

Trigger and Recoil Control



No Unnecessary Movement

(NUM)

I urge you to consider what happens to human performance and coordination when the enormous wave of adrenaline hits during an unexpected life-threatening crisis. Motor skills that you can perform incredibly fast under normal conditions can become extremely problematic when Mother Nature slaps you in the back of the head with that big, spontaneous adrenaline overdose.

No Unnecessary Movement

(NUM)

You're so fast that you can go from "ready position cool" to an accurate shot faster than anyone. But that's not the question. The question is: "Am I as fast as I possibly can be?" Because the reality, regardless of whether we're talking about pistol craft, combatives, gymnastics or any other motor skill-set, remains the same. If you're adding unnecessary movement, you're lengthening the amount of time needed to perform the skill.

No Unnecessary Movement (NUM)

NUM can be summed up in nine words: Movement takes time; unnecessary movement adds additional time unnecessarily.

Tactic's = the art of minimizing the threat while confronting the problem. (Using the least amount of time and effort).



Firearm Grip



OBTAINING YOUR SHOOTING GRIP

The initial gripping of the firearm should be no different than if the gun was straight out and firing. Meaning your initial grip is your firing grip!

1. High on the handle grip.
2. Trigger finger straight along the frame.
3. Thumb pointed up (Not seen in the photo).



SUPPORT HAND PLACEMENT

Top Photo:

Support hand index finger should come right to the bottom of the trigger guard.



Bottom Photo:

The bottom finger joint placed at the trigger (as shown) allows for me to wrap the hand pretty much perfectly around the firearm grip.



OBTAINING THE GRIP

Top Photo:

Primary hand with the thumb going up. This allows the support hand to be properly placed on the gun for good recoil control.



Bottom Photo:

Two Thumbs forward and both hands have a nice tight grip of the gun which would allow you to maximize your ability to control the recoil and get faster follow up shots if needed! This also keeps the thumbs from impeding the trigger operation.



Firearm Grip

When gripping an auto-loader, make sure both thumbs are on the same side of the gun. Crossing a thumb over your wrist won't help you control recoil and will often end up being hit by the moving slide, which could cause serious injury.

Keep in mind the moving parts of the gun. It's OK to rest your fingers against the frame, but not really against any part that will move as the gun is fired.



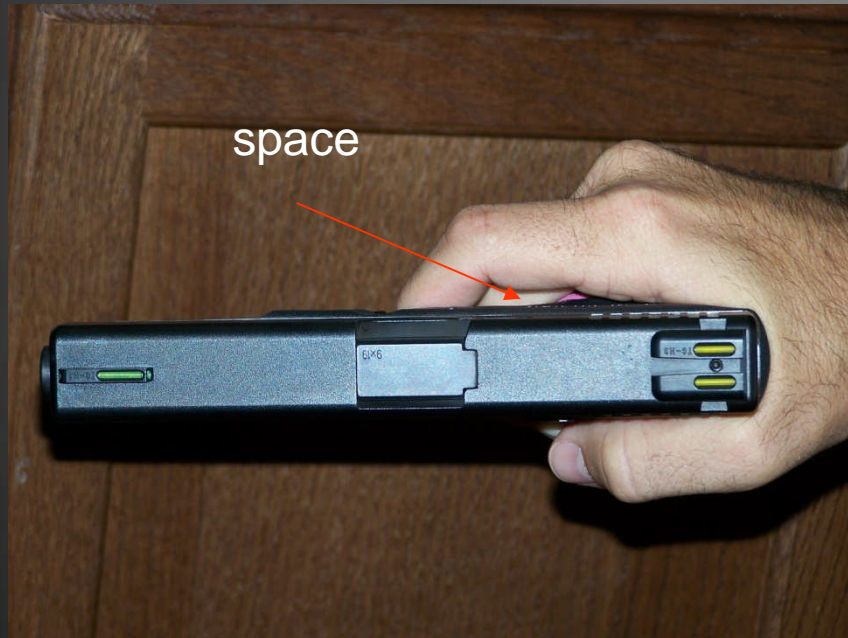
Trigger Finger Placement

Make sure your trigger finger is loose. Every other part of your hand should be tight against the gun, but your trigger finger must be allowed to move freely to fire the gun. A big reason why you want a solid grip is so you can work the trigger without the rest of the gun moving.



