



Safe Insight

Online Classroom



**Dry Fire
Safely**

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Introduction

What is dry fire? Dry fire is the practice of shooting a firearm without any live rounds. Many people prefer to use dummy rounds or snap caps while doing this.

What is the purpose of dry fire? It is to improve your skills. This may be practice at drawing and holstering, reloads, malfunctions clearances, or simply working on your trigger press.

What many people don't know, is that dry fire is a *crucial* aspect to improving your skills with a gun. Going to the range is great, but if you really want to get better, you need to incorporate live fire. You should ideally spend more time on dry fire than live fire.

25% - Live Fire Practice

75% - Dry Fire Practice

What even fewer people know is that there are actually seven steps to ensure that you safely practice with dry fire. These steps have been around since the 1960's, but almost nobody teaches them. Follow these steps to have a safe and successful dry fire routine.

Step One

Select the proper time and place to perform dry fire practice



If it is a proper time, there should be no distractions. There should be no television, telephone, eating, or conversations with people who drop in on you. You must fully concentrate on safely practicing. If you are interrupted during a practice session, you should stop immediately, and when the distraction leaves, you can start over from step one.

The proper place is one, which affords a safe backstop to point your gun at. This must be something, which will stop your bullet in case of an accidental discharge. Your backstop might be a woodpile, sandbags, or other object, which doesn't pose a threat of ricochet. Whatever you select or construct for this purpose must be capable of stopping the type of ammunition your gun fires.

Step Two

Remove all live ammunition from your training area

Remember to perform a proper unload. If you have a semi-automatic, use the six steps of unloading. But simply unloading the firearm is not enough. Why is it so important to remove all live ammunition, not just from the firearm, but from the entire training area? Because if bullets are left in the training area, it is simply too easy to make a mistake and find yourself putting a live round into the firearm when you intended to use a dummy round.

This means all live ammunition, including that in your gun, on your person, and in your vicinity. If you are in



a room, remove the ammunition from that room. If you are outdoors, remove the ammunition far enough away that it will take conscious effort to retrieve it before you will be able to reload your gun.

Step Three

Go into practice mode

This is where a very important ritual occurs. We want to make a positive mental shift to the realization that we are operating in a set of altered circumstances, wherein it is permissible to do things we would not normally do, such as pressing the trigger when we don't actually intend to shoot the gun.

To accomplish this, it is vital that we say to ourselves, *out loud*, "This is practice!" We repeat this statement *out loud* at least three times in order to be mentally focused on what we are about to do. Saying it out loud helps to reinforce this fact to our brains.



"This is practice!"

"This is practice!"

"This is practice!"

Step Four

Perform practice

This is the time to practice whatever you feel is needed. It might be reloads, malfunction clearance drills, drawing and holstering, or trigger press (compressed surprise breaks). You can be confident that it is safe to do so.



Step Five

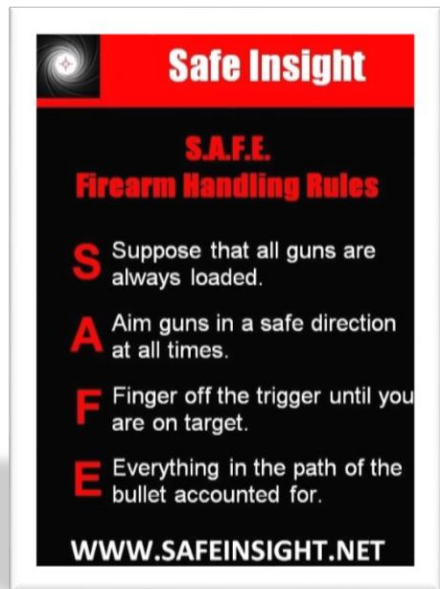
Go into reality mode

This is the traditionally dangerous time, when the gun is reloaded, and a shot is fired. To avoid this, we conduct a second ritual to shift our mind firmly back to the reality that when the trigger is next squeezed, a bullet will destroy whatever the gun is pointed at. We say to ourselves, *out loud*, “This is live!!!” Repeat 3 times. Then say the Universal Firearms Safety Rules *out loud*.

“This is live!!!”

“This is live!!!”

“This is live!!!”



This is the traditionally dangerous time, when the gun is reloaded, and a shot is accidentally fired. To avoid this, we conduct a second ritual to shift our mind firmly back to the reality that when the trigger is next pressed, a bullet will destroy whatever the gun is pointed at. We say to ourselves, *out loud*, “This is reality!” Just like when we went into practice mode, we are going to repeat this phrase three times when going into reality mode.

“This is reality! This is reality! This is reality!”

Next, practice reciting the Universal Firearms Safety Rules (or S.A.F.E.© Rules) *out loud*.

S – Suppose

A – Aim

F – Finger

E – Everything

Step Six

Put the gun into the condition you normally keep it

This keeps us in compliance with safety rule one. Load the gun and all magazines with “live” ammunition. Remove all dummy rounds. Do a “press check” if necessary to ensure that a live round is in the chamber.



Step Seven

Put the gun away immediately

Place the gun in its storage area, or holster. Try not to handle the gun again for at least an hour after “Ritual Dry Fire Practice”. When you next touch it, you want all vestiges of “Practice Mode” to be gone from your thinking process.





Safe Insight

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