



Reader Gun Training Tips

with Jeff Anderson for www.ModernCombatAndSurvival.com

1. Practice In All Types Of Weather And Environments

From Sean in Chicago, IL

- You should be dry-fire training in multiple environments and temperatures.
- Train while standing on ice and in snow, in rain, etc.
- Train with different types of clothing, such as what you'll be wearing when you're bundled up.
- Will it be more difficult to get to your weapon?
- Do you need to look at changing your footwear so it's not too slippery?
- Consider lighting levels, too. You can't just train when the light is good.

2. Use Your Television For Dry Fire Training

From Wes in Georgia

- Pick a character in a television show. When that character is on screen, draw and line up the sights on that character.
- During rapid exchanges of dialogue, this will become more challenging, because the character will disappear from the screen quickly.
- Follow all dry fire safety precautions. Make sure there's no live ammo in the room, the chamber is empty, and there are no rounds in the gun or magazine.
- Use a barrel-blocking dry fire aid if you can.

3. Use A FULL LENGTH Mirror

From Barry in Chicago, IL

- Stand in front of a full-length mirror and practice your draw and aim.
- Use whatever it is you're going to be wearing that day.
- You have a person who is in front of you and drawing on you at the same time (your reflection).
- Having a moving target really changes your perspective, especially when it is drawing to attack you, too.

4. Soak Your Hands In Ice Water Before Practice

From David in Oakland, TN

- Numbing your hands with ice water helps simulate the effects of adrenaline on your body.
- Under stress and threat, your fine motor skills diminish. This helps simulate that for training.
- Practice drawing, magazine changes, stoppage drills, etc. - anything requiring fine motor skills.

5. Aim At A Corner Of The Room

From Obi from Milton, Delaware

- If you're pulling to the left or the right on the trigger pull, dry fire while aiming at a corner.
- This will help show you which way you're pulling, and works great with laser training pistols.

Prepare. Train. Survive.