Trigger Finger Placement

CORRECT Finger Placement
space between finger and frame



INCORRECT Finger Placement
no space between finger & frame



Trigger Finger Placement, Cont'

Side note: 1911's and Revolvers the shooter needs to use more finger (more to the finger joint rather than the finger pad) on the trigger. On these guns you should let the trigger come out until it stops (they do NOT reset like Glock, XD, SIG, Ect..), then you stop. If you stop before the trigger is fully extended it will not work as it should.

Dry Fire Practice

What is dryfire?

Dryfire is the process of manipulating, aiming, and triggering your firearm without ammunition. Dryfire is an essential component of learning to shoot well. There are two reasons for this: 1) developing proficiency with any motor skill requires a significant amount of repetitions and livefire is seldom enough, and 2) underlying bad habits, such as flinching (anticipation of the overpressure event), eye blinking, lack of follow through and front sight movement are difficult to detect during livefire.

Dry-Fire Goals

Don't just practice the techniques — perfect the techniques! Begin by setting a training goal for your session. Pick one main area to improve for your session. This could be your improving your shooting grip, stance, draw, reloads, trigger manipulation, relaxing while at higher speeds, movement while drawing, different positions, etc. Then, Take two to three minutes to visualize your performance you wish to achieve from start to finish. Be very specific as to how you want to perform.

Dry Fire Safety!

*****IMPORTANT*****

Be sure the gun is **unloaded**. Place all live ammo in a marked container and place it in another room. Dry fire against a suitable backstop. (like a masonry wall) I like to use snap caps/dummy rounds in my gun to help protect the firing pin and return spring.

Remember that you are ultimately responsible for any negligent discharges. Ignore this warning at your own risk. Conduct this exercise at your own risk!

Dummy rounds/Snap Caps

Dummy Rounds



Snap Caps



Dry Fire Practice

Training Examples:

- 1.) From the holster, draw the pistol and do a dry fire shot (two hands) Repeat 15 times.
- 2.) From the holster, draw the pistol and do a dry fire shot strong hand only. Repeat 15 times
- 3.) From low ready, raise the pistol and let go a perfect dry fire shot weak hand only. Repeat 15 times. If you have been trained in drawing with the strong hand and transferring the gun to the weak hand, then by all means do this instead.

Use any **SAFE** point of aim for your target. I use a photo or object on a wall. You can try variations as moving off the line while drawing, drawing from concealment.

Dry fire with what ever routine you choose, you will notice an improvement at the range with live fire!

The more you dry fire the better you will get.

Firearm Gripping

Grip is slightly different for everyone. This is because no two guns are gripped the same way and no two people's hands are exactly the same. You should do what works for you, keeping in mind that you need to hold that gun securely to control the recoil.

Once you get it right; grip it the same way every time. Experimentation is fine, but remember that changing your grip will effect your accuracy, so once you have it right stick with it so you can work on the other variables of shooting.

Firearm Gripping

Finally, the way you grip the gun should be comfortable. If something doesn't feel right, readjust until it does. Being relaxed is important to control recoil, and a good grip will allow you to relax, knowing you aren't going to drop the gun.

Gripping is like holding a pair of pliers in one hand and squeezing ball with the other.

Firearm Gripping

The shooting hand applies pressure from front to back as if you're squeezing a pair of pliers.

