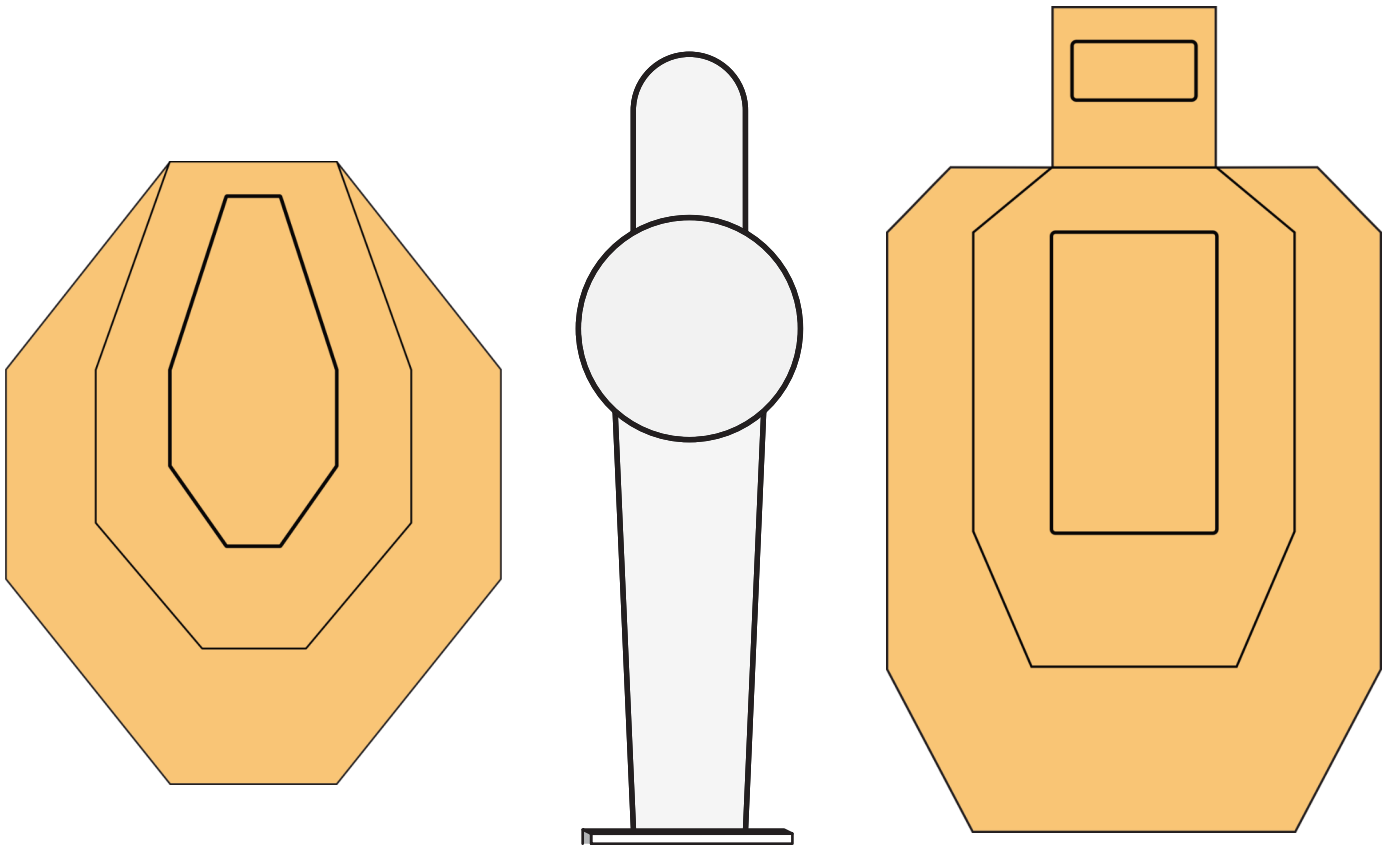




PISTOL

SHOOTING SPORTS

A Beginner's Guide to Practical Shooting Competition



Dry-Fire Targets - Print and Practice

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Dry-Fire Targets

Print and Practice

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Dry-Fire Safety

The fact that it is so simple to practice at home makes it convenient, but you must ensure you follow all the rules of firearm safety. **Check that your firearm is unloaded and cannot become loaded with live ammunition as you practice.** Be sure to create a safe working environment and practice conditions before you start. Do not allow yourself to be interrupted or distracted. Safety comes first.

Never have any ammunition nearby or in the same area when working with your firearm or practicing dry-fire. Always take the necessary precautions to ensure a safe practice area. Always keep the gun pointed in a safe direction and follow all the rules of firearm safety while practicing.



Targets

You will need a few simple targets that resemble what you encounter in a competition. It helps to use smaller targets when you need to simulate distance. For example, a full-size target at 30 feet could be simulated with a third-size target at 10 feet. Proportional targets give you more options to work with as you create your practice area. Practicing at different distances develops the right skills for what you will encounter in competition.

Things to Remember:

- Never have any ammunition present when you dry-fire. **Ever!**
- Dry-fire is the least expensive, highest value activity you can do to improve your skills.
- Use targets that resemble what you will be seeing in competition. Use scaled-down versions to help simulate distance.
- Use a timer with a par-time feature and random start to help you measure time and improve responsiveness.
- Watch your sights as you pull the trigger to ensure you are using good technique, and confirm your skills using live-fire at the range.
- If you practice proper technique at least ten minutes a day over a few weeks, you will see positive results the next time you go to the range.



Breaking Things Down

It's easier to improve your overall performance by breaking down the movements and activities that take the most time. This is where shot timers become invaluable. When you improve your performance (even marginally) in several little ways, your overall performance and scores improve.

When using shot timers, ask yourself these three questions:

- Where are you spending the most time executing a skill or drill?
- Where can you reduce time by improving your skills and efficiencies?
- Where do you need to improve (based on recording previous times)?

Have a Plan

To ensure efficient use of your shot timer, it's a good idea to have a plan each time you practice. For example, you may want to focus on specific skills, like timed accuracy or efficiency of movement. The shot timer will help you understand the time associated with the skill you chose to review, and your journal notes will help you understand where you are improving.

Remember, it is important to record your performance times in a journal every time you practice. Reviewing previous sessions enables you to see where you have progressed and improved as a competitive shooter.

Skills and Goals

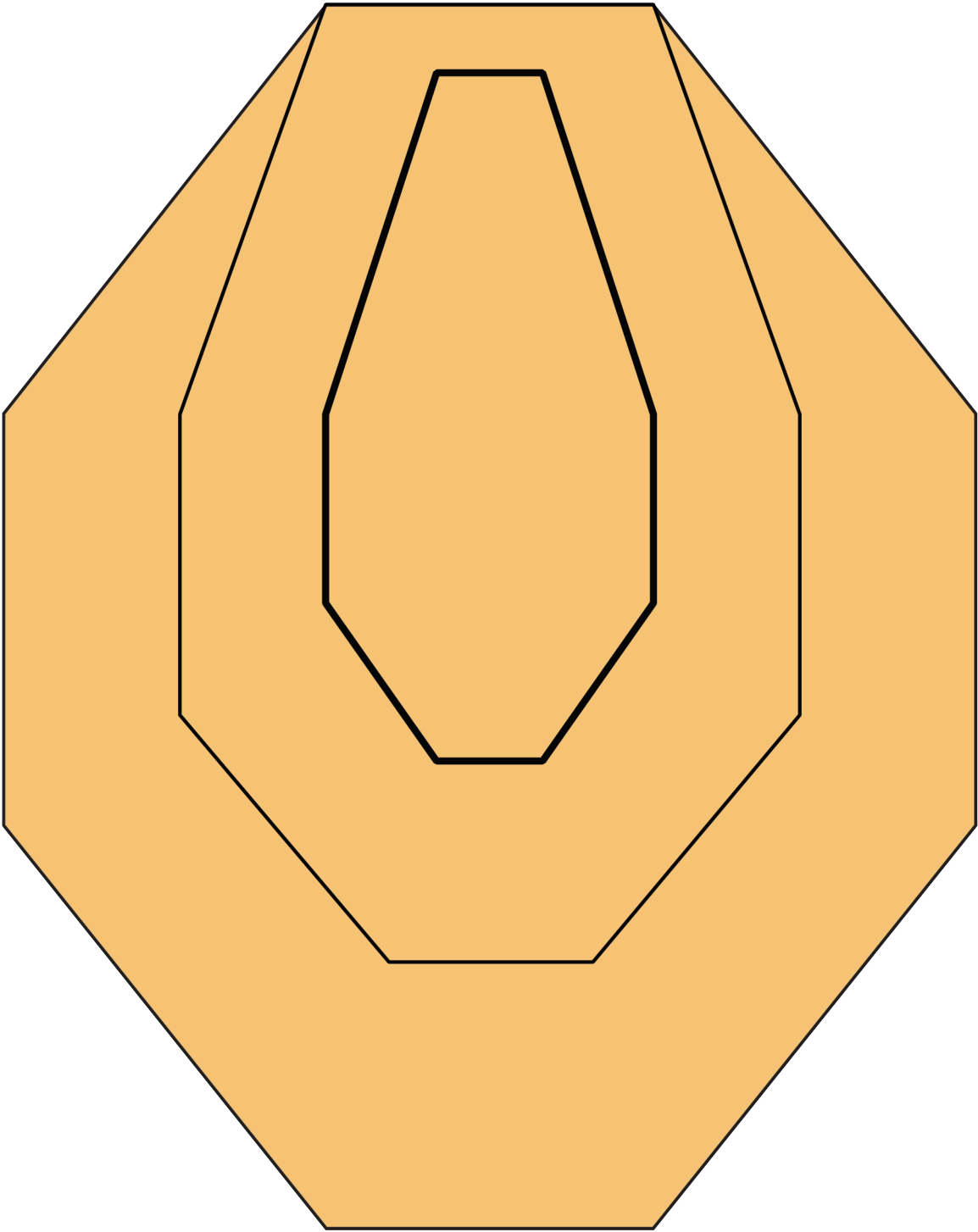
It is good to start any dry-fire session with a plan. Determine what you are going to work on and how you will measure success.

The following are some fundamental pistol manipulation skills anyone can start with:

- Pulling the trigger without disturbing the sights on a target.
- Building the proper grip and presentation from a holster.
- Drawing to a target and executing proper trigger control.
- Reloading and getting back up on target.
- Clearing malfunctions and getting the sights back on target.
- Practicing dominant-hand and support-hand grip and trigger control.

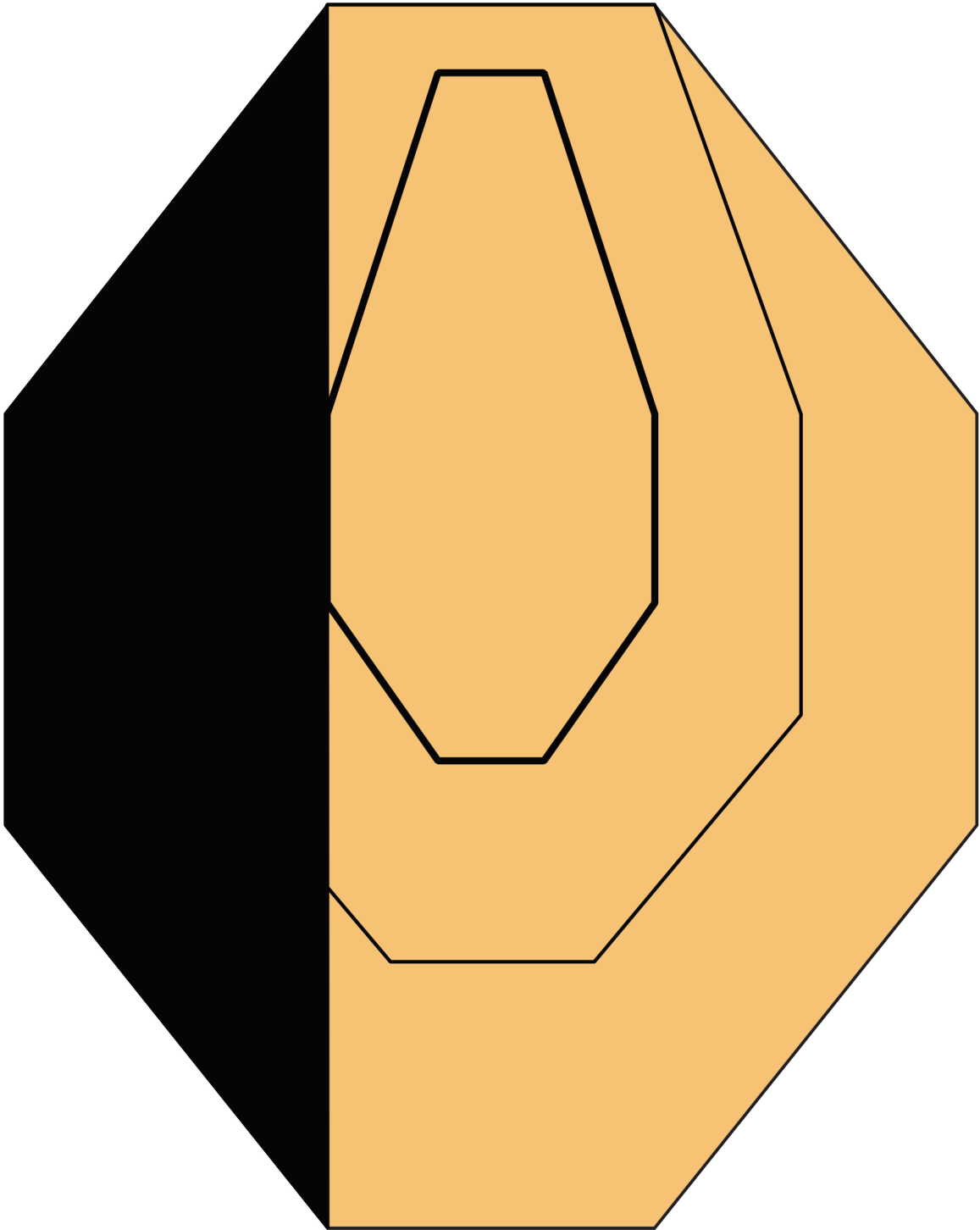
There are several Dry-Fire targets included in this guide to help get you started.





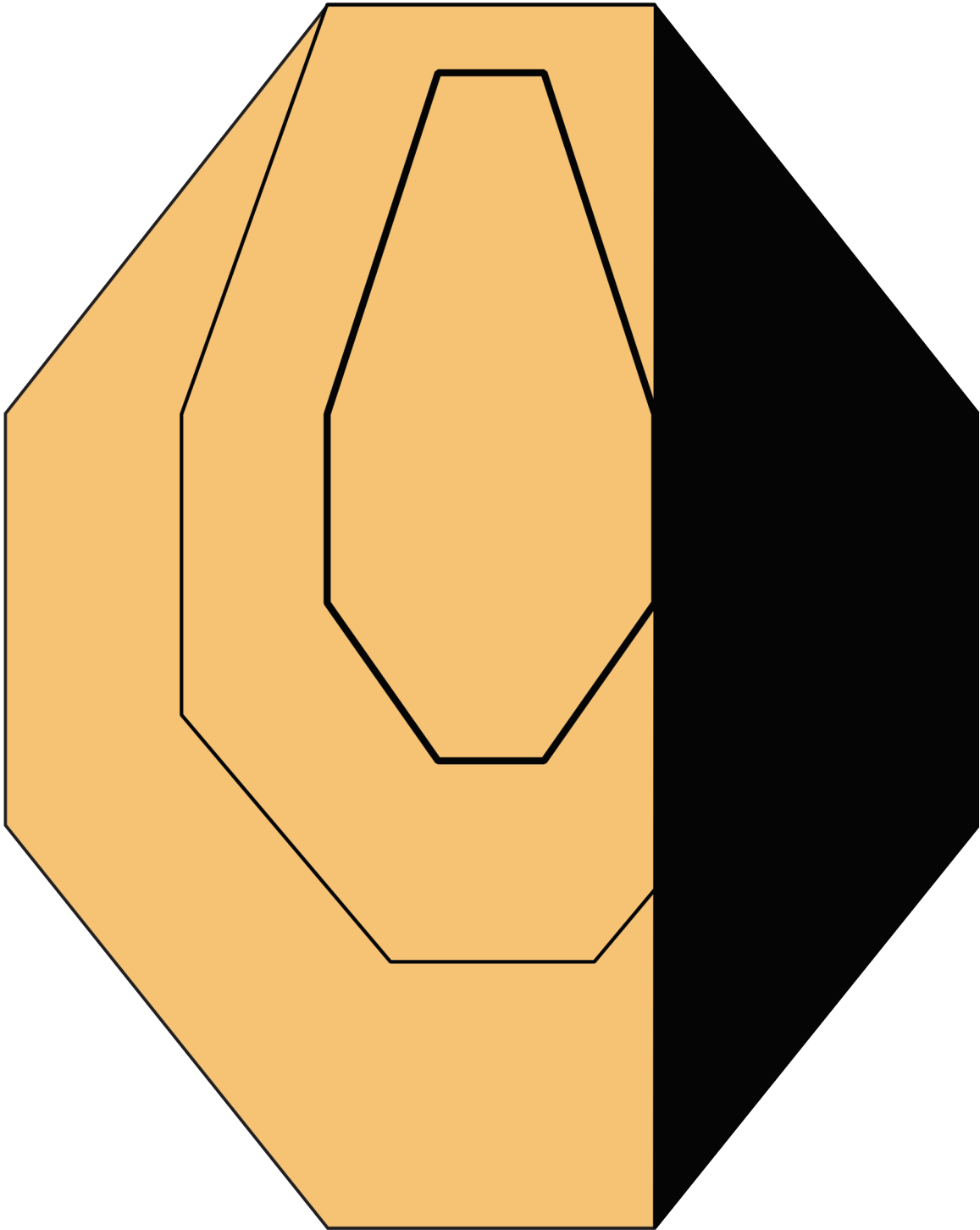
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Not an official target



