



Companion Guide

David Morris

With details on every drill and additional
resources

Includes the following appendices:

**Training Interview with Mike Hughes from
Next Level Training and Top Shot Season 3**

Clearing A House With A Firearm

Review of the SIRT laser training platform

This book is not free. It is a companion guide to Dry Fire Training Cards. If you received this book in electronic or physical form without the training cards, please go to DryFireTrainingCards.com to get yours now.

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Dry Fire Training Cards Companion Guide

Introduction

Fighter pilots who want to survive armed combat train in simulators. Boxers and MMA fighters who want to win fights shadow box. Serious shooters who want to walk away from violent encounters unharmed or who want to win competitions dry fire, and Dry Fire Training Cards will keep your mind stimulated, engaged, and challenged so that you will actually do the dry fire training that you need to do to become a better shooter.

This guide is a companion guide to Dry Fire Training Cards, and it goes into more depth than what is possible on a 2"x3" card. As I was finalizing the cards, I realized that this companion guide was going to be necessary to maximize the training value of the cards. You'll learn why each card is included as well as variations to make certain drills harder or easier. If you run into modifications that work for you that you think others would benefit from, please

Dry Fire Training Cards Companion Guide

share them at DryFireCards.com/bonus. If you have other drills that you'd like to see included in future sets, let me know on that page as well.

Special Thanks

Special thanks to Dustin Ellermann, winner of Season 3 of Top Shot (CampHisWay.com) for the use of his image on the cards and the box.

Thanks also to Col. Randy Watt, (19 SFG and Gunsite) for inspiring my passion for dry fire training, as well as this project. (DryFireCards.com/watt) His name is not on the cards, but his influence is. Randy is a true asset to the military and law enforcement special operations community and if you get a chance to train with him, I strongly encourage it.

You'll note that a few of the cards have URLs in parentheses. These are for drills that are from other highly respected firearms instructors, or drills that I

Dry Fire Training Cards Companion Guide

developed for my personal use after doing live training with the instructors. These include

Larry Yatch (SEAL Team 3)

(DryFireCards.com/seal),

Matt Seibert (DryFireCards.com/insight),

Ed Santos (DryFireCards.com/santos),

Rob Pincus (DryFireCards.com/ice), and

Mike Hughes (DryFireCards.com/sirt).

It's safe to say that anything good that you see is either from them or a result of their input and that any drill or description that is lacking is due to me.

Safety

Go to DryFireCards.com/safety for the latest safety best practices for dry fire.

Firearms are inherently dangerous and handling a firearm involves potentially deadly risk to yourself and those around

Dry Fire Training Cards Companion Guide

you. For maximum safety, use an inert training platform for all drills.

“Dry Fire” or “Dry Practice” is practicing all of the fundamentals of shooting without ammunition present.

By definition, it is IMPOSSIBLE to have a negligent discharge while doing dry fire training. In order to have a negligent discharge, ammunition must be present, and if ammunition is present, you’re not doing dry fire.

I suggest using SIRTs (DryFireCards.com/sirt), blue guns or other dedicated inert training platforms. Airsoft is another good option, but they still launch projectiles with significant kinetic energy. If you’re going to use an unloaded real weapon platform, I STRONGLY suggest that you use a resetting trigger as well as barrel inserts and/or snap caps in addition to following all of the following safety rules. For links to barrel inserts, blue guns,

Dry Fire Training Cards Companion Guide

resetting triggers, and dedicated training platforms, go to **DryFireTrainingCards.com/tools**.

These drills should only be used after professional live training with approval from your instructor.

Consult with your doctor before doing any kind of exercise.

The user of these drills assumes ALL liability for their actions and holds the creator and contributors of these drills harmless. These drills are for educational purposes only and it is your responsibility to verify that their content is safe and legal for you to do before attempting. See DryFireCards.com/safety for more details as well as updated information:

Safety is key anytime you're handling a weapon. Dry Fire Training Cards are designed to be used with an inert weapon or with a live weapon that has been physically AND visually verified cold (empty

Dry Fire Training Cards Companion Guide

of ammunition), with any/all live ammunition locked up in a separate room.

By definition, dry fire is the manipulation of a firearm with NO AMMUNITION IN THE FIREARM, NO AMMUNITION IN THE MAGAZINES YOU'LL BE TRAINING WITH, AND NO AMMUNITION IN THE ROOM WHERE YOU'RE TRAINING. When the hammer drops, there is no ammunition in the chamber. When you insert a magazine and rack the slide, no round enters the chamber. Therefore, by definition, if you have a negligent discharge while practicing, you were not doing dry fire because there is no way to have a negligent discharge without ammunition present.

If you have ammunition in your firearm, in your magazines, or in the room where you're training, you're not doing dry fire and should not use these drills.

Dry Fire Training Cards Companion Guide

Even with a weapon that's been verified cold, you must follow the following rules:

Always follow the "Jeff Cooper" 4 laws of firearms safety:

- 1. Treat every weapon as if it's loaded, even if it's not.**
- 2. Never let the muzzle cover anything that you're not willing to destroy.**
- 3. Keep your finger off the trigger until your weapon is aimed at your target.**
- 4. Always identify your target and what's behind it before shooting.**

As well as the rules of Dry Fire safety:

1. Eliminate all distractions when dry fire training and only do dry fire when you are well rested, alert, and not altered by drugs or other substances.
2. Lock and remove all ammo from your weapon and the area where you're training.

Dry Fire Training Cards

Companion Guide

3. After visually and physically confirming that your weapon, magazine, pockets, pouches, mag holders, etc. are empty of live rounds, audibly state (to yourself) that you've confirmed that your weapon and magazines are unloaded and that there are no live rounds in the area and that you're starting dry fire practice.

4. If you're training with a real platform, use dedicated dry fire targets with a backstop that can safely absorb negligent discharges.

People have died, lost limbs, and been severely injured from attempting to do dry fire drills with a weapon that had live ammo in it or near it. By definition, it is impossible to do dry fire drills with ammunition present.

If you have ammunition present when you're manipulating your weapon, you are not doing dry fire and you should not use these drills. Your weapon is your responsibility. Any discharge that you have

Dry Fire Training Cards

Companion Guide

while practicing is due to your negligence. Train safe.

5. If your concentration is interrupted at any point, go through steps 1-4 before continuing.

6. Only train as long as you can dedicate your full attention to handling your weapon or training platform.

7. When you decide you're done dry fire training, don't do ANY more. Put your targets and weapons away. The transition from dry fire to live fire is when most training negligent discharges happen. The mind must have a clear transition from "real gun, real ammo" to "dry fire" and back to "real gun, real ammo." Confusion

8. Wait 1/2 hour after dry fire training before reintroducing live ammo.

9. When you reload your weapon, audibly say, "live weapon, live ammo" 5-10 times. This sounds silly, but you absolutely can not

Dry Fire Training Cards

Companion Guide

switch back into dry fire mode for “one more shot” with a live weapon and this little refrain is designed to help you reinforce the message to your brain that training is done.

You’ll notice that some points were repeated or re-stated 2-3 different ways. That’s because they’re important and may save your life, someone else’s life, or help prevent legal issues for you.

DryFireTrainingCards are designed so you can use ANYTHING as a target when you're using an inert platform. My favorite improvised targets are light switches, switch plates, screws on switch plates, and Post-it notes. When you're using a weapon capable of firing live rounds, use dedicated targets that you only bring out for dry fire use and put away immediately after you're done.

How Much To Train?

Dry Fire Training Cards

Companion Guide

With dry fire and developing neural pathways (muscle memory), your goal is to shoot for the amount of time that you can execute PERFECT fundamentals rather than shooting for a particular time or quantity goal.

If you do dry fire training for as little as 5 minutes a day, you'll see noticeable results within a week. One shooter that I know does 500 trigger presses per night for several nights anytime he switches his primary weapon—just to get comfortable with the trigger. In general, shoot for 15-20 minutes, or however long you can maintain perfect form and concentration, whichever happens first.

If you will be consistent and train 15-20 minutes every day for 21 days to a month, you will notice EXTREME improvements in your shooting. In addition, you will have developed dry fire training as a habit, which will make it more likely that you will continue training on a regular basis.

Dry Fire Training Cards Companion Guide

With the exercise cards, the goal is slightly different. You still want to maintain technique that would be acceptable to you during competition or an armed encounter, but the focus isn't as much on perfection as it is with the other drills.

With that, let's get to the drills!

Dry Fire Training Cards Companion Guide

Basic Drills **a.k.a. “Fundamentals”** **or “Blocking and Tackling”**

These aren't “beginner” drills. High speed shooting depends on a solid foundation of basic skills and most breakdowns in performance can be traced back to problems with these fundamentals.

Put another way, no matter how good a fighter gets, his training routine will always include jabs and hooks. These fundamentals are your jabs and hooks and will give you the foundation you need to do the “fun stuff” that you want to do.

SLOW Drawstroke Practice a 10 second drawstroke and 10 second reverse drawstroke. Focus on making every rep exactly the same. The more consistent you are, the deeper the groove you'll create and the better you'll perform under extreme stress.

Dry Fire Training Cards

Companion Guide

It's vital with this drill to make each repetition exactly the same as the previous one. I refer to this in Tactical Firearms Training Secrets as the "Deep Groove" concept and the simplest way to visualize it is that if you practice 100 drawstrokes in a row and they're all slightly different, you'll create 100 different, very shallow, neural pathways and the brain will be forced to waste time trying to figure out which one to use under stress. If, on the other hand, you practice 100 identical drawstrokes, you'll be creating one deep neural pathway that the mind will be able to default to it and execute it without delay.

Quoting Tactical Firearms Training Secrets, "I want you to envision two quarterbacks throwing 100 passes. The first quarterback focuses on speed and how fast he can get through his 100 throws. He ends up changing something with every throw...his stance, his balance, his grip, what he does with his off hand, the angle of his body to

Dry Fire Training Cards

Companion Guide

the target, his release, and his follow-through, etc. In looking at his 100 passes, you see that he threw 100 different ways...but he did it really fast. Impressively fast.

The second quarterback takes his time and focuses on doing absolutely everything the same with every throw so that, at the end of 100 passes, the video looks like the same footage spliced end-to-end 100 times. (or 99 times for you fellow geeks reading this)

At the end of the 100 throws, whose mind do you think has a more ingrained image of what a perfect throw feels like? Who do you think has developed more consistent muscle memory? Which one of them has a more solid base to unconsciously revert to under stress when there's barely enough time to react?

This second quarterback is the model that we want to copy by deciding on proper technique and using it every single time you

Dry Fire Training Cards

Companion Guide

practice. When the first quarterback's mind gets under stress and tries to throw a pass, it's going to be confused and it won't know which muscle sequence to fire. The mind of the second quarterback is clear because it only has one option and doesn't have to waste time deciding which neural pathway to execute.

Emergency Reloads Practice 10
primary/support hand reloads. Even if you have drop free mags, practice ripping the empty mag. Make sure your barrel stays pointed downrange.

Emergency reloads are when you reload when your magazine goes empty. In most cases, the slide will lock back. For this drill, what I suggest is to have 2 magazines, and one snap cap. With no mag in your pistol, rack the slide. Load the empty magazine. Engage a target. When the hammer falls on the empty chamber, tap the magazine to make sure it's properly seated and rack the slide.

Dry Fire Training Cards

Companion Guide

When the slide locks back, release the magazine, rip it clear and drop or retain it, load your 2nd magazine, rack the slide, and engage your target again. Repeat with as many mags & snap caps as you have, then reload and start over.

If you don't have snap caps, or an inert training mag, you can still train 80% of this drill. If you use the slide lock release instead of racking the slide, you're introducing poor habits. If you rack the slide with an empty mag well, you're introducing poor habits.

So, focus on ripping your mag, acquiring your fresh mag, smoothly loading it into your mag well, and forcibly racking the slide with an overhand grip. When the slide locks back on the empty mag, stop the drill, put the slide back into battery by the method of your choosing, and start over.

Dry Fire Training Cards

Companion Guide

If you're using a SIRT, Airsoft platform, bluegun, or other training platform, adjust your technique as necessary.

Tactical Reloads Practice 10
primary/support tactical reloads, retaining the partial mag. Practice ripping mags instead of letting them drop free. Make sure your barrel stays pointed downrange.

Tactical reloads are when you eject a magazine that still has rounds in it during a lull in the shooting and load a full magazine while retaining the partial magazine.

To execute a tactical reload, use your support hand to grab a full mag. While holding the full mag, eject and grab the partial mag. Load the full mag. Put the partial mag in your mag holder, pocket, or drop pouch to use if you run out of ammo.

Since you have a live round in the chamber, you don't need to rack the slide.

Dry Fire Training Cards

Companion Guide

Failure To Fire or Eject Type 1 & 2.
(squishy trigger, click but no bang, or the slide doesn't go into battery) Tap the bottom of the mag, rack the slide, and assess.

Fill a mag with snap caps. Load the mag, rack the slide. Engage a target. When the gun goes “click, no bang”, forcibly tap the bottom of the magazine to make sure it’s properly seated, rack the slide with an overhand grip, assess the situation, reengage the target, and repeat the tap, rack, assess part of the drill until your mag is empty.

If you don’t have snap caps, perform the drill without using a magazine.

Feedway Stoppage Failure Type 3.
(stovepipe, double feed) Lock the slide back, rip and retain the mag, rack the slide 3 times, reinsert the mag, tap, rack, assess

Lock the slide back and manually load a snap cap or an empty shell casing into your

Dry Fire Training Cards

Companion Guide

chamber. Load a magazine full of snap caps and rack the slide. Since the chamber is already full, the slide won't go all the way forward.

Rip (and retain) the magazine, rack the slide 3 times, reinsert the magazine, tap, rack, assess.

Transition between hands Practice transitioning back and forth between primary grip and support grip 10 times. Acquire a sight picture each time.

Assuming a right handed grip with both thumbs on the right hand side of the pistol, index both index fingers firm, straight, and rigid along the frame of the pistol. Move your left thumb from the right side of the pistol to the left and follow with the right thumb. Move your right index finger under the trigger guard in a support position and assess and engage as necessary with the left hand.

Dry Fire Training Cards

Companion Guide

Reverse the steps to go back to a right handed grip.

Trigger Prep With an inert platform, slowly (1-5 seconds) take up the slack in your trigger and keep pressing until the trigger releases. Identify the takeup stage when you're taking up slack and when you're releasing the sear.

The point of this drill is to become intimately familiar with your trigger. In most firearms, there is a significant amount of distance that the trigger travels before it is actually doing the “work” of releasing the sear. You want to get through this stage of the trigger press quickly and do what is known as “trigger prep”. Once you have prepped the trigger, and the sear is ready to release, then you do your slow, smooth trigger press.

