

# Dry Fire Level 2

## Training Checklist



**Goal: Smooth execution of core skills (draw, transitions, reloads, malfunction drills, movement) with gradual time reduction.**

### 1. Focus: Building fluidity, control, and confidence under pressure

Don't just check drills off the list — focus with intention. Every repetition counts. You're not doing this to finish the plan, you're doing it for yourself.

### 2. Duration: 3 weeks (10–20 minutes per day, 3–5 sessions per week).

Reserve time, set a reminder, and treat each session as a commitment. Consistency beats intensity — show up and make it part of your routine.

### WEEK 4 – Controlled Pressure

Exercise	Repetitions	Description + Goal
Draw & Press (Timer 3.0s)	20–30 reps	Smooth, confident presentation and clean trigger press. <i>Goal: Build consistency and control under light time pressure.</i>
Emergency Reload	20–30 reps	Simulate slide lock → eject empty mag → reload → press. Keep your eyes on the target and maintain calm rhythm. <i>Goal: Refine muscle</i>

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		memory and coordination during reloads.
Movement Drill (1 Step Transitions)	20–30 reps	Draw and take one controlled step sideways or forward while keeping sights steady. Focus on balance and stability. Goal: Improve lower-body control and postural balance during transitions.

End each session with one “flow run” combining them smoothly in sequence.

### WEEK 5 – Fluid Transitions

Exercise	Repetitions	Description + Goal
Target Transition (3 Targets)	20–30 reps	Move your eyes first, then let the gun follow. Keep your sight picture consistent between targets. Goal: Improve reaction time and visual tracking between multiple targets.
Draw & Press (Timer 2.5s)	20–30 reps	Reduce your time window slightly while maintaining perfect technique. Goal: Increase speed

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		without compromising control or accuracy.
Tap–Rack–Click (Malfunction Simulation)	20–30 reps	Simulate a misfire: tap the mag, rack the slide, and reengage. Stay calm, deliberate, and precise. Goal: Develop instinctive malfunction response and confidence under pressure.

Add one “pressure day” this week — use a timer for every drill and record your best times. Focus on smooth transitions and composure rather than raw speed.

### WEEK 6 – Flow & Connection

Exercise	Repetitions	Description + Goal
Combined Flow Drill	20–30 reps	Draw → Engage Target 1 → Transition → Reload → Engage Target 2. Keep the movement fluid and deliberate. Goal: Connect all core skills into one seamless motion.
Wall Drill (Review)	20–30 reps	Return to fundamentals — focus on a still sight picture and clean trigger press. Goal: Reinforce

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		precision and sight control after dynamic drills.
Timed Challenge	As desired	Choose any drill from previous weeks and perform it at your best controlled pace. Log your results. Goal: Measure overall progress and identify areas for improvement.

End the week by recording your reflections: What improved most? Which drill challenged you most? What still needs work before Level 3?

### 3. Weekly Mindset Focus

Week 4: "Slow is smooth." Focus on control and balance.

Week 5: "Eyes first." Vision leads movement.

Week 6: "Flow through the pressure." Calm, continuous motion.

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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 2 Completion Checklist

- My draw is consistent and confident under time.
- My transitions are smooth and accurate.
- I can perform a reload without breaking sight focus.
- I can manage malfunctions calmly and automatically.
- I can move fluidly without losing control.
- I stay composed when training under pressure.

Good Guys With Guns — More Than Shooting  
**Train smart. Stay safe. Stay consistent.**