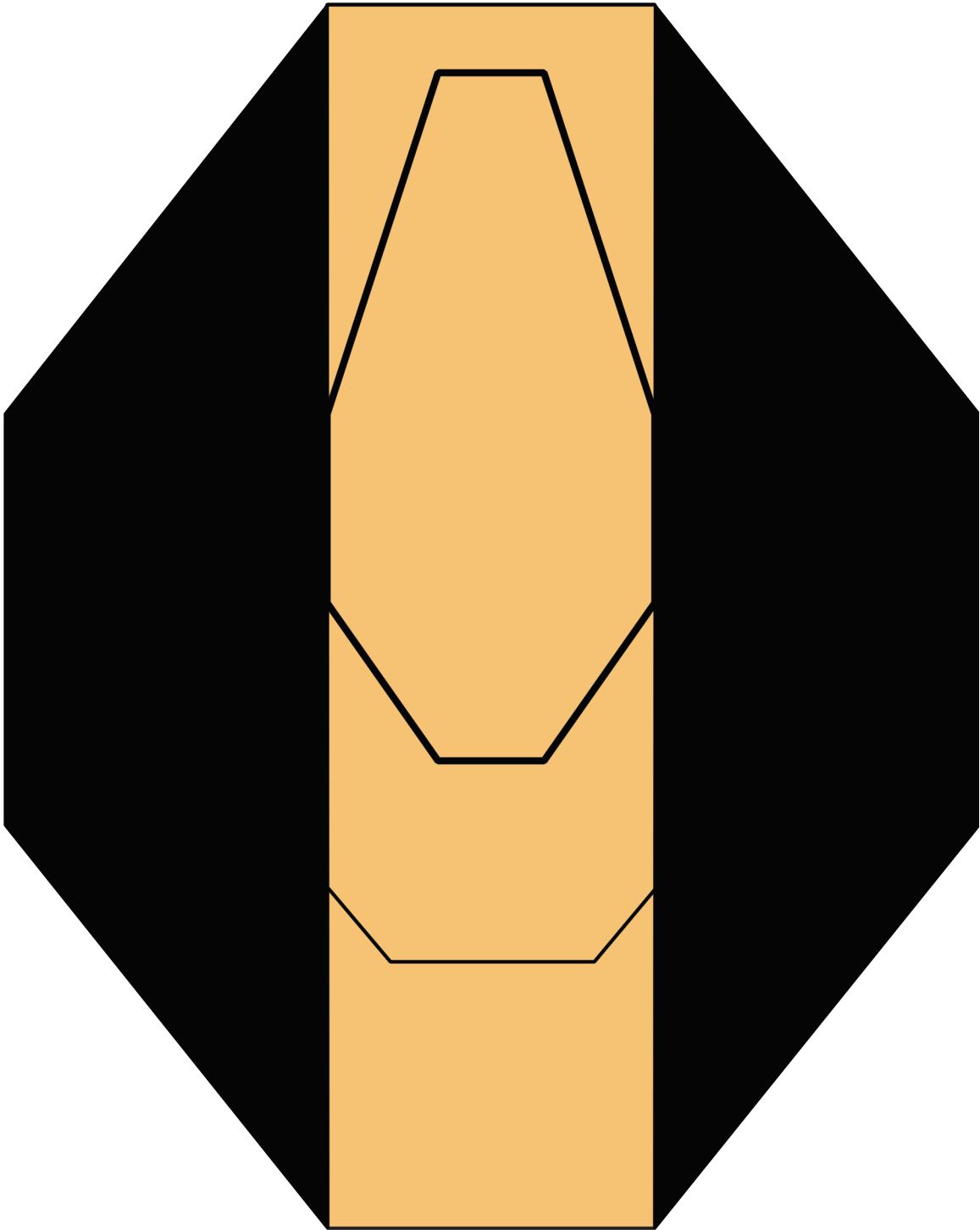
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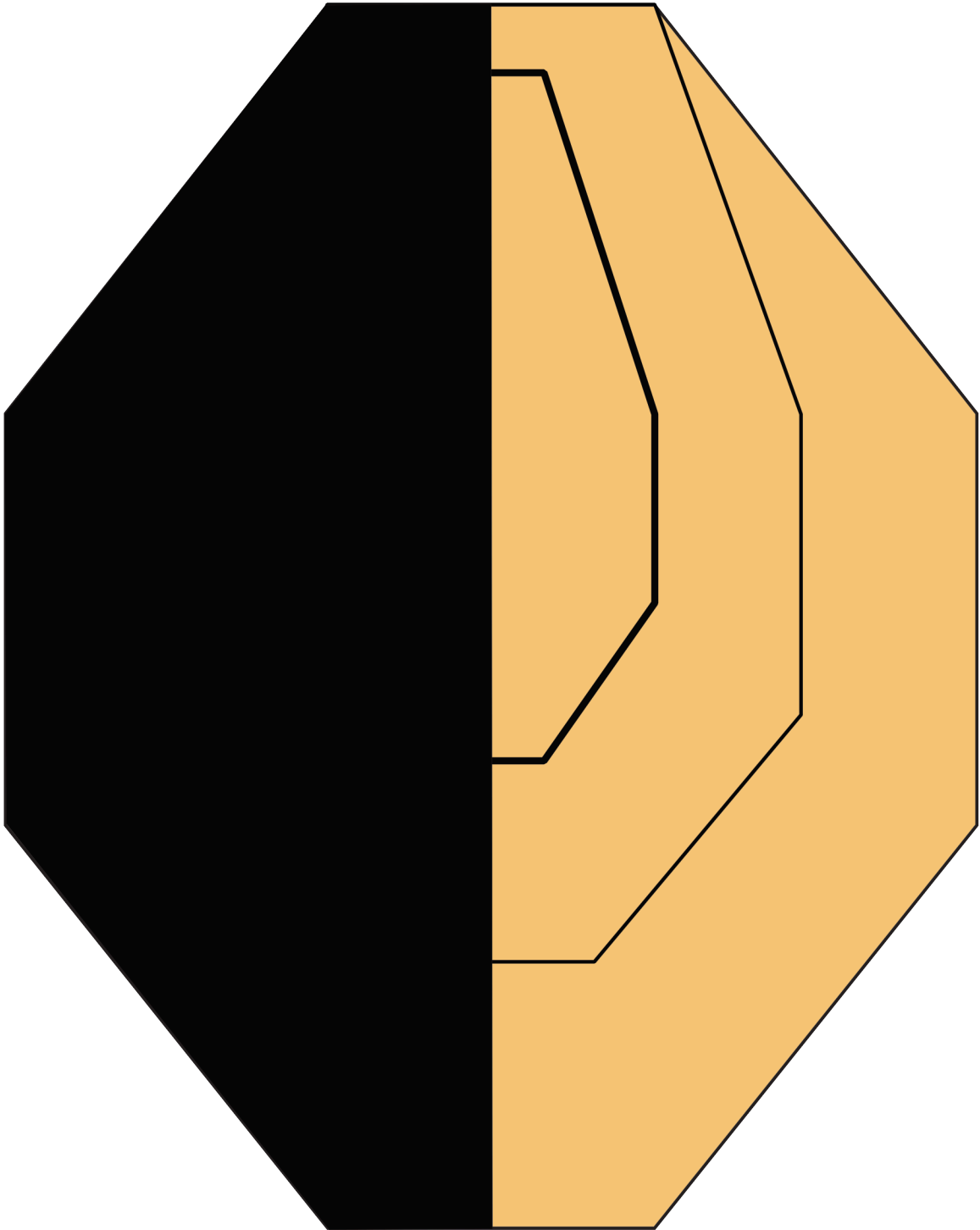
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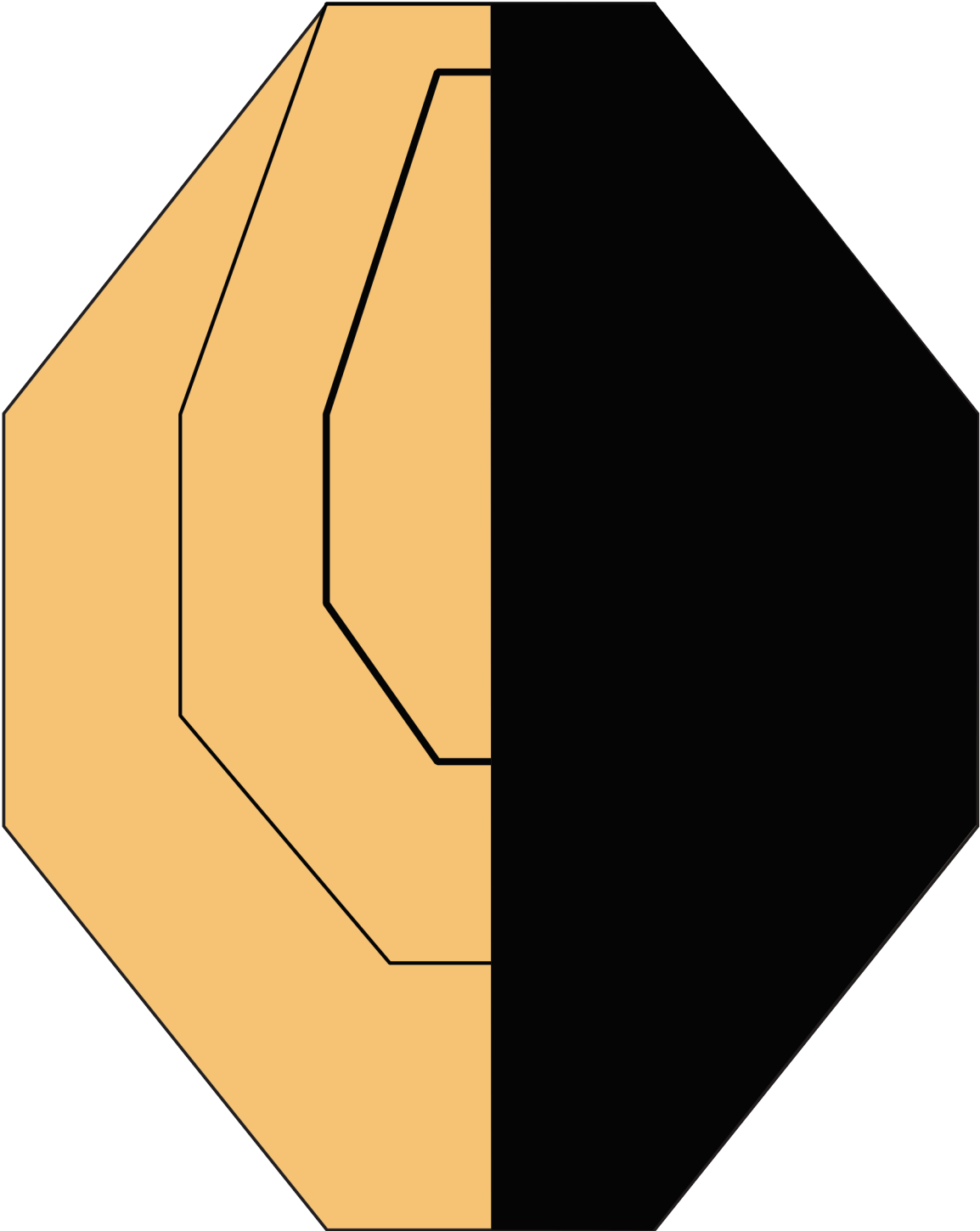
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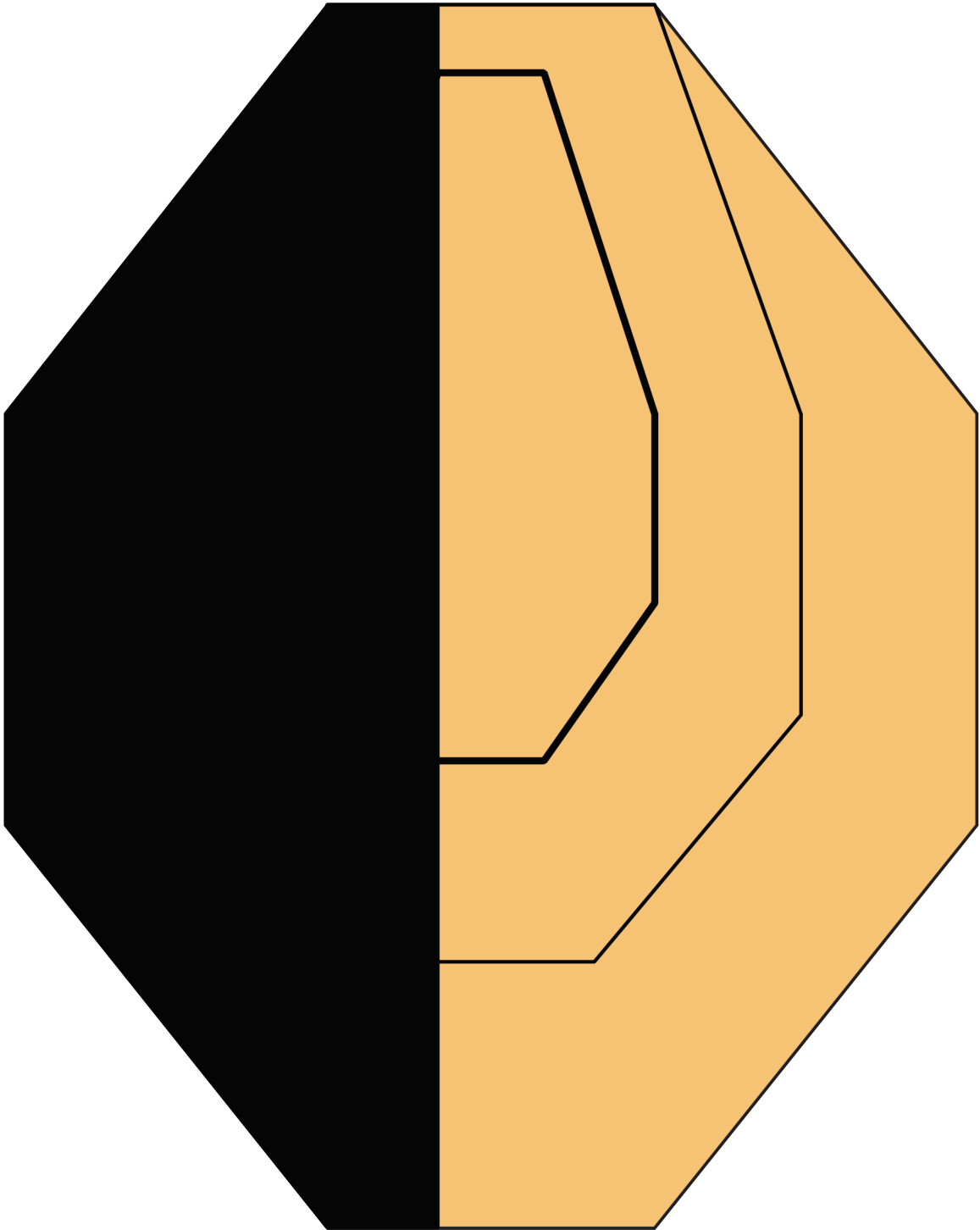
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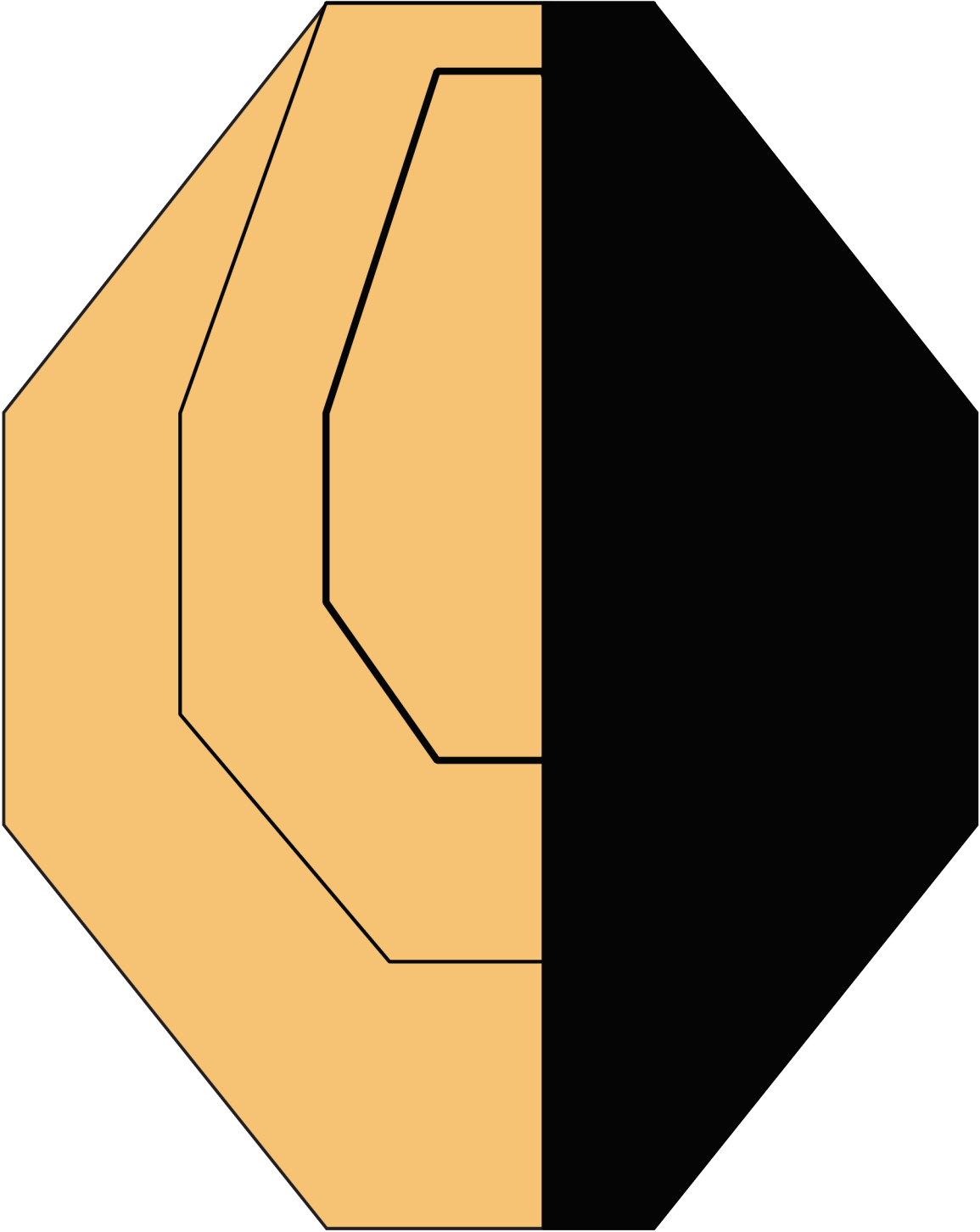
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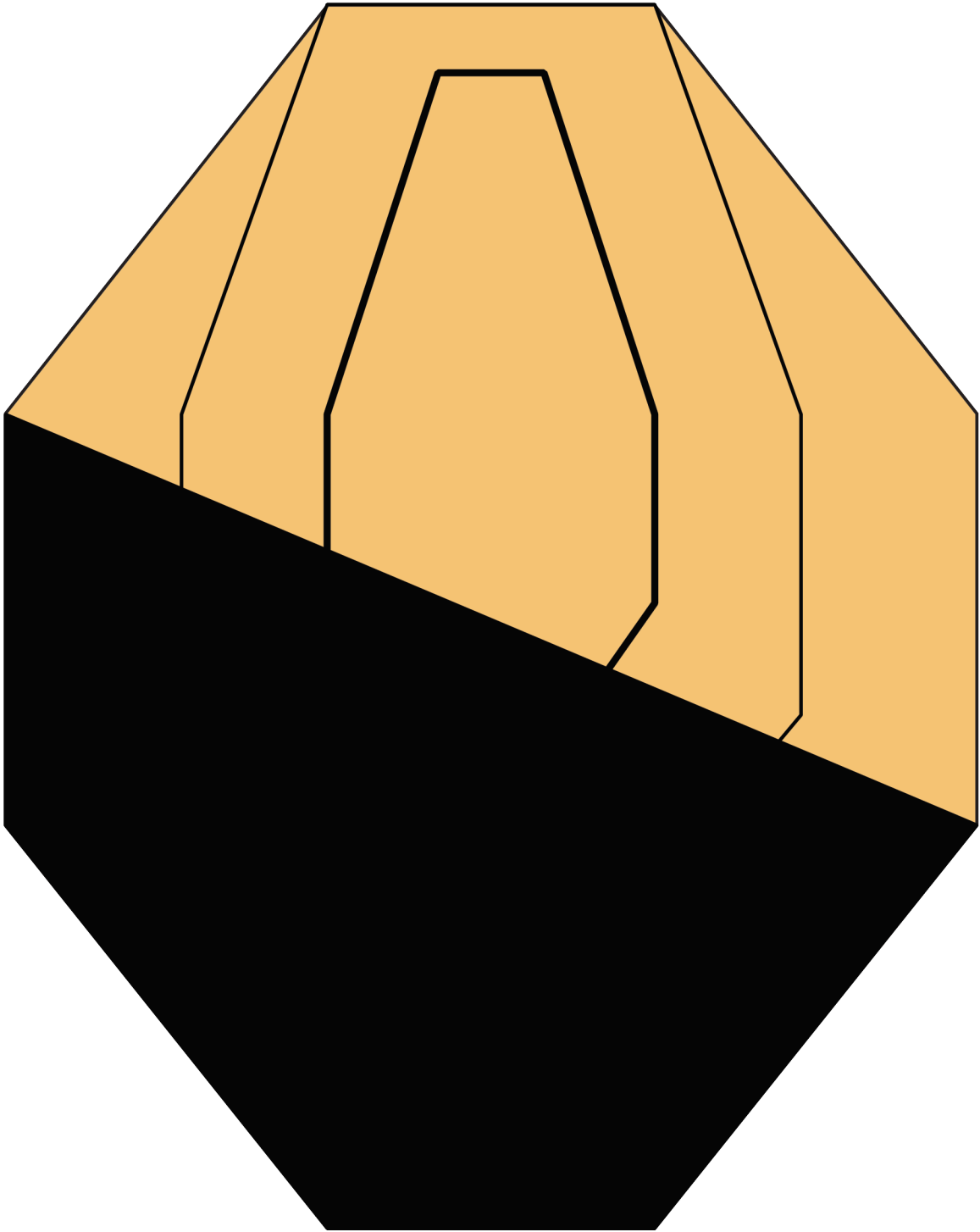
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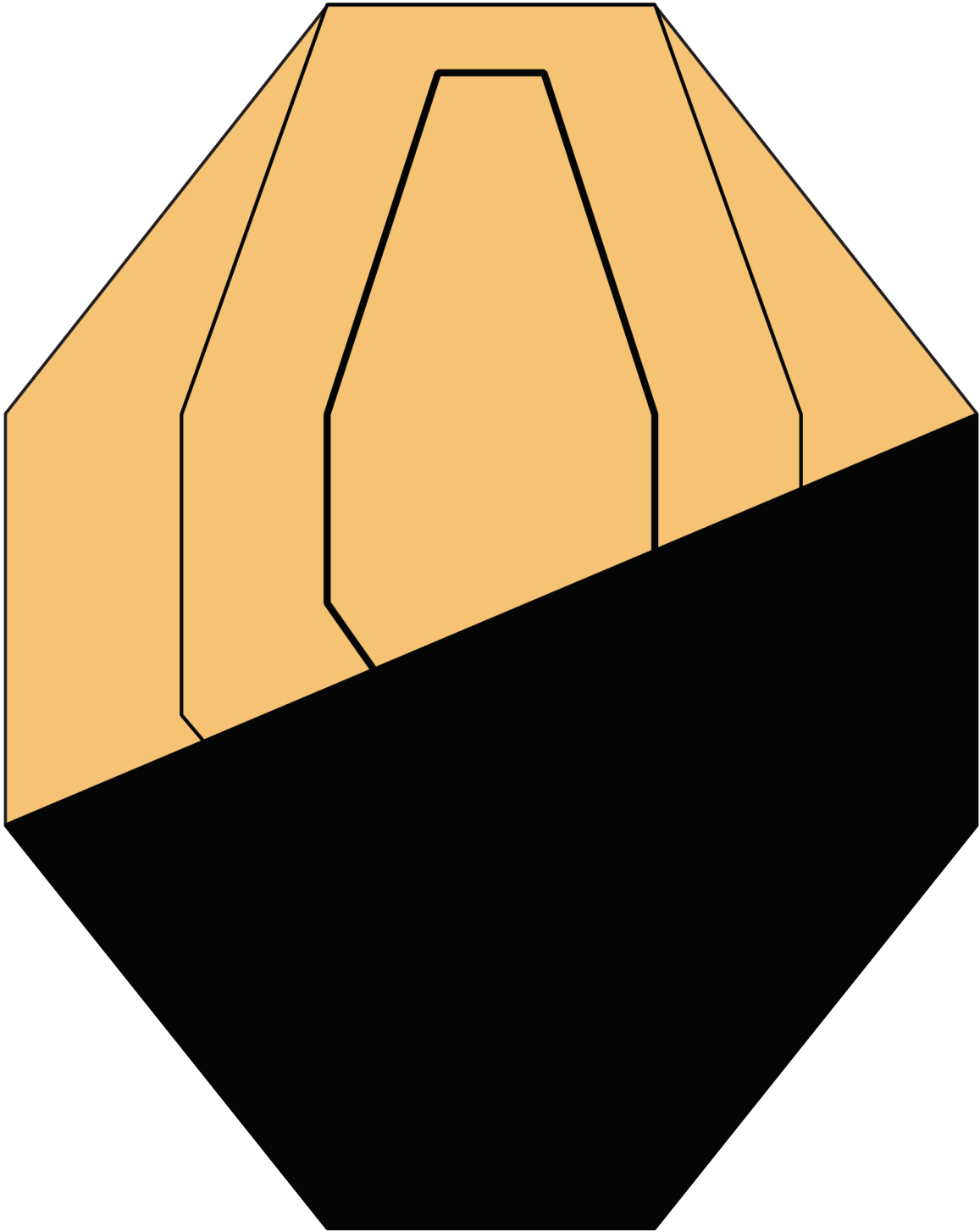
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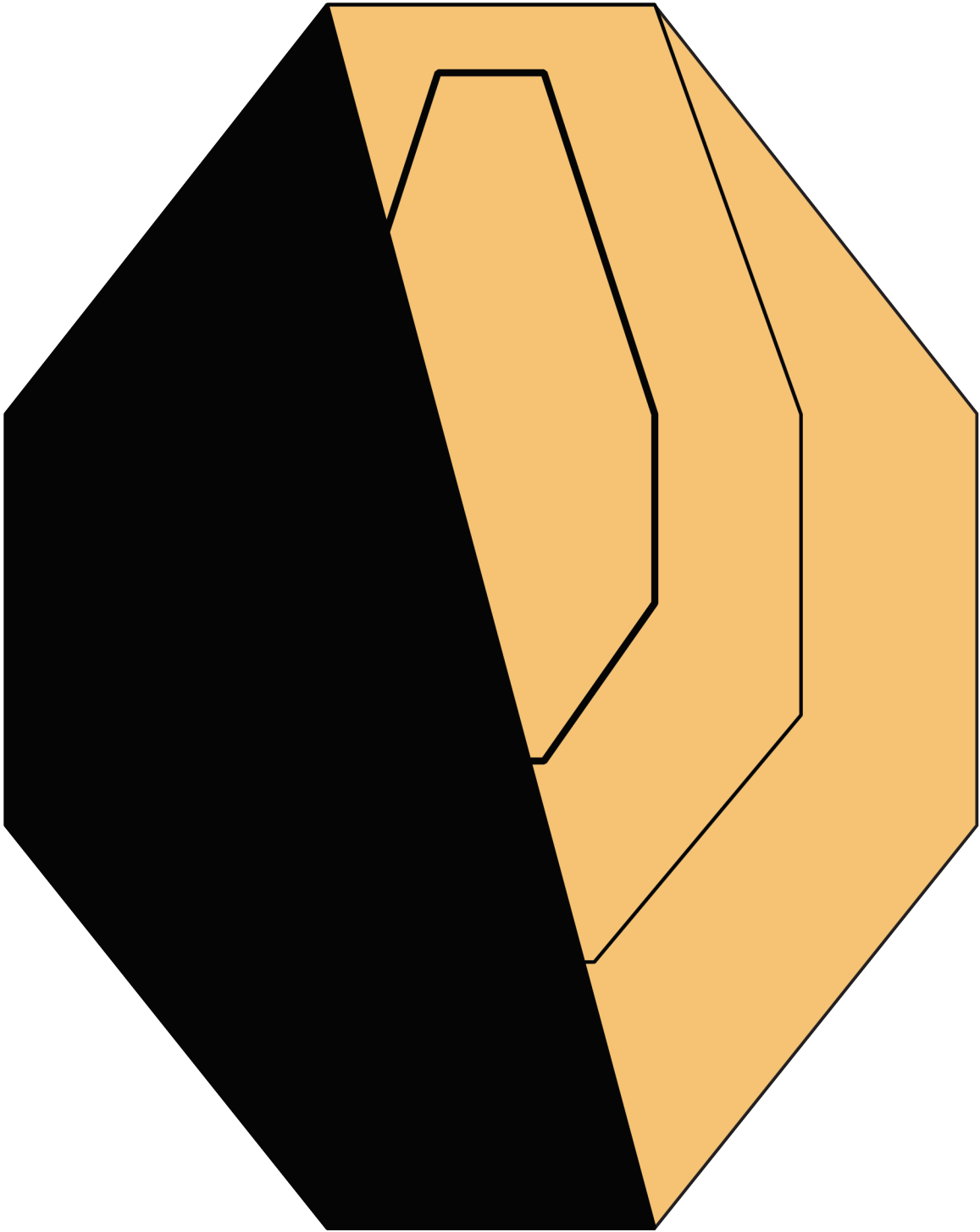