Trigger Control & Follow Through Take up the slack on the trigger as you're acquiring a sight picture. Focus on your

Dry Fire Training Cards

Companion Guide

front sight and a good sight picture. Maintain a perfect sight picture as you're releasing the shot. Keep the sights aligned before, during, and after the shot.

This builds on Trigger Prep but adds a significant component of follow through. Just as it's important in throwing and swinging sports, follow through is important in shooting. While dry firing, you want to make sure that you keep your sight picture as still as possible before, during, and after the trigger releases the sear. The inertia of the firing pin being released and going forward will not move the firearm noticeably, and all but the tiniest movement that you see when the trigger releases the sear will be a result of what you're doing with your hands and trigger finger. This drill will help with anticipatory flinch.

Moving Platform to Line Of Sight Pick a target and look straight at it. Keep your head perfectly still and bring your firearm

Dry Fire Training Cards

Companion Guide

up into your line of sight so that your eyes, sights, and target are perfectly aligned without moving your head.

Many people lift up their weapon and cock their head off to the side to line up their eye with the sights. This is wrong. You should look straight at your target and bring the sights of your firearm into your line of sight so that your sights line up on your target.

Lead With Your Eyes Pick a wall with 2 switches 10-45 degrees apart. Look at one switch plate, engage it. "Throw" your eyes to the next plate and then snap your firearm into alignment to engage.

When transitioning between widely spaced targets, it's a common practice to move your focus and your sight alignment at the same speed. It's much faster to "throw" your focus quickly to your next target and catch up with your sight alignment.

Dry Fire Training Cards

Companion Guide

Transition From Target To Front Sight

Pick a target and quickly transition your focus back and forth between the target and your front sights. Make sure you wait until you have focus before transitioning.

One problem that shooters face as they start picking up speed (and as they get older) is the amount of time it takes to transition focus from a target back to the front sight. What normally happens as shooters start running into this delay is that, in an effort to shoot faster, they release the shot before their eyes get focused on the front sight in an attempt to shoot faster. The predictable result is loose groups.

Fortunately, the eye is controlled by muscles and, like any muscle, regular use improves performance.

By regularly transitioning your focus from near targets to far targets, you will speed up how fast you can do it. You can do this

Dry Fire Training Cards Companion Guide

drill with your front sight, with your thumb, or transitioning between your visor/steering wheel and a stoplight or a car across an intersection. Check out DryFireTrainingCards.com/tools for information on vision exercises that can naturally improve your vision.

Use Your Startle Response Practice presenting your firearm from the "startle" position with your feet slightly more than shoulder width apart, slight squat, chin tucked, abs tight, and arms up protecting your face & neck. (icetraining.us)

I first learned about this drill from Rob Pincus (IceTraining.us) a few years ago during the filming of the first season of Best Defense. The basis for it is the fact that humans have a natural "startle" response when we're exposed to a surprise that the brain interprets as a threat.

Knees bend, weight drops a few inches, feet spread out for stability, abs tighten,

Dry Fire Training Cards

Companion Guide

shoulders roll forward, chin tucks, and hands and arms come up to protect the eyes, face, and neck.

This is a spinal reflex and oftentimes happens at a subconscious level before you can even think about it.

With that in mind, it makes sense to practice using this position as a starting point for tactical training so that the neural pathways are developed if you find yourself in the startle position needing to present your firearm.

Draw & Engage From Sitting Sit in a couch, on a chair, or in your car and present from your holster. Maintain muzzle discipline.

The point of this drill is to get you used to the unorthodox presentation methods you may need to use when sitting in a bench seat, bucket seat, couch, or hard chair with or without an armrest. In addition to your elbow getting jammed, you may have additional work getting around your cover

Dry Fire Training Cards Companion Guide

garment. In a vehicle, you'll have the additional issues of your seat belt, and possibly a closed/open coat and/or gloves.

For defensive engagements on the driver's side of the car, you'll need to plan how to keep from getting caught up in your steering wheel and shooting from a compressed position if your target is within arm's reach.

Dry Fire Training Cards

Companion Guide

Advanced Drills

Support hand draw and engage

Without using your primary hand, clear, grip, and present your weapon, acquire a sight picture, and engage multiple targets

Your technique for this is going to depend on your particular firearm, carry position, and retainment method (if any) of your holster.

As an example, if I'm carrying in a kydex holster on my right hip, I reach around with my left hand, pull the firearm from the holster with an "upside down" grip...with my pinky indexing the slide and my index finger near the bottom (back) of the grip. I then turn it around and place it BACK in the holster backwards with the grip facing forward. At this point, I can quickly grab the pistol with a proper grip, present, and engage.

Dry Fire Training Cards

Companion Guide

A second method of doing this is to grab the pistol with an upside down grip, squeeze it between your knees, and then get a proper grip, present, and engage.

Stand, Kneel, Sit, Prone Practice presenting, engaging, and holstering as you transition back and forth through standing, kneeling, sitting, and prone.

Whether you're training for competition, defense, or both, there's a good chance that you'll need to change your body position at some point.

Start in a standing position with your feet shoulder width apart.

Step forwards with your left leg or backwards with your right leg, and drop your weight so your right knee is touching the ground. (You'll probably want your right knee and your left foot shoulder width apart and your right knee a few inches back from your left heel—experiment to find the

Dry Fire Training Cards

Companion Guide

position that lets you go up and down as quickly and pain free as possible.)

When you're kneeling as "tall" as you can, you're in "high kneel"

Keep the bottom of your right foot/toes on the ground so that you could take off like a sprinter if you needed to.

You can use this position to shoot under obstacles, make yourself a smaller target, shoot around obstacles, or to fire a more accurate shot.

From this position, drop down and sit on your right foot and support your left arm on your left knee, with your tricep touching your knee.

From this position, put your left hand on the ground. While supporting yourself with your left hand (to the left of your left foot) and your right knee/foot (and eventually your right forearm) push your left leg

Dry Fire Training Cards

Companion Guide

between your left hand and right knee/foot and go prone, facing your target.

Getting back up will depend on your fitness level and how healthy or broken your joints and body are and how much metal you've got inside of you.

If all systems are "GO", then getting up is as simple as doing what you did to get down in reverse. If you've got bad joints, this is the time to figure out how to change positions as quickly and painlessly as possible while maintaining muzzle discipline.

Some people will find that their best option is to holster their weapon as they're changing position. That's not ideal, but if it's your reality, work with it.

Yoda says: Aim With Eyes Closed, You Must! Pick a target, shut your eyes, draw & aim, open your eyes. Pay attention to how your weapon feels, correct your aim, pay attention to how it feels now & repeat

Dry Fire Training Cards

Companion Guide

until you're on target when you open your eyes.

To the extent that you can, you want to move as much of the mechanical components of shooting from the conscious level to the unconscious level so that you can focus your conscious thought on making safe, moral, ethical, and legal decisions.

One of the more frustrating things that I used to experience and oftentimes see are shooters presenting their weapon and then wiggling the front of their weapon around, trying to “find” the front sight. This takes time, conscious thought, and can be quite frustrating.

Ideally, when you present your weapon, the sights will “magically” pop up in your line of sight, properly lined up with your target.

This drill will force your mind to think about every aspect of your drawstroke, including your grip, where your hands/weapon are in

Dry Fire Training Cards

Companion Guide

space in relationship to your eyes and the target, without the benefit of vision.

It won't take very long at all to see what a difference your grip has on your natural point of aim and how much this drill will improve your shooting ability. In many cases, it only takes 3-5 minutes to see noticeable and oftentimes dramatic improvements. To improve your consistency, try to concentrate on using the exact same grip every time you present your firearm.

By developing a consistent grip and presentation of your firearm that automatically puts the point of aim at your intended target without having to wiggle it around or think about it, you can shave several fractions of a second off of the time it takes you to fire an accurate first shot under stress.

One Handed Rack Practice racking your slide one handed (rear sight against

Dry Fire Training Cards

Companion Guide

holster, belt, pants, or squeezing the slide between your knees.)

During the course of a defensive or competitive situation, you may find yourself in a situation where you need to reload or do a malfunction drill with only one hand.

If you don't know how to do one handed reloads, work with a trained instructor to figure out the best one or two techniques for your body and your weapon platform.

As a modification to this drill, simulate an empty magazine, then move to cover before doing your one handed rack.

As a note, a one handed rack will seldom, if ever be done on it's own. It will be combined with a failure drill (tap, rack, assess or rip, 3xrack, reload, rack, assess) or with a reload. Once you're comfortable with one handed racks, move on to one handed reloads and one handed failure drills.

Dry Fire Training Cards

Companion Guide

One Handed Reloads Practice 1 handed tactical and emergency reloads with both hands

Glove & Fat Finger Training Practice presentation, trigger press, reloads, and malfunctions with different thicknesses of gloves on

This drill serves 2 purposes...as a companion drill to the “crucible” drill and as a test to see, if you live in cold weather country, whether you can safely manipulate your weapon with your current gloves or if you have to modify your technique and/or wear thinner gloves.

Duck/Groucho Walk Pick a target across the room, squat so that you drop your hips 6-12 inches and acquire a sight picture. Keep your hips dropped, and smoothly walk towards your target while maintaining as tight of a sight picture as possible.

Dry Fire Training Cards

Companion Guide

Imagine that you've got a rail running through your belly button towards your target that is straight as an arrow. The rail doesn't go up or down or right or left...it simply goes straight and your belly button needs to stay on the rail as you're moving forward.

Three tips that will help you do this are to 1. Drop your hips 6-12 inches. 2. Take several SMALL, baby, steps. 3. When you're stepping, strike with your heel, roll onto the balls of your feet, and "pull" yourself forward.

This will give you a stable, consistent shooting platform so that you can aim, make accurate follow-up shots, and even make precision shots with enough practice while moving.

Another way to practice your Groucho walk is to do it while holding a video camera instead of your firearm. Ideally, your technique will be so smooth that your video

Dry Fire Training Cards

Companion Guide

looks like you're simply zooming in with no bounce or waving back and forth. You can practice it going forward, backwards, side to side, or even going up & down stairs.

**2 Inch Punch Shot From Full
Presentation of your pistol, bring pistol
back 2 to 4 inches from final position.
Slowly press the weapon out to full
extension, deliberately taking up the slack
on the trigger, releasing the shot as you
reach extension. (SealedMindset.com)**

The goal here is to eliminate the delay between presenting your weapon and releasing the shot. It's common to watch shooters who can clear leather quickly and get their platform up and on target quickly, but who don't start their trigger prep until they reach full extension. The result is a noticeable delay.

In order to create deep, predictable neural pathways to prep the trigger a fraction of an inch while presenting your weapon over

Dry Fire Training Cards

Companion Guide

a 1-2 foot distance, it's vital that you practice this very slowly and methodically and only going as fast as you can while maintaining PERFECT form.

The consequence of training this drill too fast is that you over-prepare the trigger and release the shot before your weapon is aimed where you want your rounds to go.

On Target From The Start Start with weapon just clearing the holster. Rock the pistol toward the threat/target, finish the draw. One dry fire shot and follow through. (SealedMindset.com)

If you need to engage a target at “smelling” distance, you're probably not going to have the luxury of being able to assume a dogmatic stance, extend your arms fully, get a proper sight picture, or sight alignment to stop the threat.

Instead, you're looking to get off center of mass shots as quickly as possible, without

Dry Fire Training Cards

Companion Guide

missing the target, hitting your support hand, or losing control of your weapon.

As a general good practice, put your support hand against the side of your head in a blocking position to make sure that it doesn't get covered/painted by the barrel of your weapon.

Focus On Extension Start with the weapon just as your support hand meets the pistol during your draw. Finish the draw. One dry fire shot as you reach full extension and follow through. (SealedMindset.com)

This drill is a companion to the "2 inch punch" drill. The goal here is to eliminate the delay between presenting your weapon and releasing the shot. It's common to watch shooters who can clear leather quickly and get their platform up and on target quickly, but who don't start their trigger prep until they reach full extension. The result is a noticeable delay.

Dry Fire Training Cards

Companion Guide

In order to create deep, predictable neural pathways to prep the trigger a fraction of an inch while presenting your weapon over a 1-2 foot distance, it's vital that you practice this very slowly and methodically and only going as fast as you can while maintaining PERFECT form.

The consequence of training this drill too fast is that you over-prepare the trigger and release the shot before your weapon is aimed where you want your rounds to go.

Pocket Mag Carry No Mag Pouch? Put a magazine in your left front pocket and present and shoot a target three times at three yards. Move laterally, reload from front pocket, shoot light switch three more times for time. (NextLevelTraining.com)

The reality of inside waistband carry is that it can prove to be difficult to carry spare magazines. One simple solution is to carry your spare magazine in your left front pocket. Depending on how

Dry Fire Training Cards

Companion Guide

thick/tight/heavy your pants are, this can be a great solution.

As you're practicing this, pay particular attention to indexing your magazine while it's in your pocket by putting the tip of your index finger on the nose of the top bullet. You're also going to need to figure out how to orient the magazine (vertically vs. horizontally) and adjust your grip so that you won't get caught pulling your hand/magazine out of your pocket.

Personally, this form of spare magazine carry is much easier for me when I'm wearing Carhartts than when I'm wearing jeans. Another tip is to carry as little as possible in the same pocket, with the exception of a small tactical flashlight (like the Surefire Backup) and/or a pepper spray canister. The combination of one or both of these, combined with your spare mag, will break up the shape of the lump in your pocket and can also help keep the magazine

Dry Fire Training Cards

Companion Guide

oriented the way that you want it for a longer period of time.

This drill came from Mike Hughes, runner up on season 3 of Top Shot and creator of the SIRT (Self-indicating resetting trigger). The SIRT is the main dry fire training platform that my family uses—we use it every single day, whether we're at home or traveling. The SIRT will fit in Glock holsters, has a trigger that resets after every shot, and has a laser designator that gets activated when your shot breaks so that you get instant feedback and can correct any errors that you or your training partner have. If you're serious about firearms training, you need to check them out by going to DryFireCards.com/sirt

BONUS DRILL!

Stress Shooting Crucible Hold your hands in ice water until they hurt. Pull them out, dry them (optional). Practice presentation, trigger press, failure drills,

Dry Fire Training Cards Companion Guide

and reloads. Re-chill your hands as necessary. Refine your technique as necessary.

The point of this drill is to simulate the “sausage finger” feeling of trying to do tasks that require fine motor skills during extreme stress or after intense exercise.

If you “pinch” your slide to rack it, or “pinch” your magazines and spin them when you reload, the “crucible” will refine your technique in a hurry—removing the dross from your technique and leaving you with pure, predictable technique that will have a much better chance of working under stress.