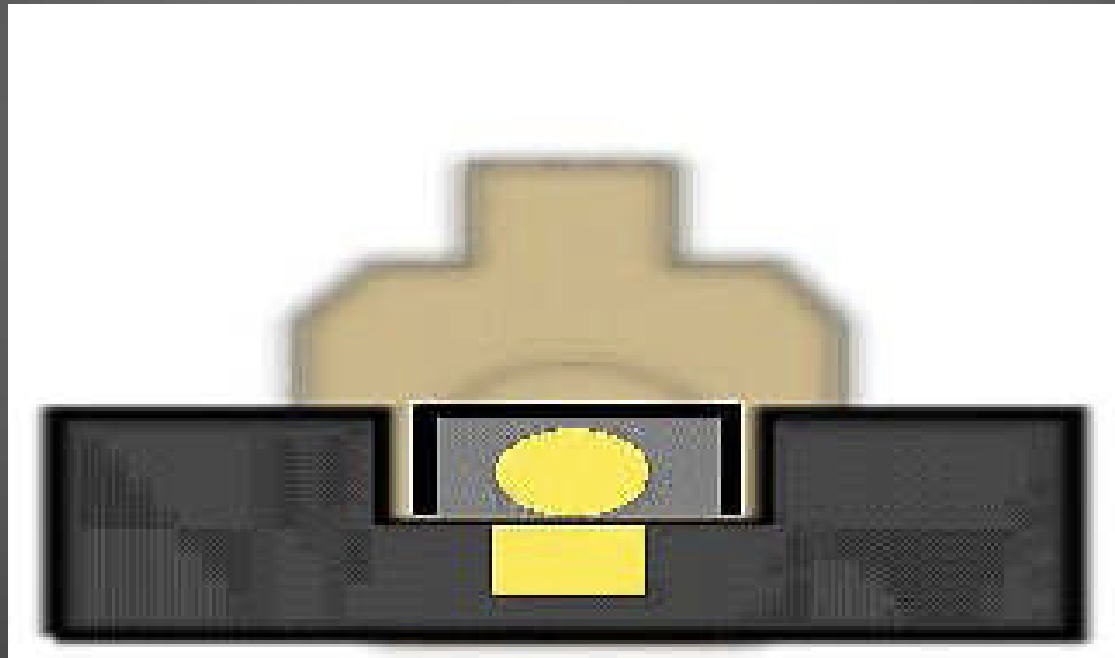


The support hand applies side-to-side pressure, as if it's squeezing a rubber ball.



Proper Sight Alignment & Sight Picture

Sights will be covering your target, the front site will be crystal clear, and the rear sight should be slightly blurry. I focus on the top of the front sight while keeping it even with the top of the rear sight. This helps with maintaining your POA (Point Of Aim) too.



Recoil Control and Management

No matter how hard and tight you hold the gun it will still recoil. Understanding the recoil cycle will help you to focus on each shot placement. There are two factors (among others) to deal with in recoil. The first is rearward push and the second is muzzle rise.

Controlling Rearward Push

Body position, weight distribution and gun mount all factors into controlling rearward motion. Try to keep an aggressive stance. Use an athletic stance, head in front of shoulders which are in front of hips which are in front of knees etc... Weight distribution should be even over both feet and with about 75% of your weight on your toes. What about weird shooting positions you ask? Try to bend your knees for better balance and control. Bend a little and roll with the punches. Gun mount (or upper body form) should be a natural and especially a neutral stance. Pushing or pulling with the hands or upper body will do nothing but drive the gun in the same direction, (there goes sight alignment). Grip tension was covered in the last tip. Using all of the above information should give you a comfortable stance and mind set to achieve any of your most difficult shots.

Muzzle Rise

Can you control muzzle rise physically? Very little. Understanding its cycle will help you use muzzle rise to your advantage. The recoil cycle: After all of the preliminary controls have been exercised (sight alignment, trigger squeeze) the gun goes off, the muzzle will rise, (straight up? were you pushing or pulling with your hands or upper body?), the muzzle will pause at the top of the arc, (are you watching the follow through? If this was your second required shot on paper and it was acceptable then at this point you will start to drive the gun toward the next target.), then the muzzle will return back down on target, (are the sights aligned for an acceptable second shot?). Knowing the recoil cycle will help you to focus on each shot placement, not just the first one. Pointing the gun and pulling the trigger 2 times is wrong, (unless the target is at very close ranges, and even then you should watch the recoil cycle to assure your hits.)

