



Right and Left Freestyle (Two-Hand Grip)

String 1: 5 yds, Fire 5 rounds with **Right hand dominant two-hand grip**
 5 yds, Fire 5 rounds with **Left hand dominant two-hand grip**

String 2: 7 yds, Fire 5 rounds with **Right hand dominant two-hand grip**
 7 yds, Fire 5 rounds with **Left hand dominant two-hand grip**

String 3: 10 yds, Fire 5 rounds with **Right hand dominant two-hand grip**
 10 yds, Fire 5 rounds with **Left hand dominant two-hand grip**

Standard: All rounds in the 4" Dot (one dot for each iteration for good shot group analysis)

Target: 6 x 4" Dots with 1" inch pasty/tape in the center

Load: 30 Rounds Total

This drill will put you in an unnatural grip position that should mirror your normal grip position. It will force you to focus hard on the fundamentals of grip, trigger control and sight alignment/picture. Execute the strings, single shot/slow aimed fire, very slowly and put emphasis on executing each fundamental perfectly with perfect shot placement. Working your non-dominant hand will force you to tap both sides of your brain. Laser focusing on the fundamentals with your non-dominant side will positively effect the fundamentals on your dominant side. Executing cartoonishly slow will help you to analyze/call each shot.