Dry Fire Training Cards

Companion Guide

Exercise Plus Dry Fire

Circling The Drain Set up a target in the middle of the room. Draw and present your weapon, circle the target slowly dry firing. Slowly speed up until you are running (if able). (SealedMindset.com)

This drill will help you refine your sight alignment and shooting platform while adding additional stress to your brain. When shooting, your brain wants you to stay still. If you're moving, it wants you to travel in a straight line. Moving in a circle around your target forces the brain to move, change direction, and maintain balance while simultaneously maintaining a stable shooting platform and good sight picture.

This additional stress, when combined with dry fire drills that don't include movement, will help develop neural pathways faster than static dry fire drills alone.

Dry Fire Training Cards

Companion Guide

For more information on using complex movements combined with a motor skill that you're trying to develop neural pathways for, contact Larry Yatch by going to DryFireCards.com/SEAL

Full 360 Engagement Identify a target on 4 walls in a room. Stand in the center of the room and shoot all 4 targets for time without crossing your feet while maintaining balance and a solid base. (NextLevelTraining.com)

As you're doing this drill, imagine an invisible wall going through your body splitting your left and right sides. Make sure that your right foot always stays on the right side of this wall and your left foot always stays on the left side of this wall.

You can probably cross your feet while doing this drill when you're not under stress and not trip, but when you are under stress, you want to minimize crossing the

Dry Fire Training Cards

Companion Guide

centerline of your body and crossing your feet.

One tip that actually comes from dancing is to point your toe before you turn your body. Here's how this works—if you're facing forward with your feet pointed straight ahead and you want to turn 90 degrees to the left, start by pivoting your left foot (on either your heel or the ball of your foot) as far to the left as you comfortably can. Then, push off with your right foot until your body is facing the direction you want to go. It's important to note that you want to push off with your right foot instead of trying to use rotational torque from your left leg. 90-100% of the work should be done with your right leg and not your left (pivot) leg.

For more information on NextLevelTraining, Mike Hughes, and the SIRT, go to DryFireCards.com/SIRT

Dry Fire Training Cards

Companion Guide

Move to Cover and Fire Set up a target on the far side of a room/hall. Sprint up to 10 feet in front of the target. Draw and dry fire one shot. Follow through. (SealedMindset.com)

This drill is a combination drill. First, think about moving to cover as soon as a lethal threat presents itself. Second, this drill combines the complex movement of running and stopping with drawing and engaging.

For more information on Larry Yatch and SEALed Mindset, go to DryFireDrills.com/SEAL

Pushup To Failure & Shoot Do pushups to failure, then knee (girl) pushups to failure, recover to standing, and practice engaging, malfunctions, and reloads.

The purpose of this drill is to put you into a slightly adrenalized state before practicing your weapon handling fundamentals. You want a slightly elevated heart rate and, if

Dry Fire Training Cards

Companion Guide

possible, somewhat of a “pump” in your arms. Specifically, the goal is to use pushups to compromise your fine motor skills and force you to practice weapon handling skills that will have a better chance of working under stress.

Oftentimes, I’ll do a variation on this by alternating between 20-30 seconds of exercise and 10-20 seconds of dry fire for 8-10 sets. When I do this, I do dry fire drills, both from the prone position immediately after my pushup set and after recovering (standing up).

A lot of defensive pistolcraft happens at very close range after experiencing a kinetic event (being pushed, punched, kicked, shot, hit by a door, hit by a shockwave from an IED, etc.) and training yourself to engage targets from compromising positions and recovering from compromising positions is a valuable martial skill.

Dry Fire Training Cards

Companion Guide

It's VERY important to note that you can use these 2 techniques (interval training where you dry fire during the rest interval) and dry fire from unorthodox positions + recovery to standing with almost any exercise you do.

Crunch and Shoot Lay on your back like you're going to do situps or crunches, facing a light switch. Start by acquiring a sight picture at the top and bottom of your situp/crunch. Work towards keeping your sights aligned for your entire set.

Support your feet if necessary. If you experience cracking sounds/feelings or pain, change your technique until you can do the drill without pain.

If you don't have the abdominal strength to do situps, consciously observe how you move from laying flat on your back to standing without using your dominant hand. You may end up rolling onto your support side or some other variation. The

Dry Fire Training Cards Companion Guide

important part of this drill is NOT the situp—it's combining movement with presentation of your weapon, sight acquisition, and a smooth trigger press.

Dry Fire Training Cards Companion Guide

Complex Movement Plus Dry Fire

The grouping of these drills were inspired by Larry Yatch, (SEAL Team 3, Retired – DryFireCards.com/seal) After leaving the SEALs, Larry dove deep into the science and art of developing neural pathways as quickly as possible. These drills are specifically designed to cause the brain discomfort, normally through challenging balance, while training the actual skill that you are trying to develop. They aren't designed to be exercise for your muscles—they're designed to challenge your brain and force your shooting skills to your subconscious.

Some of the drills are Larry's and some are ones that I've done since before meeting Larry that I realized were accomplishing the same goal. As simple as they may seem, they're incredibly powerful.

Dry Fire Training Cards

Companion Guide

Step and Shoot Put a stable step/block directly in front of you, 10+ feet from a target. Put one foot on the step, then step up, all the while keeping a good sight picture, engaging the target multiple times, and practicing trigger discipline. (SealedMindset.com)

This drill is a simple movement combined with solid shooting fundamentals. You don't need to do the movement fast or consider it as exercise.

For the block, you can use stairs on a staircase, a book, a step aerobics step, or anything else that is 3-12 inches tall.

The more parts of the mind that are stimulated simultaneously, the faster it will develop neural pathways. The movement/step in this drill is simply a tool to help you hardwire technique faster.

Stand Up, Sit Down, Fight, Fight, Fight!
Start by standing and engaging a target across the room. Sit or squat as

Dry Fire Training Cards

Companion Guide

deep as is comfortable and stand, engaging your target(s) throughout the movement. Use 1 or 2 hands for shooting.

This drill is a combination of complex movement and exercise, depending on your fitness level and how you do your squats.

I normally do a variation on this by doing 1 legged squats (pistols). I do several sets of 5, alternating back and forth until my form on either the squats or the dry fire starts to get compromised.

Lunge and Shoot Do sets of lunges down a hallway, engaging a target or targets at the end of the hallway during every stage of the exercise.

This is a great drill because it combines proprioception (self awareness of where your body is in space), balance, strength, stretching, and dry fire. Don't push speed on this drill at the expense of balance.

Dry Fire Training Cards

Companion Guide

Your primary focus on this drill should be balance. Take as short of steps as you need to and go as slow as you need to to maintain balance and muzzle control. If you can't maintain muzzle control initially, holster your weapon while moving and present and engage at the top and bottom of your lunges.

Jumping Lunge and Shoot Do jumping lunges, engaging a target at all stages (knee on ground, apex of jump, and all points in between)

This is, initially, a VERY difficult and advanced drill to do. To simplify it, do a jumping lunge with your weapon holstered and present, engage, and reholster at the bottom of every lunge.

As you get more comfortable with the drill and your balance gets dialed in, progress to engaging targets at the apex of your jump and when you're on the ground. If you find

Dry Fire Training Cards

Companion Guide

that you can't maintain muzzle discipline, go back to the basic version.

Finally, in the spirits of the SEAL Team 6 snipers who took out the Somali pirates on the Maersk Alabama in 2012, practice keeping a good sight picture and engaging targets throughout this drill. Depending on your fitness level and stage in life, this advanced version of this drill may or may not be possible for you.

In short, only progress to as complicated of a level of movement that you can (with this or any other drill) without compromising your weapon handling technique. You're developing neural pathways/muscle memory and it's VITAL that you practice and lock in sound technique.

4 Corners Set up 4 cones or books in a square. Go forward, shuffle to the side, backwards, and shuffle back around the cones to where you started, engaging targets throughout.

Dry Fire Training Cards

Companion Guide

You can also do this drill around a couch or table.

Focus on smooth, stable movement skills while maintaining a solid shooting platform and a good sight picture. In particular, take small steps, don't cross your feet when going from side to side, keep your weight on the balls of your feet, and only move as fast as you can while maintaining balance and a good sight picture.

Pushup and Shoot Lay your pistol on the ground, grab it and do a pushup while holding it. When you're in the up position, identify a target, lift up your pistol (supporting yourself with your other hand/arm), acquire a sight picture, and engage. Repeat at different angles with both hands.

There is an exercise component to this drill, but the main focus is combining complex movement with dry fire from an unorthodox position. As a result, it doesn't

Dry Fire Training Cards

Companion Guide

matter whether you do this as a traditional pushup or a knee-pushup. You can also make the drill easier by spreading your feet apart or make it harder by crossing your legs and only having one touching the ground.

When I do this, I pick targets straight out from my head at 12 o'clock, all the way to targets towards my feet at 5 o'clock. I also ROTATE my body and engage targets on the ceiling. Coincidentally, Mike Hughes, from NextLevelTraining.com, and I were talking on the phone one day exchanging some of our most unorthodox dry fire drills and we both had this one in common. For more information on Mike and NLT, go to dryfirecards.com/SIRT

Shoulder Press and Shoot With a dumbbell or kettlebell in your left hand, do shoulder presses while you engage targets with your right hand. Switch hands.

Dry Fire Training Cards

Companion Guide

You can probably guess that this drill is primarily an exercise based dry-fire drill. I love my kettlebells and I love dry fire and it was only natural to combine the two. You can do it with kettlebells, barbells, a backpack, bucket, or any other weight that you can lift overhead with one arm. When I'm traveling and staying in hotel rooms, I've done this drill with my carryon bag and even with a chair.

Make sure that you're using a weight that you can comfortably lift 20 times with perfect form. For best results, do 5 reps per side, alternating back and forth between sides as many sets as you can while maintaining perfect form, both with your weapon and with your weight. One easy way to increase the effectiveness and the number of sets that you can do is to take a 5-10 second break between sets.

What you'll find is that this drill will change as you progress from set to set. At first, when you're fresh, your fine motor skills

Dry Fire Training Cards

Companion Guide

will be sharp and the drill won't be challenging. As you progress in sets, your hands and fingers on your weapon will start to act parasympathetically with your hand lifting the weight and it will take more and more concentration to maintain solid form. If you need to, drop weight to maintain perfect form and keep doing sets.

Leaping el Presidente With your feet slightly more than shoulder width and your inert platform in high compressed ready or sul, jump and turn 180 degrees and rapidly identify and engage 3 or more targets. Repeat in both directions.

El Presidente is the name of a popular stage for competition shooting where you engage up to 6 targets with a combination of center of mass and central nervous system shots, while avoiding innocents.

You will (hopefully) never execute a 180 degree jump to engage a target in a defensive situation, so it's safe to assume

Dry Fire Training Cards

Companion Guide

that the emphasis of this drill is exercise combined with dry fire.

If you can do this drill (don't push it...this drill won't work for many people who are overweight, have bad ankles, knees, hips, or who have very weak cores) it has several great components, including:

1. Jumping and twisting 180 degrees is a great core exercise...if you are fit enough to do it.
2. Engaging a target as soon as possible after obtaining solid footing has real world value in a defensive situation.
3. This drill forces you to pull your weapon into your body, shortening the moment arm and the amount of energy and the time that it takes to rotate over a large arc.
4. While you want to do this drill in both directions, most people will find that they are able to engage targets faster when rotating around their support side—which happens

Dry Fire Training Cards

Companion Guide

to be tactically superior when you need to engage a hostile who's attacking you from behind because it keeps your weapon further away from them.

Try to do this drill in sets of 10 with a 10-30 second break between sets, making sure that you do it in both directions.

Pay particular attention to how much faster you can turn and how much faster you can get on target with your weapon close to your body rather than fully extended when you turn.

“Sul” is Portuguese for “South” and you get into sul position by taking your fully extended weapon and pulling it flat against the bottom of your sternum. This position helps you retain your weapon, hides it somewhat, and it is very fast to go from this position to engaging additional threats. Your support hand will be flat against your chest with the weapon on top of it. Take

Dry Fire Training Cards

Companion Guide

care that you're not covering any part of your body with the muzzle of your weapon.

Rolling Thunder Lay flat on the ground with a target 10+ feet from your head at chest level. Roll and engage the target prone, face up, and on both sides. Flip and put your feet towards the target and repeat the drill. (NextLevelTraining.com)

One of the biggest benefits of dry fire is that you can practice real world scenarios that you can't practice at most ranges.

A fairly common and unfortunate scenario is that someone will buy a firearm for defensive purposes and train exclusively live fire at a range while standing in an ideal stance. There's a very good likelihood that if you ever need to use a weapon to stop a violent threat, it will be under incredibly non-ideal circumstances.

If you only have experience presenting your weapon and engaging a target in ideal

Dry Fire Training Cards

Companion Guide

circumstances, the time that it takes for you to mesh your situation and your training, decide on a course of action, and act will be severely compromised and incredibly slow.

If, on the other hand, you have trained to deploy your weapon from a wide range of unorthodox positions, you won't be thrown off if you find yourself in a non-ideal position in a high stress situation.

Lateral Shuttle Drills At four yards from a target sprint right four yards, shoot the target once, go back to the left four yards, engage the target again, repeat two more times in one simultaneous string. (NextLevelTraining.com)

There are two ways to do this drill...first, you keep your body oriented towards the target and shuffle back and forth (without crossing your feet) or second, you turn your body 90 degrees to your target, sprint, stop, pivot, and engage.

Dry Fire Training Cards Companion Guide

Whichever option you go with, pay particular attention to where your muzzle is pointed at all times. Know the maximum speed that you can move at while maintaining muzzle discipline.

The two drills are different enough, that they could easily be on 2 cards, but I was able to include an additional drill by combining the two.

For more information on Mike Hughes, creator of the SIRT, go to DryFireCards.com/SIRT

Dry Fire Training Cards

Companion Guide

Low Light Dry Fire Drills

80% of violent encounters happen in low light conditions, yet most shooters spend less than 10% of their training time working in low light conditions. ANY of the other drills can be done in low light, but the following are specific drills you'll want to do in low light conditions.

Low Light Sight Picture Practice
engaging targets in low light with light and dark backgrounds, both with your light lighting your sights (neck index) and with your light only lighting your target (Harries or FBI hold).

This drill is way more complex than it seems and will be different for you, depending on your age, visual acuity, whether or not you wear corrective lenses, your sights, and more.

As an example, if you're using a light on a dark target surrounded by light objects, it's

Dry Fire Training Cards Companion Guide

common for the reflection off of the light objects to cause your eyes to “lose” your sights. One solution to this is to bring your light back to your neck so that it lights your sights enough that your eyes can pick them up.

