



Practical Arms Training Academy



Dry Firing

ALLOWS YOU TO SHOOT BETTER THAN 99% OF MOST GUN OWNERS

There is one thing that 99% of the gun owning public do that negatively affects their marksmanship in a very dramatic way. This most common flaw in shooting technique is very simple to fix and I will tell you how.

When you are at the range does your gun dip every time you press the trigger on an empty chamber? You see it when the gun is empty because there is no recoil to mask a serious trigger control problem. This causes shots to hit LOW left or LOW right depending on your gun hand, grip and stance. (Is this starting to remind you of your target the last time you went shooting?)

If you are having this problem and shooting at anything past 10-15 yards your shots will likely be off low or off the target. At 25 yards your shots could be hitting in the dirt, a few feet in front of the target!

There are three things that cause the gun to dip like that: **mashing the trigger, slapping the trigger, or pushing the gun in anticipation of the recoil** which is also known as “pre-ignition push” or a combination of one or more of these three trigger control flaws all occurring at the same time.

These flaws all stem from the shooter “making” the gun fire, instead of taking the slack out of the trigger, pressing the trigger until a surprise trigger break occurs, the hammer falls and the gun fires, then simply re-setting the trigger until it clicks and pressing again until a surprise break occurs and the hammer falls again.

The common mistake is to line the sights up, focus on the front sight and mentally say “NOW” as your brain makes the gun fire by mashing the trigger, causing the muzzle to dip and drive your shot low. The next mistake that happens is the trigger finger comes completely off the trigger during recoil and slaps back down on the trigger for the second shot (dipping the muzzle even more) all while you are pushing the gun forward to control the recoil. YUCK! No wonder those shots are low!

NO, it is not the sights that need adjustment.

How do you fix this problem: Stop shooting so much and DRY PRACTICE. Do lots of PERFECT Dry Practice.



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95% of your practice should be dry firing (gun unloaded) and every time you press the trigger you want to take the slack out and press smoothly and evenly until the hammer falls without the muzzle (focus on the front sight) moving or dipping. This reflexively trains your brain, nerves and trigger finger muscles to allow a surprise trigger break and this results in super accurate shooting. After 20 minutes of dry practice you shoot a few live rounds to verify the great dry practice you have done. You will be amazed at the results.

Once you learn the proper trigger control techniques you will shoot faster and more accurately than 99% of the gun owning population— and that includes law enforcement and military personnel.

The most frequently asked question about dry firing are as follows: “I have been told for years not to dry fire a gun. Will dry practice (pressing the trigger and allowing the hammer to fall on an empty chamber) hurt my gun?”

Well, here is your answer...

Back in the “old days” when guns had fixed firing pins, like the .38 special revolvers where the hammer and firing pin were a single piece of steel, it was not a good idea to dry practice with those guns because it was said that the firing pin would stretch over time from not impacting the primer and this would cause it to break prematurely. Even today, you should never dry practice with a rim-fire weapon like a .22 revolver or semi-auto handgun or rifle because the firing pin normally strikes the brass rim of the cartridge case and without the cartridge in the weapon, the firing pin will strike the hard steel face of the chamber and damage the firing pin. Other than older, fixed firing pin weapons and any .22 rim-fire weapon, it is perfectly fine to dry practice with modern, center-fire weapons with free-floating firing pins.

This includes just about all modern firearm including Glocks, XD's, 1911's, modern revolvers with transfer bar type ignition systems, pump and semi-auto shotguns, bolt action, lever action, and semi-auto rifles. Please review your specific firearms manual to get their instruction on dry firing.

Hopefully, you find this article helpful and it assists you in your shooting accuracy. The good news is that dry practice costs you nothing and you can dry practice in the comfort of your home. Better yet, come out and take a course with Practical Arms. In one day you can improve your skills to a much higher level and learn more than a lifetime of practicing on your own.