Grip Check

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

Lock in a clamp-at-the-bottom, thumbs-up, wrist-straight grip.

SETUP

Distance: At home

Rounds: 10 holds

Par: 30 sec each

Target: A safe point on a wall

Start: Gun confirmed clear

THE DRILL

1. Confirm the gun is unloaded, ammo in another room.
2. Web of the dominant hand high under the beavertail, no space.
3. Karate-chop the bottom of the trigger guard with the support hand and roll it forward.
4. Clamp with the bottom fingers, thumbs slightly up, wrist locked straight.
5. Present to the safe point and hold a hard grip for 30 seconds. Rest, then repeat for 10 holds.

THE STANDARD

The grip stays identical and steady for the full 30 seconds, no shaking or shifting.

Safety: Dry-fire only. No ammunition in the room. Verify clear before every rep.