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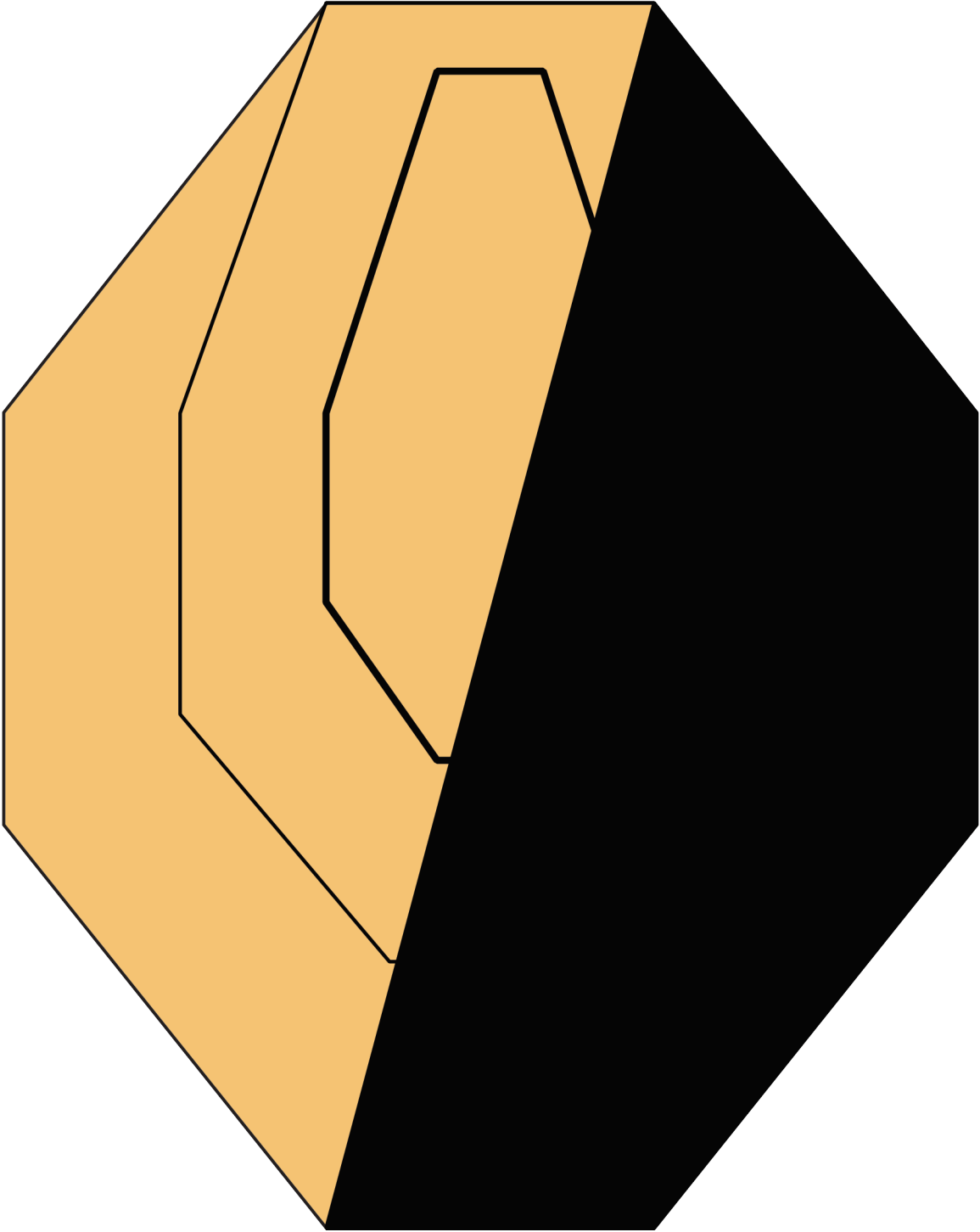
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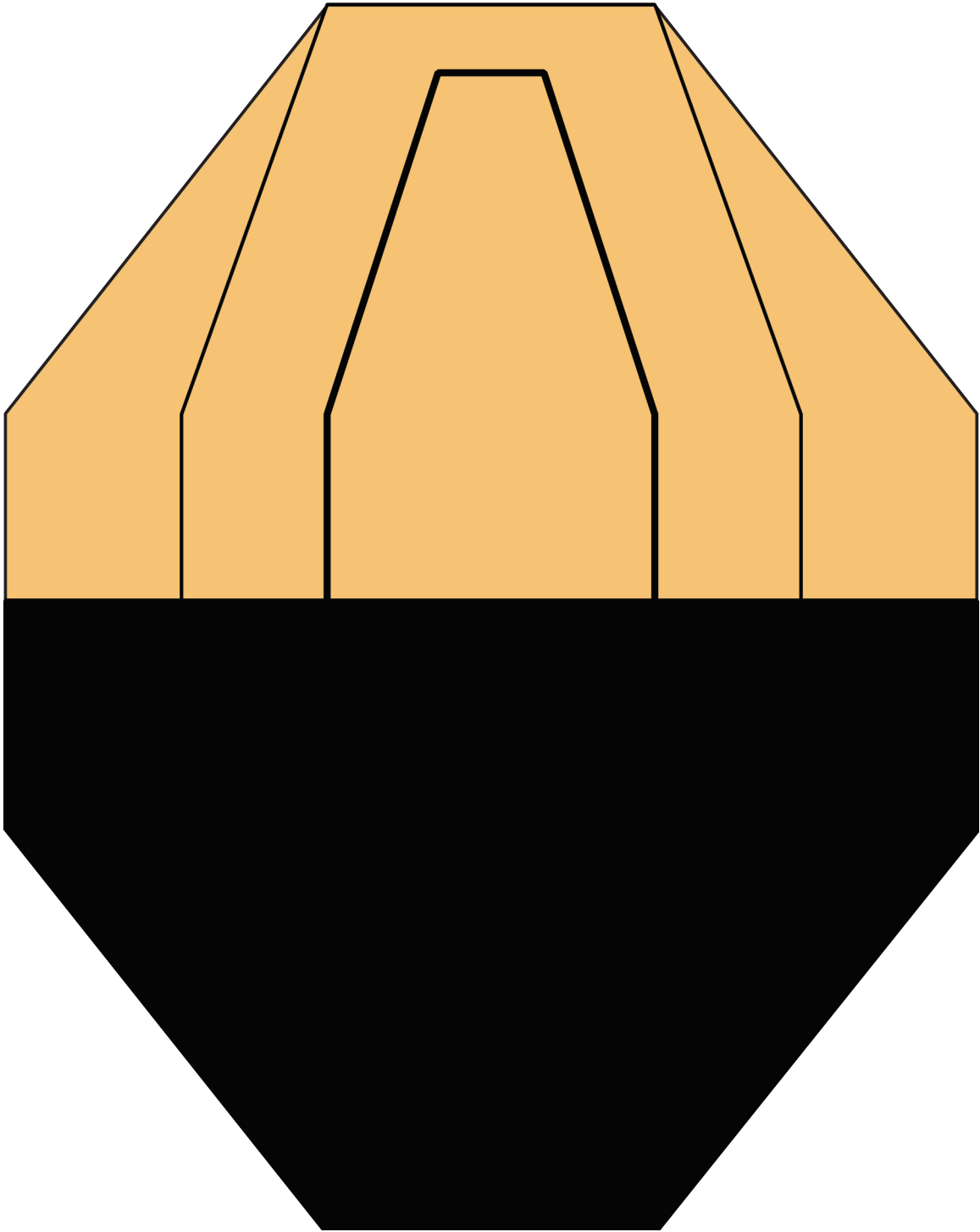
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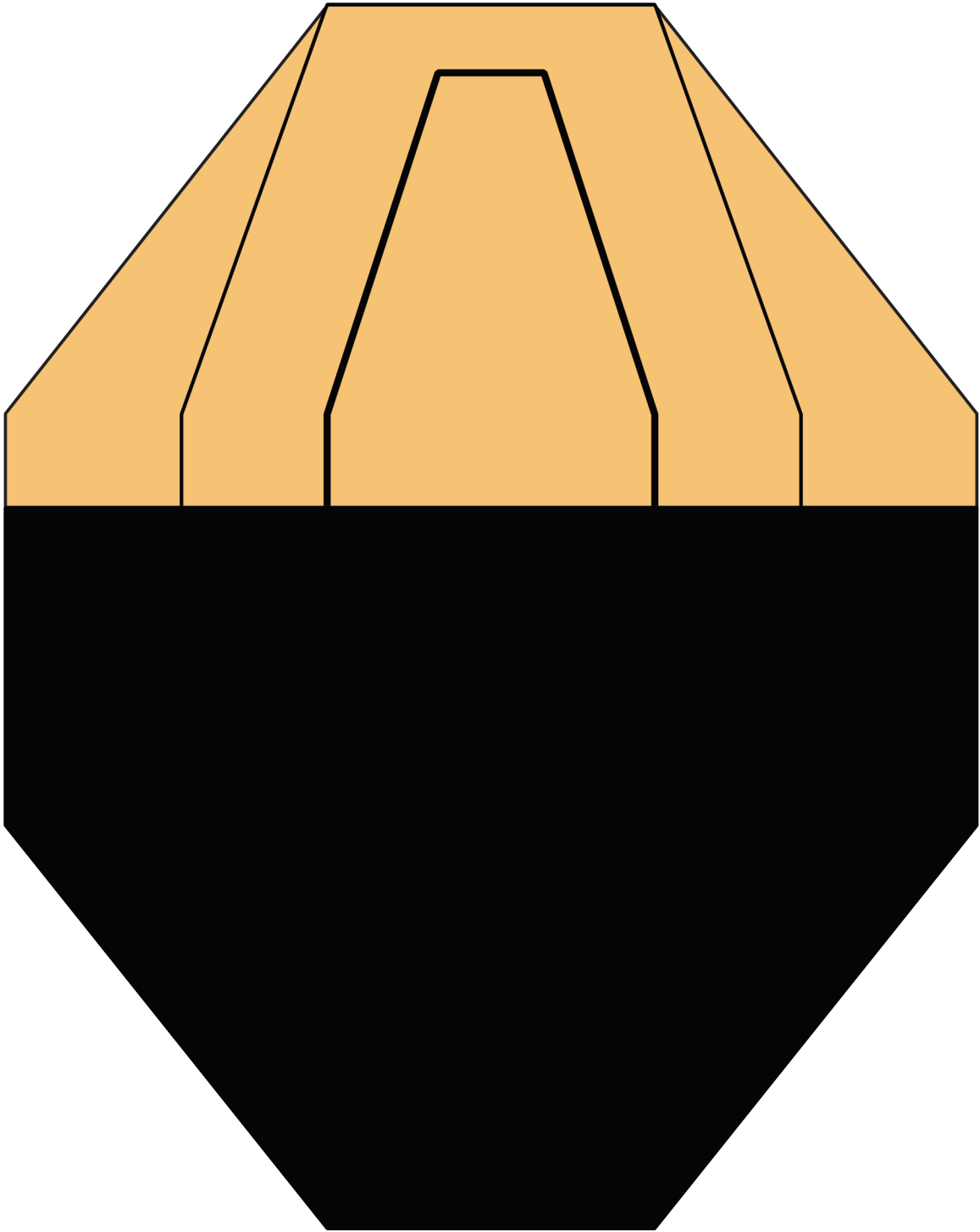
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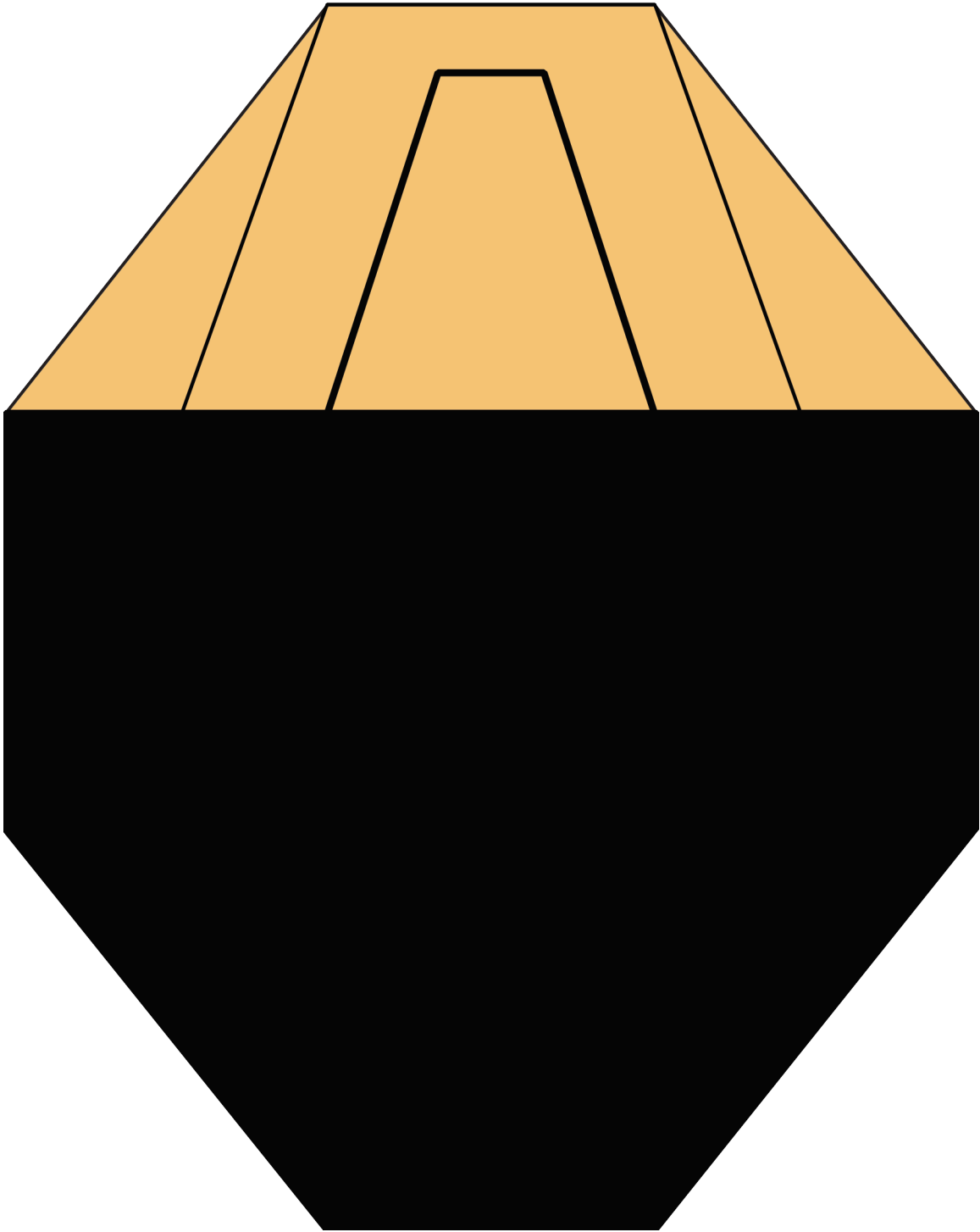
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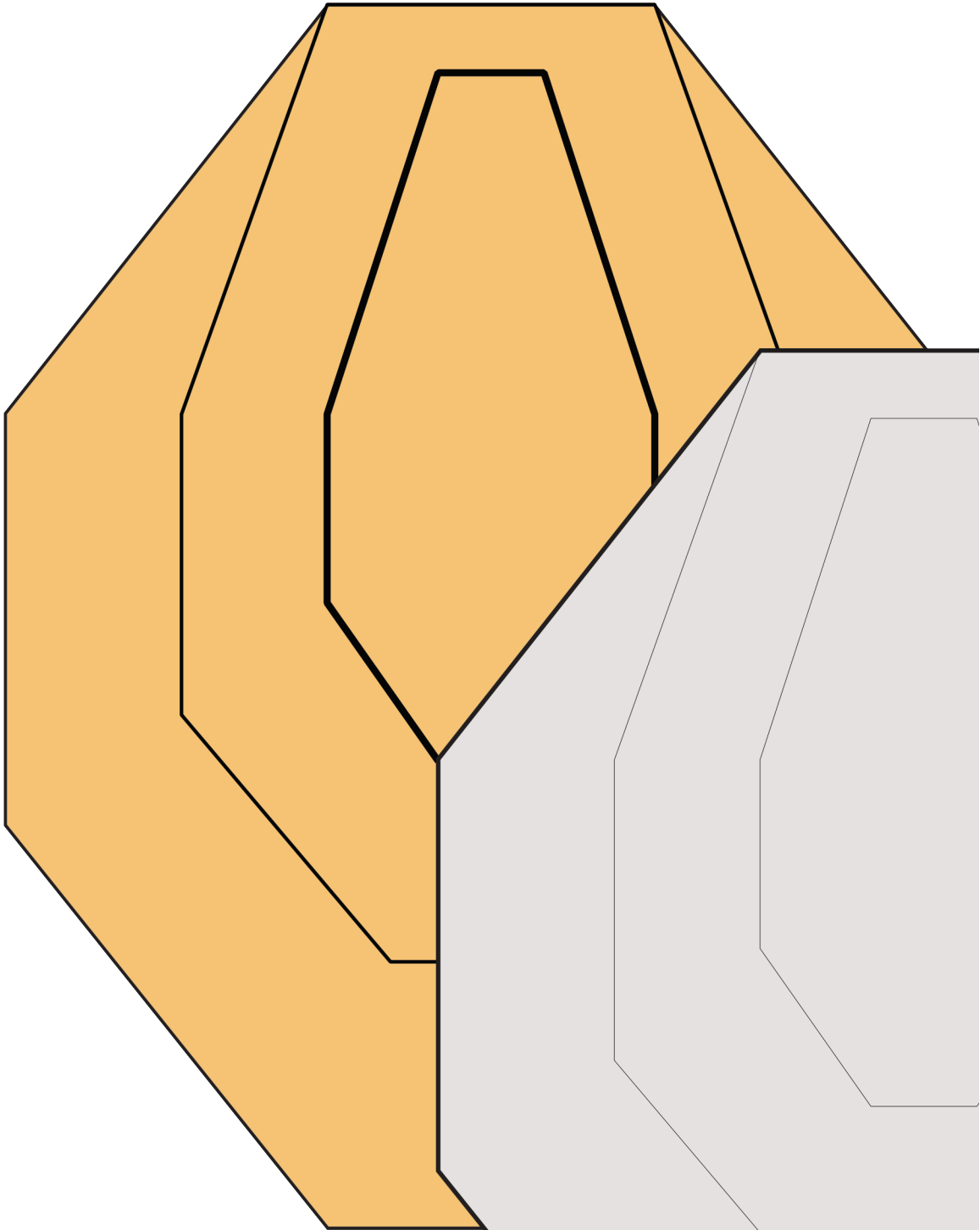
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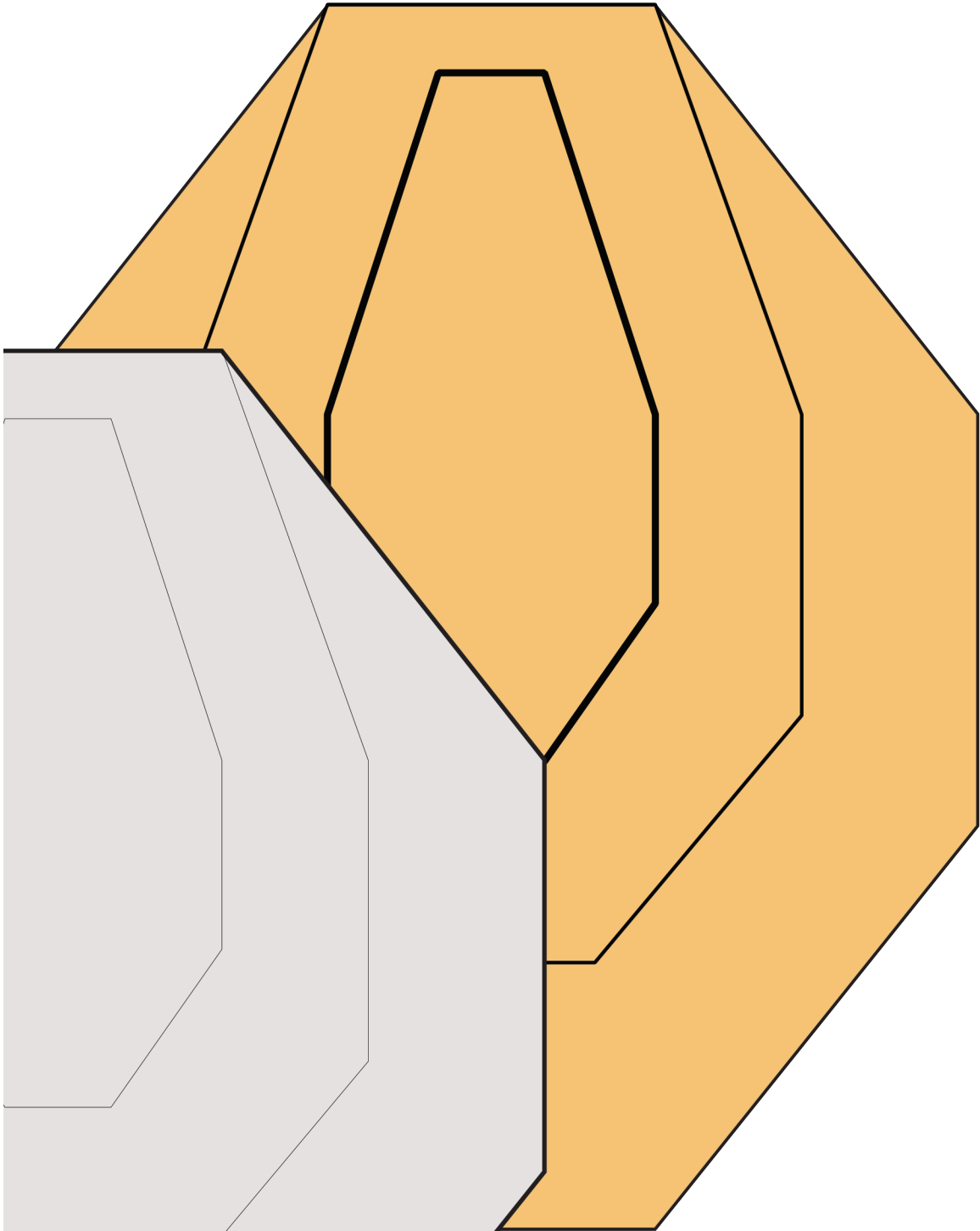
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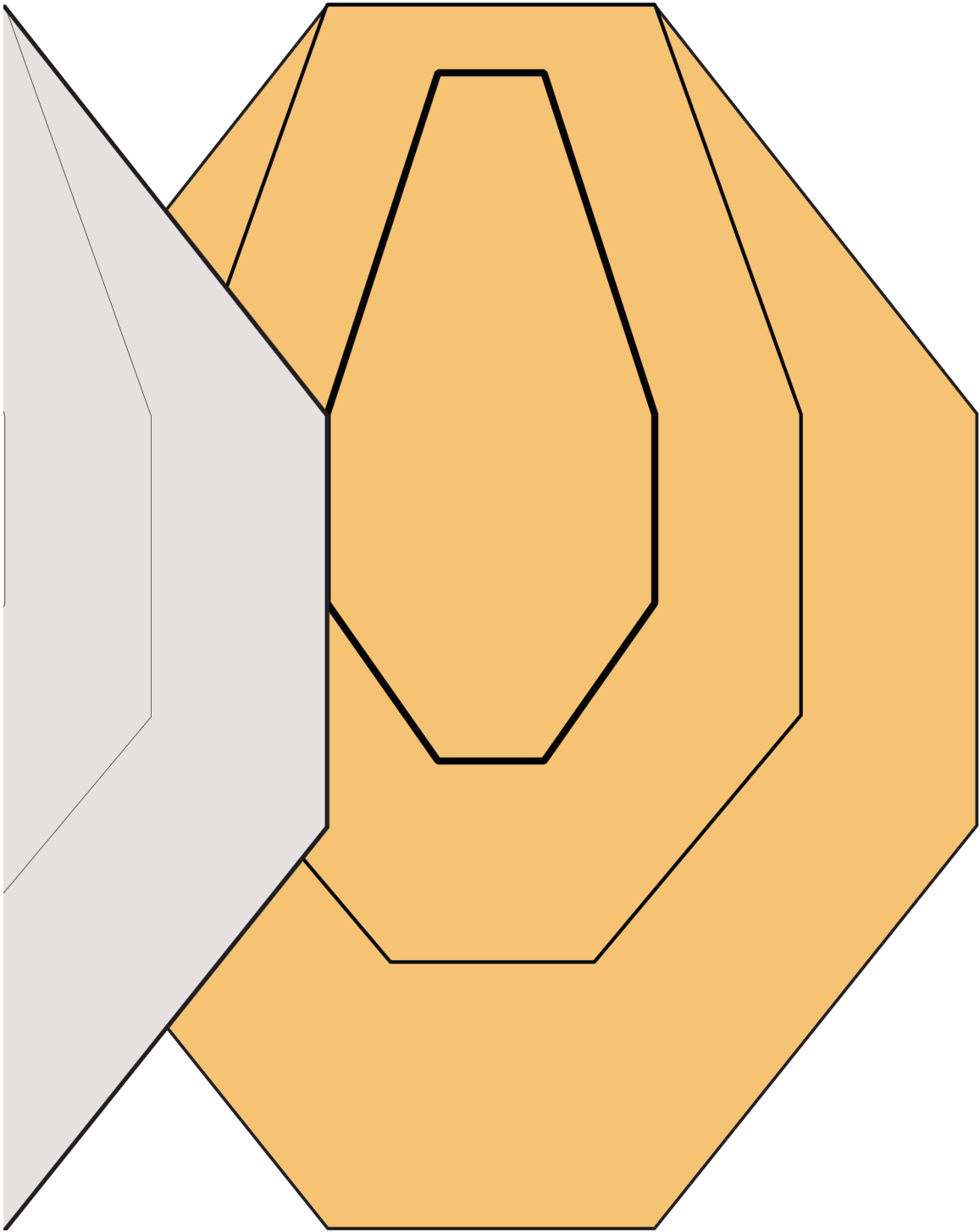