Another example is taking a precision shot at a light colored target in low-light conditions when you’re using a light. At times, it’s easier for me to focus on the 2 gaps on either side of the front sight between the front sight and the rear sight. This is a trick that I learned from Matt Seibert and you can learn more about Matt at

TacticalFirearmsTrainingSecrets.com/insight

Learn just how low of light you can be in without a flashlight and still find your sights. You may find that you can aim at a light colored background to get your sight alignment and then transition over to a dark colored target to engage. Keep in mind,

Dry Fire Training Cards

Companion Guide

though, that you must always positively identify your target and what's beyond it before engaging, so you wouldn't use this technique to engage a shadow that you hadn't identified as an immediate threat.

Headlamp Strobe In a dark room with a headlamp in strobe mode (not a disorienting "tactical" strobe), practice engaging targets while the strobe is on and moving/prepping your trigger & sights for the next shot when the strobe is off.

It should go without saying that you should only do this if you don't have a problem with strobes.

This drill is almost hypnotic and may take a few tries to get your timing in-sync with the strobe. What you'll find is that sometimes you'll shoot every other strobe, between strobes, or even get to where you're shooting faster than the strobe.

Don't worry about speed as you're doing this drill—your mind will automatically push

Dry Fire Training Cards

Companion Guide

you to shoot faster. It's important to stay calm and focus on fundamentals—sight picture, sight alignment, trigger prep, smooth trigger press, follow through, transition. Don't force bad shots. Only shoot as fast as you can while holding solid fundamentals and the speed will come.

In a very real sense, this drill introduces a level of disorientation and stress that mimics competition or, to a lesser degree, the stress of a defensive encounter and your brain will want to shoot fast, regardless of whether you've got a good sight picture and sight alignment or whether you're forcing the shot. Pay attention to how you're able to slow down and take good shots during this drill and you'll be able to execute the same neural pathway under stress.

Light In The Face (low light) (In the dark)
Practice shining your light at the face of a target while aiming your weapon at the

Dry Fire Training Cards Companion Guide

upper chest. If you don't have a silhouette target, use Post-it notes or other targets.

I was first exposed to this concept by Ed Santos (DryFireCards.com/santos) and it takes advantage of the ability to control and disorient an attacker with a tactical flashlight. You shouldn't depend on it, but the simple act of shining a 100-120+ lumen light into the night adjusted eyes of an attacker can be enough of a pattern interrupt to stop an attack—or at least compromise their ability to see and attack you.

If you've trained yourself to keep your sights aligned with the center of your beam, this will take a little time to do smoothly, but it's worth learning in the chance that it could stop a lethal force encounter with minimal damage to either you or your attacker.

Even if it doesn't completely stop an attack, it can give your attacker temporary night

Dry Fire Training Cards

Companion Guide

blindness and a white spot in the center of their vision that could allow you to move laterally out of their field of vision and keep them from being able to effectively attack you.

Surprise darkness While calling out targets for your partner to engage, turn off the lights so they have to find and deploy their light. You can also do this on your own with a light on a timer.

Ideally, you would be aware enough of your surroundings that you could safely move laterally 1-2 steps as soon as the lights go out so that if an attacker tried to engage where they last saw you, you wouldn't be there.

Once you get your light out, aim both your light and your weapon at where you last remember your target being. If possible, remember the space around you and plan out where your next move will be, if necessary, when you turn on your light.

Dry Fire Training Cards

Companion Guide

Turn on your light, find your target, identify, and engage.

Once you've engaged your target, let your vision widen out, "throwing" your eyes diagonally if necessary, identify your next target(s), take quick note of your surroundings, and identify cover/concealment and any exits. Either engage your next target immediately or turn off your light, move, aim your light and weapon where you remember the next target being, turn on the light, identify, and engage.

The "identify" step is there as a mental check. In a competition scenario, you want to make sure that it's a "shoot" target. In a defensive situation, you want to confirm that it's still a threat. Whether you're using shoot/no-shoot targets or not, train yourself to include this mental check as you're doing low-light drills.

Dry Fire Training Cards

Companion Guide

Life Gets In The Way While holding an object(s) (simulating groceries, keys, and/or a beverage) in both hands, figure out how you need to drop them to stay safe and engage a target.

This drill can get as complex as you want it to get. I've shot stages where I've been carrying a 10 pound bag of flour simulating a child and I had to run the stage without dropping the child or bumping it into anything.

From a real-world perspective, pay attention to how you carry groceries and car keys and simulate the same scenario in your dry fire training. There's no need to practice with heavy or breakable objects. The key is to develop a plan for what you would do if you are carrying objects when an attack happens, practice it enough times that your mind has a track to play if the scenario happens in real life.

Dry Fire Training Cards

Companion Guide

Keys are a wildcard for this drill. If you drop them, then you can't get into your car/office/house. If you have to transition them from one hand to another, you've just introduced another point of failure to your response. The simple answer is to carry them in your support hand, but that's not always practical. If you've got a child, a bag of groceries, a beverage, and your keys, they're not ALL going to be in your support hand.

Add in a cane or walker (if applicable) and this can get real complicated, real fast. The important thing is to simulate reality in your training so that you won't be making things up on the fly.

If you always carry a briefcase in your right hand, coffee mug in your left, and a tucked in, appendix carry pistol and you only practice in tight fitting "tactical" clothing wearing an outside the waistband holster on your hip, then you're going to have to think about every new element that's

Dry Fire Training Cards

Companion Guide

introduced into the equation in a defensive situation.

If, on the other hand, you practice scenarios that are as similar as possible as to what you'll face in a defensive situation (non-optimal), then your mind will be able to execute based on existing neural pathways rather than having to figure out how to compensate for every factor that's different than how you trained.

Various Light Holds In a dark room, present your weapon and light and engage a target using various holds, including neck, FBI (overhead icepick), and Haries (under weapon in icepick grip). See which is best based on your sights, target color and ambient light.

In general, you're going to want to spend the majority of your training time using the same flashlight grip rather than changing things up unnecessarily. That being said, every flashlight hold strategy has it's own

Dry Fire Training Cards

Companion Guide

strengths and weaknesses. The point of this drill is to expose the strengths and weaknesses of each hold for you so that when you're exposed to a situation, you'll immediately know which hold to use.

To be clear, I'm not suggesting that you switch around between holds a lot. Pick the one that works the best for you and use it as much as you can—but know where it's weak and what hold you can switch to in those situation.

He Hates Cans! Have a training partner place cans or post-it notes around a room. Turn off the lights. Enter the room with your flashlight and weapon ready. Find and engage each target

Decide on the scenario before you start. The goal should be to improve the skill of the shooter, not to see how many "gotchas" you can get through trickery. If the scenario is to enter the room and move to concealment, than make sure that all

Dry Fire Training Cards Companion Guide

targets are visible between the door and the concealment position.

If you're alone, one thing you can do is take 26 post-it notes and write 5-30 on them and randomly place them around the room. Exit the room. Roll a dice 6 times (or 6 dice one time), add them up, and that's your target. Repeat until you have 3-5 targets, then enter the room, assess and engage.

You can also do this with playing cards. Take the hearts and spades (red and black) and set them up around the room. Exit. Draw 3-5 of the diamonds and clubs (red and black) to get your targets. (3 of diamonds is a red 3, so your target in the room would be the red 3, or the 3 of hearts)

Light The Way Standing in a dark room, practice identifying cover/concealment with your flashlight, turning off the flashlight, and moving to the cover/concealment in the dark, drawing your weapon, and engaging a target

Dry Fire Training Cards Companion Guide

Don't push this drill beyond your ability. Re-light the room as necessary to move safely to cover/concealment.

In the absence of a silhouette, people will generally shoot at muzzle flashes and flashlights in low light encounters. If you turn off your light AND move away from where you were standing when you had your flashlight on, you have made yourself a much harder target in a low light encounter.

On the flip side, as Ed Santos (DryFireCards.com/santos) talks about in his books on low light fighting, you want to leave your light on long enough to do the work you need it to do. Specifically, you want it to control and/or disorient your opponent, positively identify your opponent and your backstop, and help you get your sight picture.

Shoot And Move In a dark room, with multiple targets, light and engage a single target with multiple rounds and pick your

Dry Fire Training Cards

Companion Guide

next target. Turn off your light, move so that incoming rounds at your old position won't hit you, light up, adjust, and engage the next target.

This is a basic “shoot and don’t get hit” drill. Try to be lined up for your next shot before you turn on your light so that you can minimize the amount of time between when you turn your light on and assess your threat and when you’re able to take your shot.

Swap Light and Weapon for Cornering

Holding your weapon in your right hand and your light in your left, turn off your light, transition the light to your right hand and your firearm to your left. Engage targets.

When you’re going around a corner or through a doorway, you want to keep the amount of your body that is exposed at a given time to a minimum. As a result, if you’re going around a left hand corner

Dry Fire Training Cards

Companion Guide

(counter clockwise from above), you want to have your weapon in your right hand and when you're going around a right hand corner, you want to have your weapon in your left hand.

This is not a drill that you want to be doing for the first time under stress with a potential threat a few feet away and why you should practice it and work out the kinks using dry fire practice.

Malfunction In The Dark With your light on, simulate a failure to fire or failure to extract. Turn off your light, tap, rack, light on, assess.

There are a couple of key components to this drill. First, it will train you to turn off your light when you have a weapon failure. I've been lit up with simunitions in low light force on force training because I kept my light on during reloads and malfunctions and made myself an easy target. Ironically, the reason why I had developed the habit of

Dry Fire Training Cards

Companion Guide

keeping my light on was because of shooting timed stages where low times are rewarded over sound tactics.

The second key component is that the smoother and faster you can handle malfunctions in the dark, the more confident you'll be keeping your focus downrange in full light conditions, rather than watching yourself do the malfunction drill.

Reload In The Dark With your light on, simulate an empty magazine. Turn off your light, reload, and get back on target as fast as possible. Advanced: Try a tactical reload with retention.

You're going to want to experiment with different holds on your light to see what allows you to retain control of your light while manipulating your magazine(s). If injuries, stress, or arthritis keep you from holding your light while you do your reloads, then figure out somewhere where

Dry Fire Training Cards

Companion Guide

you can put your light EVERY TIME so that you won't have to think about where it is when you need it again after you complete your reload.

Washout Look directly at a lamp or other non-painful light source for 5-10 seconds, then turn out the lights and engage targets using your flashlight. Pay attention to how long it takes your eyes to adjust and whether a brighter flashlight gets you back in the fight faster.

In many cases, armed confrontations are won by the person who's able to adapt to adverse conditions the fastest. This drill is designed to inoculate you to the panic that can happen when your vision is washed out and you can't even see your firearm, let alone your sights or your attacker.

Pay particular attention to how long it takes you to be able to see straight ahead, as well as slightly off to the side when the lights go out after looking at a light.

Dry Fire Training Cards

Companion Guide

Pay attention to where you WANT to aim...your tendency will be to aim to where you remember the target being, even though you may not be able to see it for a few seconds. Your opponent will do the same thing and aim/stab/strike at where they remember you being before the lights went out, which is why it's so important to move or "get off the 'x'" as soon as things go black.

If you're able, practice this drill with different intensities of flashlights. As an example, when I do this drill with a 200 lumen flashlight, I'm able to get back in the fight MUCH faster than when I'm using an 80 lumen flashlight.

BONUS DRILL:

Dark and Stormy Night Dress like you would on a dark and stormy night. Practice deploying both your light and weapon with wet hands and bulky clothes. For added stress, try while in the shower.

Dry Fire Training Cards

Companion Guide

This drill goes back to training as closely as possible to the way that you're likely to need to fight so that when you will encounter as few unexpected surprises as possible under stress.

If you spend the majority of your time training in ideal conditions with minimal clothing on, your mind won't have a neural pathway to execute when you need to present your firearm with your hands full, gloves on, and a jacket on in the middle of a rainstorm.

The point of this drill isn't to practice every single possible combination of clothes that you might have on, but to make you aware of the impact of your clothes on your ability to deploy your weapon rapidly. What you'll want to do is do this drill wearing the coat(s) that you wear most often.

Dry Fire Training Cards Companion Guide

End Notes

As time goes on and you use the cards and this companion guide more and more, please let me know your successes and challenges. If you have any suggestions for modifications for these drills to make them easier or harder or if you have dry fire drills that you'd like to share, please let me know at DryFireCards.com/bonus

Other trusted resources:

TacticalFirearmsTrainingSecrets.com

DryFireCards.com/watt (Col Randy Watt)

DryFireCards.com/seal (Larry Yatch)

DryFireCards.com/santos (Ed Santos)

DryFireCards.com/insight (Matt Seibert)

DryFireCards.com/ice (Rob Pincus)

DryFireCards.com/sirt (Mike Hughes)

**SurviveTheComingCollapse.com (Weekly
Blog by David Morris)**

UrbanSurvivalPlayingCards.com

FastestWayToPrepare.com

UrbanSurvivalGuide.com

Dry Fire Training Cards Companion Guide

For links to barrel inserts, blue guns, resetting triggers, and dedicated training platforms, go to

DryFireTrainingCards.com/tools.

Please go to

DryFireTrainingCards.com/bonus for updates, free bonus offers, and notifications about future training.

Dry Fire Training Cards Companion Guide

Appendices:

Appendix I: In-depth review of the SIRT laser training platform.

Appendix II: Training Interview with Top Shot Season 3 Runner-up and founder of Next Level Training, Mike Hughes

Appendix III: Clearing Your House With A Firearm

Dry Fire Training Cards Companion Guide

Appendix I: In-depth review of the SIRT laser training platform.

Now, I'm going to share an incredibly effective firearms training tool that's being used by everyone from suburban housewives practicing defensive skills to special operations teams drilling for direct action.

What is it? It's called the [SIRT \(Shot Indicating Resetting Trigger\)](#) and it is a dedicated laser firearm training platform.



Sirt Pro

While I mentioned it briefly in “Tactical Firearms Training Secrets, I didn't have enough trigger time on the platforms to include them in the book. I'm glad to say that I currently have 3 of them (that I

Dry Fire Training Cards Companion Guide

purchased) and I have become a HUGE backer of using the SIRT.

Dustin Ellermann, winner of Season 3 of History Channel's Top Shot introduced me to the SIRT one afternoon when I was over at his camp (CampHisWay.com) and I was quickly impressed.

The SIRT was designed by Mike Hughes, who was the runner-up on that same season of Top Shot. I was impressed with him on the show and that has only been reinforced as I've had the privilege of getting to know him.

Mike created the SIRT for himself so that he could do high volume dry fire training. He didn't like racking the slide after each trigger press when dry firing with a live firearm. He liked the fact that he got instant shot placement feedback with airsoft, but he ran into a couple of the same issues that I have: the noise limited when he could train in the house and his wife wasn't real excited about "accidental" holes in the drywall or little bb's all over the place.

Dry Fire Training Cards Companion Guide

To be clear, I LOVE airsoft, have several, and recently bought another one. I use my airsoft a few times a week, but I use my SIRT every single night.

