

Dry-Fire vs. Live-Fire Drills



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Like any other drill you do, you need to fully understand why you do them and the difference between Dry-Fire & Live-Fire training.

The two have separate goals to achieve, when combined together, they will get you to achieve the over goal of greater efficiency and proficiency!

Let's look and discuss them....

SAFETY 1st

These exercises can be done with dry-fire or live-fire methods. If you choose to do the dry-fire method, make darn sure the gun you use is NOT LOADED AND ALL AMMUNITION & MAGAZINES are out of the area of your training!

Visually and physically check the firearm to be sure it is unloaded prior to use!

SAFETY is important and needs to be adhered to at all times!

Dry-Fire Drills

Dry-Fire drills are designed to improve your manipulation skills only.

Examples: Grip, Drawing the firearm from a holster, sight alignment, trigger press, etc. Dry-fire alone will NOT make you a better shooter, it WILL drastically improve your live-fire training proficiency if done correctly! Dry-Fire is free, meaning cost no money to do it! It can be done at home too.

Live-Fire Drills

Live-Fire drills are where you will learn the mechanics of managing the sights, trigger press and recoil of the firearm simultaneously! Far too many times, I see people using live-fire to do it all and they get frustrated and their training hits a wall and proficiency stops and/or declines. Dry-Fire is free, use it to your advantage and maximize your Live-Fire training time and watch your proficiency improve!

Tools to help out!



The Mantis X system is an excellent choice to choose. I use it and it has been a great addition to my training options. It runs about \$150.00 at most places!

It uses your smart phone via the free app you down load. It is loaded with live & dry fire drills. It can also be custom set to any shooter and the type of gun you have!

It has saved me more than \$500 in ammunition cost to date!

Just a thought.....

More Tools....



The DryFire Mag is another choice too. This device allows you to practice trigger press and reset with out having to use your support hand to rack the slide.

This saves wear & tear on your gun too! The magazine is developed to allow the trigger to reset and train in a more realistic way.

Does NOT harm the firearm at all.

Runs about \$89 to purchase. I use it and love it!

Training Tools....

For further information on the devices I mentioned in this presentation can be found at the following links:

<http://www.dryfiremag.com/>

<https://www.concealedcarry.com/product/mantisx-training-rail-attachment-and-phone-app/?aid=info15>

www.mantisx.com

Training & Reality!

Also, remember the next time you are training and you believe you are good! Keep in mind the difference between training and real life incidents: the paper targets don't shoot back, paper targets don't physically attack you, time is extremely limited in a real situation and death is a reality and in training is not even a thought, in training failures can be fixed and in an actual situation a failure can cost you your life!

Conclusion

Lastly, firearms proficiency alone, no matter how good, makes you a complete and ready “Gun Fighter”! You need to be physically capable of getting to the gun or even more than likely physically fighting your way to a gun or deploying your gun!

Depending on the person, physical conditioning may be more important than firearms proficiency!!! Only you know what should come first!

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