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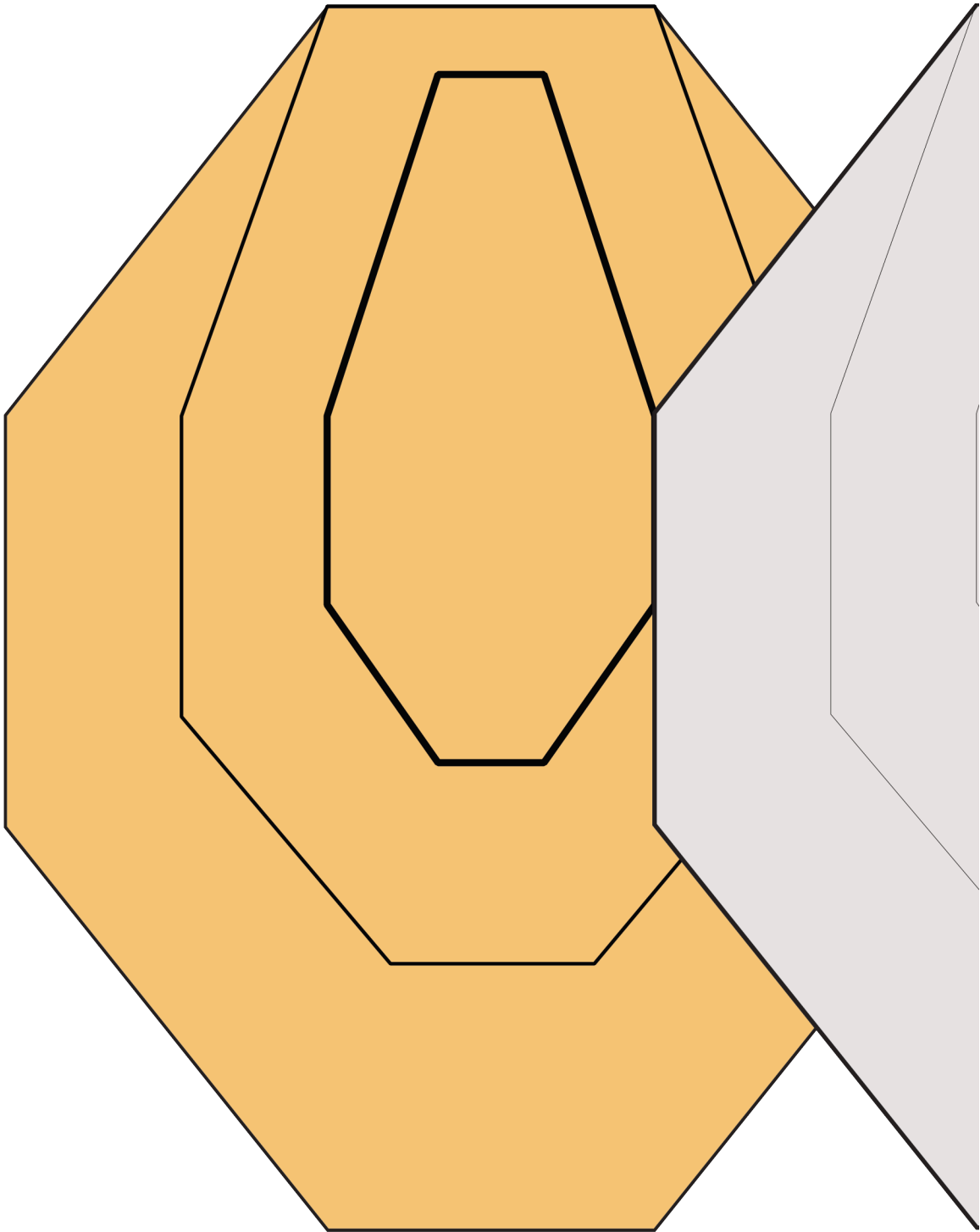
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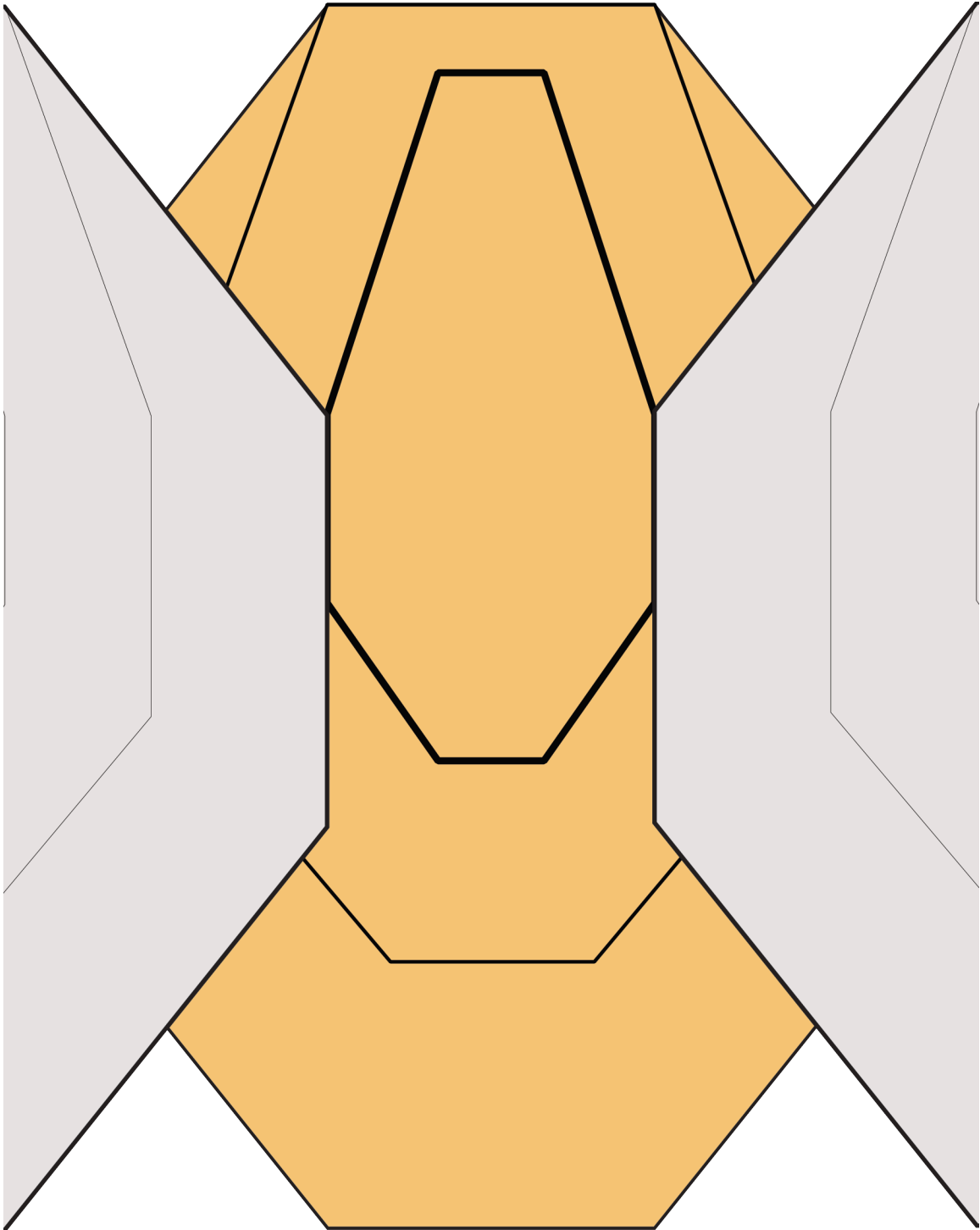
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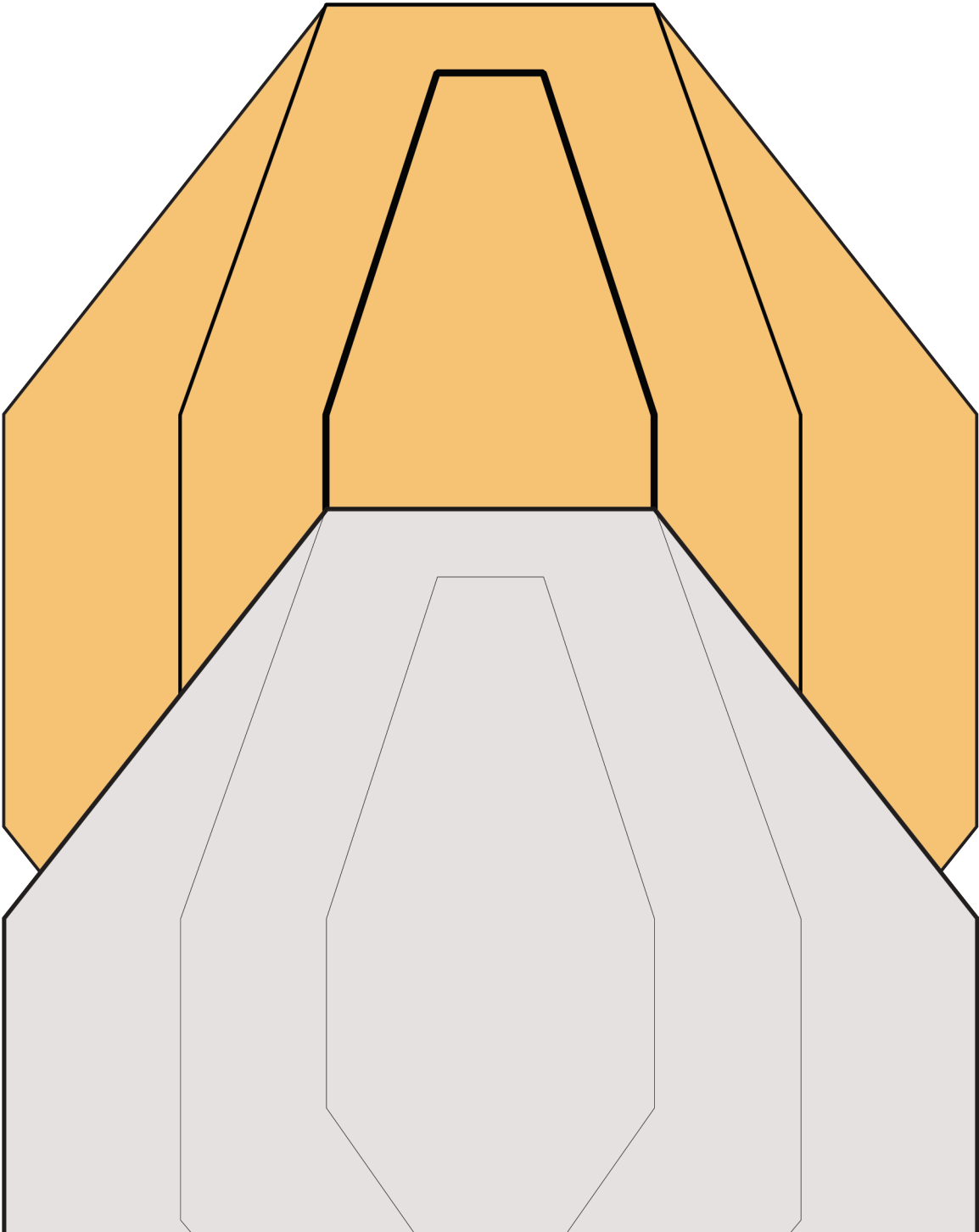
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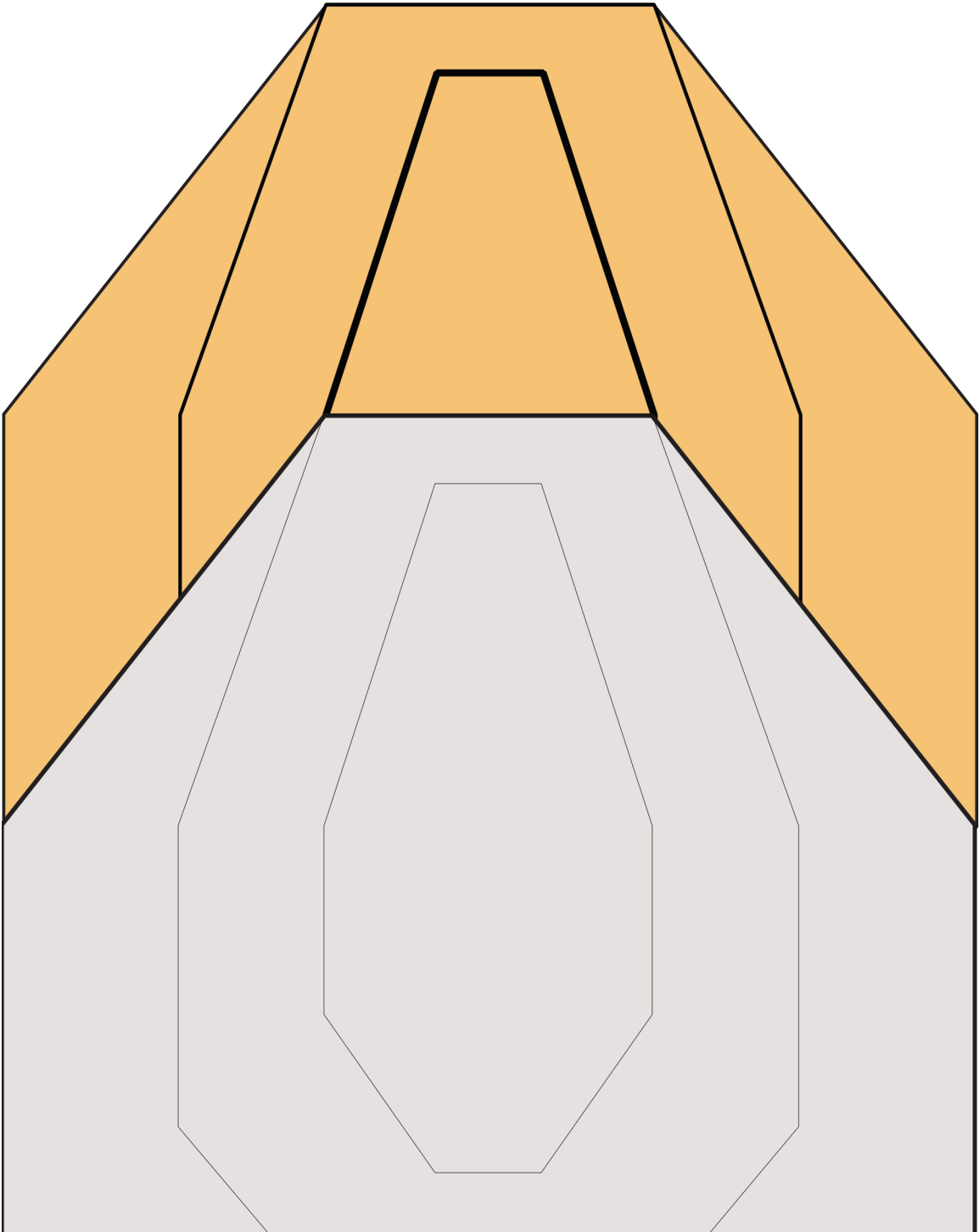
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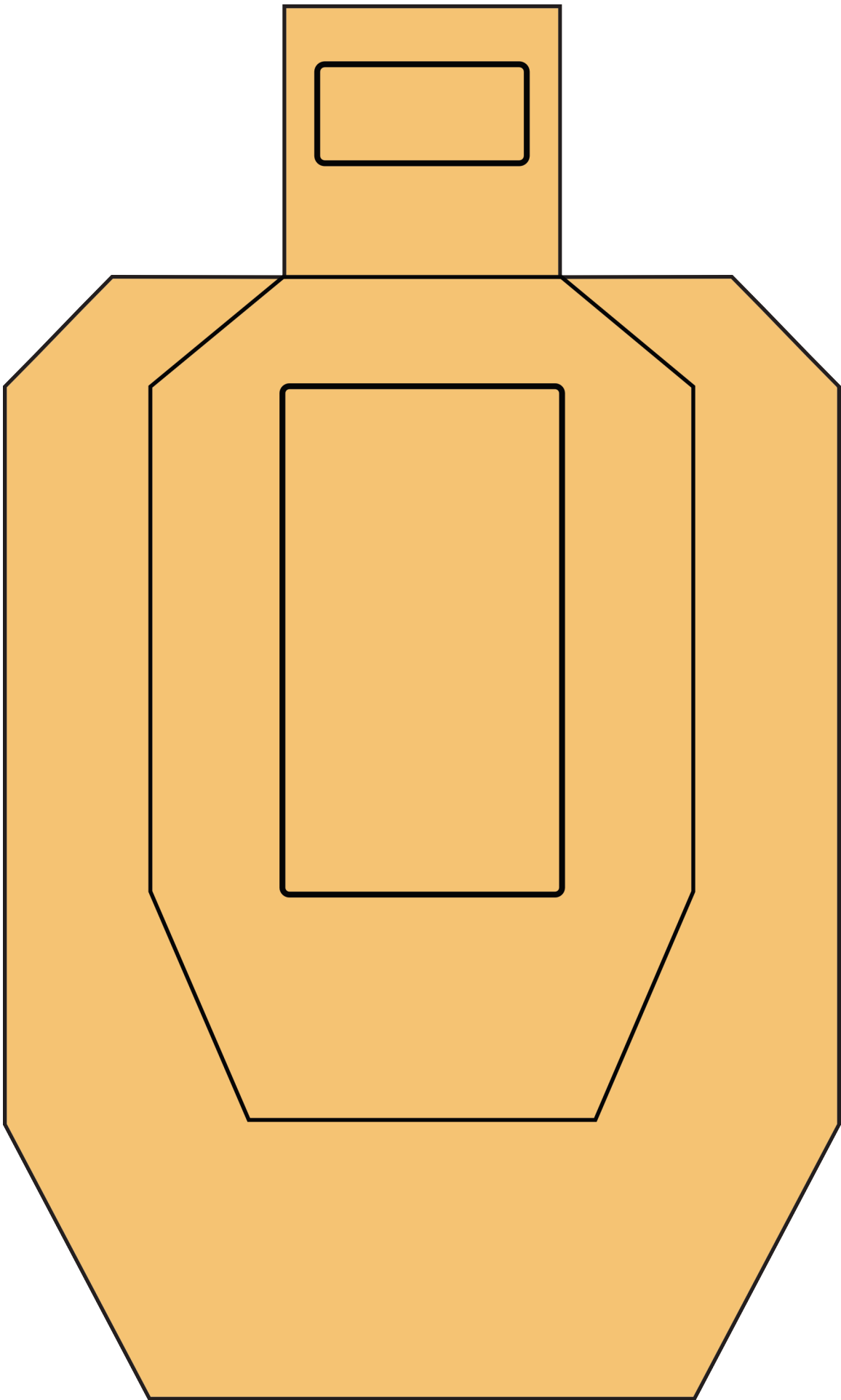
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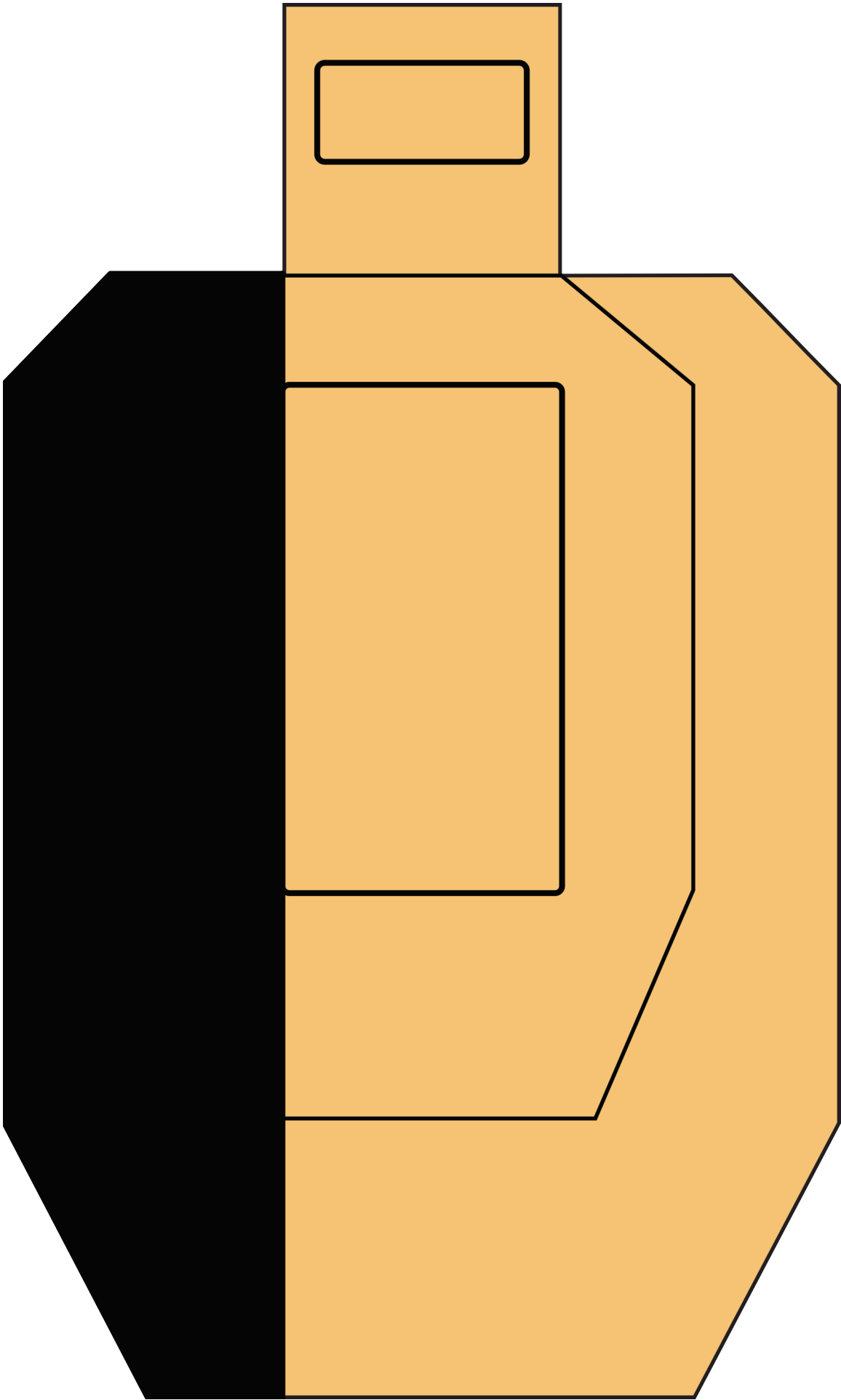
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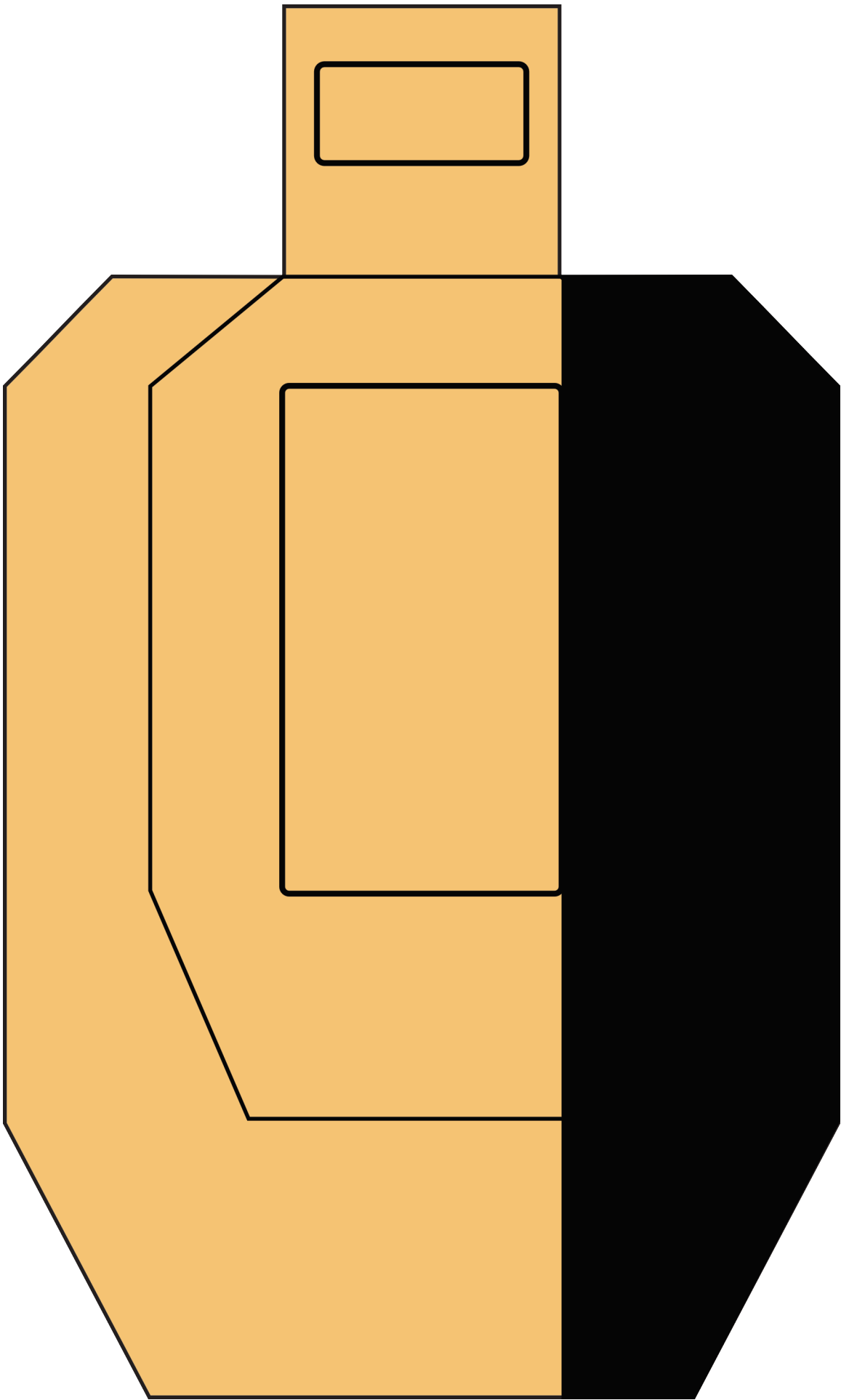
