

Dry Fire Drills

Version 2.0 EN

SwissAAA

Aspire.Persist.Prevail.



Firearms	Service Pistol	Methodology	Dry Fire Practice with Mantis
Ammunition	None, Dummy Rounds	Place	Anywhere with 3-5m distance
Material	Holster, 1 spare mags incl pouches, 4 dummy rounds, Mantis	Targets	Reduced IDPA Target 1/3, ¼, 1/5

Overall Objectives	Specific Objectives
<ul style="list-style-type: none"> ■ Automation of the Five Shooting Fundamentals ■ Build muscle memory ■ Build accuracy and speed 	<ul style="list-style-type: none"> ■ Stance, grip, sighting, breathing, triggering ■ Smooth, efficient movement, timing ■ Focus on the front sight, constant pressure on the trigger, no flinch ■ Correctness before speed

Safety Rules		5 minutes
Safety Rules	<ol style="list-style-type: none"> 1) Always treat a firearm as if loaded. 2) Always point in a safe direction away from people. 3) Always keep your finger off the trigger until ready to shoot. 4) Always be sure of your target and whats beyond it. 	
PSC	Perform personal safety check including all magazines used for the training	

Warm-Up		5-10 minutes
5-10 minutes	Warm-up, especially shoulders, arms, wrists, hands	

1	Dry Fire: Fundamentals	MantisX: Open Training, Primary/ Support Hand	10 minutes				
Correct and fluid execution! Maximize the score, time is not important							
Dist	Starting Position	Procedure	Shots	Target	Time	Objective	Remarks
3-5m	Ready	Free style	1	1/3 IDPA	NTL	>90.0	10x
3-5m	Ready, weak side	Free style weak side	1	1/3 IDPA	NTL	>90.0	"
3-5m	Ready, SH	SHO	1	1/3 IDPA	NTL	>85.0	"
3-5m	Ready, Weak Hand	WHO	1	1/3 IDPA	NTL	>80.0	"

2	Dry Fire: Fundamentals with Time Pressure	MantisX: Shot Timer or Compressed Break	10 minutes				
Balance score and time: if the score cannot be achieved → increase the time; if the score is reached → decrease the time, eg 1.75s/90.0. For training purposes, you can reduce both, eg 1.75/80.0 or 1.5/80.0 in order to increase speed and push perceived limits The compressed break mode allows for 5 repetitions in a row							
Dist	Starting Position	Procedure	Shots	Target	Time	Objective	Remarks
3-5m	Ready	Free style	1	1/3 IDPA	<2.0s	>90.0	10x

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3-5m	Ready, weak side	Free style weak side	1	1/3 IDPA	<2.0s	>90.0	“
3-5m	Ready, SH	SHO	1	1/3 IDPA	<2.0s	>85.0	“
3-5m	Ready, Weak Hand	WHO	1	1/3 IDPA	<2.25s	>80.0	“

3	Dry Fire: Manipulations	MantisX: Reload Drills	10 minutes
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All exercises to be done without time pressure first. Only add time pressure when the execution is correct and fluid

Dist	Starting Position	Procedure	Shots	Target	Time	Objective	Remarks
3-5m	Ready, empty chamber	Free style	1	1/3 IDPA	<2.25s	>85.0	10x
3-5m	On target, slide closed	MagX, free style	1	1/3 IDPA	<3.25s	>85.0	“, alternate mag pouches
3-5m	On target, empty, slide lock	Reload, free style	1	1/3 IDPA	<2.75s	>85.0	“
3-5m	On target, shooting, empty, slide closed	Reload, free style	1	1/3 IDPA	<3.25s	>85.0	“, gun empty but slide closed

4	Dry Fire: Fundamentals with Cover	MantisX: Shot Timer	10 minutes
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All exercises to be done without time pressure first. Only add time pressure when the execution is correct and fluid
If there is no cover available (door frame, cupboard etc) then lean out to simulate it

Dist	Starting Position	Procedure	Shots	Target	Time	Objective	Remarks
3-5m	Ready, eyes on target strong side	Free style, from cover	1	1/3 IDPA	<2.0s	>90.0	10x, if no cover available: lean out anyway
3-5m	Ready, eyes on target weak side	Free style, from cover	1	1/3 IDPA	<2.0s	>90.0	“
3-5m	Ready, SH, eyes on target strong side	SHO, from cover	1	1/3 IDPA	<2.25s	>85.0	“
3-5m	Ready, Weak Hand, eyes on target, weak side	WHO, from cover	1	1/3 IDPA	<2.5s	>80.0	“

5	Dry Fire: Movement	MantisX: Open Training or Shot Timer	10 minutes
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Maintain the front sight on target at all times during movement
Constant movement speed and focus on hits/score
Alternatively, when shooting one-handed, move sideways: to the right → use left hand; to the left → use right hand

Dist	Starting Position	Procedure	Shots	Target	Time	Objective	Remarks
7-3m	Ready	Free style, while moving fw	1	1/3 IDPA	NTL	>80.0	5x
3-7m	Ready	Free style, while moving bw	1	1/3 IDPA	NTL	>80.0	“

