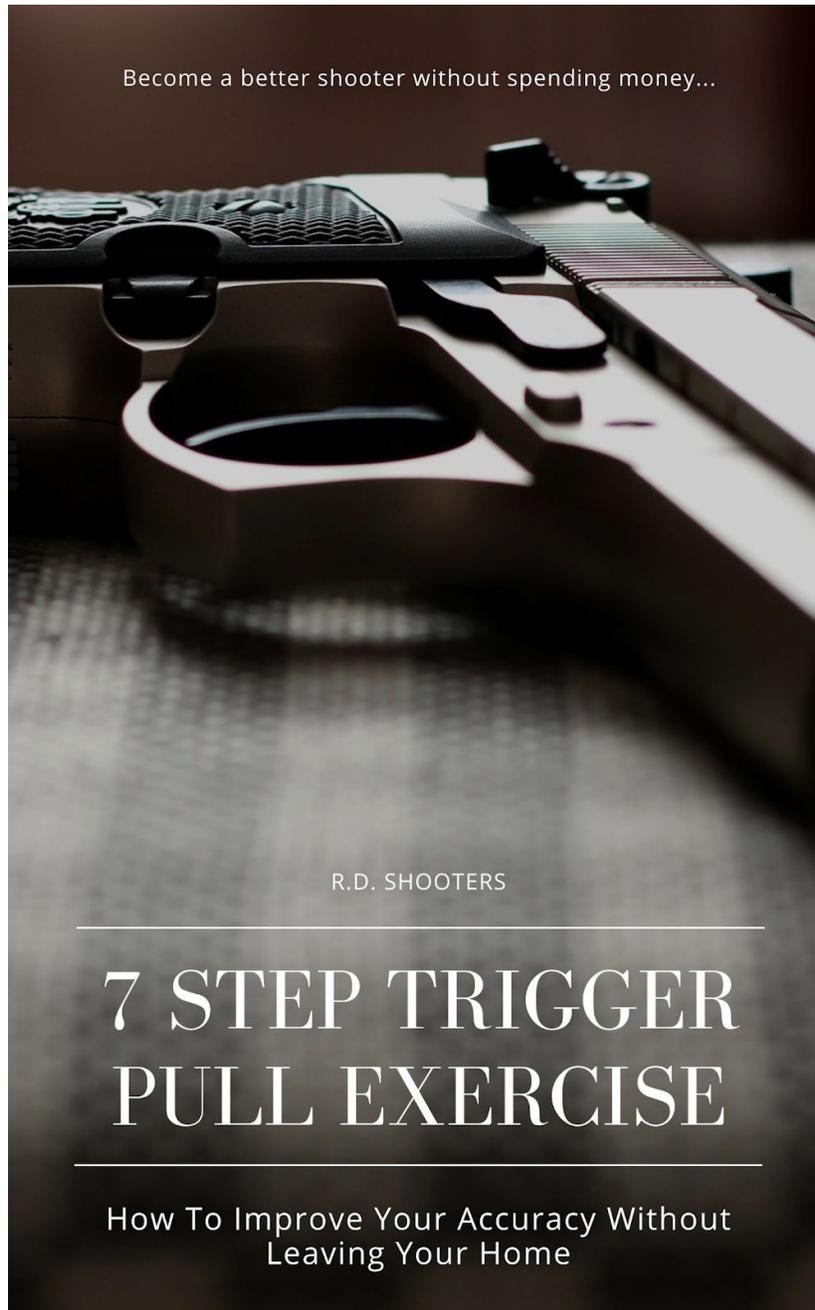


7 Step Trigger Pull Exercise

How To Improve Your Accuracy Without Leaving Your Home



Introduction

Improving your accuracy can seem like a huge hurdle to climb if you're new to shooting.

However, I'm going to show you a trigger pull exercise that is SIMPLE, COSTS, NOTHING, and can be done from the COMFORT OF YOUR OWN HOME.

It involves dry fire practice, which is when you practice pulling the trigger of your gun without firing ammunition.

Best of all, this exercise can be done with nearly any type of gun! So, whether you have a center-fire pistol, rifle, or pistol caliber carbine, this exercise can help you.



(Note: typically you should not dry fire guns chambered in .22 long rifle as this can cause damage to your firearm.)

Ok, so if you're ready... Let's Begin!

Step 1: Make Sure Your Gun Is NOT Loaded...



Whenever you handle your gun, the first thing to do is to determine its condition (loaded or unloaded).

1. To begin, remove the magazine from your firearm (if it is detachable).
2. Next, open up the chamber of your gun and check for a round.
 - a. If the chamber is empty, your firearm is not loaded and safe to dry fire.
 - b. If you do see a round in the chamber, extract it and remove all ammunition from the room you're in.