Call me lazy, but I have gotten spoiled being able to train in my living room after our boys have gone to bed without worrying about waking them up.

This is a HUGE benefit, not only for people with sleeping kids or spouses who don't like the sound of dry fire and airsoft, but also for people living in close proximity to their neighbors or for people who want to keep training while they're traveling and staying in hotels.

My wife has accelerated her training quite a bit over this last year and the SIRT has become her preferred method of training. She likes training live fire, but is incredibly hesitant to shoot anything unless she can buy more to replace it. She also likes airsoft, but she doesn't like having to be careful when she's dropping mags on reloads.

Dry Fire Training Cards

Companion Guide

My 3 and 5 year old boys have also made quantum leaps in their point shooting ability. They haven't shot live fire yet (other than bb's and airsoft) but their ability to pick a target, and have the laser hit it when they pull the trigger is quite impressive.

It's gotten to be a regular occurrence for them to ask if they can go "hunting" with the laser after dinner. On the nights when we've got time, we watch Predator Pursuit, Spiritual Outdoor Adventures, or other hunting shows.

They'll sit on the couch and when an animal pops up on the screen, I'll pause it and they'll use SIRTs to engage it. One of the neatest things is that if I pause the show and there is a person on the screen with the animal, my 5 year old son will say, "Don't aim at the screen when there's a person on with the animal!" and "NO...shoot him in the shoulder." if my 3 year old aims at the gut on a broadside profile. He evidently doesn't get the concept of "behind" the shoulder yet, but I'm ecstatic that they're learning trigger control, instinctive shooting,

Dry Fire Training Cards

Companion Guide

and shot placement YEARS before I ever take them out to harvest game.

I realize that this might be a shock to the system for people who don't spend a lot of time with firearms, or who don't eat meat. But please understand that I began hunting with my dad when I was 4 and we have a room set up for butchering and a walk in cooler to process wild game that we harvest. In other words, guns, archery, hunting, and processing animals are a normal, everyday part of our lives.

So, enough about how I'm using it...what can you do with it and what can't you do with it.

To begin with, it's important to understand that ALL training is a compromise compared to "the real deal." Even live fire training is a compromise to whatever you happen to be training for. Whether it's competition, self defense, or combat, live fire training will allow you to train some, but not all aspects of the real deal.

Likewise, the SIRT is a compromise to an actual engagement with a violent attacker,

Dry Fire Training Cards Companion Guide

but I think that everyone will agree that this compromise makes a lot of sense and is a smart one to make.

On the actual SIRT, there are 2 models currently available to civilians...both of which resemble full size Glocks. They have an accessory rail for a light/laser and they fit in holsters made to hold Glocks, including Serpa holsters.

The two models are the student version and the trainer version. The triggers are the same and the frame sizes are the same, but there are a couple of differences...

The student version has a polymer upper and the trainer has a metal upper that more closely matches a real Glock.

The other major difference is that the student version has 2 red lasers and the instructor model has a green and red laser.



Dry Fire Training Cards

Companion Guide

Why 2 lasers? This is one of the beauties of the SIRT. There is one laser located where the barrel would normally be and a second laser 3/8ths below it where the guide rod would normally be.

There are 2 modes for the SIRT. The first mode is where the barrel laser is the only laser that turns on and it turns on from the time the trigger breaks until the trigger resets.

In the second mode, the “guide rod” laser turns on as soon as you’ve taken up all of the slack on the trigger and it’s about to release the shot.

The beauty of this second laser is that when you’re working with a training partner, it’s immediately evident whether or not the final stage of your trigger press is smooth or taking you off target. It also conditions you to ONLY come off of the trigger far enough for the trigger to reset before squeezing for your next shot.

Personally, what this showed me is that at 10 yards, when I’m shooting at a high

Dry Fire Training Cards

Companion Guide

tempo, I pull my shots 2-3 inches from the 8 o'clock position to the 2 o'clock position.

It also showed me that, while I don't over-release the trigger when I'm shooting multiple shots at the same target, I DO over-release the trigger when transitioning between targets. To be fair, a lot of my training has involved force-on-force on 360 ranges with teammates or innocents and shoot-don't-shoot scenarios, so my default is to index when transitioning.

If you've tried to find a Glock airsoft frame lately, you know how hard they are to find. Glock, in one of the most boneheaded moves in the firearms industry in recent history, decided to enforce their design patent and prevent airsoft manufacturers from importing airsoft trainers that look and feel like Glocks. One of the impacts of this is that new high-end airsoft Glocks have jumped from \$150-\$200 to \$400+.

One of my next reviews is going to be on .22 conversions for Glocks, 1911s, and ARs, but the current ammo shortage is even hitting .22 ammo. The last time I tried to buy .22, the ONLY .22 available was

Dry Fire Training Cards Companion Guide

subsonic .22 that had NO gunpowder. It only had the primer, wouldn't cycle semi-autos, and would only fly about 25 yards.

SIRT is made here in the USA and, while it doesn't SAY "Glock" or have a "g" on it, it looks and feels amazingly like a Glock.

Next Level Training also has an M9 version that's currently available to military units and they're on track to have an M&P version online summer 2013. They also have an AR bolt carrier SIRT that I have and use as well.

Why no 1911 or XD? Frankly, right now Mike has enough demand for the current platform that he hasn't needed to expand to these other platforms. As soon as he has excess production capacity, then other SIRT platforms will come online.

Please understand that ANY shooter will benefit from using the SIRT, regardless of whether or not they run a Glock, 1911, or other platform.

Durability. One of the driving design factors for the SIRT was durability. Mike

Dry Fire Training Cards Companion Guide

ran into durability problems when working with airsoft. Namely maintenance, fragility when exposed to rough treatment, and limitations with dropping mags.

Like I said earlier, I use and love airsoft. Mike and his staff do too. But he wanted to make a tool that could handle high volume training...and there are currently SIRTs with more than 150,000 cycles on the original batteries. You just can't do that with airsoft without replacing gaskets and lots of maintenance.

The mags are 100% droppable and abusable. They are rubberized plastic with a metal weight inside. They weigh 8.4 ounces, which is comparable to a full size, fully loaded Glock mag. One downside is that only a couple of my real Glock mags fit in the SIRT, so you'll need multiple SIRT mags if you want to practice reloads. They run about \$20 apiece.

The platform itself is VERY solid. The slide is fixed, which means that you won't be able to do 100% authentic tap, rack, and press malfunction drills, but the durability that you get in exchange is well worth it, in

Dry Fire Training Cards Companion Guide

my opinion. You can always practice malfunction drills with airsoft, dry fire with snap caps, .22 conversions, or full power training.

So, here are some of the advantages over live fire training:

1. Doesn't use ammo. This is both a cost and time saver in a time of limits on ammo purchases (if you can find ammo to buy.)
2. Doesn't require driving to/from a range, range fees, or buying targets.
3. Doesn't require cleaning.
4. If you've got young kids, you don't have to "quarantine" your clothes or shower between range time and kid time.
5. The lack of recoil helps identify and eliminate anticipatory flinch while practicing fundamentals.
6. The lack of noise & recoil helps young or new shooters focus on fundamentals, rather than the kinetic effects of releasing a shot.
7. You can practice in your living room, whether you've got family,

Dry Fire Training Cards

Companion Guide

- roomates, or neighbors on the other side of the wall.
8. ZERO chance of negligent discharges.
 9. For instructors, nobody needs ear protection, so teaching and correction is easier.
 10. When you take the adrenaline effect of live fire out of firearms training, it's easier to focus on fundamentals and improve at a faster rate.

Advantages over dry fire (other than overlapping ones from above):

1. I don't know how to say this other than the laser indicator makes it FUN! In practical terms, fun means that you use it more often and more time on trigger means faster improvement.
2. Dry fire, in it's purist sense, is safe. What's not safe is people THINKING they are dry firing with weapons that have live rounds in them (that's not dry fire...it's negligence). Also, the transition from dry fire to live fire can be confusing to the mind. The SIRT

Dry Fire Training Cards

Companion Guide

doesn't have a firing pin, and can't fire live rounds. The red slide is visibly different, which helps the mind separate which gun is for fight'n and which one's for fun...or training J

3. Visual feedback of where you were aiming when you took up all of the slack on the trigger AND when you released the shot.

Advantages over airsoft (other than the ones from above):

1. No bb's to pick up.
2. Quieter.
3. Seals don't wear out.
4. No propane.
5. Cheaper for a Glock platform...if you can find them.
6. Mags don't break when you drop them.

SIRT and fitness. If you do any at-home fitness training, it's a no-brainer to incorporate the SIRT into your training. Whether it's weights, body weight, or a heavy bag, it's great practice to get your heart rate elevated and practice running your

Dry Fire Training Cards

Companion Guide

gun. Again, because of the lack of a projectile and the lack of noise, you can add SIRT training into ANY at-home workout that you're currently doing without having to set up a backstop, cleaning up bb's, or worrying about noise levels.

Who's using it? Because of my relationship with Mike and the guys at Next Level Training, I know details about who's using the SIRT that are incredibly impressive, but that I can't share details on. That being said, I can tell you that local, state, and federal law enforcement agencies (namely the ones that don't have 2 years of ammo stockpiled) are using the SIRT.

Military units from one end of the spectrum to the other from around the globe are using SIRT.

Professional competition shooters and high-end firearms trainers are using SIRTs.

Concealed carry holders, and ordinary men and women concerned about being able to effectively deploy a firearm under stress are using SIRTs.

Dry Fire Training Cards Companion Guide

In other words, their client list, like mine, is a virtual Who's Who in the firearms industry and you would do well to look into getting a SIRT for yourself, whether you're an operator, an instructor, or a firearms owner who just wants a tool to use to put the lessons from [Tactical Firearms Training Secrets](#) to practice. And, Mike and Ryan from NLT have

The student version, called the SIRT Performer, has an MSRP of \$235, but when you use code "survival" at checkout,



they'll give you 10% off any SIRTs you buy from them. It has 2 red lasers and a polymer upper.

The SIRT Pro has an MSRP of \$439. It has a green and red laser and a metal upper.

The SIRT Performer RG is \$339 and has a red and green laser and a polymer upper.

Personally, I'd go with either the RG or the Pro because of the fact that the green laser is

Dry Fire Training Cards Companion Guide

20 times more powerful than the red laser and is more visible in almost all conditions. The Performer is still incredibly durable and is a little bit lighter than the Pro, but I don't see it as a compromise in your ability to train.

You can check out all of your current options and pricing by going here: NextLevelTraining.com and remember to enter "survival" at checkout for 10% off. If you're a LE or MIL buyer or interested in buying 10 or more, contact me directly and I'll put you in touch with the people you need to talk to to get the best pricing.

Dry Fire Training Cards Companion Guide

Appendix II: Training Interview with Top Shot Season 3 Runner-up and founder of Next Level Training, Mike Hughes

The following is an interview with Mike Hughes, Runner Up on Season 3 of History Channel's "Top Shot," founder of Next Level Training and inventor of the SIRT (Self-indicating Resetting Trigger) dry fire laser trainer. I use the SIRT every single day and use it more than any other training tool.

David: So Mike, how did you get started in shooting.

Mike Hughes: Well, I looked at pistol shooting as an outlet for a competitive spirit. As we age and get past our "prime", it's difficult to find endeavors that we can do into our later chapters of life, and I'm talking into people's 60s, 70s, even 80s. Shooting provides an outlet for speed and accuracy with a gun including foot speed, hand speed, development of practical fine motor skills, not to mention camaraderie and also developing fundamental self-defensive skills.

Dry Fire Training Cards

Companion Guide

David: You seem to focus a lot of principals outside of normal firearms curriculum, particularly involved in sports science?

Mike Hughes: Yes, I hate the term “outside the box”, but really I’m just looking at pistol and rifle training within a well-established box of psychological and sports science principals. High volume training with a self-diagnostic component to build motor neuron skill development has been studied immensely in the last 100 years and under rigorous conditions the past several centuries. It’s really not rocket surgery.

We have to train correctly in high volume in a correct manner to hone in our skills. I hate to distinguish between the terms fine and gross motor skills. I use a lot of analogies usually in the realm of sport (but not always in sport such as in Miyamoto Musashi’s sword fighting, etc.) of how athletes in their top form can perform at extreme levels. A quarterback throwing a ball is engaging in a fine motor skill but yet is about to get crushed by a defensive end.

At any rate, there’s some tried and true principals and we don’t have to reinvent the

Dry Fire Training Cards

Companion Guide

wheel on a lot of them. As my good friend Hilton Yam said, “You’re beating a path to the accepting ground.”

David: So can you get more specific as to how sports science principals are practically implemented?

Mike Hughes: That’s a great question, David, because all too often things float around in the abstract without really getting tied down into practical implementation. In fact as a culture of Next Level Training we try to get as tactile and hands-on with the product and training as we can to really understand the true barriers to entry.

Barriers to entry include time to set up training, lack of direction of what and how to train, logistics of getting to a training location (if it mandates for example a live-fire range), how to self-diagnose and figure out your current deficiencies on what you’re working on and a path to rebuild as well as deficiencies you may not even be thinking of such as situational awareness and decision making skills.

Dry Fire Training Cards

Companion Guide

So it really comes down to the question how do we get this high-volume training in practically while we have to coach little league, work extra hours at work, work on our marriage and relationships and all these other priorities in our life. We're trying to crack the code on basically picking up the SIRT, getting some good solid reps in, making sure you have a good grip, proper utilization and natural point of aim, proper use of sights for distance and target difficulty as you need them, and above all do all this safely with proper safety protocols and checks so we constantly move the marker forward.

David: So what are some of the more specific principals that you think are lacking in traditional firearms training.

Mike Hughes: I don't want to be so forward and say things are lacking because there's so many great instructors out there with so many great techniques. But I would say as a whole, in general, (and I think almost every instructor will agree with me on this) we need to crack the code on the follow-up training after a class.

Dry Fire Training Cards

Companion Guide

Someone's all pumped up about how they shot in a class, what's the next step. How do they come to the next class, how do they integrate their skills they just learned. The reason I developed the SIRT personally was just merely for my own training. I lacked a tool that I could pick up, work on my grip, work on my natural point of aim, work on awkward shooting position, and above all work on that pesky trigger control which plagues so many shooters.

But we are far from being where we need to be. The next of training puts on a few training classes more to vet out the concepts of modules and take what we learned and distribute it out to other instructors. Best of all the best information comes from instructors back to central hub keeping fantastic ideas.

