

DRY-FIRE TRAINING



HOLSTER - IWB

< INSIDE THE WAISTBAND >

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SAFETY WARNING / RELEASE AND HOLD HARMLESS AGREEMENT

Prior to utilizing the subsequent information as part of your training, it is agreed that you recognize and understand that there are risks associated with the use of firearms and being in proximity of their use. It is agreed that you voluntarily assume all risk of injury and loss from all such activities while participating in this dry-fire* training program.

You irrevocably and unconditionally agree to release and hold harmless Aim True Group, LLC and its instructors, affiliates, managers, members, representatives, agents, servants, officers, insurers, employees, successors, and assigns, from any and all liability for all claims, damages, losses, and injuries that you might suffer or incur from all causes whatsoever as a result of your participation in this training, including but not limited to all losses caused wholly or in part by the negligence of Aim True Group, LLC or any other person or entity for whose acts or omissions Aim True Group, LLC could be held responsible or liable in any manner.

* Dry-fire definition: practice with and the manipulation of a firearm that is completely empty and clear of live ammunition.



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FIREARMS SAFETY RULES

- Treat all guns as if they are loaded all the time
- Always keep your firearm pointed in a safe direction
- Keep your finger straight and off the trigger until you have confirmed:
 - the target
 - your sights are properly aligned on the target
- Be sure of your target, as well as what is in your targets foreground and background prior to firing



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BEFORE YOU BEGIN DRY-FIRE PRACTICE

- **Ensure that your firearm is unloaded, clear and safe to handle.** If you are unsure of how to do this, **DO NOT PROCEED ANY FURTHER.** Consult your firearm manufacturer and/or your safety manual for instructions on how to properly unload and clear your firearm.
- **Remove all live ammunition from the area in which you are training.** Never allow even a single round of live ammunition to be in the same room in which you dry-fire practice.
- In the event you have a negligent discharge (the gun fires when you think it is empty), you must **ensure that the area you have chosen for dry-fire training has a ballistically sufficient wall or barrier to point your empty gun at prior to pressing the trigger.** Only affix your dry-fire practice targets to a wall that can stop a bullet (i.e., brick or concrete on the exterior).

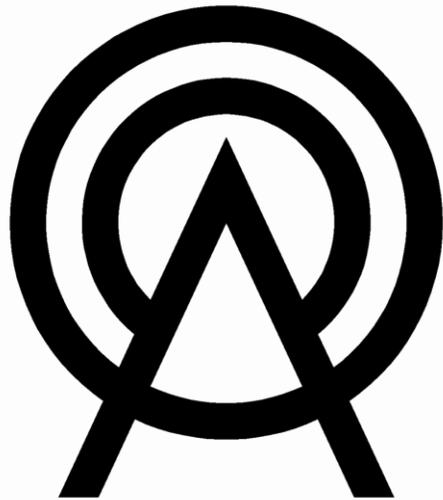
**DO NOT POINT YOUR FIREARM AT ANYTHING YOU ARE NOT
WILLING TO DESTROY WHILE DRY-FIRE TRAINING**



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**LET THE
TRAINING
BEGIN!**



HOLSTER - IWB

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Four Step Draw - IWB

< Inside the Waistband >

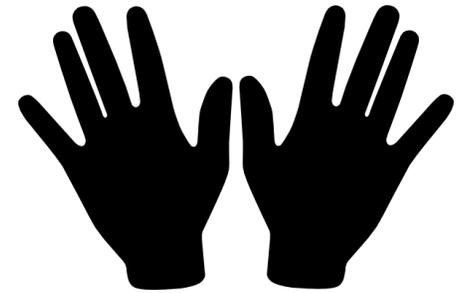
Overview

Set the shot timer par time as described in the subsequent slides. Start with arms relaxed at sides. When the timer beeps, begin the draw process.

There are no established sets and reps for this drill. Do not continue to the next step until you are both proficient and in time with the step you are currently working on.

As your skills improve, begin the drill from wrists above the shoulder line, folded arms and interview position.