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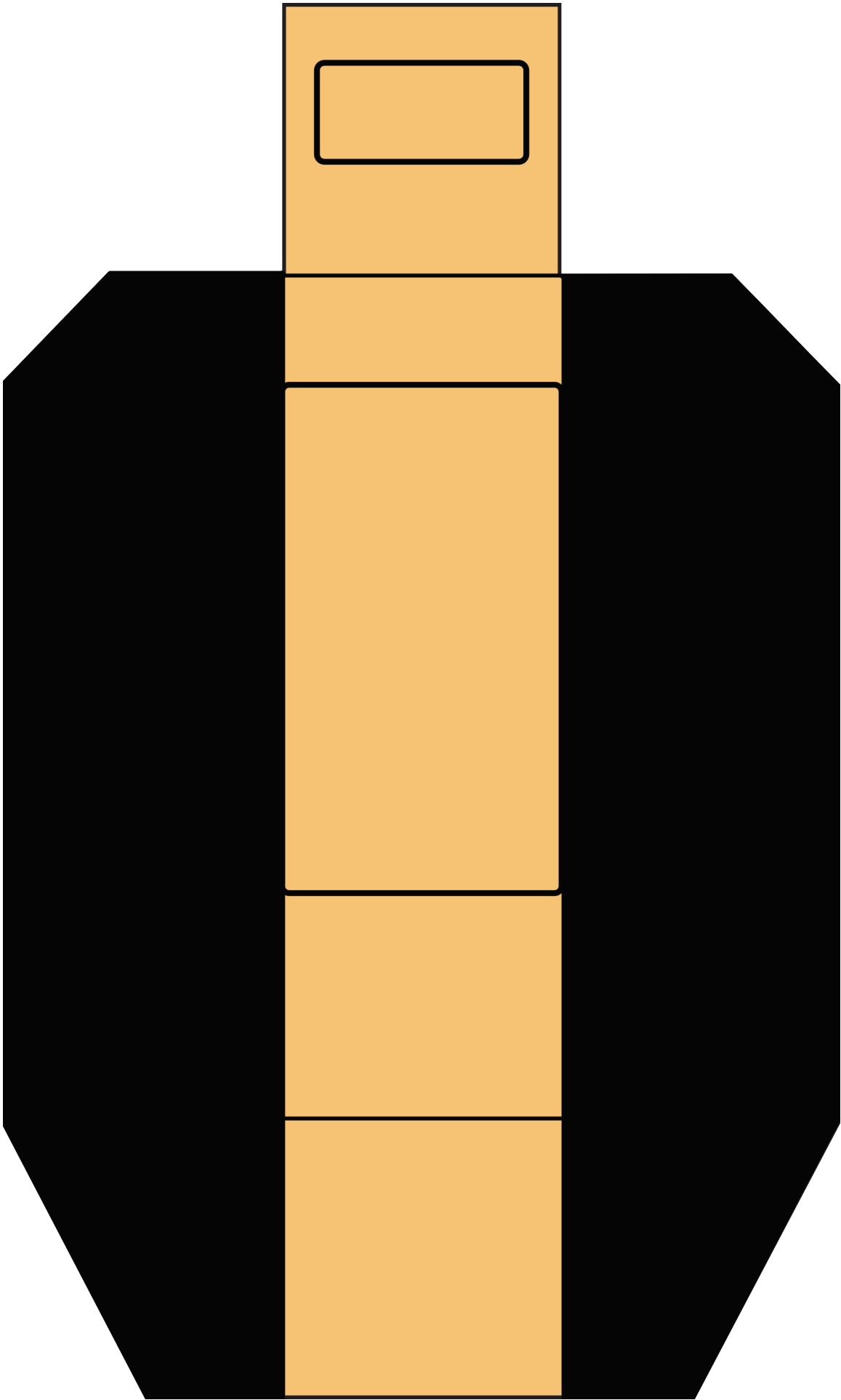
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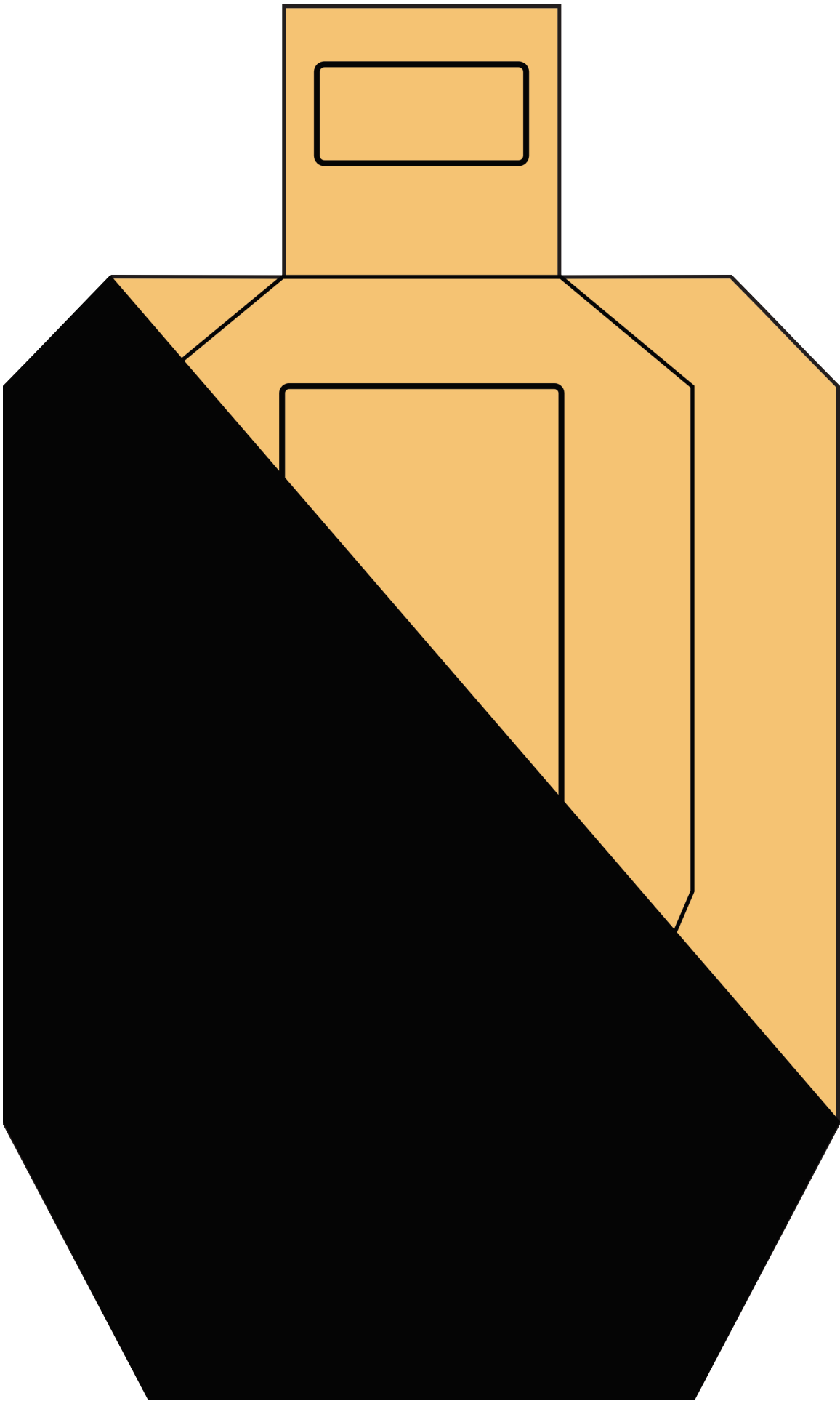
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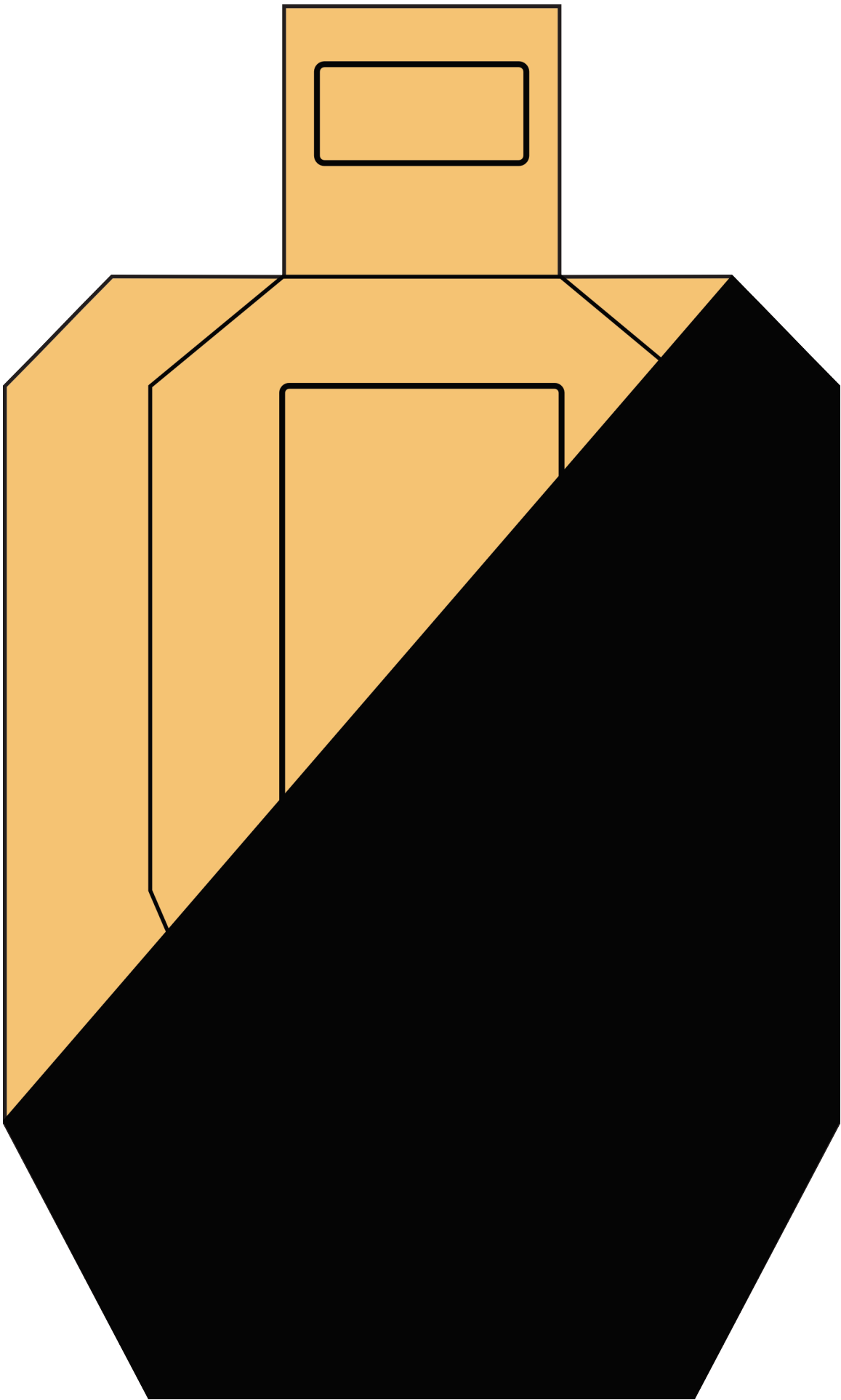
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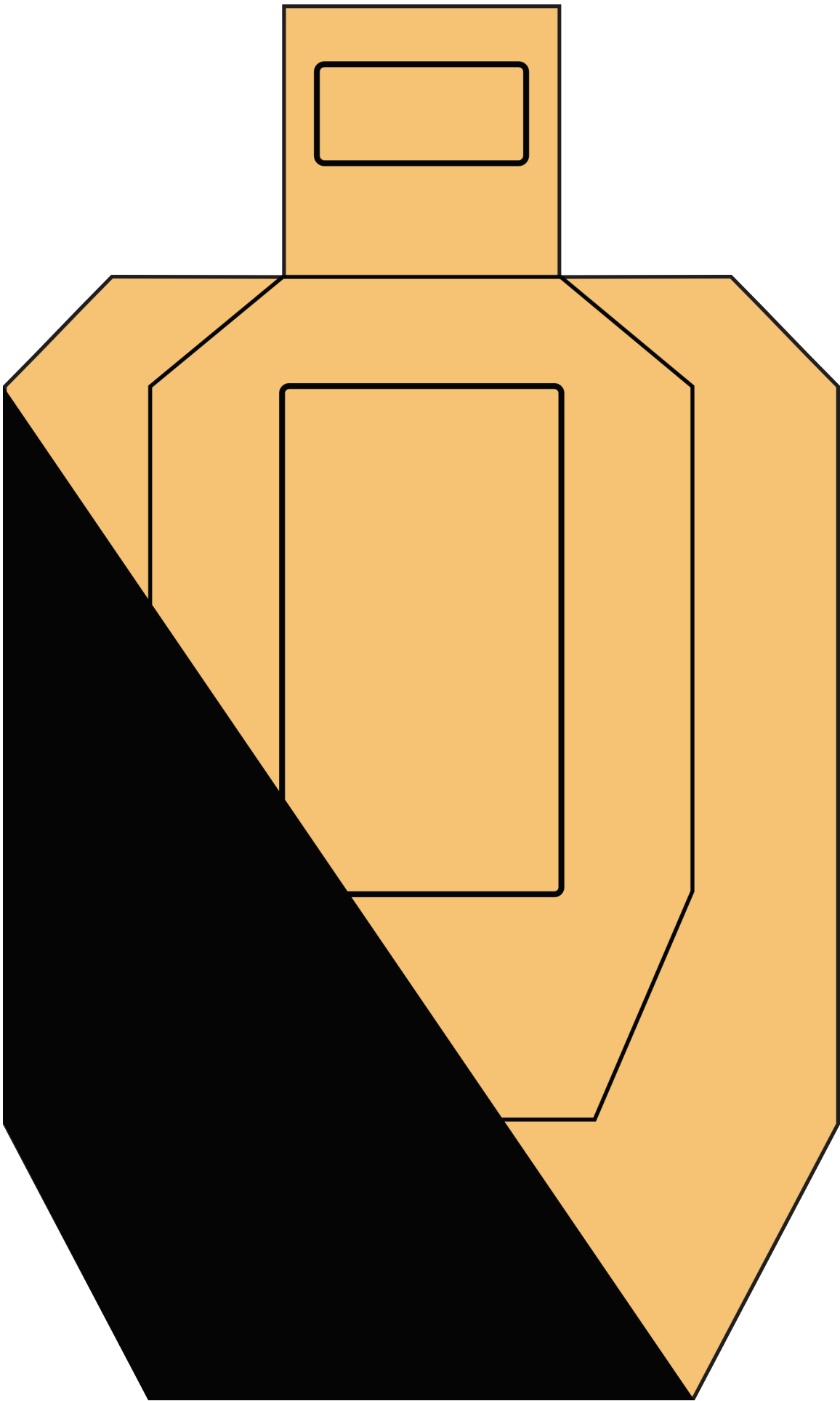
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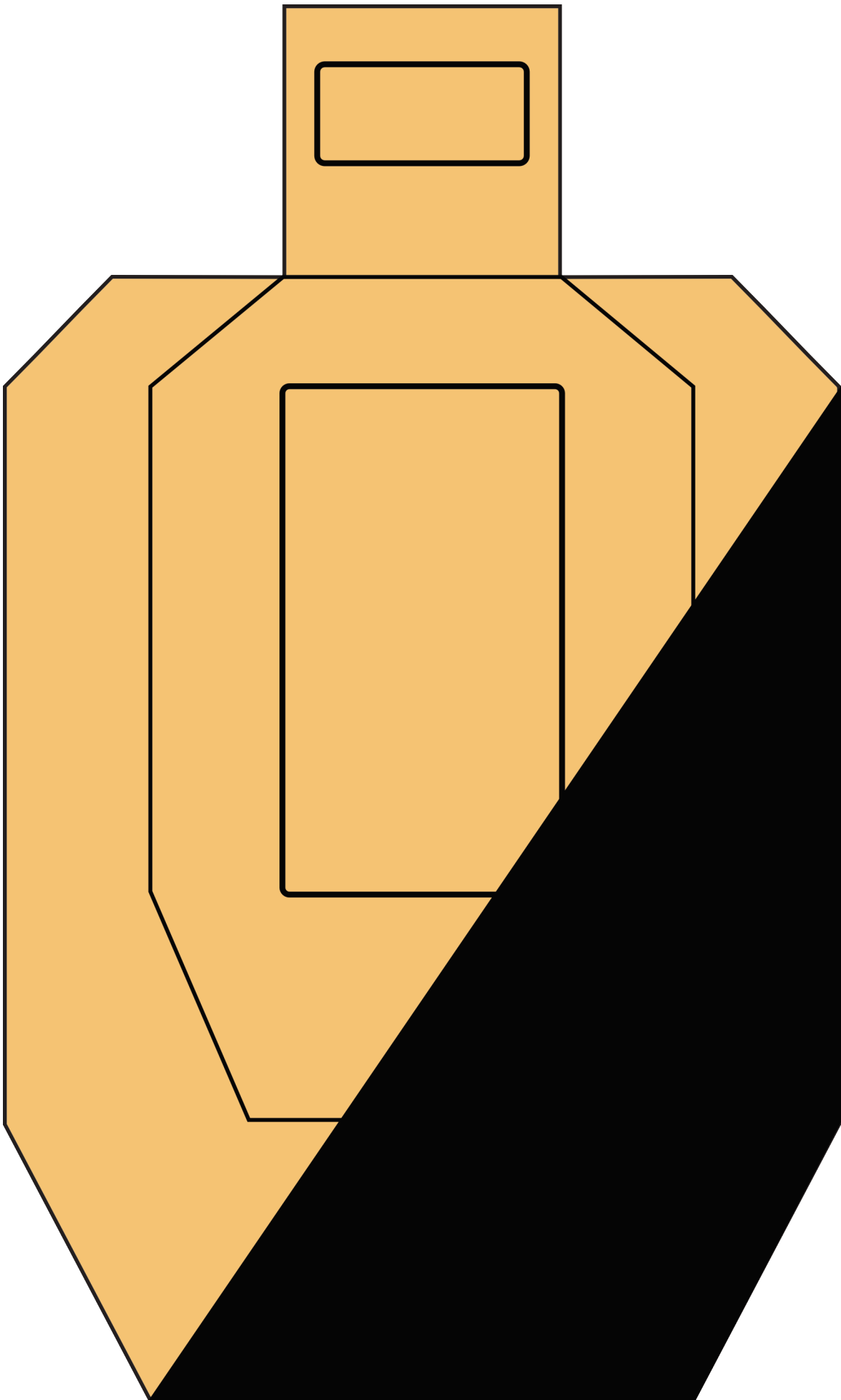
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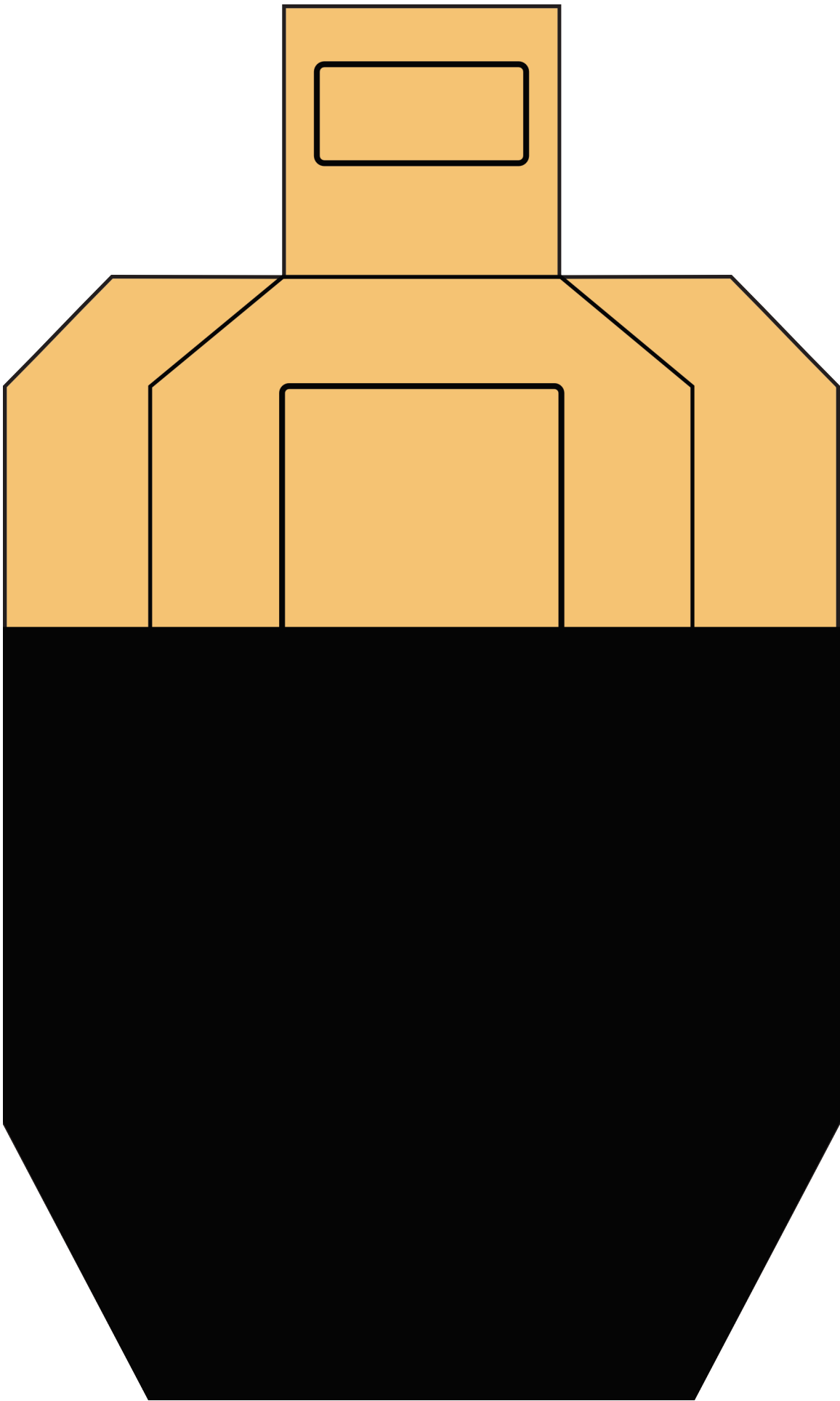
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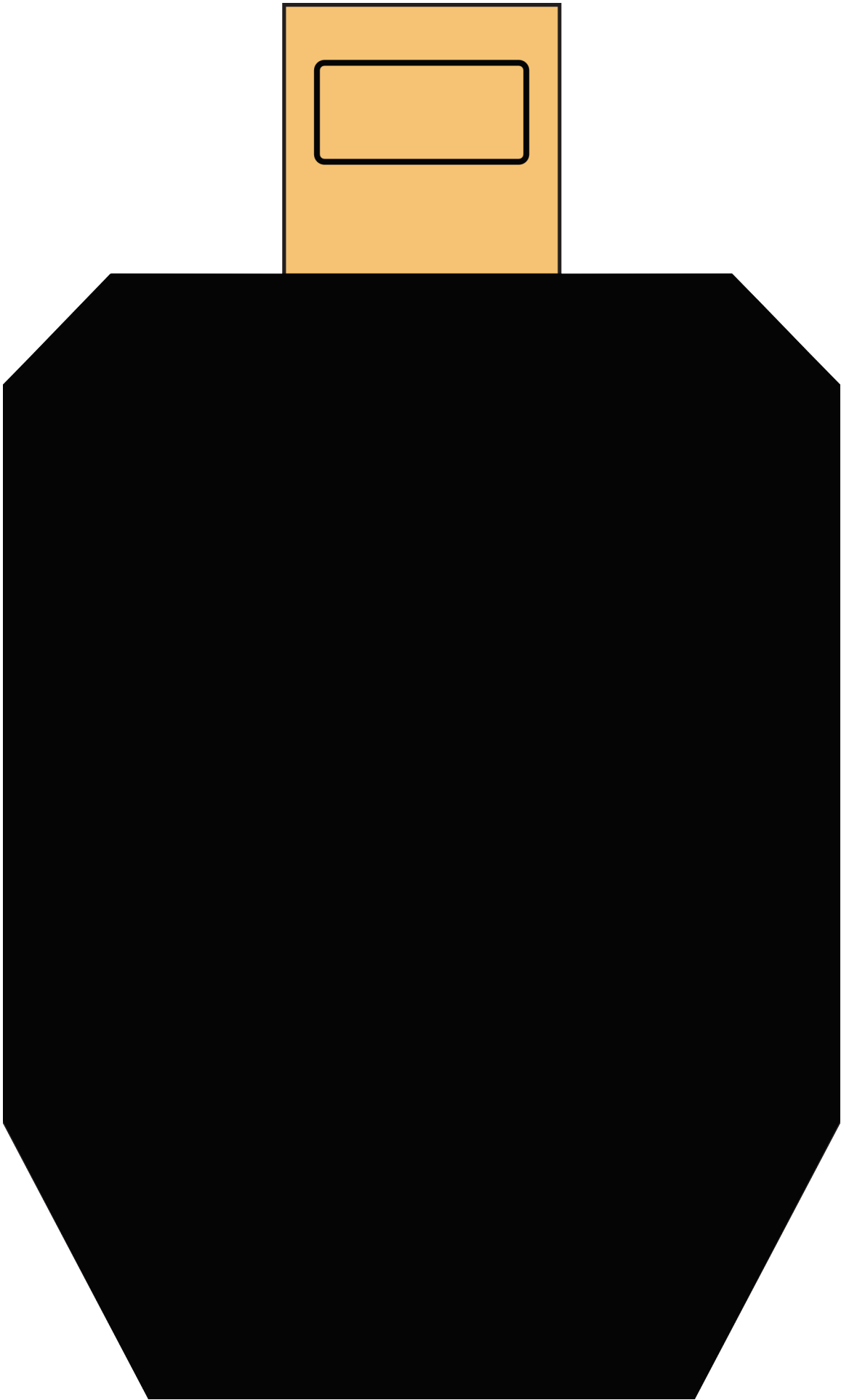
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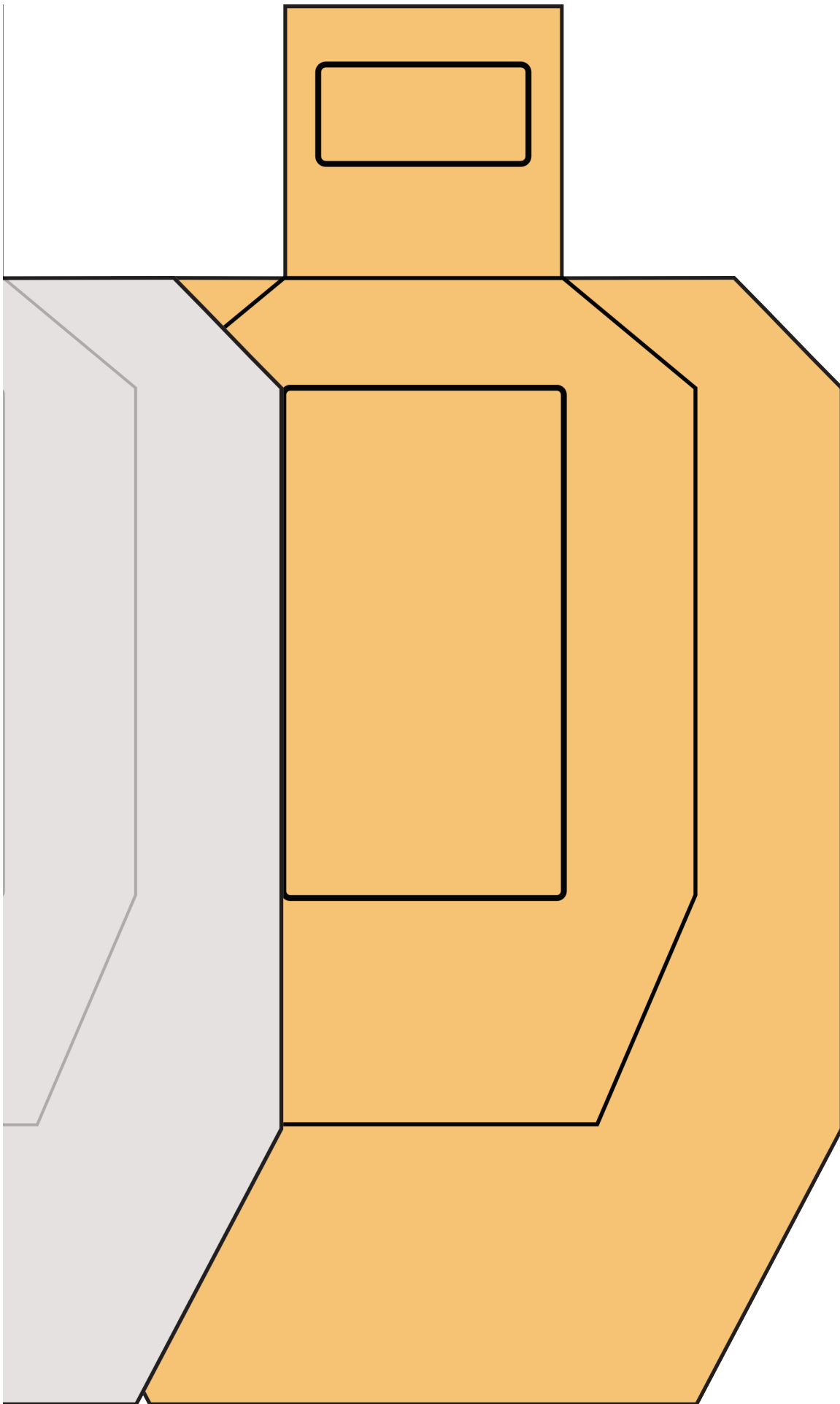
