

Basic Dry Practice Guidelines

1.0 4 General Rules of Firearms Safety

1. All guns are **ALWAYS** loaded. *Don't pretend this to be true; be deadly serious about it.*
2. Never point the **MUZZLE** (of the firearm) at anything you are not willing to destroy.
3. Keep your finger off the **TRIGGER** until your sights are on target and you are prepared to shoot. *You cannot lineup the sights any faster than you can position your finger, and there is no need to fire a weapon that is not aligned on the target.*
4. Be sure of your **TARGET**. *You are responsible for the final resting place of every round that you fire. Be aware of your target, what's in front of your target, what's behind your target, and what's next to your target.*

2.0 Preparing for Dry Practice

1. If you have a significant other, or a roommate who is present, advise them of your intentions to conduct dry practice.
2. Retrieve all necessary equipment (handgun, belt, holster and some type of range bag or kit- magazines and magazine pouches are optional).
3. Don all equipment (belt, holster and magazine pouches) and holster your weapon.

3.0 Rendering a Safe Weapon

1. Prior to conducting dry practice, ensure your weapon is unloaded:
 - Face a safe direction, control the muzzle and keep your trigger finger straight along the frame of the handgun;
 - Remove the ammunition source (magazine) and secure the magazine;
 - Lock the slide to the rear and allow any ammunition that may have been in the chamber to safely eject to the floor;
 - Using your support hand, run or work the slide of the handgun several times;

- Visually and physically inspect the chamber and the magazine well to ensure the weapon is unloaded;
 - Using your support hand, run the slide forward and holster the weapon.
2. Secure all live ammunition and any magazines loaded with live ammunition in your range bag.
 - Check yourself, your pockets, and any magazines and magazine pouches that you plan to use for dry practice. Secure any and all live ammunition in your range bag.
 - Do not take your range bag into your dry practice area or location.
 - Safely store and secure your range bag away from your empty weapon and equipment. Secure any weapon safes or storage areas.

4.0 Location

1. Find a location, room, or area that is free of any live ammunition. *Live ammunition will contaminate the area. Do not conduct dry practice sessions until the area has been sanitized and is clear of all ammunition.*
 - Conduct a safety sweep of the area prior to conducting any dry practice.
 - If you find any live ammunition, remove the live ammunition from the area and safely secure the ammunition.
2. Your dry practice session should be conducted in a location where access is controlled. *You don't want your significant other, your children, roommates, or anyone else walking in during your dry practice session. You need to stay focused and concentrate on the task without disruption.*
3. You shouldn't dry practice in an area where an outsider can observe your activity. *If your dry practice location has a window (or multiple windows), pull the shades or blinds and use artificial or man-made light sources (lamps, overhead lights) to illuminate the room.*
4. Ensure that your down range area (backstop) has the ability to stop a live round. Modern small arms ammunition can defeat multiple layers of standard residential building materials (dry wall, sheet rock, siding, etc.). The **preferred backstop** should be made of **concrete**, or **brick**. *Be aware that some concrete and brick mixtures can create a risk for potential ricochet if the area is struck with a projectile. You may want to consider wearing clear safety glasses during your dry practice session.*

- *A brick or concrete wall is the suggested backstop for dry practice.*
5. Check your weapon one last time to be sure it is unloaded.
 6. Once your designated area has been swept (sanitized) for ammunition, access is controlled, and a backstop has been established, you are free to conduct dry practice.

5.0 Dry Practice Session

1. It may be helpful to place a paper target in front of your backstop. This will provide you with a designated aiming area.
2. Turn on your mental light switch. Stay focused on the task at hand.
3. Plan to dry practice for no more than 10- 20 minutes. It's difficult to hold your concentration and stay focused for more than a 10- 15-minute time frame.
4. If you experience some type of distraction during your dry practice session (i.e., a knock on the door, a significant other or child enters the room, etc.), STOP your dry practice session and immediately deal with the issue.
5. Once the issue has been resolved, and if you decide to continue your dry practice session, you should validate the following:
 - The room is secure and free of distractions
 - No live ammunition has been introduced into the environment
 - Your weapon, magazines, magazine pouches, etc., are clear of any live ammunition
 - Your downrange area (backstop) has not changed, and has the ability to stop a live round
6. Start with a series of handgun presentation drills (do not load a magazine into the handgun for this drill):
 - Count 1- Grip
 - Firing hand acquires a firing grip on the weapon, and the support moves to a pre-established position (abdomen)
 - Recover and repeat x10
 - Add Count 2 to the drill:
 - Count 2- Rock and Lock (Weapon Retention Position)
 - Firing hand draws or pulls the weapon from the holster until the muzzle clears the holster