Just to give you a practical example, Sony McCleary had a great idea on active shooter training where he ignites fire crackers in a metal garbage can to give the simulation and stimulus of gun shots going off. And this idea is expanded upon by Dave Staskowitz of Omaha Police Department who uses 223 blanks for the same effect. 223 blanks might

Dry Fire Training Cards

Companion Guide

work better when you have accessibility. Firecrackers work better when you can't shoot a 223 in a certain environment. Point being there's so many great ideas out there that need to be pulled together and accessible to instructors.

David: So what kind of shooter are you, more of a defensive shooter, competition shooter, where do you fit in personally?

Mike Hughes: Well actually, I have a raw passion for speed and accuracy. Absolute pure speed and accuracy, so once a target is identified (which is a skill in itself) bullets can go within the acceptable accurate zone of the target as quickly as humanly possible. Now even though that's my personal passion I have so much to learn in other areas such as situational awareness, setting up and executing scenario training, the decision making factor of when to draw a gun, more in the realm of conceal carry and progressive use of force options, etc. There are many great instructors with a lot of information out there and we can all learn quite a bit from each other. The future is actually quite exciting to see how force options training progresses.

Dry Fire Training Cards

Companion Guide

David: What exactly is forced options training?

Mike Hughes: Well I first heard this term from Sergeant Don Gula, the police officer who firmly believes defensive tactics and firearms training should not be as separate entities. They should be blended and the integration amongst law enforcement has to happen. Speaking with a broad brush, a firearms training unit instructor might say something a little bit different on foot position and stance than a defensive tactic instructor as an example. The reality is a pistol fits within a continuum of progressive use of force where the far left end of that continuum is threat, detection and avoidance such as the skills that are heavily engrained and taught at sealed mindset from one of my mentors, Larry Yatch.

David: Slightly change of subject, but what is your position on threat focused/target focused versus sighted fire?

Mike Hughes: That is an excellent question because it really implicitly shows the false dichotomies that can grow in the marketplace. I say false dichotomy because

Dry Fire Training Cards

Companion Guide

it's really not an either or. Natural point of aim or point shooting is a tremendous aiming tool to align the muzzle. However, at 50 yards within an acceptable accurate zone we obviously need much more sight and trigger control, but herein lies a question at what distances, in what circumstances (whether you're ambushing an active shooter, shooting a target or being shot at), with what surroundings (are there moving no shoots around, no-shoots behind the target/threat)...with all these circumstances how do we train ourselves to use a proper amount of sights when needed and the proper amount of natural point of aim?

So the extreme examples are simple at two yards definitely all natural point of aim, don't slow down to get a perfect sight picture. At 50 yards, without question a lot of sights and trigger control, but what about eight yards, what about 12 yards, what about ten yards when there's an active shooter that is shooting 90 degrees from you and doesn't see you and you're essentially predatory on him.

What about ten yards when the active shooter has awareness of you and is

Dry Fire Training Cards

Companion Guide

shooting at you? The point being is an implicit learning point with high volume self-diagnostic training is we learn our capabilities and learn what our performance parameters are.

Not to belabor the point but just looking at the distance of targets at say a pie plate acceptable accurate zone (combat accurate zone) try shooting a pie plate at various distances and see how much you need to use the sights at what distance. Now the other trick with this drill is it's not just about moving back and forth but it's also about incorporating "distributed learning" that is uncalibrated learning where you put the SIRT down (or the firearm on the range if you have the ammo and accessibility) but basically late at different points in the day after you have been "uncalibrated" that is not warmed up, draw your SIRT (proper safety protocol) and shoot the target at different distances and really understand how much sights you need.

All these reps accumulate into a massive amount of self-awareness and understanding how much natural point of aim you can actually rely on. The other important

Dry Fire Training Cards

Companion Guide

elements in this drill is pushing yourself to failure. It's okay to miss. If you never miss you're never really pushing yourself.

David: Well you bring up a lot of subtleties in that answer. I'm hearing uncalibrated training which makes a lot of sense. We don't get to warm up when we have to shoot in a competition or in a life-threatening situation so why should we give a warm up in practice?

Mike Hughes: Exactly!

David: I'm also hearing and trying to get a why this distributive learning is so important because you get uncalibrated and the motor neuron learning research clearly shows that distributed learning, that is learning over time in small sessions, is much more effective than one big block chunk.

Mike Hughes: You're exactly correct, David, you hit it on the head.

David: So I'm also seeing why you developed this SIRT because right now there

Dry Fire Training Cards

Companion Guide

isn't really a tool to do that kind of learning. I mean people can use Airsoft—and I LOVE Airsoft, but I always seem to run out of Airsoft pellets they're not the most durable platforms, and they're not as accurate as I like.

Mike Hughes: Airsoft is another tool and I'm not knocking it, it has its place, but it wasn't sustainable for me to train in high volume, hence I had to make the SIRT.

David: Another thing I like about this SIRT pistol is you have the take-up indicator along with the shot indicator. I find that understanding when that trigger is prepped has some utility, but I'm not sure if a lot of people totally understand the use of a take-up indicator?

Mike Hughes: You hit it on the head. I learned that trigger take-up has a lot of important with pistol craft, the one safety consideration we can tell when people are putting their finger in and prepping the trigger when they shouldn't. Such as when they draw the gun, if the red take-up indicator turns on, they obviously have their finger on the trigger, they're putting

Dry Fire Training Cards

Companion Guide

pressure on the trigger and if they get a startled flinch, they would shoot their foot for example.

But the take-up indicator is also useful to see when shooters are setting off the reset. That is, remember the red lower laser turns on when you prep the trigger, that is take up the slack, press it halfway. And the shot indicating laser is generally lined up with your sights to indicate where the shot was.

Sometime recently when we talked, we talked about natural point of aim and how important that is. We also talked about or touched upon loosely acceptable sight picture, which means acceptable sight alignment as well as focus and awareness of the sights. Without a shot indicating laser, there is no way of knowing actually where the muzzle is aligned when we train natural point of aim.

Some lines of thought are a bit incorrect on that, we'll just watch your sight and if it moves and you break the shot, you know you didn't do it right. Well, by definition with natural point of aim, you're not looking at the sight so you need a device like a shot

Dry Fire Training Cards

Companion Guide

indicating laser (which is green on the pro models since it's more visible outside) to really understand where the gun is pointed when we break the shot. As I noted above, all of those shots build our "intuitive database" so we feel and see what we need to to get shots within the target at any distances as fast as possible.

David: So I think you just hit it on the head, the goal is to get shots within the target as fast and quickly as possible?

Mike Hughes: Exactly. It's really that simple and we're going into some depth how on when to use the sights, when to use natural point of aim (kinesthetic aim as Rob Pincus calls it as well which I like that term), but to the end user, all of this science can be somewhat transparent if they set up a target, change the distances and try to shoot it as fast as possible in small training increments throughout the day. But now we've touched on the next element of that, let's not do these drills in ideal conditions, but adverse conditions.

Dry Fire Training Cards

Companion Guide

David: How do you mean adverse conditions? How can, say for example, I have adverse conditions to shoot in my office at work?

Mike Hughes: Well adverse conditions, David, can be for example, simply squatting under your desk and shooting the target on the wall (again make sure all safety protocols are followed). Or simply just move off the X, that is move as you draw the gun and re-present and decelerate and hit a target. Try hitting multiple targets within your office, try shooting 360, something we rarely work on in the range, where you shoot all four corners, all four sides of your walls. As a safety precaution, I try to be aware of my target and what's behind it and only shoot walls with the laser with no people behind it as an extra layer of safety (but, of course, make sure there's no live-fire guns in the room at all and if you conceal carry, that you clearly lock it away in a safe in a different room).

David: So really “adverse conditions” is about changing it up and not just doing standard flat range shooting?

Dry Fire Training Cards

Companion Guide

Mike Hughes: Yes, it's about changing it up, pushing the envelope, shooting awkward to compromised shooting positions, and the next layer on that is again to follow strict safety protocols for scenarios and executing scenario training.

David: So how do you do scenario training with the SIRT?

Mike Hughes: Well actually it's really simple. Above all, safety protocol has to be followed. That is make sure the room is cleansed, there's no live fire weapons, every person coming in and out of the cleansed area/delineated area has not weapons, has a dedicated safety person, which honestly should be everybody during the scenario and you quickly set up some kind of a drill.

David: What kind of drills work best?

Mike Hughes: Well honestly, when it comes to doing quick little scenario drills, you can do what we call frag drills or fragment drills where you just give a good stimulus which consists of a role player, giving a pre-threat indicator of some sort, such as reaching for a gun, maybe some

Dry Fire Training Cards

Companion Guide

verbal cues, etc. and getting the reps in of recognizing and putting the pistol fundamentals into action.

Now the big question mark is can a buddy of yours be a proper role player and that's where we have to focus on the training of how to role play and present pre-threat indications. I think this is going to be the next big growth area in practical application training.

Trainers like Todd Dreen of pistoltrainer.com are doing a lot of scenarios with their students to bring these skills to a practical application and then saving life fire for the recoil management drills and less of the decision making skills.

David: Those are some great thoughts and there's a lot I think we can do on scenarios and force-on-force training. But let's jump to SIRT fitness. You played football and like to continue working out, but what are your thoughts on integrating pistol craft with fitness?

Mike Hughes: Well, this is an emerging area and it's more of a time management

Dry Fire Training Cards

Companion Guide

and human motivator solution. The integration has some benefits to it as far as doing a lot more strong hand only shooting and support hand (second strong hand) only shooting, as well as shooting with the heart rate elevated and compromised shooting positions. Also it's great to work trigger control while working the body. But really the biggest win out of SIRT fitness training is people actually do it, they like it, they get more gun handling in.

But what we have to crack the code on is how to integrate cuing and training points as we engage in this training. We have done a lot of internal testing (none that would survive academic rigor, but some testing nonetheless) where handling the pistol every few days doing a few workouts, improves the safety aspects and muzzle awareness and trigger finger discipline, as well as shooting ability.

However, I think we have a ways to go to hone out best practices on integrating SIRT fitness, the live-fire component, deficiency analysis component, and some practical application with scenarios in force on force. And above all, we have to collectively

Dry Fire Training Cards

Companion Guide

package this together for all different markets and individuals with different resources and motivation levels. And when I say us all, I'm talking every instructor and shooter out there.

David: So Next Level Training is not necessarily training company itself, it's really more of a trainer support company?

Mike Hughes: Exactly. We are in a unique opportunity by selling product to interface with so many fantastic instructors from all different genres. We do some hands-on training, but this is more for vetting out some new concepts and modules and testing the barriers of what curriculum can be interjected and how many learning points can be put across with a given amount of resources (time, out-of-pocket expenses, instructor-to-student ratio, etc.).

Just in the last three years, we're talking to so many instructors that have changed their curriculum dramatically. Granted there are still some holdouts that are teaching the same material for decades, but it's fascinating to see how people are enhancing their curriculum and adapting to improve the

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Companion Guide

delivery mechanism of information to students.

David: So, like many great conversations, one question leads to ten more questions, how do we interface more and keep this dialogue and information exchange going. I know I have a lot more questions, but where do we get more?

Mike Hughes: Well, we're getting more legs under our content on nextleveltraining.com. I feel so blessed to be in a position where we don't compete with trainers, but rather it is our mission to support firearms trainers in all communities.

It is our objective to delivery information which is not necessarily our information at Next Level Training, but many times is information regarding training techniques, training tips, methods of mitigating recoil, improving trigger control, sight alignment, muzzle alignment, etc., that spawns from a vast array of instructors that each teach in very diverse market segments.

I noted above how there is a small piece of information from an instructor Stoney

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McCreary on using firecrackers in a garbage can to simulate gun shots for active shooter training. Brilliant, I don't think I ever would have thought of that. We're trying to crack the code on how to take that piece of information, give individuals as much credit and empowerment as we possibly can and make that information available to as many other instructors and shooters as possible.

David: Sounds like a noble cause.

Mike Hughes: Isn't it beautiful when our business model perfectly aligns with nobility.

David: It is. Well, thanks, Mike. We're talking with Mike Hughes at Next Level Training and if you're interested in buying a SIRT, go to NextLevelTraining.com and enter keyword "survival" at checkout for special pricing.

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Appendix III: Clearing Your House With A Firearm

Clearing Your House with a Firearm

Strategies and Tactics Used by America's top SWAT Units to Clear Buildings with a Firearm.

By

**David Morris
(as part of a team)**

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This Report is on clearing a building with a firearm. I have written guides on house/building clearing, but have never had illustrations to go with them. Recently, I was part of a collaborative group that DID have illustrations and the lesson below is the combination of my writing, the collaborative writing, and the collaborative illustrations.

I do have to respectfully apologize for some of the grammar in this

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section. Because it was created as a collaborative effort, and not just by me, there are some inconsistencies. I ask that you look past them and focus on the content being delivered.

Clearing or searching a building when someone may be in it (who may also have a weapon) is a very dangerous task, and should not be taken lightly. Police and military often have training for such circumstances, but the normal citizen may be less than knowledgeable on the subject. Two instructors who both teach this skill (who are both located in Utah, close to an international airport) are Randy Watt (www.srwsplods.com) and Chris Wilden (www.StrategicTacticalGroup.com).

The object of this article is to help educate those who may be clearing

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or searching a building alone. The average citizen will probably not call the police because of some unknown sound occurring at night. Maybe there is an obvious break-in, and the scream of a loved one occurs right after. A quick call to the police should happen, but a four-minute response time may be too long. What do you do? This article, for the purpose of simplification, we will assume you are in your house.

Before You Do Anything!

Being safely trained and armed is your first priority. Exploring your house for that unidentified sound in the night or to go to the aid of a loved one with empty hands is not a smart idea. Even if you are the type of person who does not jump to the worst conclusion in a

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situation like this, a firearm (pistol, shotgun, or rifle all work) leaves more options open in case you *are* a victim of a break-in.

1. **Choose an appropriate firearm.** The three main categories of firearms are pistols (handguns), shotguns, and rifles. The very first step is to intimately familiarize yourself with the [firearm safety rules](#) (http://en.wikipedia.org/wiki/Gun_safety). Pay particular attention to Rule #4: Be sure of your target **and** what's beyond it. Don't shoot your teenage son sneaking back into the house. Also, remember that most likely the bullets you are firing will go through the walls in your house, and could therefore strike loved ones.
 - o Read the beginning of [Tactically Prepare Yourself With a Pistol](#)

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(<http://www.wikihow.com/Combat-Ready-%28Tactically-Prepare%29-Yourself-With-a-Pistol>) for suggestions on pistols as they are a common choice for personal defense.

- An alternative, and highly recommended, firearm to have would be a pump-action shotgun. Shotguns have much better stopping power than a pistol. A pump-action is recommended as reliability is of the utmost importance, but you can read [How to Shoot a Shotgun](http://www.wikihow.com/How-to-Shoot-a-Shotgun) (<http://www.wikihow.com/How-to-Shoot-a-Shotgun>) for more information on shotgun selection.
- Rifles are another option. Rifles, again,

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produce (even in some smaller calibers) significantly more stopping power than most pistols, but they require just as much precision. A magazine-fed, semi-automatic rifle is the suggested choice as two hands may not always be available, and the option to quickly shoot multiple rounds is often a welcome one.

