

Keith Sanderson's Dry Fire Training

From an old Shooting USA article written by Keith Sanderson.

1) Holding Drills:

- i) Holding drills help build your position and grip, critically important to the physical aspect of pistol shooting.
- ii) Holding drills help you develop a consistent natural point of aim by building muscle memory.
- iii) Effective holding drills occur when you dry fire, then hold your follow-through for 30 to 130 seconds.

- (1) During this time your primary goal is to maintain consistency in your position and grip.
- (2) Your sight alignment and the feel of your hand indicates your grip consistency.
- (3) Your sight picture indicates your position consistency.

- (a) It is helpful, if not completely necessary, to have someone watch you to ensure that your body remains in the same position as you become fatigued.

- (b) You can also use smaller targets to help you develop a smaller hold.

- (c)

- iv) Here is a holding drill routine that I use to build my position:

- (1) Dry fire on a target, blank face, or a vertical and horizontal line. Hold your follow-through for 60 seconds.

- (a) During that time keep your sights aligned and pointed at the same spot. Keep every joint at exactly the same angle. Don't allow your position to change at all as you tire.

- (b) Hold for 60 seconds then relax for 120 seconds. Do this six to eight times, three to five times a week.

b) Eyes Closed:

- i) Dry firing with your eyes closed allows you to work on your trigger control without visual distractions. For your trigger control to be truly uninterrupted, it must be completely independent of sight alignment and sight picture.
- ii) Dry firing with your eyes closed is the best way to work on your trigger control because it isolates what you see from what you feel and do.
- iii) This exercise also allows you to zero in on your grip, ensuring that it is absolutely consistent throughout your shot-process.

c) Blank Target:

- i) Dry firing on a blank target is firing on a light colored background, and not on an actual target.
- (1) A white wall is a great example of a blank target.
- (a) This exercise forces you to focus on your sights. Sight alignment is the primary goal. Make sure that when you release the trigger there is no movement in the front sight or its relationship to the rear sight notch.

d) Reduced Target and Match Target:

- i) Dry firing on a match target is firing on a real target at the appropriate distance for the event for which you are training. If you are unable to train at the full distance, you can use a reduced target at a reduced distance.
- ii) Training on a target allows you work on and perfect your shot process, fundamentals and sight picture.