



# Ultimate Firearms Training Agenda

with Ox from [www.DryFireDrills.com](http://www.DryFireDrills.com)

## The Best Training Mix

Most people spend their firearms training time with live fire at the target range. This is a mistake.

- Early on, you should do 100% of your training with dry fire until you can safely and correctly handle the firearm.
- Build performance under stress from that foundation.
- Once you have the fundamentals down the ideal training ratio is 80% dry fire, 10% live fire, and 10% force-on-force training.

## Training For Stress Inoculation

Even cops and soldiers are still working out their firearms training into their third successful lethal force encounter.

- Stress is really "total cognitive load," or how taxed your brain is.
- Training with stress can inoculate you to the stress of an encounter.
- Try to balance on one foot and practice your draw stroke. Try walking while shooting, doing lunges, and adding physical stress in other ways.
- When your technique is resilient with movement, try practicing after exhaling all your breath, or while someone is squeezing pressure points, etc.
- Count backwards from 100 by 7 and then do your drawstroke. This is remarkably difficult to do while trying to execute physical tasks.
- Keep adding stresses until your technique breaks down and then train until it doesn't.

## Dry-Fire Exercises

A couple of drills you can use right now include the following. With your gun safely configured for dry fire (chamber plugged with visual indicator)...

- **Twist And Shoot:** Start sitting down, draw, and see how far to the side you can twist and shoot. Go back to the holster. Draw. How can you shoot to the right? To the left? Behind you? Get used to 360° of fire.
- **Impact Weapon:** Practice clearing a malfunction. Also practice striking a BOB dummy or heavy bag with the pistol. Set up a shot timer for random prompts.

## Force-On-Force Training

Practice skill components with a non-compliant partner who resists your technique.

- Use SIRT laser pistols or airsoft to practice against a moving, unpredictable opponent. Use all necessary protective equipment.
- Progress with gradually more resistance.

## The Ideal Live-Fire Session

For effective live fire training, there is no one-size-fits all, "100 round" training session.

- Practice your grip and recoil management.
- The ideal use of live fire training is to validate and verify what you are already practicing in dry fire.
- Mix in "fun with guns" plinking with real-world tactics training.

*Prepare. Train. Survive.*