A person wearing blue jeans and brown boots is standing in a field of tall, dry grass. In the background, there is a target range with several targets on stands. The sky is clear and blue. The text is overlaid on a white rectangular background.

# SHOOTING FASTER FROM the DRAW

**Mark Booher**  
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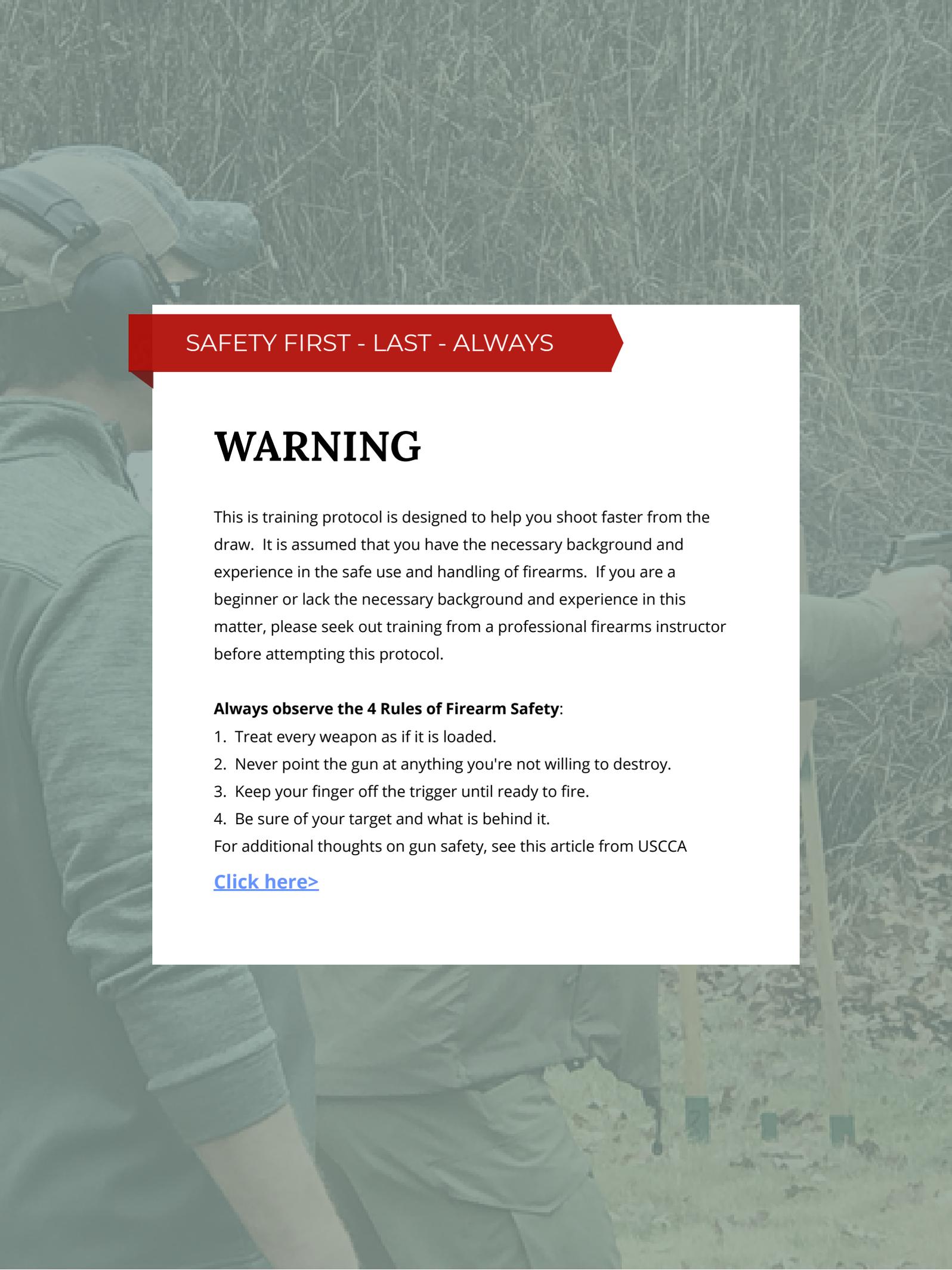
# Your Done- For-You Program

Shooters come in different skills and abilities groups, but one thing we all have in common is we all want to shoot faster on the draw. That's why we put together this simple, but effective training protocol. We've run military, law enforcement, and civilians through it with amazing results. Now we want to share it with you.

