

DRY-FIRE TRAINING CHECKLIST



- Dry-fire training can provide countless benefits to individuals who intend to use their firearm for self-defense or sport shooting.
- The primary concern of the practitioner should be the safety of procedures and the practice environment, which is the topic of this material. We will address the best methodology in a future publication.
- Practice doesn't lead to perfection; correct practice does. If you haven't undergone formal firearms training, there's a significant chance that you're practicing incorrectly. This not only wastes your dry-fire sessions but also prolongs your process of "re-learning" when introduced to the correct method. Don't confuse training with courses.

Lucas "The Monk" Silveira

1 LOCATION

The location designated for dry-fire practice needs to be isolated. It can be a room in your house, your backyard – it doesn't matter as long as there are no pedestrians and interruptions. Close off all access to the area and remove all real ammunition and firearms from this environment. Ensure you establish a designated area for the "target." It should be able to absorb the impact of an unintended shot. Do not fire in random directions.

2 THIRD PARTY

Make sure to inform any third parties who share the same space about what you are doing. Let your family members, for instance, know that the door is closed and should remain so. No one should enter the area until the session is over, nor interrupt your practice.



3 TRAINING TIME

It's not necessary to invest hours on end in your dry-fire training. Well-organized sessions of up to 15 minutes are sufficient.



15 min

4 STARTING PROCEDURES

Now that the area is isolated and secure, you can effectively enter it with the intention of beginning your training.

- Only take your training firearm and training accessories with you.
- Facing a safe direction, remove the magazine from your firearm.
- Cycle the firearm multiple times to extract any potential ammunition from the chamber.
- Lock the slide to the rear and visually and tactically inspect the empty chamber (don't ignore the tactile inspection).
- Place an inert round (dummy round, for example) into the chamber. Holster your firearm or place it in a secure location.
- Gather all your magazines, unload them, and place the ammunition in a separate container.
- Don't forget the round that was in the chamber.

5 TAKE IT SLOW, BUT DO IT RIGHT

Although this material doesn't intend to cover dry-fire training methodology, it's worth noting: never compromise your FORM for the sake of speed during this type of training.



6 INTERRUPTIONS

If even after your alert you still get interrupted, be cautious: go through the entire checklist again before restarting your training.

7 CONCLUDING PROCEDURES

Once you've decided to stop training, don't backtrack. Resist the temptation to do "just one more repetition."

Remove the training ammunition from your firearm, load your magazines, chamber the rounds. Say aloud to yourself: **Dry-fire training is over. I am loading my firearm with real ammunition. Dry-fire training is over. I am back to combat.**

