

Dry Fire Practice Instructions

Always observe the Four Rules of Safe Gunhandling

- Dry fire ONLY when you are alert and focused.
- Dry fire must always be a FORMAL structured process. Never Dry fire casually.
- Unload your pistol FIRST in an area other than the practice area. Have a specific canister to place live ammunition into before entering the practice area – do not take any live ammunition with you into 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.
- It is a good idea to have separate magazines that are only used for dry fire and are marked as such (UN).
- A barrel plug or dummy barrel is highly recommended.
- Dry fire practice only on a specific target that is used only for dry fire.
- Do NOT dry fire at TVs, light switches, or other such general targets; doing so is a dangerous practice.
- Place your dry fire target against a bullet resistant wall, e.g., brick, concrete block, or earth backed. Interior walls are seldom bullet resistant.
- 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 less readily identifiable and can result in death or serious injury.
- Work on performing the movements smoothly and correctly. Speed will come with repetition and smoothness. “Fast is slow and smooth is fast.”
- When you are finished practicing, take your target down, and put your pistol away immediately.
- Do NOT immediately reload your pistol after you finish dry firing.
- Do some other activity that will remove dry fire from your thoughts.
- **Immediately reloading your pistol GREATLY increases the possibility of having a NEGLIGENCE DISCHARGE.**

Failure to follow these procedures EXACTLY can result in DEATH or SERIOUS INJURY.

A Practice Session Example

Trigger Press Practice – Freestyle	10 repetitions
Presentation from Low Ready – Freestyle	5 repetitions
Draw from Open Holster – Freestyle	5 repetitions
Draw from Concealed Holster – Freestyle	5 repetitions
Trigger Press Practice – Strong Hand Only	10 repetitions
Draw from Open Holster – Strong Hand Only	5 repetitions
Trigger Press Practice – Weak Hand Only	10 repetitions
Presentation from Low Ready – Weak Hand Only	5 repetitions
Draw from Concealed Holster – Strong Hand Only	5 repetitions
Slide-lock Reload	5 repetitions
Trigger Press Practice – Freestyle	10 repetitions