3. Last, check the chamber of your firearm again before moving on to the next step. I personally check my chamber at least 3 times before I start any dry fire practice in my home. And as mentioned before, I remove all live ammunition from the room in which I conduct my practice. **Remember, it's better to be safe than sorry!**

Final Note: If the manufacturer of your firearm recommends that it not be dry fired, I'd advise you to use snap caps or dummy rounds before doing this exercise. However, most firearms on the market are safe to be dry fired on an empty chamber.



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Step 2: Point Your Gun In A SAFE Direction...



You always want to follow the rules of firearm safety. And one of the cardinal rules is that you ALWAYS point your firearm in a safe direction whether it is loaded or unloaded.

Keep this rule in your mind as you conduct dry fire practice.

Step 3: Present Your Unloaded Firearm At A Practice Target Of Your Choice...

Aim your unloaded firearm at a target in a safe direction within your house.

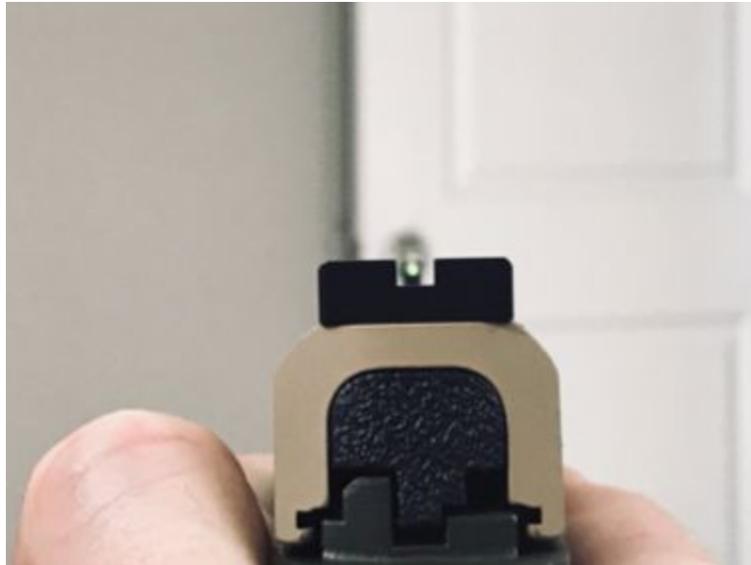
You can actually put a target up on your wall and take aim at that if you'd like to. However, you can use almost anything as an aiming point...



- A door knob (one of my favorites!)
- A light switch
- The corner of a picture

Your target doesn't really matter. Just take aim as if you were at the shooting range AND make sure you're pointing the unloaded gun in a SAFE direction!

Step 4: Establish A Good Sight Picture On Your Practice Target...



Whether you're using iron sights or an optic like a red dot, take your time and establish a good sight picture.

This particular drill is focused on accuracy not speed. So be methodical because there's really no rush!

Step 5: Pull The Trigger Of Your EMPTY Firearm...

Here is where the magic happens!

- Focus on pulling the trigger SLOWLY. (Remember, there is no need to rush this.)

- Focus on pulling the trigger SMOOTHLY. (You can actually think of yourself as ROLLING the trigger back.)
- Focus on pulling the trigger STRAIGHT BACK TO THE REAR. (As straight back as you possibly can.)



EVERY TIME you pull the trigger back, whether during dry fire practice or shooting live ammunition, focus on these 3 elements of trigger control and watch as your accuracy improves!

Step 6: Watch Your Sights or Optic...

As your trigger breaks, pay close attention to your sights or optic because they will tell you if your trigger pull was correct or not.

If you have a red dot on your firearm, your reticle should NOT move AT ALL once your trigger breaks.



If you have iron sights, your front sight should NOT move AT ALL once your trigger breaks.

Any movement or wiggle (even slightly) means that your trigger control was off, and you need to practice until your sight stays COMPLETELY still.



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Step 7: REPEAT...

I recommend you practice at least 10 PROPER trigger pulls a day. However, if you have time for more, this exercise will be even more beneficial.

Remember to pull the trigger...

- SLOWLY
- SMOOTHLY
- STRAIGHT BACK TO THE REAR



If you focus on these 3 elements of trigger control, you will notice a significant improvement in your accuracy while shooting live ammunition.

And it won't take long before your accuracy skyrockets to the next level!

To Sum It All Up...

Dry fire practice is what the greatest shooters on the planet use to improve and maintain their skills because it costs no money and the benefits you get from it are incredibly high.

This is the exact method I used to learn how to shoot accurately, and it's an exercise I still use regularly to keep my shooting fundamentals strong...



And as I mentioned, the focus of this exercise is accuracy. However, as you practice a proper trigger pull, you'll eventually find yourself speeding up naturally.

Now remember, proper trigger pull is just one element of shooting, and if you really want to take your shooting to the next level...

I HIGHLY RECOMMEND you the [Combat Shooter System](#) by clicking the button below...



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Additionally, I'll be publishing more shooting tips and gear reviews on my blog. So be sure to:

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Good luck on your adventure to improve your shooting!

-Red Dot Shooters

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