

Handgun Skill Training Techniques



At Home [repeat drills as desired]

{WARNING: do not allow any live ammunition in the firearm or in the same room that you are training in - these are dry-fire drills!}

Standing, draw, go to ready position	Kneeling (1-knee down), draw and dry-fire, 2-hand, 1-time
Standing, draw, go to aimed-in position, dry fire	Kneeling (2-knees down), draw, dry-fire, 2-hand, multiple targets
Standing, draw, 2-handed, aimed in on target #1, dry-fire twice, move to target #2. dry-fire twice,	Squat, draw, dry-fire 2-times, 2-hand
Standing draw, go to aimed-in position 2-handed, dry-fire twice, 'reload' (change magazines), go to aimed-in position, dry fire twice	Squat, draw, dry-fire 2 times, dominant hand only

At an Indoor Range [repeat drills as desired]

{adjust distances and techniques as range facility and rules allow}

5 yards, standing, from close guard ready position, bent elbow, 1-hand (dominant only), point shoot (no sights), 2 rounds	10-yards, 2-handed, move from the high or low ready, fire 2 times.
5 yards, standing, from close guard ready position, 2-hand, aim-in and fire 2 rounds	10-yards, 1-handed (dominant hand), aim-in, fire 2-rounds.
5 yards, standing, from close guard ready position, 2-hand, fire 2 rounds to center of mass, 2-rounds to head (or groin)	15-yards, 2-handed, move from the high or low ready position, fire 2 times.
5 yards, standing, from close guard ready position, 1-hand (support hand only), fire 2-rounds	20-yards, 2-handed, move from the high or low ready position, fire 2 times.

At an Outdoor Range [repeat drills as desired]

{adjust distances and techniques as range facility and rules allow}

5 yards, standing, from close guard ready position, bent elbow, 1-hand (dominant only), point shoot (no sights), 2 rounds	10-yards, 2-handed, move from the high or low ready, fire 2 times.
5 yards, standing, from close guard ready position, 2-hand, aim-in and fire 2 rounds	10-yards, 1-handed (dominant hand), aim-in, fire 2-rounds.
5 yards, standing, from close guard ready position, 2-hand, fire 2 rounds to center of mass, 2-rounds to head (or groin)	15-yards, 2-handed, move from the high or low ready position, fire 2 times.
5 yards, standing, from close guard ready position, 1-hand (support hand only), fire 2-rounds	20-yards, 2-handed, move from the high or low ready position, fire 2 times.