Be safe and train hard!



Mark Booher, JD, CPS  
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SAFETY FIRST - LAST - ALWAYS

## WARNING

This training protocol is designed to help you shoot faster from the draw. It is assumed that you have the necessary background and experience in the safe use and handling of firearms. If you are a beginner or lack the necessary background and experience in this matter, please seek out training from a professional firearms instructor before attempting this protocol.

**Always observe the 4 Rules of Firearm Safety:**

1. Treat every weapon as if it is loaded.
2. Never point the gun at anything you're not willing to destroy.
3. Keep your finger off the trigger until ready to fire.
4. Be sure of your target and what is behind it.

For additional thoughts on gun safety, see this article from USCCA

[Click here>](#)

## STEP 1

# How it Works

In this program, you will conduct a dry fire session for 5-days in a row, with each session should take from 15-20 minutes. We will be utilizing Travis Haley's "Deliberate Practice" video. On the sixth day, we go to the range and test our results!

While the Deliberate Practice drill is used as a live-fire drill in the video, we will be using it as part of our dry-fire training. Dry fire is simply the practice of drawing, presenting, and weapons manipulation without the use of live ammunition. Please use caution to ensure all live ammunition is removed from your firearm and magazines. Check and recheck. We even recommend you train in an area separate from any live ammunition.

Click this link and watch the **Deliberate Practice** video.

[Click here to watch the video>](#)

## Step 2

# SECURE A SHOT TIMER

If you have a competition grade shot timer, that's awesome. If not, no worries. There are free timers that you can download on your smart phone that work just fine. All you need is something that you can set a timer from 5 seconds and below. I use the Free Shot Timer for iPhone.

Believe it or not, someone has actually did a review of free downloadable shot timers. Wha???

Yep, I've included the link below in case you're interested. My advice? Don't overthink it. Just pick one and download it. You're probably right.

[Click here for the article....only if you really want to >](#)

## Step 3

# Aim Small, Miss Small

Now it's time to start conducting your dry-fire sessions. Familiarize yourself with the Deliberate Practice method laid out in the Travis Haley video, grab a shot timer, make safe, and get started. Choose a small focal point, say about 3x5 index card sized target, stand about five yards from it and begin your draw and presentation repetitions.

We want a small target to force us to slow down the critical piece, which is executing the primary tasks I talked about in earlier emails. If you want, you can even make the target smaller. Sometimes, I transition to a my aim point to something as small as a light switch.

If you're you absolutely want a real paper target to work from, no problem. Just click below and you can print some free targets off here.

[Click here to view the resource >](#)

## Step 4

# GET IT ON FILM.

Once you've finish your dry-fire session, film yourself running a 6-8 draws. Look for unnecessary movement that you can eliminate from your draw stroke. An example of unnecessary movement would be "bowling, fishing, or jackhammer" movements during your presentation to the target.

Keep a written log, so you don't forget. Then address it on your next dry-fire session.

If you don't have a tripod or device to hold your smart phone, I'll leave a recommendation in the link below for a quick fix. It's the same one I own. I don't make a dime off it if you purchase using this link, so feel free to shop elsewhere if you prefer a different style.

[Click here to view the resource >](#)

# STEP 5: RANGE DAY!

Time to take your new skills to the range and apply what you learned.

1. Conduct your dry-fire sessions for 5 days
2. Finish up each session by filming 6-8 draw
3. Analyze your results and make adjustments
4. Run a Live Fire session using the Deliberate Practice vid
5. Assess your results & repeat the next week if needed
6. Enjoy training and let me know how you progress!

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