- For pistols, the largest pistol possible is recommended for the best stopping power and controllability, while for a rifle or shotgun (from now on they will be called "long guns"), the shortest length possible is preferred. These preferences are obviously "within

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reason", as a 4-foot-long freak-pistol, or a 12-inch-long long gun are impractical and defy the use of the specific weapons.

- If you don't have a firearm available where you are, grab or improvise a weapon to escape or get to a firearm.

2. **Decide your course of action**, before you do anything. If you are the only one in the house, or everyone in the house is in the room you are in, then your choices are much easier. If you are sure there is a very-unwelcome guest in your house, call the local police. Lock the door to your bedroom (and any other entrances — if available), and be prepared. Do not move, wait for the police to come. Do not approach the

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Companion Guide

police with a firearm in your hand, be sure to holster it or set it down once the police are in your immediate vicinity.

- The reason why you wait in this situation is because searching a house is very dangerous, and nothing (other than loved ones) should be worth dying over. Plus, insurance should cover any stolen or damaged items.
3. Read the rest of this article, it will explain what to do if you decide to search and clear (or confirm your house is clear). This should be done if you know an intruder is in your house and you have loved ones elsewhere in the house, be sure you call the police before you take any actions, and be sure to tell them you are armed, and you are going to try to

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retrieve or protect your loved one(s). The other situation may be that you are unsure about an intruder and you are just going to explore, to make sure there is no danger; in this case you should also arm yourself with a cell phone, as you may need to call the police while not near a landline.

Corners

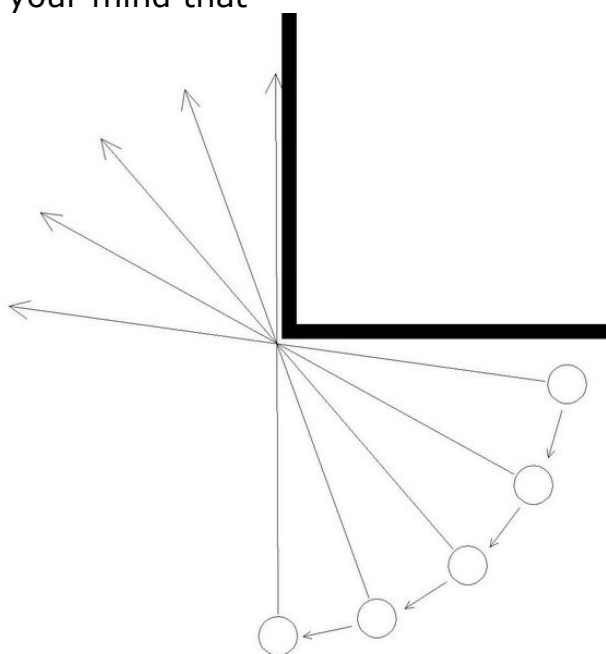
The most common object in a house is a corner (and the most common solution for an object is the same as clearing a corner). The process of traversing a corner is often referred to as **slicing the pie**.

1. **Approach the corner**, start as close to the wall as possible without scraping up

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against the wall. Make sure that you are at least an arms length away from the corner. You don't want your firearm to stick out into the doorway.

(# **Observe the corner**, and keep in your mind that



the pivot point will be the apex of the corner.

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1. **Take a small step** 90-degrees away from the wall. This is the start of a semi-circle you will make around the corner (view the image for a picture of the process). Keep your elbows in and your front foot parallel to your line of sight so that neither will give you away.
2. **Pause and scan** the slice of the pie. Between each step taken you should scan from the floor at the corner to the ceiling — scanning each slice in a vertical motion.
 - Your form will be: a firm, two-handed grip on the firearm. You will be leaning slightly toward the direction you are stepping to allow your head (and your eyes) to be the furthest object, allowing you to see your target before he sees you.

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- If you are proficient with both hands, use whichever hand that will keep you most concealed.
- Your feet should never cross, as it is a very unstable position, and if something (or someone) were to hit you, or you are forced to shoot mid-stride, you are in a bit of trouble. Instead, you want to move your lead foot (the foot in the direction which you are stepping), then follow with your trailing foot. Also, be aware of your feet; make sure you are not pointing your toes into the corner as they may precede your eyes, which means the suspect may be able to see you before you see him.

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- Practice by setting up a mirror in the room. As you are slicing the pie, check to see what you can see in the mirror. Try to adjust your form so that little more than your eye and your firearm are visible.
- You can also practice with another person using flashlights. As soon as one of you sees any part of the other, shine your flashlight on them. The competitive nature of this drill will sharpen your form quickly.
- ALWAYS point your firearm where your eyes are looking. This will allow you to react quicker than if you have your firearm at low ready. Arms extended or high-compressed ready are

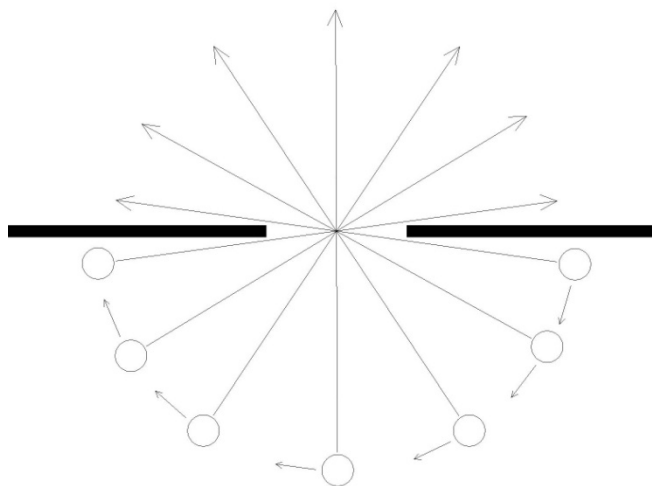
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both good options.
With high-compressed
ready, make sure that
your non-firing hand is
behind the plane of the
muzzle

Doorways

The "fatal funnel", as it is
graciously known, is one of the
most dangerous areas to be in
when traversing a building. This
area includes

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doorways and other portals which only allow a narrow area in and out of a room (such as narrow hallways and archways).

If you were picking a choke point for an ambush, fatal funnels would be perfect places to focus your attention.

It is in your best interest to spend as little time as possible in these areas. At a doorway, the *fatal funnel* is the area on either side of the door, as deep as the door is tall and just as wide. So standing to

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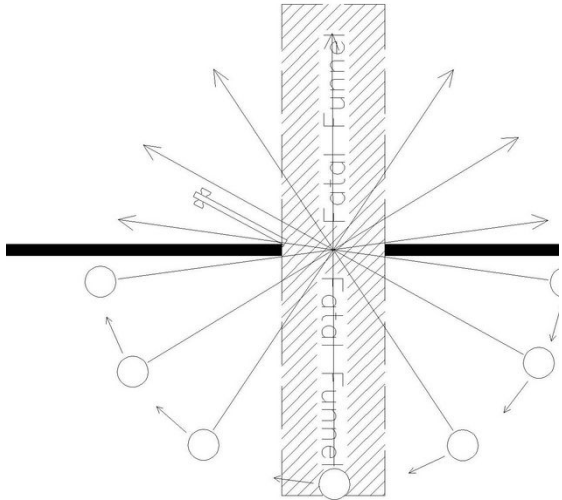
the side of a door does not count (obviously the *fatal funnel* is an imaginary area — an area which the intruder might not be respecting, so just because you are out of the *fatal funnel* doesn't mean you can't get shot).

1. **Approach a closed door** on the side the handle is on.
 - If you are unable to do so (for architectural reasons), you will have to place your body in the fatal funnel while you open it.
2. **Touch the handle of the door**, and "soft-check" the handle to see if the door is locked or not.
 - If this is your house, and you know this specific door does not have a lock, you can skip step.
3. **Bring your gun to close-contact firing position**
(<http://www.wikihow.com/Do>

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[-a-Tactical-Quickdraw-With-a-Pistol](#)) as you reach for the door handle.

4. **Turn the handle** quickly and swing the door open.
 - o If you are pushing the door away from you, be sure to swing the door



enough so to expose the whole room. If the door stops unusually short of the wall, it may be because

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something or someone is behind the door.

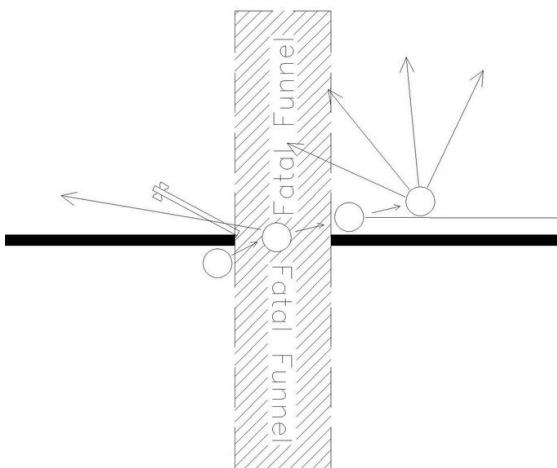
- If you pull the door toward yourself, the amount of throw is less important as even a small opening will allow you a peek in the room right away, and as you clear the room you can open the door the rest of the way.

5. **Step back** from the doorway immediately.

- This keeps you and your gun away from someone who may be on the other side of the door ready to grab you or your gun.
- Distance also favors the trained shooter, or in the case that you are the only one with a gun, favors the person

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with a ranged weapon.



- 6. Scan the room** the same way you would go around a corner, but this time, you have to scan up to 180-degrees instead of only 90. Clear it with the *slicing the pie* technique. Be sure to start at the wall the door frame is attached to clear as much of the room as possible. You should know all of the hiding places in your house and pay particular

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attention to them as you're clearing the room.

- When crossing the fatal funnel during the pie slicing, you may want to speed up your pace to spend as little time in the fatal funnel as possible without missing important parts of the room.
7. **Move into the room** once you have viewed as much of the room as possible. Start outside of the fatal funnel and move in toward the caddy-corner non-fatal funnel area.
- This is a diagonal motion, and it should be done quickly, being sure you don't get hung up on the doorway.
8. **Look over your shoulder** as you enter to view the corner you are not heading toward. If someone were

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hiding in the corner that you weren't able to see during the *slicing the pie* you will be able to see them now.

- The corner you are walking toward is your first priority (view that corner before you look at the one behind you, also an assailant in the corner in front of you is a higher priority).

9. **Clear the rest of the room** for any immediate danger.

- This may include looking behind furniture and in closets. You do not want to leave an area unsearched, because as soon as you leave the room, you assume no one is behind you, when in fact they may be.

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Self-Closing Doors

Self-closing doors include spring-loaded or hydraulic-closing doors. Common in most residential houses for the garage access door, this presents a set of problems when being approached from the non-hinge side.

1. Approach the door on the doorknob side (as before). If the door opens toward you (you are on the hinge-side of the door), open the door and either use your shoulder or your foot to push it more open as you clear the room. If you are on the non-hinge side:
2. Push open the door open as wide as you can. Depending on the speed at which the door closes, you may have time to move to the opposite side of the doorway before you enter (which is best).

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- If you can move to the opposite side before you enter. This gives you a brief moment to very quickly scan the room for any obvious potential targets.
 - If you are unable to step to the opposite side of the doorway, you must zig-zag into the room.
3. Enter toward the doorknob side (just as the other doorways and openings) while the door is still mostly open.
- Entering will take some quick thought and adaptation. You must be quick on your feet as you may not be expecting the the door to automatically close or it closes faster than you thought it would.
 - You must quickly commit to entering;

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this is the only way to retain any element of surprise you may have. The fatal funnel becomes many times more deadly if you allow the door to close before you go through it; now an intruder on the other side of the door knows you must approach that door again to open it.

- Use movement to your advantage. During high stress encounters, you and your adversary will likely have tunnel vision. Simply zig-zagging as you enter the room may cause you to completely "disappear" for a second or two.
4. View the corner you are walking to during the small window of time the door is closing; the door covers the

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corner to your back temporarily.

- If you see this corner is clear before the door is close to closing you may have time for a quick scan of the room, but your priority is the corner behind the door.
5. Turn and view the corner behind you, before the door closes.
 6. Clear the rest of the room as you would any other room.
 - Also be weary that many self-closing doors will be loud when they slam closed. Be patient and maybe spend a minute or more waiting in that room to see if someone comes looking for you.

Hallways

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Hallways present some of the more difficult and most dangerous dynamic areas of a building. A partner or two in hallways with doors and T-intersections would be very appreciated as, at some point, you will be forced to turn your back on an area you have not yet cleared. You, as a private citizen, will likely have to clear it alone, thus you must keep your eye and ears open and balance multiple danger problems to keep your risk at a minimum. Don't be fooled though, this process, and the other processes in this article, all pose very high risk.

1. **Walk on one side of a hallway** or the other, never make your way down the middle of a hallway (but keep from touching the walls).
 - o Hallways are similar to doorways, meaning that they are a narrow passage that an intruder may be

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expecting you to come through. The middle of the hallway is your fatal funnel.

2. Handle obstacles such as doorways the same as mentioned above, but be aware that stopping in a hallway to clear a room means that you have not cleared the rest of the hallway, and an unexplored (uncleared) area is now at your back.
 - Corners are no different, but what happens if there are two corners in two directions. This is a T-intersection.
3. Keep track of what areas you have cleared and which ones you have not. The areas you have not cleared still contain danger points and you should be splitting some of your attention toward the uncleared areas.

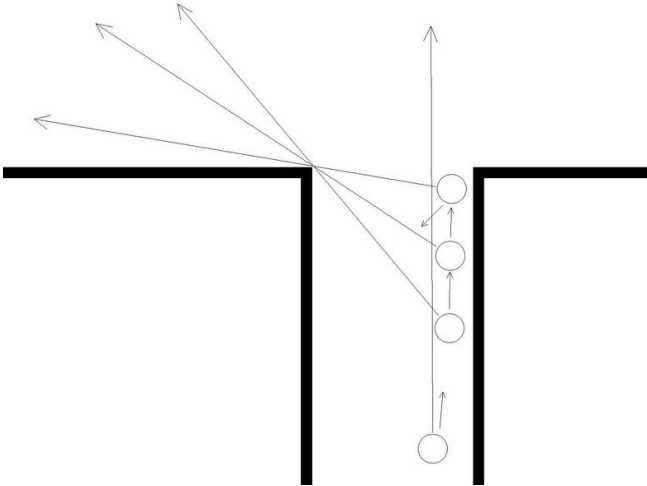
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- 4. Methodically clear hallways**, don't walk past one room to clear another. You now have a room at your back that is uncleared, a hallway in front of you which is uncleared and the room you are intending you enter is also uncleared. This presents an overwhelming amount of danger zones. Placing yourself in this situation is unjustifiably dangerous!

