Or Exceed:

1. Accuracy takes precedence over speed.
2. Speed is economy of motion.
3. Speed will come with practice (if you practice to be fast).
4. Let the sights dictate the cadence of fire.
5. You must learn what is an acceptable sight picture

and trigger control for the shot required.

6. Shoot one shot at a time.

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## # 58 Basic Marksmanship Drills From Ready/Holster

**Evaluation:** slow fire a group of five shots

### Basic marksmanship drills from ready

Range	Position	Fire Mode	Reps	Total Rounds
7m	ready	One shot	6	6
7m	ready	2 shots	6	12
7m	ready	3 shots	6	18
		Total Rounds:		36

**Evaluation:** grip, sight picture, follow through, trigger pull

### Basic marksmanship drills from ready

Range	Position	Fire Mode	Reps	Total Rounds
7m	ready	One shot	6	6
7m	ready	2 shots	6	12
7m	ready	3 shots	6	18
		Total Rounds:		36

### Basic marksmanship drills from ready

Range	Position	Fire Mode	Reps	Total Rounds
7m	ready	2 shots strong	6	6
7m	ready	2 shots weak	6	6
		Total Rounds:		24

**Evaluation:** the draw, grip, holster, reload

### Basic marksmanship drills from holster

Range	Position	Fire Mode	Reps	Total Rounds
7m	Holster	One shot draw	6	6
7m	Holster	Two shot draw	6	12
7m	Holster	One shot reload one shot	6	12
		Total Rounds:		30

### Dot drills at 5m

- 1- On the top left dot, fire 1 shot from extended ready twice.
- 2- On the top right dot, draw and fire 1 shot twice.
- 3- On the middle row, from extended ready, fire 2 shots on left dot.  
Reload and fire 2 shots on right dot.
- 6- On the bottom row, from ready, fire 1 shot on left dot, fire one shot on right dot.
- 7- On the bottom row, draw and fire 1 shot on right dot, fire one shot on left dot.



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## # 59 Reloading and Sight Acquisition

Gary Slider

**Rounds:** 6 for each string you fire

**Target:** IDPA or any target you wish to fire at. Small to medium circle type targets would also work.

**Distance:** 5 foot to any distance you want to practice at.

**Starting Position:** Start with one round in the firearm with empty mag. Have your 2<sup>nd</sup> mag loaded to 2 rounds and your 3<sup>rd</sup> mag loaded with 3 rounds. The handgun should be level with the ground and pulled back into your chest. This allows you to see all the threats in your field of view and with hands back into your chest it allows you to see the hands of any threat in front of you.

**Drill:** At the buzzer shove the firearm out and align the sights and put one round into the target. Reload with the two round mag and realign your sites and fire 2 rounds. Reload and realign sights and fire 3 rounds. Slow down till you can keep all the rounds on your target. Speed up only if you can keep all rounds in the center of the target. Time between the last shot in a mag till the first shot in the mag will tell you how well your reloads and sight acquisition are improving. The object of this drill is to improve your reloading time and sight acquisition after a mag change.

**Variations:** You can start from the holster at the beginning and the timer will tell you how long it takes to react to first shot fired. You can start turned 90 degrees to the target and start either in the holster or with the firearm tucked back into your chest. After becoming proficient at this drill have others load your mags with 2, 3 or 4 rounds so you don't know when the mag will go empty.

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## # 60 3-Second Drill

Ken Hackathorn

**Range:** 5yd

**Target:** three IPSC or IDPA targets spaced at least two feet apart shoulder to shoulder

**Start position:** varies (see below)

**Rounds fired:** 9

A shot timer is necessary for this drill. PAR Time should be set to 3 seconds.

There are three strings of fire. Each individual string has a 3-second PAR time.

1. Fire one (and only one) shot at the head of each target, going from left to right
2. Fire one (and only one) shot at the head of each target, going from right to left.
3. Fire one (and only one) shot at the head of each target, beginning with the middle target and then finishing with the two outside targets in any order.



A round anywhere in the scoring zone for the head (meaning both A and B zones for the IPSC target) counts as a hit. Shots fired after the 3-second PAR time count as misses. In total, you will fire nine rounds (three shots in three seconds, times three strings of fire).

Try the drill first from a ready position. If you can get at least seven hits (which is a “passing” score), try it from the holster. Once you can get at least seven from the holster, try it from concealment. Getting 7 or more hits from concealment is outstanding performance

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## # 61 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.

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## # 62 Transition Drill

**Jerry Barnhart**

**Range:** Two targets, 7 to 10 yards.

**Targets:** Two targets about 2 yards apart.

**Starting Position:** Holstered or Low Ready.

**Rounds Fired:** 6 rounds

Draw or come up on the left target and fire two shoots to the center of mass then swing to the right target and shoot once to the head. Swing back to the left target and shoot one round to the head and then swing back right and shoot two rounds to the body for a total of 6 rounds. All rounds should be in their respective “A” Zones. As with the El Pres a shot outside the “A” zoned means you didn’t pass the



drill. Track your speed in getting all “A” zone hits. You can alternate left to right and right to left when starting. You are learning to transition at angles and to change gears. The body shots will be faster than the head shots.

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## # 63 Dozier Drill

## From G/A Handguns Magazine

(Writer: Patrick Sweeney)

**Range:** 10 Yards

**Targets:** 5 Pepper Poppers or similar Paper Targets

**Starting Position:** Holstered

**Rounds Fired:** 5 Minimum.

The Dozier Drill is named after the unfortunate General Dozier, kidnapped by the Italian Red Brigade in 1981. The terrorists tricked the general into opening the door, and once they pushed their way inside, one pulled a submachine gun and magazine out of a bag and loaded the gun while another began reading a political decree.

The Drill, distilled to a range session, is simple: Five pepper poppers at 10 yards. Can you draw and hit all the poppers before someone could have extricated a submachine gun from a plumbers bag and loaded it? Generally, three seconds is a good time, four is marginal.

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## # 64 Advanced Shooting Skills

## Robbie Robinson

Shooting is freestyle, from the holster, unless otherwise noted

### 5 yards

2 shots	1.50	_____
1 shot to the head	1.50	_____
6 shots	3.00	_____
6 shots, SHO	3.50	_____
6 shots, WHO (from WH ready)	3.00	_____

### 7 yards

2 shots	2.00	_____
1 shot to the head	2.00	_____
6 shots	4.00	_____
6 shots, SHO	4.50	_____
6 shots, WHO (from WH ready)	4.00	_____

### 10 yards

2 shots	2.50	_____
6 shots	5.00	_____
6 shots, SHO	5.50	_____
face rear, turn, 6 shots, reload, 6 shots	10.00	_____
6 shots, slide-lock reload, kneel, 6 shots	11.00	_____

**15 yards**

2 shots	3.00	_____
6 shots	6.00	_____
6 shots, kneeling	6.50	_____

**25 yards**

2 shots	3.50	_____
6 shots	7.00	_____
6 shots each standing, kneeling, and prone reload between each position	40.00	_____

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