

Drill of the Week: Strong-Hand Practice

Many people overlook the importance of getting familiar and proficient with shooting one-handed. If you've been following our suggested drills for a while, we've introduced one-handed shooting before – this time we take it one step further.

When would you shoot one-handed? The short answer is, only when you have to. The examples here are focused on personal defense. The first reason people usually give for reasons they'd be shooting with only one hand is due to an injury to your shoulder/arm/hand. In addition to this, there are plenty of other reasons, some perhaps more likely, that we would need to do this; you may have a child that you are having to hold on to while moving to cover, or you may be dragging a wounded person to safety when another threat pops up. Shooting with one hand is harder than with two. It's harder to hold the sights steady, and harder to manage the recoil and get quick next sight picture. All of the same shooting fundamentals still apply with one handed shooting. The trigger squeeze may be slightly harder since you are having to support the gun in just one hand and also pull the trigger with a finger from that hand.



For safety reasons on our range, you must conduct all reloads and malfunction drills using both hands – only conduct the firing portion with one hand. To conduct this drill, hang a target at 3-5 yards, and load and make ready. Using one hand, first expend 1-2 magazines just firing one shot at a time, i.e. fire one shot and return to a ready position or holster and repeat (of course, you will de-cock or put the pistol on safe any time you are coming off the target). Next, you will expend 1-2 magazines firing two shots at a time. Finally, you will expend 2-3 magazines firing a series of three shots at two different areas of the target, i.e. you will fire one shot into one area of the target and then fire two shots into another area of the target (or vice versa), coming back to ready or holster after each series of three shots.

Tip – when shooting with one hand, try canting the gun just slightly to the inside. This will help the gun recoil in a more natural alignment with your arm/body.