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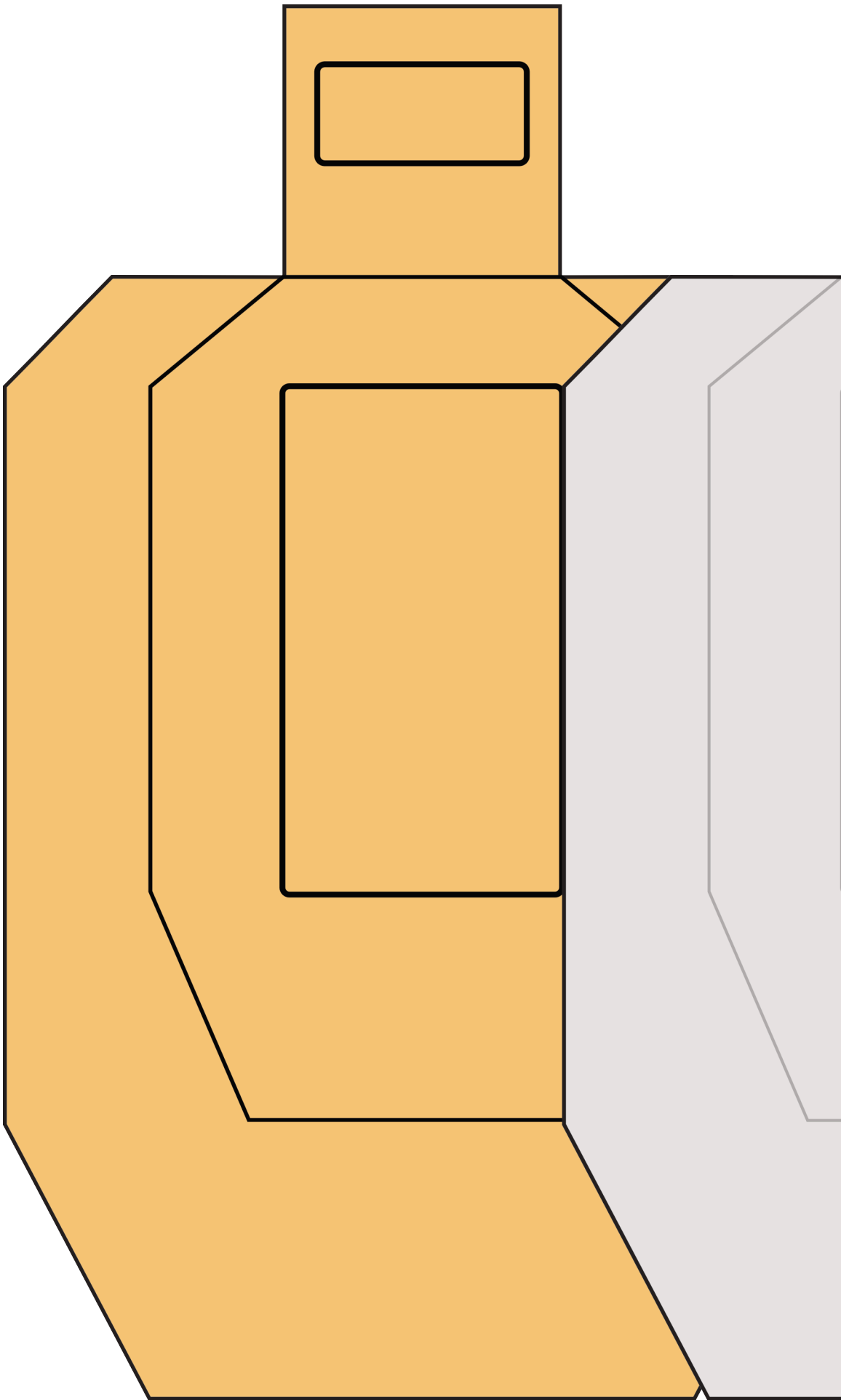
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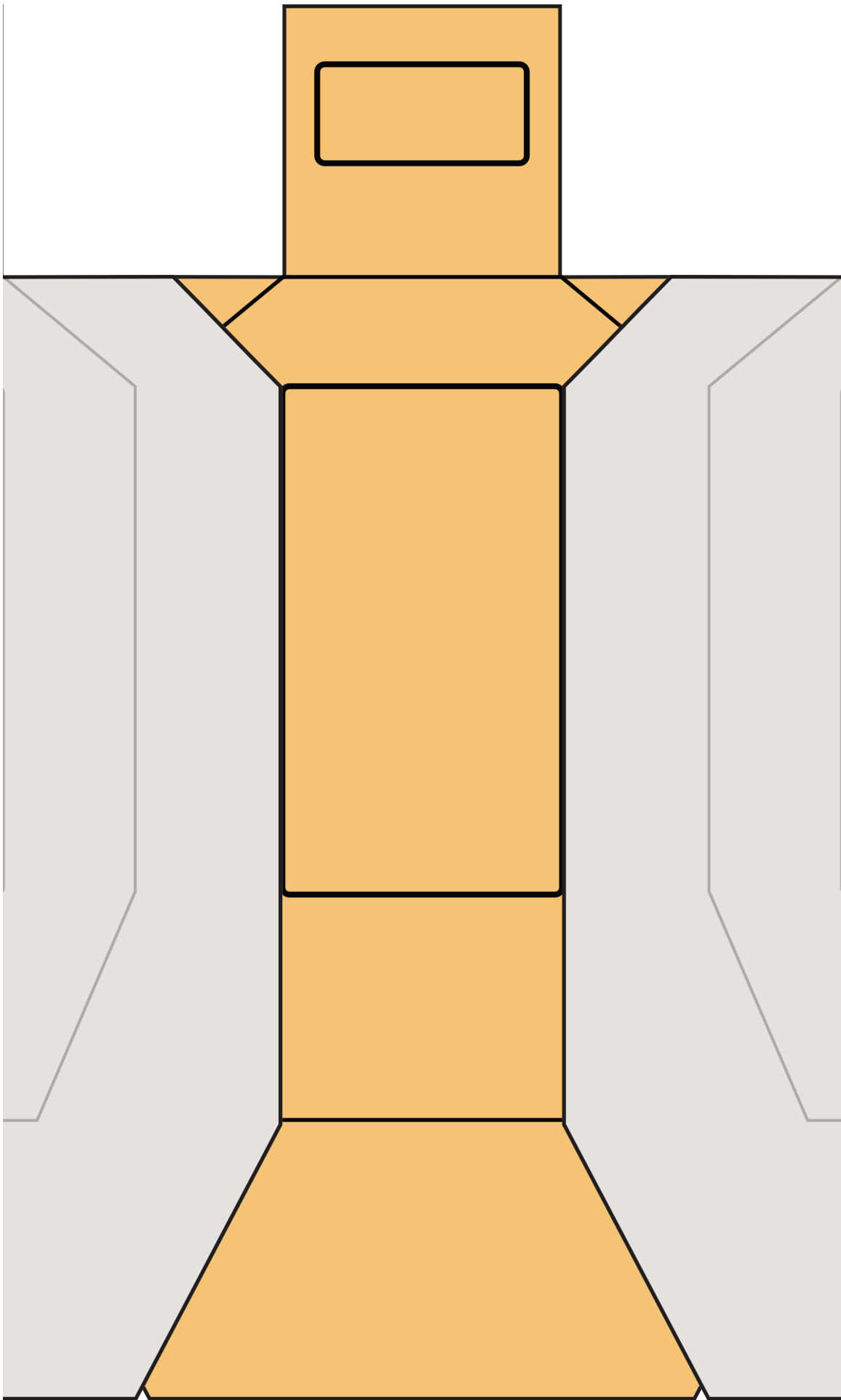
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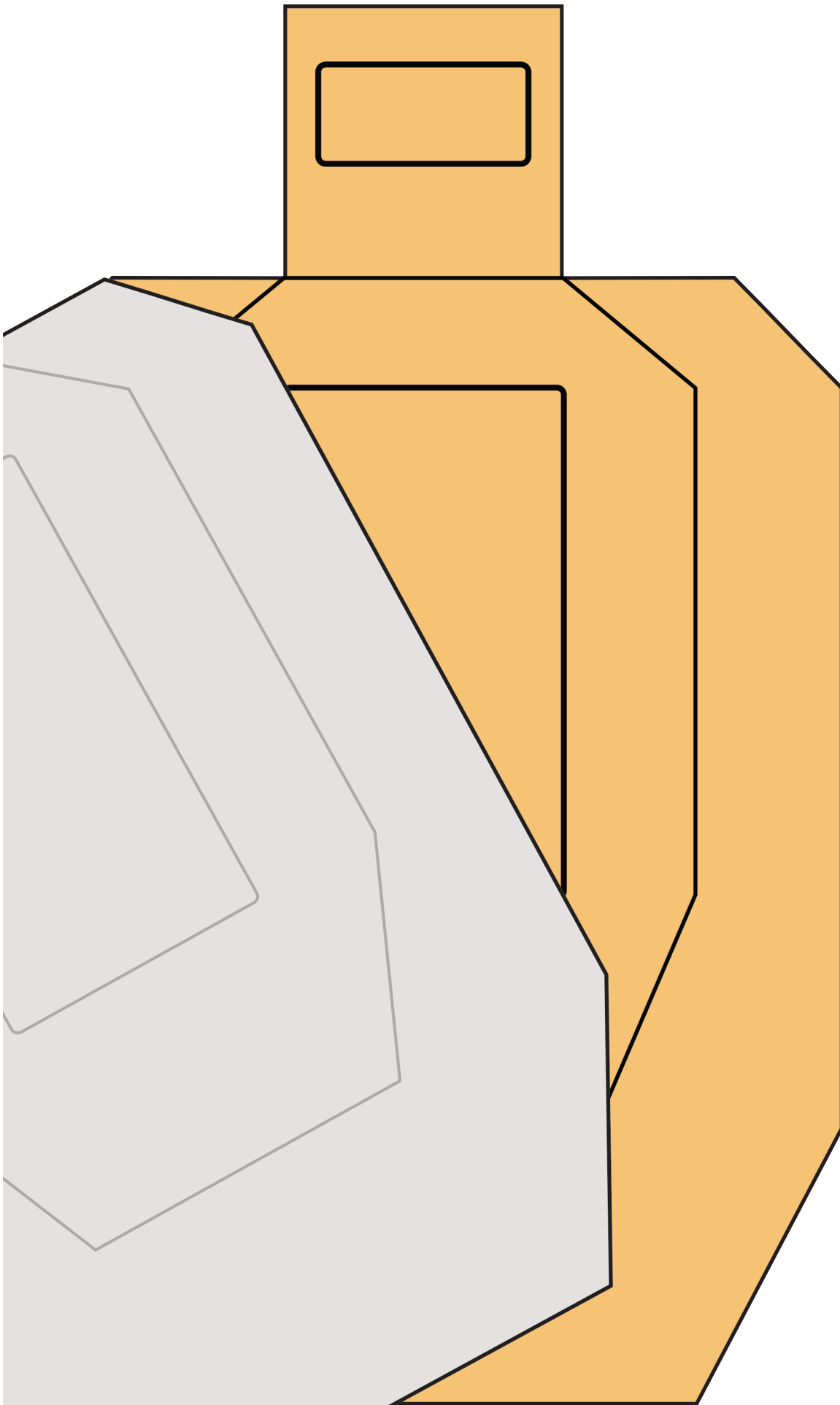
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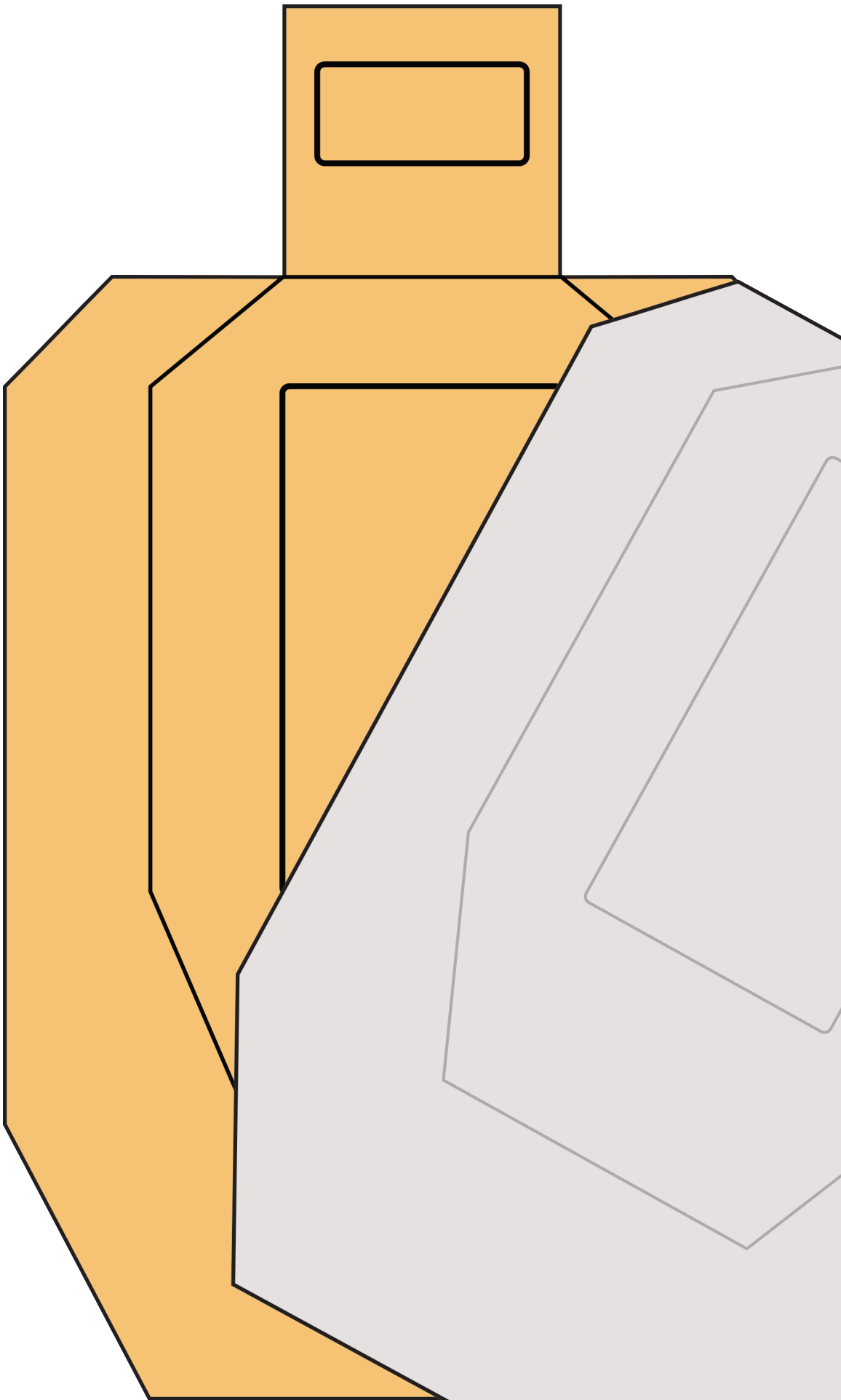
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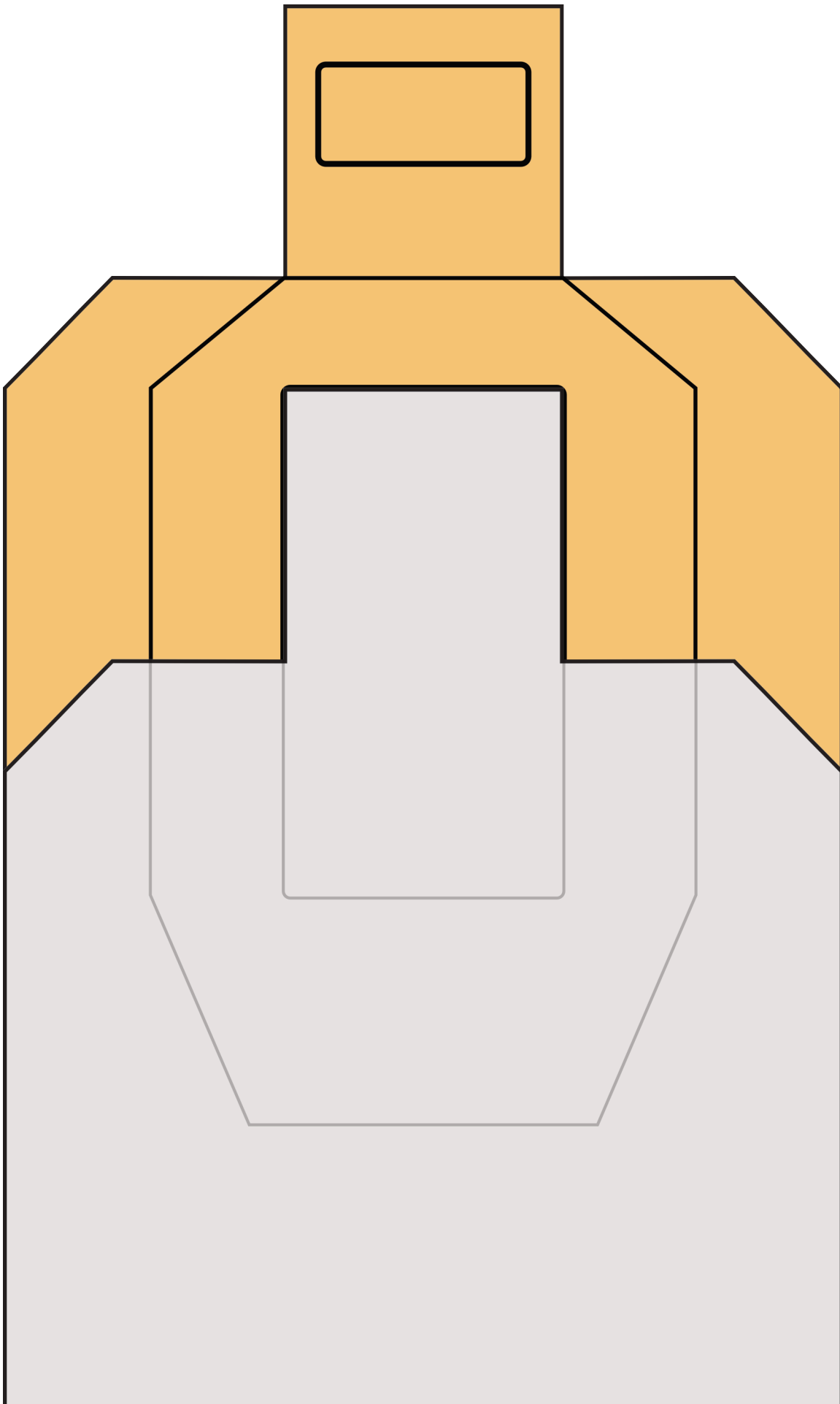
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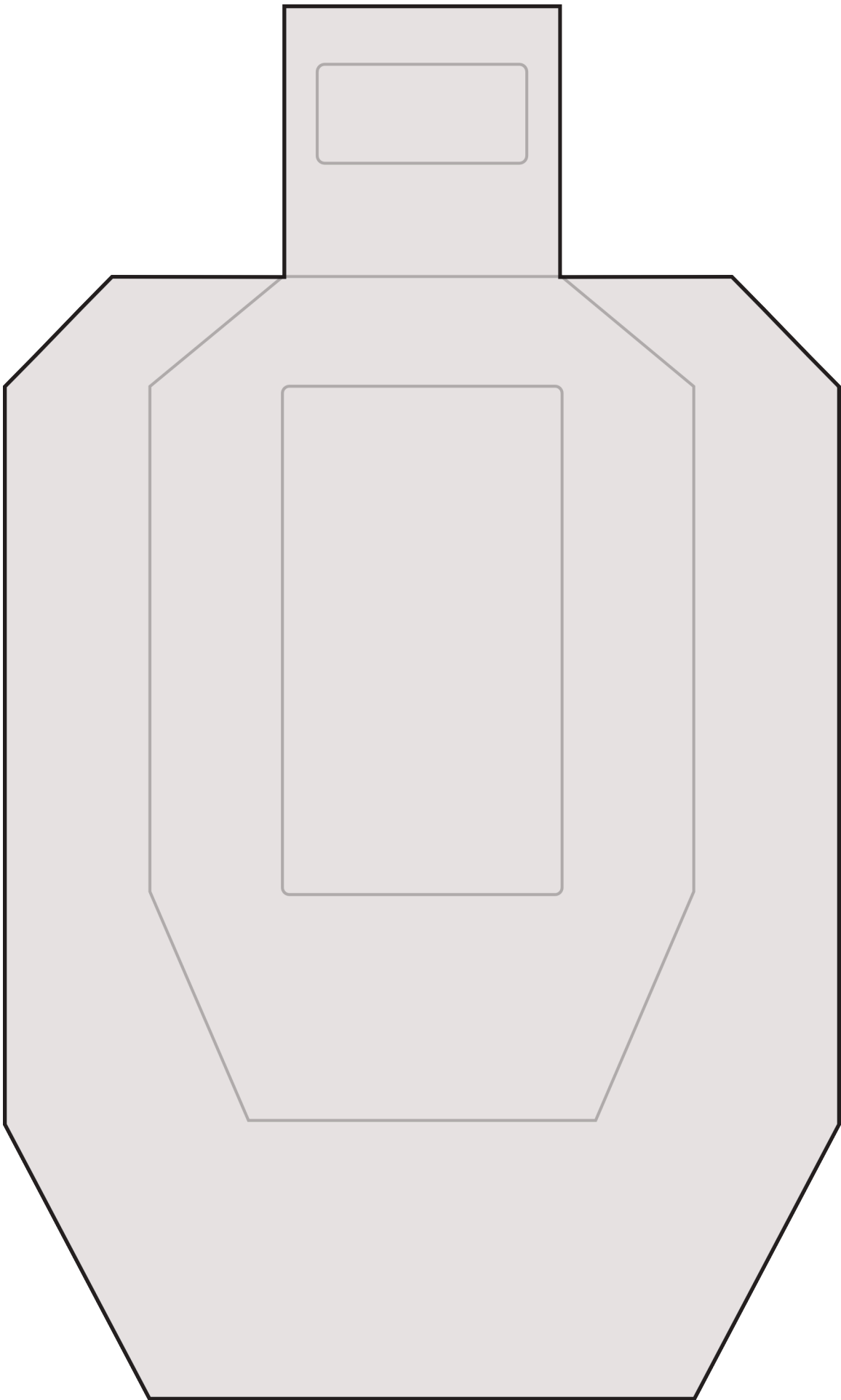
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Not an official target