Shot from the holster with two hands



Target Setup

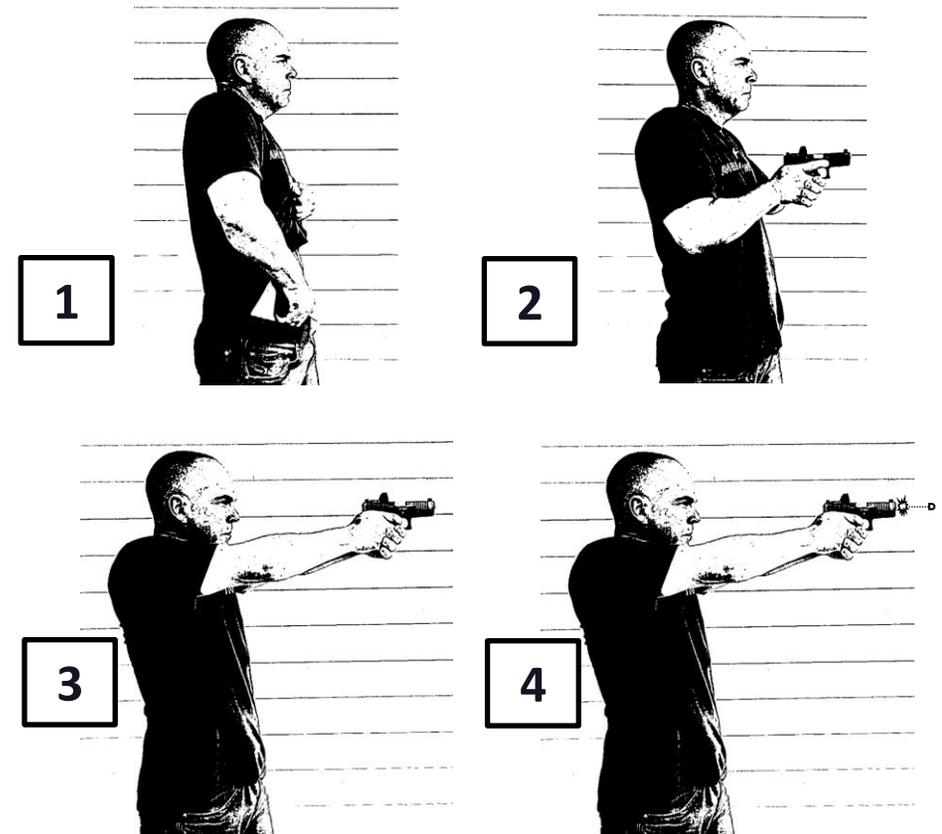


Simulated 7 Yards



Tools Needed

Shot timer or phone app



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Four Step Draw - IWB

Step 1

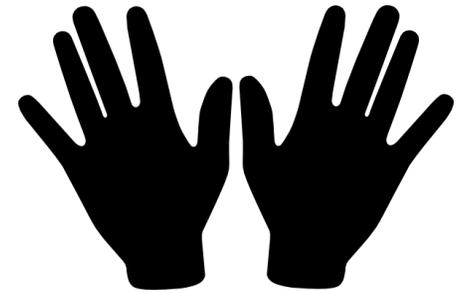
Set the shot timer par time as described below.
Begin with arms relaxed at sides and your dominant eye focused on a small spot on the target.

When the timer beeps:

Place your support hand at the base of your holster.
Grab and raise your shirt to your sternum while establishing a solid grip on the pistol with your strong hand.

Continue working this step over and over until you are proficient and finishing within the established par time.

Shot from the holster with two hands



Target Setup



Simulated 7 Yards



Shot Time Par Time



0.50



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Four Step Draw - IWB

Step 2

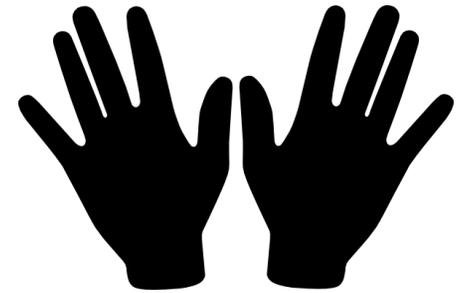
Adjust the shot timer par time as described below. Begin with arms relaxed at sides and your dominant eye focused on a small spot on the target.

When the timer beeps:

Begin the Step 1 process, then seamlessly segue into Step 2:

Bring your pistol up from the holster and into transition position with your finger straight and off the trigger. The foundation for your grip is developed here. Check to ensure all components of your strong and support hand grip are correct and firmly in place.

Shot from the holster with two hands



Target Setup



Simulated 7 Yards



Shot Time Par Time



0.75



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Four Step Draw - IWB

Step 3

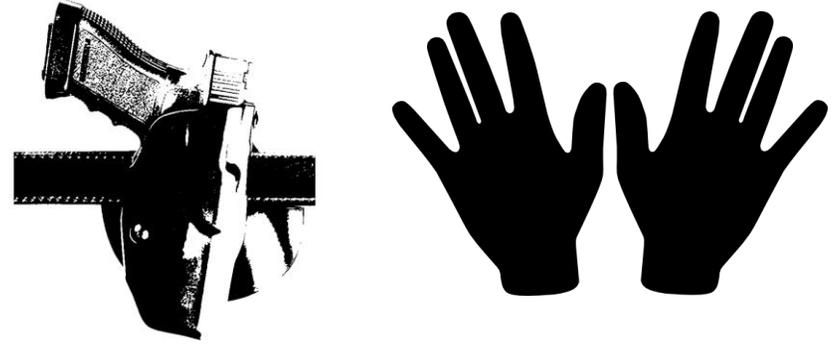
Adjust the shot timer par time as described below. Begin with arms relaxed at sides and your dominant eye focused on a small spot on the target.