- Firing hand moves the muzzle toward the target until the firing side wrist is locked and indexed under the pectoral muscle of the firing side of the body. Keep the weapon and the forearm parallel to the ground
- The trigger finger remains straight alongside the frame of the weapon, and outside of the trigger guard
- The support hand remains flat against the abdomen
- Focus remains downrange
- Recover and repeat x10
- Add Count 3 to the drill:
- Count 3- Hands Come Together
 - Simultaneously move the support hand forward and obtain a two handed grip on the weapon
 - The trigger finger remains straight alongside the frame of the weapon, and outside of the trigger guard
 - Focus remains downrange
 - Recover and repeat x10
 - Add Count 4 to the drill:
- Count 4 – On Target
 - Begin to apply isometric tension as you move the weapon toward the target in a straight vertical motion.
 - As you begin to align the sights on the target, your focus shifts from the target to the sights
 - Move the index finger to the trigger and take out the slack, do not fire
 - While focusing on the front site, PRESS the trigger smoothly until the hammer falls, firing the handgun
 - Focus should remain on the front site, and your finger should remain in contact with the trigger as you reset
 - To reset the GLOCK handgun- use your support hand to run the slide (the support hand grasps the rear of the pistol using the palm and four fingers- DO NOT “SLINGSHOT” THE SLIDE)- Remember to run the slide to all the way to the rear and slap you shoulder as you release
 - Recover and repeat x10
- Without using the numbers, put the presentation together into one smooth motion and dry fire one single trigger press.
- Remember to reset the trigger after each press of the trigger (if you are dry practicing with a GLOCK handgun)
 - Repeat x20

7. Speed Reload Drills:

- If you are dry firing with a GLOCK handgun, run the slide of the handgun to ensure that the handgun trigger/hammer has been reset
- Load an empty magazine into the magazine well of the handgun
- Place the handgun into the holster
- Draw (present) the handgun to the target, align the sights and dry fire one single trigger press
- Index a spare (empty) magazine from your magazine pouch, bring the magazine to the magazine well, release the magazine that is currently loaded in the magazine well and allow it to drop to the floor, fully insert the spare magazine into the magazine well
- Bring the weapon back onto target, and scan and assess for additional threats
 - To reset the GLOCK, conduct a press check of the weapon
 - Return the weapon to the holster
 - Pick up the magazine from the floor and place it into your magazine pouch
 - Repeat the drill x20

7.0 Ending the Dry Practice Session

1. With your weapon holstered, and equipment secured on your belt, collect all dry practice materials (i.e., targets, backstop plate, spare magazines, etc.).
2. Prior to leaving the dry practice area, scan the room and validate that you have collected all of your equipment.
3. Tell your significant other, spouse, roommates and/or children (if applicable) that you have completed your dry practice session, and that the room is safe.
4. Re-secure weapons, magazines, carry equipment, and ammunition back into your weapons safe/storage container.
 - If you plan to reload your pistol with live ammunition:
 - Announce your intentions- you don't want to surprise or startle anyone in the room. Your announcement will also lessen the probability of someone walking in the area, which may cause a distraction

- Load your magazines first, and then secure them as required
 - Obtain a fresh, fully loaded magazine and place it into a support side pocket or magazine pouch (if you are still wearing the pouch from your dry practice session)
 - Point the weapon in a safe direction
 - Index your loaded magazine from your pocket or pouch
 - Insert the magazine into the magazine well, and while using the support hand, run the slide of the handgun to load the pistol
 - Conduct a press check and ensure that a round is loaded in the chamber
 - Safely place the weapon into your weapons safe/storage container
 - Validate that all equipment, weapons and ammunition are inside of your storage container
5. Secure your weapons safe/storage container. Ensure that your weapons safe/storage container is locked and secured.