



Advanced Dry Fire Tactics

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Upping Your Dry Fire Game

Making dry fire part of your training regimen is incredibly important.

- We are creatures of routine. Making dry fire part of your daily/weekly routine can really work for you.
- Regular dry fire training takes 5 to 10 minutes per day.
- Repeat the daily practice for 30 to 60 days and it will become part of your ingrained habits.

Setting Up Your Dry Fire Space

Most of us will do dry fire at home, not the range, because it's part of our daily routine.

- Print out 8.5 x 11 targets and tape them up throughout your space, wherever is convenient for you.
- If everything is set up already, you won't be able to say you don't have time to do your dry fire practice. It's ready to go.
- Attach targets to mobile stands (like pieces of cardboard) that you can set up around the house when you want to do more elaborate, more advanced training.

Making Dry Fire More Realistic

The more realistic your training is, the more benefit it will have for you.

- There are limits to how realistic dry fire training can be specifically because it is dry fire, not live fire.
- Most training takes place in great lighting, but most shootings take place in poor light conditions. Practice in low-light conditions for greater realism.

- Work on your flashlight/mounted light techniques while doing dry fire in low light. You should also practice what it's like to be on the other side, with bright light coming at you in low light conditions. What will you be able to see?
- Work out as part of your dry fire training to get your heart rate up. Can you still get shots on target with that heart rate spike and while you're breathing hard?
- Work partner drills and work different positions, especially lying prone or working with cover around the home.

Preparing For A Public Attack With Dry Fire

This can be difficult because of the possibility of getting arrested for displaying a gun in public. Obviously, you can't dry fire where the general public can see you.

- Get multiple friends or family members together for large training "public" scenarios in private settings.
- Use multiple cardboard targets for scenario setting drills.
- The key is to have multiple targets to engage and from which you must choose.

Force On Force Dry Fire Training

Airsoft is a great tool for force on force.

- The more the "gun" stings, the more realistic the training will be as you avoid being shot.
- Low light force on force is especially useful.
- Add external distractions like light/noise/music for more realism.

Prepare. Train. Survive.