



Punch a hole on the cross to create a hole to hang the target

## Dry Practice Half Circle Drill

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This is a pure trigger control exercise. It must **ONLY** be done as dry practice with an unloaded pistol.

**Check your pistol to ensure there is no live ammunition in it.**

- Insert the Tap-Rack Magazine.
- Fully cycle the slide three times.
- Lock the slide open.
- Check that the chamber is empty by inserting a finger into the chamber.
- Let the slide go forward and decock, if appropriate.



Place this sheet of paper on a safe wall with the half circle at nose height on the safe backstop.

Extend the pistol and place yourself so that the muzzle is approximately an inch or two from the half circle. Align the sights on the bottom of the inner white half circle. You will be able to concentrate on the front sight and the inner half circle at the same time.

Press the trigger smoothly and followthrough. Because there is no bullet impact, you should not be tempted to lift your head to see where the bullet went. This ingrains your understanding of proper followthrough. If the front sight drops out of the outer gray half circle when you press the trigger, concentrate on pressing the trigger more smoothly.

Repeat for a total of 25 trigger presses.

This is an excellent drill to combine with the Partner Drill.

When you are finished practicing, put your target and pistol away immediately and do something else that will remove dry practice from your thoughts. Do **NOT** immediately reload your pistol. After dry practice is removed from your thoughts, you may reload your pistol. As you reload it, say **“THIS GUN IS LOADED”** out loud.

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