

Dry Fire Level 1

Training Checklist



Focus: Safe setup, daily habits, and fundamental drills that build control and confidence.

1. Safety Checklist

- Firearm checked – magazine removed, chamber clear
- No live ammunition in the training area
- Safe direction confirmed (wall or backstop)
- Quiet, distraction-free environment
- Household informed about your dry fire training

Safe habits build confident shooters.

2. Training Setup

- Stable stance and good lighting
- Defined 'safe wall' or solid backstop
- Mirror or video feedback (optional)
- Dummy rounds or laser cartridge (optional)
- Training notebook or checklist ready

3. Three-Week Training Plan

Each week builds on the previous one. Train 10–15 minutes per day, 3–5 times a week. Focus on smoothness, not speed.

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Week 1 – Foundation

Drill	Repetitions	Description
Wall Drill	20-30	Stand close to a wall and dry fire without moving the front sight. Builds trigger control and sight focus.
Trigger Control	20-30	Practice smooth, straight-to-the-rear trigger press. Teaches consistency and control.
Slow Draw	10-20	Focus on perfect form — grip, clear, extend, press. Builds safe, repeatable movement.

Week 2 – Motion

Drill	Repetitions	Description
Draw & First Shot	20-30	Draw from the holster and break a clean 'shot.' Trains draw consistency and first-shot readiness.
Low Ready to Target	20-30	Raise your sights quickly from low ready to eye level. Builds reaction time and alignment.
Reload Practice	10-20	Simulate empty reloads and mag changes. Improves coordination and efficiency.

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Week 3 – Consistency

Drill	Repetitions	Description
Draw + Reload + Sight Picture	20-30	Combine previous skills smoothly. Teaches flow and composure under movement.
Wall Drill (Review)	20-30	Reinforce fundamentals — smooth press, stable sight picture.
Timed Drill	—	Run any drill under a timer to test real progress and control under pressure.

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4. Notes and Observations

Use this section to log your progress, observations, and lessons learned.

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5. End of Level 1 – Self-Check

- My draw is smooth and consistent
- My front sight stays stable during trigger press
- My reloads are efficient and controlled
- I maintain full safety discipline at all times
- I'm ready for Level 2 – Pressure & Fluidity (publishing 27 November 2024)

Good Guys With Guns — More Than Shooting

Train smart. Stay safe. Stay consistent.