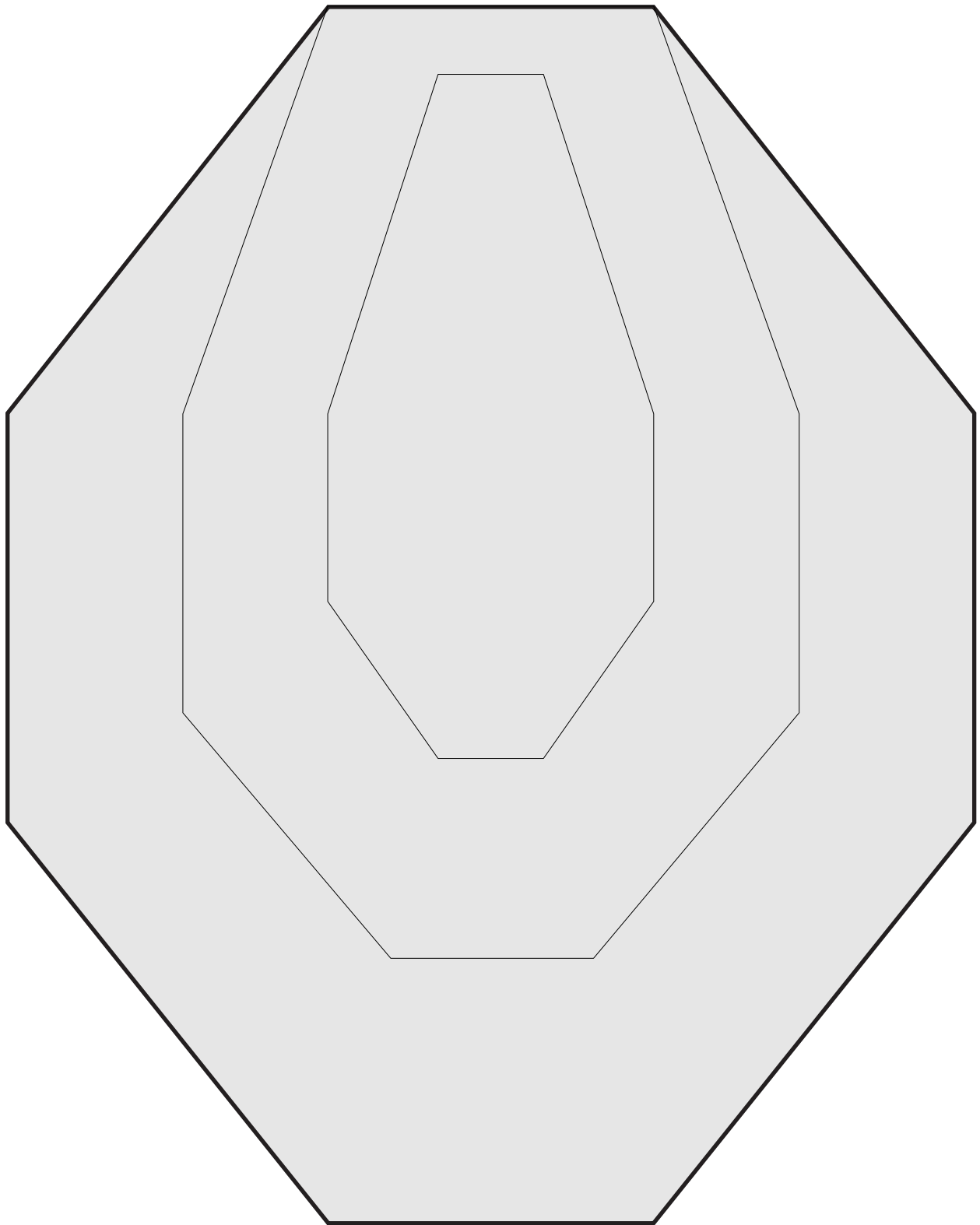
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Not an official target