Also, keep in mind that practice goes a long way to breaking the mental barrier of recoil. Many instructors say that recoil is 80 percent mental and 20 percent physical. Getting over the loud bang and allowing the recoil to work naturally with your body instead of freaking you out is a big part of the equation.

So stand solid, grab that gun tightly, and keep shooting until the noise and movement is ignored, and you'll have a handle on the recoil of your handgun.

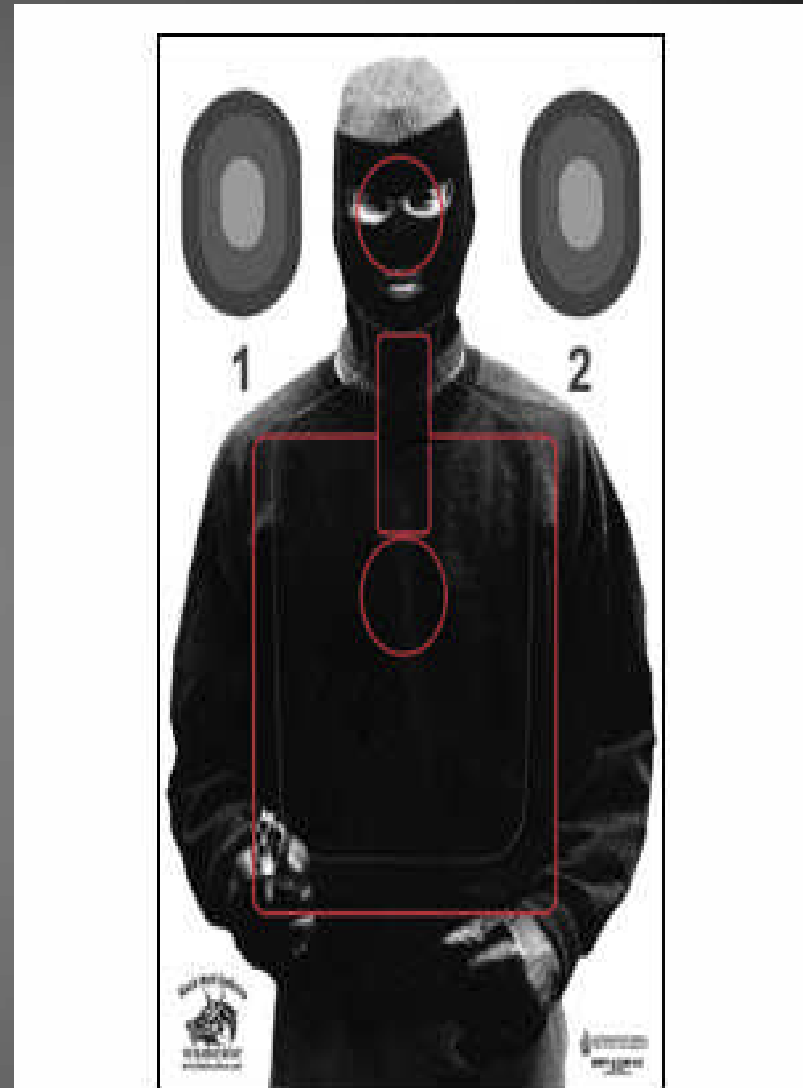
Firearms drills for recoil and trigger control



Target

Having a good scoring target is helpful. Our targets are designed for this purpose.