When the timer beeps:

Flow through Steps 1 & 2, then seamlessly segue into Step 3:

Bring your pistol up from transition position maintaining a flat and level slide. As soon as you begin to raise the pistol, touch the trigger. By the time your sights are fully aligned, ensure you have taken up the slack in the trigger and are on the wall. Do not break the shot.

Shot from the holster with two hands



Target Setup



Simulated 7 Yards



Shot Time Par Time



1.00



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Four Step Draw - IWB

Step 4

Adjust the shot timer par time as described below. Begin with arms relaxed at sides and your dominant eye focused on a small spot on the target.

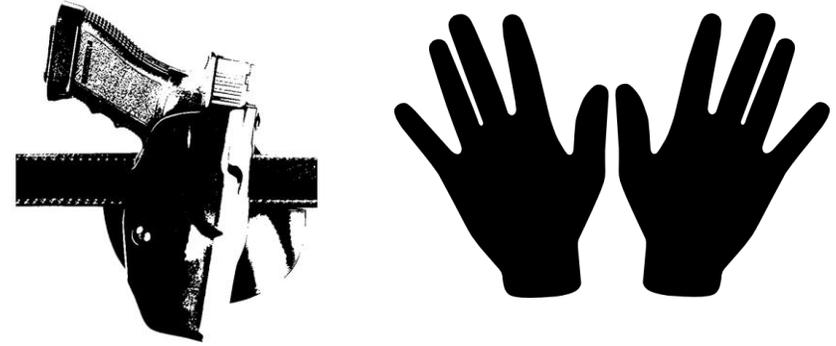
When the timer beeps:

Flow through Steps 1, 2 & 3, then seamlessly segue into Step 4:

After positive confirmation of sights and trigger take-up on Step 3, simply break the shot.

Do not snatch the gun down immediately. Instead, take a moment to assess your sights, grip, body position, etc. Consider what needs work prior to holstering.

Shot from the holster with two hands



Target Setup



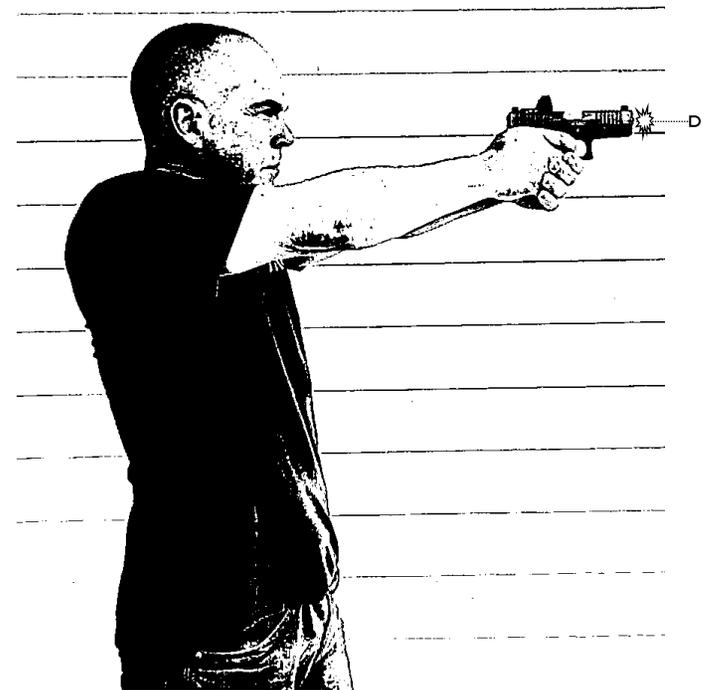
Simulated 7 Yards



Shot Time Par Time



1.25



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SAFETY WARNING

KEEP YOUR FINGER STRAIGHT AND OFF THE TRIGGER:

- During Step 1 - When reaching for and establishing your grip on the pistol.
- During Step 2 – When coming to transition and establishing your grip.
- After Step 4 – Once you have pressed the trigger, checked your work and mentally catalogued what you need to work on during your next repetition, remove your finger from the trigger and place it on the frame of the pistol outside the trigger guard BEFORE lowering the pistol. DO NOT touch the trigger again throughout the entirety of the re-holstering process.

WHEN CAN TRIGGER FINGER CONTACT BEGIN?

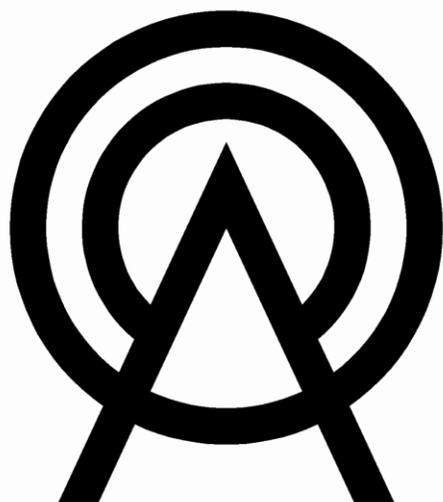
Only when your slide has become level with the ground, your muzzle is pointed SAFELY down range, and you are moving from transition position to full extension.



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END OF TRAINING SESSION



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