Draw to First Shot

ALSTON TRAININGS / DRILL CARD / APPLICATION - INTERMEDIATE - LIVE-FIRE

A smooth, repeatable draw to one accurate hit.

SETUP

Distance: 5 yd

Rounds: 5

Par: Work down from 3.0 sec

Target: 6-inch circle

Start: Holstered, hands relaxed

THE DRILL

1. Dry-practice the draw first, with a confirmed-clear gun, until it is smooth.
2. On a timer, draw from the holster to a single hit in the circle.
3. Start slow and smooth. Only add speed when the hit stays clean.
4. Run 5 reps, then try to shave a little time off the par.

THE STANDARD

One hit in the circle on every rep, before you ever chase the clock.

Safety: Build this with an instructor first. Live-fire from a holster is an advanced skill; keep the finger off the trigger until the muzzle is downrange and on target.