

Dry Practice Checklist

Safety Rituals

Once you have entered your established dry practice area, and before you begin your dry practice session:

- Face in a safe direction and unload your firearm correctly.
- Place any loose rounds and any filled magazines into your designated live fire range bag.
- Check your ammunition carriers (pouches etc.) and ensure there is no live ammunition in them, if you find live ammunition place it in the designate live fire range bag.
- Check yourself - your pockets and any other place on your body that you might place ammunition, if you find live ammunition place it in your designate live fire range bag.
- Now thoroughly inspect and sanitize your dry practice area, ensuring that there are no live rounds that could accidentally be picked up.
 - In this sanitization sweep you are looking for any loose ammunition that could be laying around or unintentionally stored and accessed during your dry practice session. If you find any, place it in your designated live fire range bag.
- Once you have sanitized yourself and your dry practice area, place your designated live fire range bag, - and all live ammunition - in a safe and secure area that neither you nor any unauthorized personnel can access it until the time you want to retrieve it (after dry practice only).
- Once you have removed your live fire range bag and stored it elsewhere, you can now retrieve and open your dry practice range bag.
- You can now begin your dry practice session with a proper Chamber Check and Magazine Check to ensure that you are indeed unloaded.

Be “All There”

- Wherever and whenever you choose to conduct your dry practice, be “all there”. Never allow your mind to wander from the task at hand. If your mind is wandering, immediately stop your dry practice.
- Avoid all the distractions you can, so plan ahead and let others know that your training time is sacrosanct to you.
 - If you do experience any distraction, such as a phone call, a knock at the door, etc. IMMEDIATELY stop your dry practice and deal with the issue to the point that you can mentally get back into your dry practice (don't bring your issues back to practice with you), if you can't - wrap your dry practice session up and shut it down.
 - If you decide to continue your dry practice session after an interruption, you must return to step four (see below) and proceed through all of the sequential steps.



- When dry practicing you should set a reasonable time limit for each session. Practice no less than 15 minutes a day and no more than 30 minutes per weapons system. Practicing a half an hour five times a week is much better than two and a half hours practice secession once a week.
- In order to benefit fully from your dry practice, practice no less than 4 days per week and no more than 6 days per week.

APPLY The Four Safety Habits - Always

- I. Keep my finger straight and off the trigger until I'm intentionally firing
- II. Control and know where the muzzle is pointing
- III. Know the condition of the firearm
- IV. Be sure of my target and my environment

Furthermore, if you are truly all there and fully engaged, this means that:

- You should be using your eye protection, ESPECIALLY if you are using airsoft or other NLTF or such firearms simulating and projectile firing devices such as Simunitions® or UTM.®

Now follow your training plan and goals, be all there and put your all into it.

Concluding Your Dry Practice

To conclude your dry practice session it is PARAMOUNT that you end your dry practice session with proper safety rituals as well:

- Once you have completed your last dry practice drill, you must mentally leave the dry practice session just as surly as you entered it, deliberately and fully cognizant of what you are doing.
- Say aloud: "I have completed this dry practice session and my dry practice is over."
 - Do NOT, for any reason, allow yourself to think or say anything like "Just one more time/presentation/draw" etc. You have made the statement that the dry practice is over, so it's over and it's time to wrap it up.
- Immediately face in a safe direction and properly unload any NLTF and stow them along with any NLTF or weighted magazines in your designated dry practice range bag.
- Immediately take down and store your dry practice targets.
- Remove your shot timer turn it off and stow it.
- Remove your safety equipment and stow it.
- Seal the dry practice range bag with all of your dry practice tools.
- Securely stow your dry practice range bag

With the fact that you have completed your dry practice session at the forefront of your mind, you can now recover your designated live fire range bag and either store your firearm and other equipment (like your shot timer) or place it in the condition that you desire it to be in. If you decide to carry hot, ensure that you:

- a. You are fully cognizant that your dry practice is over and that you are in



fact going hot.

- b. Load in a safe direction and safely holster