

DRY-FIRE TRAINING



LEVEL 1

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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



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!**



LEVEL 1

Dry Fire Drill #1

Slow Fire Trigger Control

Procedure

Start with arms fully extended. Line up your sights on a small point on the target. Utilizing a firm shooting grip throughout the entire process, slowly press the trigger all the way to the rear with the goal of not letting your sights move.

No metronome timing is used for this drill.

Note: If your hands are not fatigued upon completing this and all subsequent drills, you are doing it wrong!

Get a good grip!

Shot from full extension with
two hands



Metronome Beats Per Min

None

Target Setup



Simulated 7 Yards



Proposed Sets & Reps

- ✓ 3 sets – *slow fire*
- ✓ 5 reps each set



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Dry Fire Drill #2

Rapid Fire Trigger Control

Procedure

Start with arms fully extended. Line up your sights on a small point on the target. Utilizing a firm shooting grip throughout the entire process, press the trigger in time with the metronome setting of your choice, with the goal of not letting your sights move.

Start at the basic metronome timing. As your skills improve, move up to the next level of difficulty.

Shot from full extension with
two hands



Target Setup



Simulated 7 Yards



Metronome Beats Per Min

Basic
90

Intermediate
120

Advanced
240



Proposed Sets & Reps

✓ 3 sets of 5 reps



Dry Fire Drill #3

Transition Position

Procedure

1) Start at transition position with your slide level to the floor and your front sight oriented beneath your dominant eye. Fix your dominant eye on a small spot on the target. When the timer beeps: 2) bring the gun up to full extension, prepping your trigger to the wall on the way up. Once your front sight intersects with your dominant eye / target spot, press the trigger without moving the sights.

The goal is to complete the reps within the selected shot timer par time – without moving your sights.

Shot from transition position with two hands



Target Setup



Simulated 7 Yards



Shot Timer Par Times

Advanced	Intermediate	Basic
0.75	1.00	1.25



Proposed Sets & Reps

✓ 3 sets of 5 reps



Dry Fire Drill #4

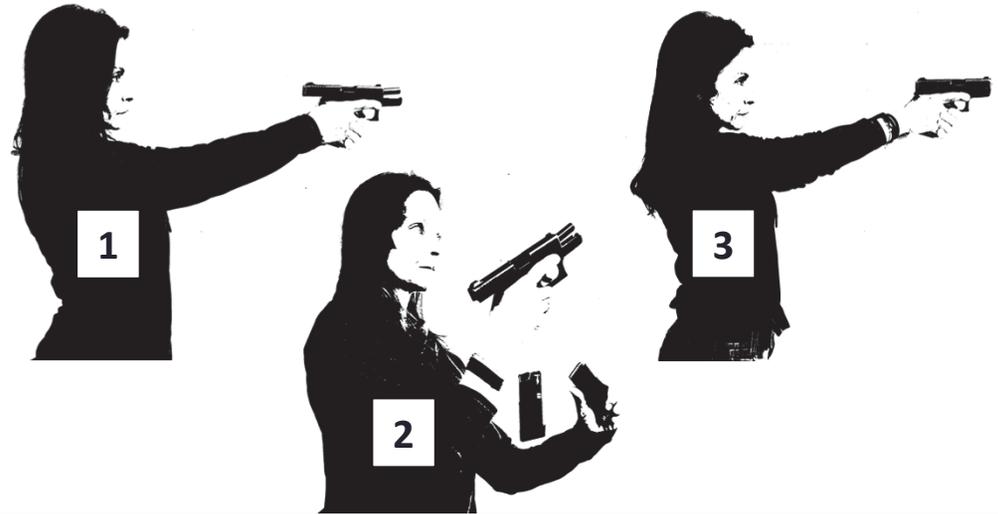
Timed Reload

Procedure

1) Start at full extension with the slide locked to the rear. When the timer beeps: 2) Drop your magazine then begin returning to transition position (with your strong hand only) while simultaneously reaching for a new magazine. Seat the new magazine and release your slide forward. Finally, from transition position with two hands, 3) raise your pistol, align your sights on target, then press the trigger.

Get a good grip prior to coming back up for your second shot and watch your sights for movement.

Shot from full extension with two hands, slide locked to the rear



Target Setup



Simulated 7 Yards



Shot Timer Par Times

Advanced
1.00

Intermediate
2.00

Basic
3.00



Proposed Sets & Reps

✓ 3 sets of 5 reps



END OF TRAINING SESSION



LEVEL 1