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7-3m	Ready	SHO, while moving fw	1	1/3 IDPA	NTL	>70.0	5x
3-7m	Ready, SH	SHO, while moving bw	1	1/3 IDPA	NTL	>70.0	“
7-3m	Ready, Weak Hand	WHO, while moving fw	1	1/3 IDPA	NTL	>70.0	5x
3-7m	Ready, Weak Hand	WHO, while moving bw	1	1/3 IDPA	NTL	>70.0	“

6	Dry Fire: Manipulations with Movement	MantisX: Reload Drills	10 minutes
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Alternatively, move sideways

Dist	Starting Position	Procedure	Shots	Target	Time	Objective	Remarks
7-3m	Ready	MagX, free style, while moving fw/bw	1	1/3 IDPA	NTL	>80.0	10x
7-3m	Ready, empty, slide lock	Reload, free style, while moving fw/bw	1	1/3 IDPA	NTL	>80.0	“
7-3m	Ready, empty, slide closed	Reload, free style, while moving fw/bw	1	1/3 IDPA	NTL	>80.0	10x, gun empty but slide closed

7	Dry Fire: Malfunctions	MantisX: Reload Drills	10 minutes
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Malfunction clearing can be combined with movement or cover

Dist	Starting Position	Shooting Position	Shots	Target	Time	Objective	Remarks
3-5m	On target, empty chamber	Simple malfunction, free style	1	1/3 IDPA	<3.0s	>85.0	10x
3-5m	On target, prepared extended malfunction	Extended malfunction, free style	1	1/3 IDPA	<6.5s	>85.0	10x

8	Dry Fire: Transition	MantisX: Shot Timer	10 minutes
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2x 1/3 IDPA target, about 3-4m apart

Dist	Starting Position	Procedure	Shots	Target	Time	Objective	Remarks
3-5m	On target	Switch to next target, free style	1	2x 1/3 IDPA	NTL	>90.0	10x
3-5m	On target, Strong Hand	Switch to next target, SHO	1	2x 1/3 IDPA	NTL	>85.0	10x
3-5m	On target, Weak Hand	Switch to next target, WHO	1	2x 1/3 IDPA	NTL	>80.0	10x

9	Dry Fire: Getting into Position	MantisX: Shot Timer	10 minutes
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Alternatively, you can do a box-drill incl backwards and diagonal movements (if the space is available)

All exercises should be done SHO and WHO as well, adapt the score accordingly (eg: SHO: 85 and WHO: 80)

The positions can include kneeling, crouching and prone

Dist	Starting Position	Procedure	Shots	Target	Time	Objective	Remarks
3-5m	Ready	1-3 steps fw, free style	1	1/3 IDPA	NTL	>90.0	10x

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3,5m	Ready	1-3 steps right, free style	1	1/3 IDPA	NTL	>90.0	“
3,5m	Ready, Weak Hand	1-3 steps left, free style	1	1/3 IDPA	NTL	>90.0	“

Explanations/ Remarks	
Time/Score	The values have to be adapted to the individual level of proficiency. Priorities are always: 1) Correct, fluid execution 2) Score 3) Time
General Tips	<ul style="list-style-type: none"> • Priorities are always: 1) Correct and fluid execution 2) Score 3) Time! In Practice-Mode, you can push the time in order to become more explosive! • Dry fire cannot replace hot fire practice, but it can supplement it. All exercises should always be practiced hot as well! • Always include variations: eg distances, movements, positions • Always plan a fixed number of repetitions and conclude them all. Optimum are 10-20 repetitions and then move to another exercise. • Periodic, short sessions (eg 30 minutes) done frequently (eg each 1-2 day) are better than monster-sessions followed by long breaks
Draw	Drawing cannot only be practiced with a Mantis mag-adaptor or a special holster. In matches, less than 10% of the shots are following a draw. Without the proper equipment, practice drawing without MantisX or just in life fire sessions.
Double Tap	The double tap cannot be practiced with the Mantis. Even with the revolver, quick split times are not picked up correctly. Don't cock the striker on the clock or practice multiple double action shots with a DA/SA pistol because you will drill a wrong behavior. Just include the double tap and recoil control in life fire practice.
Reaction Time	Reload times measured with the Mantis include a reaction time of 0.2-0.5s. This is why you will be faster when reloading in life fire, e.g. with shot – MagX – shot your split times will be faster than the dry fire times.
Glossary	NTL=No Time Limit, SHO=Strong Hand Only, WHO=Weak Hand Only, MagX= Mag-Change with retention

MantisX score and practical hit analysis:

Mantis measures the movement of the pistol shortly before and after the shot and calculates a score. 100 equals a perfectly still gun. However, it cannot know where the pistol is aimed or in other words, it does not take into account whether the sight alignment/picture was correct.

Therefore, it is difficult to establish a link between Mantis score and actual hits. Mantis only helps to eliminate flinch, trigger jerk, push-up and so on. The below table gives an overview of Mantis scores and what they mean at several distances. In general, ≥ 85 should be in the 0 Down up to 20m. At 10m one can shoot faster and you will still be in the 0 Down with a score of 70.

Score /Distance	10m	15m	20m
90	22	33	44
80	44	65	87
70	65	98	131
60	87	131	175

Deviation in [mm] in relation to score/distance (10 Mantis points correspond to an angle of 1/8 degree)