The Drop

ALSTON TRAININGS / DRILL CARD / FUNDAMENTALS - BEGINNER - DRY OR LIVE

Groove the just-drop stance until it happens without thinking.

SETUP

Distance: 5 yd (live) / any (dry)

Rounds: 10

Par: None

Target: 6-inch circle

Start: Standing, low ready

THE DRILL

1. From a normal standing position, sink into a slight bend of the knees. Do not step a foot back.
2. Let your hips hinge so your upper body leans slightly forward into the gun.
3. Present to the target and fire (or dry-press) two shots.
4. Return to low ready and stand back up.
5. Repeat for 5 reps. Drop the exact same way every time.

THE STANDARD

Every rep drops identically, and all shots land in the circle at a relaxed pace.

Safety: Live-fire only at a range with a safe backstop. Follow the four rules.