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Companion Guide

T-Intersections



T-intersections are where two hallways intersect and there are two separate corners to clear, neither of which grants better cover than the other.

1. **Start on the right side of the hallway** when approaching a T-intersections (this will be explained more later).
 - The number one rule is to not break the plane

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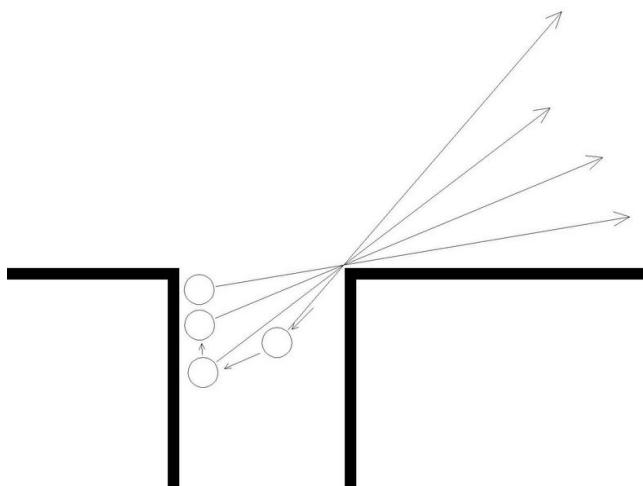
created by the intersecting hallway, but you still want to see as much as you can before you commit to entering the hallway.

2. **Keep an eye on the right corner** as you make your way toward it; make sure nothing is an immediate danger.
3. **Clear the left corner** as you would any corner, but do not place any part of your body past where the wall ends.
4. **Step back** and to the left.

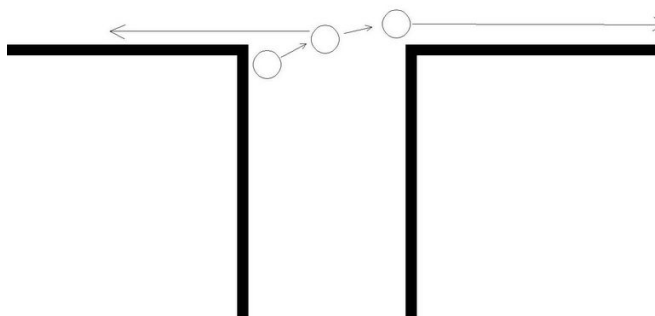
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5. **Clear the right corner** the same way you did the left.



6. **Decide to enter**, now that you have cleared as much as you



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can without crossing the line, you must break through the plane.

- You will be entering to the right. The reason the order of the side is important is because you can turn faster toward your support side than your firing side. If someone ends up being in the corner to your left, you can, more quickly, spin to your left than your right. This is all assuming you are right-handed. Everything should be flipped if you are left handed.

7. **Proceed** in a fashion similar to a door. Go through diagonally, spotting the corner you are heading toward, and a look over your shoulder to the other corner.

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- View the images to the right for visual representations.

Stairs

Stairs create a problem when clearing a building alone, but seeing as a good portion of residential buildings contain stairs, they may need to be traversed at some point. The problem with stairs is that in the best situation, they have the same properties as a hallway, in the worst situation, they are a hallway with a T-intersection, they may have a landing or two with corners and possibly an overlook onto the stairs. All of this means that there are many danger-points simultaneously; only one of which can be covered at any one time. Stairs are dynamic, and some

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adaptation may be required to match the stair you may be on.

1. **Approach the stairs** as if it were a hallway. There will probably be a corner clearing before you get to the stairs. Clear as much of the stair as you can without getting onto them.
2. **Stay on one side** of the stairs (just as in a hallway). If there is a corner or other type of twist in the stairs, you want to be on the opposite side as the corner.
3. **Look above you** before you take too many steps (going up stairs). See if there is an overlook onto the stairs. If there is you will want to clear that as you walk up the stairs.
 - Keep in mind any corners that are ahead also, do not neglect those (as said before, there are multiple

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directions that will need your attention; a partner could easily cover the overlook, while you clear the corner).

4. **Watch any exposed areas** that may present themselves. Many stairs with switchbacks expose your legs before you can see around the corner. Move your body to allow yourself the best possible view of areas you are unable to see.
 - Some stairs in apartments or other buildings don't have covered rises in the stairs. This is a great way for someone hiding under the stairs to get cover and attack you while you are unable to do anything back.
 - The best thing you can do is practice this with

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a friend using a
flashlight.

Target Spotted

If you spot your target, you have a couple options. In many states you are in your full right to shoot the person dead, but this, for most people, is a bit drastic. You must decide ahead of time (even before you own a firearm for personal defense) what your personal morals will allow you to do in this and many other situations (read some information on [tactical mindset](http://www.wikihow.com/Combat-Ready-Tactically-Prepare-Yourself-With-a-Pistol/Read-the-Color-Code-of-the-Tactical-Combat-Mindset)

(<http://www.wikihow.com/Combat-Ready-Tactically-Prepare-Yourself-With-a-Pistol/Read-the-Color-Code-of-the-Tactical-Combat-Mindset>) to help you decide).

1. **Identify Yourself** You need to give fair warning before

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shooting. If you have identified the intruder, and they have already tried to harm you, you may not need to provide additional warning.

- Keep in mind there may be more than one adversary in the house; additionally, being shot is not synonymous with dying, so keep yourself behind cover as much as possible.

2. **Do not jump to conclusions**; if you are unsure of your adversary or do not know his intentions (realize an intruder may mask their intentions — and someone who broke into your house is not there to borrow sugar), another less recommended option is to present yourself (by surprise if possible), and order the target with short, firm

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phrases. Once you have gotten your targets attention with "STOP!" "Hands in the air!", for your safety, you should have him "Face away from me!" "Get on your knees!"

- Having him face away from you and keeping him on his knees prevents him from retaliating against you, and keeps him from moving anywhere quickly without a good deal of movement.
- If he has a firearm in his hand, be sure to tell him to drop it! If he does not comply immediately, he is only contemplating the best way to shoot you with it. Re-emphasize the point with "...else I will shoot you!", then take appropriate action. If he decides to *slowly* set

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it down, tell him to "STOP!" and "DROP IT!" There have been many police shootings which involved a person slowly setting down a gun, then changing their mind and shooting the police instead. It will take at least 1/8th of a second from the time they start to bring up their firearm until your brain can react. This is plenty of time for them to fire before you know what is going on.

- If the person decides to disregard any of your commands, or (even worse) makes a sudden move (to possibly a weapon?). Do the right thing, eliminate the threat! Hesitating does not save your life; do you want the luxury of

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going to court? You may want to consider ALSO carrying either pepper spray or a tazer for these situations. It will be much easier to defend your decision to spray or taze an intruder who is simply belligerent than it would be to defend shooting a belligerent intruder. There will likely be cleanup regardless of which option you choose.

3. **Wait for the police;** since you have already called the police, or have a cell phone on you, the police should not be too far behind.
 - If for some reason you do not have a cellphone on you, you did not already call the police, and a phone is not within visual range of the intruder, you can

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have him move while
on his knees, be sure
he doesn't turn to face
you.

4. Keep a close eye on the intruder on the ground, but be observant; place yourself in a location of cover and be sure he doesn't have any buddies that may come around a corner. You have announced your presence to the whole house, so another adversary in the house will know exactly where you are, but you can't risk leaving the man you have left alone or out of sight.
5. **Allow multiple adversaries to enter a *fatal funnel*** of sorts (any small area where miss on one man, may be a hit on the other), if possible. Multiple targets add a great deal of complexity to a situation, but the truth is that most criminals do not work alone.

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- Telling multiple adversaries to "STOP!" is a very bad idea. By the time you are able to engage one for not complying, the other could have attacked you (but this must be decided in your mind what you will do ahead of time).

Reduced Light Accessories

Most situations which would have you creeping around your own house will likely happen at night. It is recommended that you keep the area as dark as possible as you clear your house. Darkness gives you a few advantages: you surely know your house better than an intruder, and if you have a flashlight with you, you have the

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ability to completely remove the intruder's night vision.

1. **Keep a hand-held flashlight next to your weapon** of choice. There is also the option to have an additional attached flashlight (most tactical, or combat, weapons have the ability to attach certain lights to the frame of the firearm).
 - The hand-held light gives you options that the attached light does not, so while an attached light is a great feature to have on a weapon, it cannot always replace the hand-held light.
2. **Outfitting nightsights on your weapon** is also a welcome feature as it allows you to line up your sights in low light conditions.
 - This isn't a solves-all: if you can't see your

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sights you may not be able to see your target, and you will have an even more difficult time identifying your target (make sure it isn't your next-door-neighbor's son)!

3. **Laser sights.** Laser sights will allow you to see where your firearm is pointed without having to use the sights to aim. This can be very helpful if you don't have your corrective lenses in. As always, you must identify your target as hostile before firing, which means that you will want to have a flashlight, even if you are using a laser.
4. **Allow your eyes to adjust.** Your best "accessory" is your own body. If something happens while you are sleeping, your eyes are already adjusted, but if something happens and you are around light (but you

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must go into a dark area) be sure you let your eyes adjust before you proceed (this can take up to 30 minutes for your eyes to fully adjust).

5. **Practice dry fire and live fire using a light with your firearm.** Make especially sure that your muzzle stays in front of your light/hand and that your light is below your firing hand so that the slide does not hit your non-shooting hand/wrist.

Reduced Light

You are clearing a corner when you see a shoe sticking out from a wall. You know you have found the cause of the crash of the lamp stand only minutes earlier. What do you do now? As mentioned before, you should already have decided the fate of your target

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Companion Guide

based on circumstances. But because you do not know who this guy is yet, you do not intend to jump in shooting.

1. **Be aware of your surroundings**, you do not want to be silhouetted against the light behind you, or highlighted by light on you. Try to approach danger areas from the shadows or from behind other areas of concealment or cover.
2. **Identify a possible target**, you are now able to temporarily blind him by flashing your light into their eyes. Aim the light right at the head and turn it on for only a moment (a flashlight with a temporary-on switch is preferable). You need a flashlight with at least 50 Lumens to temporarily disorient an attacker at night.

Dry Fire Training Cards

Companion Guide

3. **Get a good look at the intruder** and with a bright enough light, the light-splash should allow you to see if he is holding a weapon.
 - o This action will also get a reaction which will give you an idea into the intruder's head. They now know you know where they are, and being blinded is not a comfortable situation. The chemicals in his eyes which allow humans to see in almost complete darkness will have been burnt away and will take up to 30 minutes to fully return, which gives you a big advantage.
4. Execute the *target spotted* section based on your circumstances.

Dry Fire Training Cards

Companion Guide

Tips

- Your first goal should be for you and your family to survive, not to "get the bad guy." Always remember that you have the option to retreat and leave your own house. As unsettling as this is, it would be better to step outside if everyone can do so safely than to engage multiple targets and die protecting your house.
- Unless you are glancing over your shoulder to check a corner as you enter a T-intersection or a doorway, you should follow the "three-eye rule". This means that where your two eyes are looking your gun muzzle follows as well. This cuts down on reaction time.
- While clearing a house is very dangerous, if you do things correctly and you see

Dry Fire Training Cards

Companion Guide

the enemy first or are taking the aggressive action through hallways and doorways, you are forcing the intruder(s) to be on the defensive which allows you to execute tactics in their reaction time. Thus, in an offensive maneuver, no hesitation and speed are essential.

- If you do shoot, do not shoot dumb, do not shoot blind! When you end up on the offensive, you must take the time to guarantee your hits. You need to [flash sight](http://www.wikihow.com/Combat-Ready-Tactically-Prepare-Yourself-With-a-Pistol) (<http://www.wikihow.com/Combat-Ready-Tactically-Prepare-Yourself-With-a-Pistol>) to allow solid hits.
- If you use your flashlight on a target, you have not received the full blow of the light, but much of your night vision will be diminished. A technique so you do not destroy your night vision is

Dry Fire Training Cards Companion Guide

to close your support-side eye (non-dominant eye) every time you turn on your light.

- When turning on your light, never let it trail to your position. Only turn it on when the light is on your target, or when you are exploring dark areas of a room. Turn it off as soon as you are done. You may be looking for an intruder, but if the intruder sees the light, they know exactly where you are.
- Whenever you approach an area which does not allow the firm use of both hands on the weapon you should bring your firearm in to [close contact firing position](#) (<http://www.wikihow.com/Combat-Ready-Tactically-Prepare-Yourself-With-a-Pistol>) (with long guns, this involves putting the stock under your arm). This allows

Dry Fire Training Cards

Companion Guide

your eyes to precede your muzzle and makes it more difficult for an intruder to get hold of your weapon.

- Tactics rarely require speed, take your time around danger areas. Stealth and surprise are your biggest assets. If you make an unintended sound, stop! Step behind close cover and wait for 20+ seconds, listen, watch, be observant and patient, if no target indicators present themselves, move on, but be prepared, you may have just announced your location to an intruder.
- After clearing a room, it may behoove you to lock the door as you exit. Only do this if it is possible to do it silently, quickly, and while your firearm is still at the ready. Remain observant and alert as you do this!

Dry Fire Training Cards

Companion Guide

- One of the first places you should be intent on clearing is parts of the house where loved ones are known to be. Protect them first, then guard your house.
- Make sure you are familiar with your firearm.
- Practice, Practice, Practice. Both alone and with others.

Warnings

- Firearms can be very dangerous and even lethal (else they wouldn't be effective weapons). They should only be used for home or personal defense by experienced firearm users.
- Be sure to follow all state and local laws (though at times, decisions must be made for the sake of your life and those of loved ones).

Dry Fire Training Cards

Companion Guide

Note that many laws on firearms change drastically from state to state, and can even change between counties or even cities.

- Most firearm projectiles will go through residential walls and doors. Do not shoot toward areas where loved ones or neighbors may be.
- When clearing a corner or doorway, realize that an armed intruder may be able to shoot you through the wall or door. If they do not know where you are, they will not shoot you, but it is best to step back from cover to make randomly fired bullet less likely to hit you.
- Make sure you identify your target before firing on them. The police may have already made entry, and you do not want to shoot a cop by mistake. Even if you have not called the police, it's possible that a neighbor saw

Dry Fire Training Cards Companion Guide

someone breaking into the house and called, or a police officer just happened to be driving by.

- When the police arrive, holster your weapon, put your hands in the air, and do exactly what they say so that you don't get shot. They don't know who you are and they have to assume that you are the bad guy.

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