Trigger Reset

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

Feel the wall and the reset so you stop slapping the trigger.

SETUP

Distance: At home

Rounds: 25 reps

Par: None

Target: A safe point on a wall

Start: Gun confirmed clear

THE DRILL

1. Confirm the gun is clear, ammo in another room.
2. Press through the wall and hold the trigger to the rear.
3. Rack the slide to simulate the shot.
4. Keeping contact with the trigger, slack out only to the audible reset, then press again.
5. Do 25 reps. Then mix in: press, rack, come back to the wall, press.

THE STANDARD

Every press moves only the fingertip, and you can find the reset without looking.

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