1/3rd Scale Dry-Fire Practice Target (1 Foot = 1 Yard Simulated Distance)

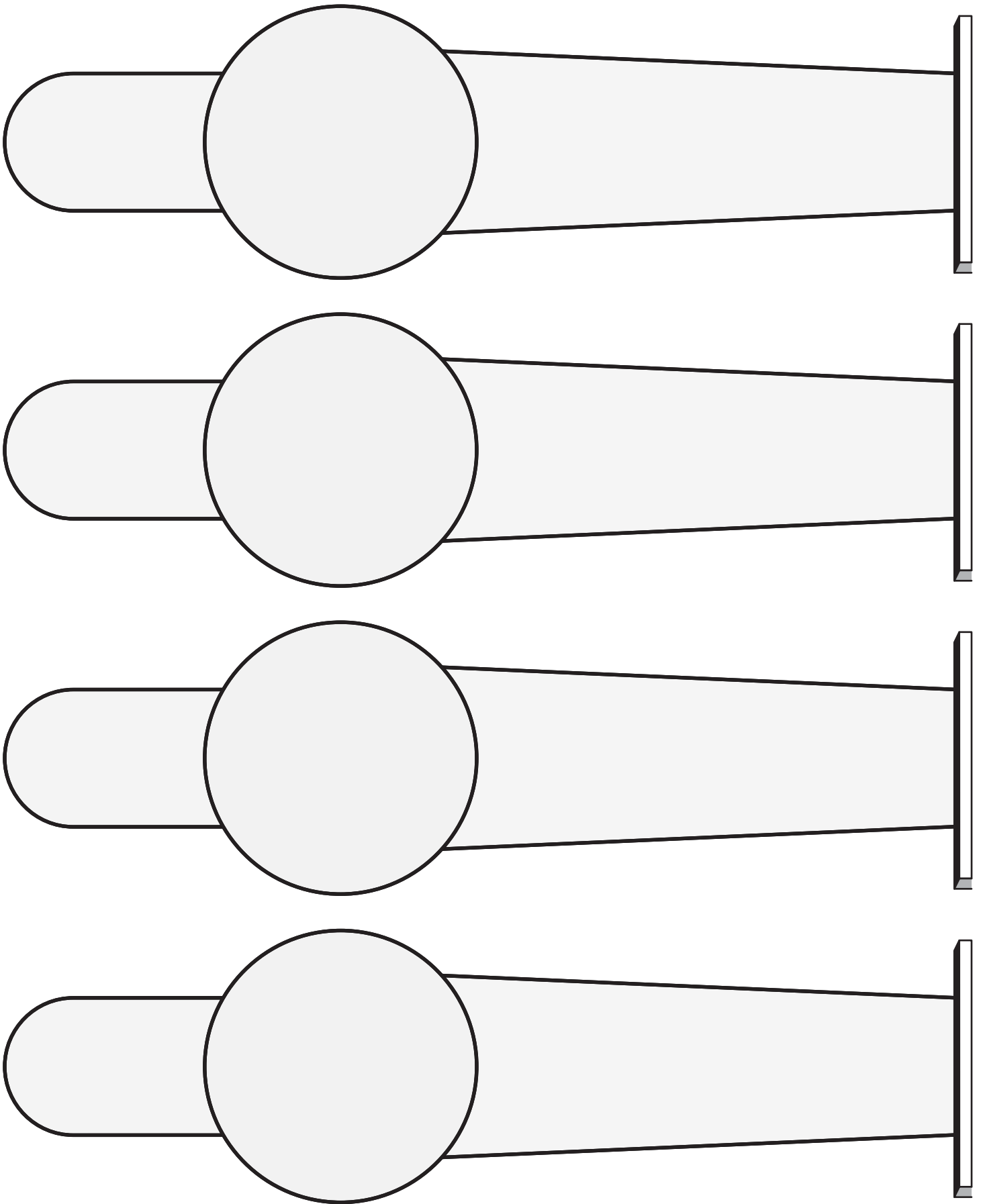
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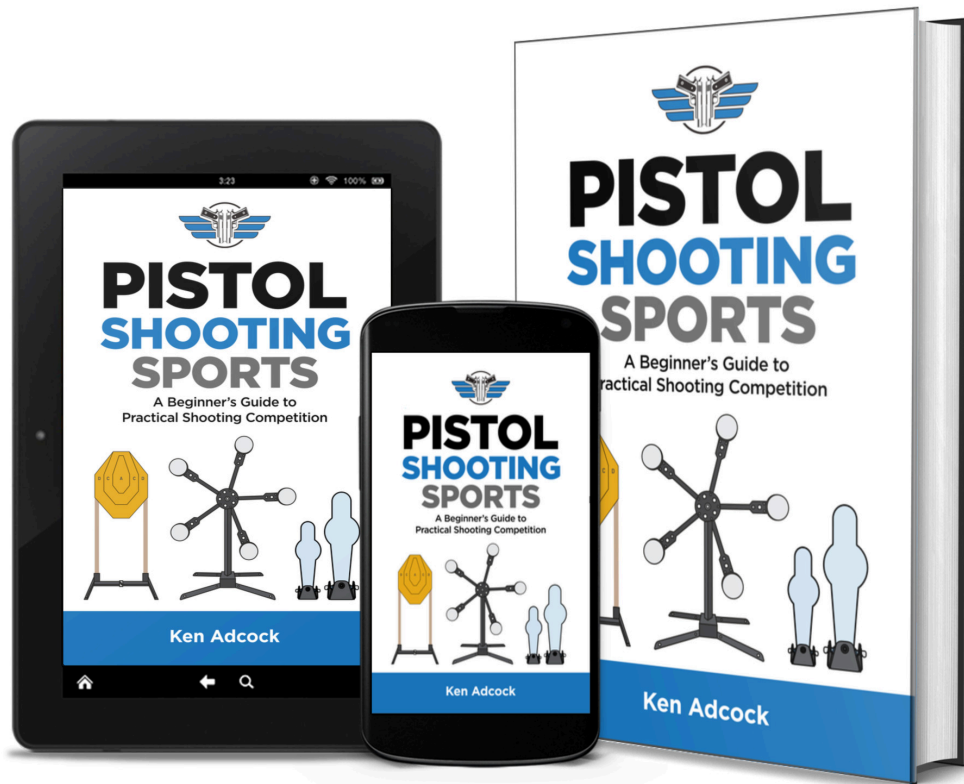
DF-40



1/6th Scale Dry-Fire Practice Target (1 Foot = 2 Yard Simulated Distance)

Not an official target

DF-41



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