

The Value Of Dry Firing

As stated in the long-range handgun event rules, 20 targets must be engaged from the standing position. In this position, you must engage five 6-inch targets at 75 and five 9-inch disks at 100 meters. They are the first targets of the match and they must be engaged alternately. After a 30-second interval, which allows you time to re-stock your arm band or loading block, five 6-inch targets, at staggered elevations, at 100 meters are engaged in 60 seconds. Even through a 7X scope, those 6-inchers don't look very big with the reticle gyrating around.

The technique that allowed me to shoot well offhand was developed during hours of dry fire. I used a timer to set my time limits and reinforced where my 1-moa-dot reticle had to be on the various targets at the difference ranges. Dry firing helped me build the muscles needed to hold a 6-pound gun steady for a minute and a half, and the technique allowed me to develop my timing. Dry firing also allows you to develop a good gun-handling routine.