Front Sight Press

ALSTON TRAININGS / DRILL CARD / FUNDAMENTALS - BEGINNER - LIVE-FIRE

Front-sight focus and a clean, straight-to-the-rear press.

SETUP

Distance: 3 yd

Rounds: 5

Par: None

Target: 3x5 card

Start: Aimed in

THE DRILL

1. Aim in with a crystal-clear front sight. Let the rear sight and target go blurry.
2. Take the slack out of the trigger.
3. Press straight to the rear without moving the front sight. Follow through.
4. Find the front sight again before the next shot.
5. Fire 5 slow, deliberate shots.

THE STANDARD

All 5 on the card, with no shots thrown by moving the sight during the press.

Safety: Live-fire at a range with a safe backstop. Finger off until your sights are on target.