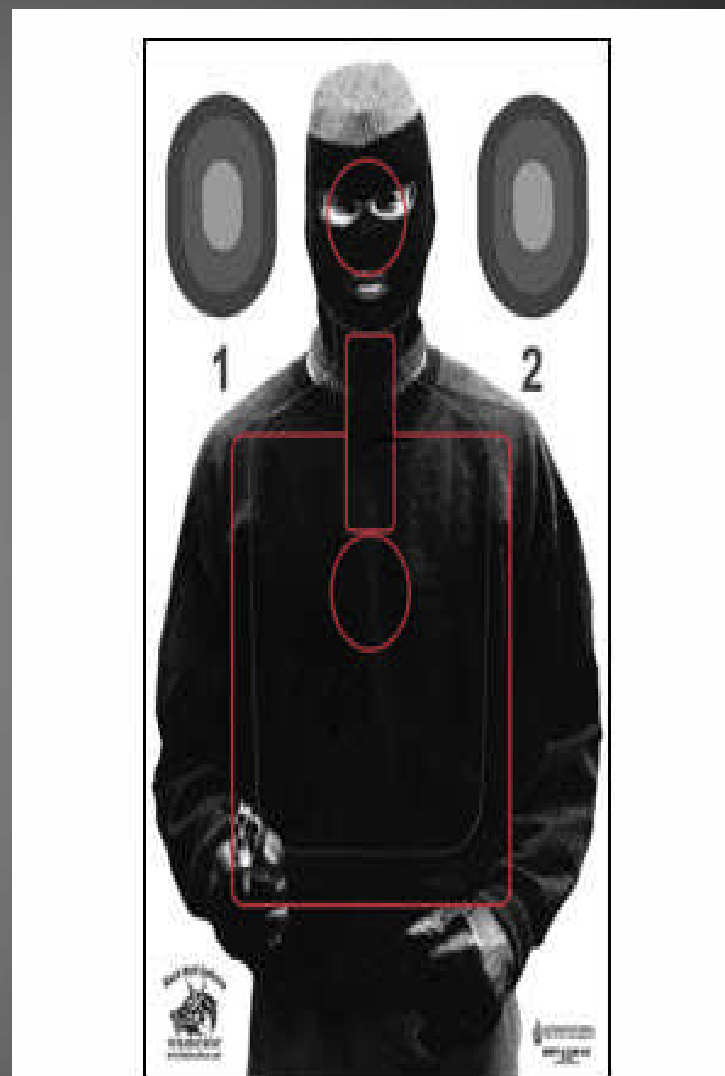
You have up to 6 target zones areas.



Trigger Reset practice

Shoot several magazines using trigger reset as the goal. Start at 3 yards and when you are consistent, move to 5 yards, 7 yards, 10 yards, ect.... Shoot approximately 3 to 6 rounds at a time.

Use as many rounds needed for you to grasp the idea of trigger reset. Usually in 30 to 45 you can get the hang of this trick!



Warm up Drills (repeated twice)

Live fire exercises!

- One shot from the ready (2 seconds)
- One shot from the holster (3 seconds)
- One shot, reload, one shot (6 seconds)
- Draw, two shots, reload, two shots on two targets (8 seconds)
- 16 rounds total.

“Six Shot” Drill

- **Draw and shoot 6 rounds looking for consistent time between each shot (6 seconds)**
- **12 Rounds needed. Repeat 2 times.**

Multi-Target Drill

- 10 yards from 3 targets, turn 180 degrees, shoot 2 rounds on each target, reload, shoot 2 more rounds on each target (18 seconds)

Do this turning from the right and then the left.

- 12 Rounds total.

OH-Shit Dance!!

- **The target:** BWT-CCW target (COM scoring area) 10 yards from the shooter.
- **Scoring:** The shooter must hit the target 100 percent of the time. There's no percentage pass here; it's all or nothing.
- **Procedure:** The shooter must have a loaded semi-automatic pistol, either concealed or snapped in standard duty gear. The gun's chamber is loaded, and the magazine holds four live rounds and a single dummy round (not the first or last in the magazine), resulting in five live rounds. A second magazine is in a pouch on the belt and has at least three rounds so the gun doesn't go to slide-lock at the end of the drill. Load magazine with 5 rounds this way: **Live, Live, DUMMY. Live, Live. The 5th live round with be chambered in the firearm.**
- On command, the shooter draws and fires five rounds, clearing the malfunction as it occurs. The slide locks open, at which time the shooter speed-loads and fires an additional two rounds. With all hits, the par time is **18 seconds for students** and 12 seconds for instructors with all hits. Any miss is a complete failure, so shoot accurately.

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