



## **Lady Hawks “Housekeeping” Session Four: Competition and Dry Firing**

### **“Competition” Quotes**

***“There are no stopwatches in a gunfight”***

**-Famous Gun Trainer, who thinks competition and going as quickly as possible do not matter.**

***“Every Gunfight is a race”***

**– Michael Boyd, who believes, based upon nearly 40 years of study and personal experience, that slow and steady in a gunfight has gotten a lot of folks killed.**

Like it or not, trying to save your life, or the lives of others, will take you out of your comfort zone. You will be called upon to think fast, move fast and usually shoot fast. If you practice everything “slowwwlllyyy” you will be good at slow, and not so good at fast. Slow is for learning a technique, safely and is super important. As you gain and retain skills, it’s critical that you start to push yourself to do them faster. Competition is a great way to get you out of your comfort zone.

**Housework:** Watch videos of competition shooting on YouTube, or some other platform. Attend a USPSA Match (they Are held the 1<sup>st</sup> Saturday of each month at COSSA). Dry Fire some of the techniques of competition (action) shooting, which brings us to:

## **Dry Fire:**

It's a basic truth of shooting that shooting that live fire will imbue in us some bad habits, like flinching (anticipation). The smaller the gun and the more violent the recoil, the more these habits will have dramatic onset and tenaciously take hold.

Dry Fire (safely pulling the trigger on an EMPTY handgun and other non-live fire handgun manipulation) will "heal" these bad habits.

You should strive to dry fire at a 10/1 ratio with live fire. Here are some basic drills:

1. One Press Draws: in a safe place, with no ammo in the same room, draw or present your weapon and pull the trigger, being mindful of the SENSATION of the trigger press and keeping the rest of your hand from steering/punching the gun away from the point of aim. Reset the action between iterations. 25-100 repetitions per session
2. Unsighted trigger press: This is SUPER IMPORTANT. With an empty gun and in a safe place, simply press the trigger, over and over again. Pay attention to the mechanical "feel" of your gun. Go slow, go fast, go fastest. This will begin to give you the "muscle memory" (and maybe muscle tone) you need to work correctly on the range. 25-unlimited reps.
3. Target transitions etc.: Work through short scenarios (unloaded gun, in safe place) where you move the gun between multiple targets. Focus on the fundamentals of trigger press (fast as you can go and maintain correct control of the gun/sights). 10-25 reps per session.

When you do all of things right, the session should be **quiet and cheap**. If you do things wrong, the session could be neither (**loud and expensive!!!**)

Now: Get to work!