

BUILDING BLOCKS

Building the fundamentals with slow, thoughtful practice.

It is encouraged to watch the [full video instructions online](#) before starting each day.

FFG = First and Final Grip
RD(s) = round(s)
SEC = second(s)
REP(S) = repetition (reset to starting position)

	WORK	NOTES
DAY 1	MEMORIZE FIREARM SAFETY RULES (U.M.F.F.) U = Unload M = Muzzle F = Finger F = Foreground/Background	For reference: Module 1 - 1
DAY 2	PROVE FIREARM SAFE Reps: 10	For reference: Module 1 - 2
DAY 3	PROVE FIREARM SAFE Reps: 5 LOAD THEN UNLOAD FIREARM (SNAP CAPS ONLY - NO LIVE AMMO!) Reps: 10	For reference: Module 1 - 3
DAY 4	OBTAIN FIRST AND FINAL GRIP (FFG) From table – pickup the firearm and establish your FFG Reps: 20	For reference: Module 2: Grip Examine your FFG, focus on: High on tang, firm pressure (exactly like in LIVE FIRE), no re-adjustment, no gaps.
DAY 5	OBTAIN FFG Reps: 10 90% TRIGGER PRESSES Reps: 20	For reference: Module 2: Trigger Do not obtain a sight picture at this time. Observe where your trigger breaks. Then, concentrate on slow, methodical trigger presses to the 90% point with no trigger break. We are learning the furthest point in the travel where we can repeatably bring it to.

<p>DAY 6</p>	<p>Using the PATCH DRILL target at 3 meters</p> <p>OBTAIN FFG Reps: 10 90% TRIGGER PRESSES Reps: 10 OBTAIN SIGHT PICTURE AND 90% PRESS Reps: 25 (ONCE ON EACH PATCH)</p>	<p>For reference: Module 2: Aiming</p> <p>Once FFG reps are completed, present the firearm to full extension and obtain a sight picture while pressing the trigger to your “90%” travel. Reset to a low-ready position in between reps.</p>
<p>DAY 7</p>	<p>Using the PATCH DRILL target at 3 meters (Moving through each patch)</p> <p>OBTAIN SIGHT PICTURE THEN TRIGGER PRESS Reps: 25</p>	<p>Concentrate on a perfect sight picture and maintaining that sight picture through the entire trigger press and break. Reset to a low-ready position between reps.</p>
<p>DAY 8</p>	<p>MAKE-UP DAY</p>	<p>If you have simply missed a day, make it up here. If you are struggling with a technique, spend more time on it before progressing into the next day’s work.</p>
<p>DAY 9</p>	<p>Using the B8 target at 3 meters. (Attempting to line up naturally to the “X”)</p> <p>OBTAIN FFG, DRAW, OBTAIN SIGHT PICTURE Reps: 20</p>	<p>For reference: Module 2: Draw Module 2: Aiming</p> <p>Concentrate on obtaining the sight picture with the least amount of adjustment at full presentation.</p>
<p>DAY 10</p>	<p>Using the PATCH DRILL target at 6 feet (Moving through each patch)</p> <p>OBTAIN FFG, DRAW, OBTAIN SIGHT PICTURE Reps: 25</p>	<p>For reference: Module 2: Draw Module 2: Stance</p> <p>Work on refining your ability to point the firearm and obtain a sight picture on each patch without large adjustments at full presentation.</p>
<p>DAY 11</p>	<p>Using the PATCH DRILL target at 3 meters (Moving through each patch)</p> <p>DRAW, OBTAIN SIGHT PICTURE, TRIGGER PRESS Reps: 25</p>	<p>Focus on a repeatable FFG on each rep and ensure that it remains firm and stable through the trigger break to maintain the sight picture on target. Your grip MUST be firm like you are expecting the firearm to discharge a round. GRIP IT. Do not cheat yourself, it will degrade your performance in live-fire. GRIP THE GUN in dry-fire.</p>

DAY 12	<p>Using the PATCH DRILL target at 4 meters (Moving through each patch)</p> <p>DRAW, OBTAIN SIGHT PICTURE, TRIGGER PRESS Reps: 25</p>	<p>Concentrate on bringing the trigger to the 90% point quicker and then smoothly pressing through the rest of the trigger while maintaining your sight picture.</p>
DAY 13	<p>Using the PATCH DRILL target at 5 meters. (Moving through each patch)</p> <p>DRAW, OBTAIN SIGHT PICTURE, TRIGGER PRESS Reps: 25</p>	<p>Focus on refining your trigger control to be able to maintain a finer aiming point during the trigger break. Step back further from the PATCH DRILL target and ensure that you are honest with your sight picture.</p>
DAY 14	<p>DRAW, OBTAIN SIGHT PICTURE, TRIGGER PRESS Reps: 10 (on 1/6 scale A zone)</p> <p>RELOAD (NO SLIDE-LOCK) Reps: 10 – Phase 1 (find index / meeting point) Reps: 10 – Phase 1 with pause into Phase 2 (Reload, re-obtain grip) NO TRIGGER PRESSES AT THIS TIME</p>	<p>For reference: Module 3: Reloads</p> <p>Continue 10 good draws and complete a perfect trigger press on each rep then move on to reloads. Do not rush the reloads at this point. Focus on building a smooth movement pattern.</p>
DAY 15	<p>Using the “ALPHA” box on the METRICS target at 6 feet.</p> <p>DRAW, OBTAIN SIGHT PICTURE, TRIGGER PRESS Reps: 10</p> <p>RELOAD (FROM SLIDE-LOCK) THEN OBTAIN SIGHT PICTURE Reps: 20 (In the two phases)</p>	<p>Concentrate on re-obtaining a perfect FFG after the reload is completed and present back into a sight picture on target with a good trigger break. Focus on completing the reload in one movement with no breaks or stutters. This means it can be done as slow as necessary to accomplish this in one movement.</p>
DAY 16	<p>MAKE-UP DAY</p>	<p>If you have simply missed a day, make it up here. If you’re on track, take a day off, or work on something lacking.</p>
DAY 17	<p>LIVE-FIRE:</p> <p>PATCH DRILL. (First three columns only)</p> <p>B8 DRILL.</p>	<p>GOING LIVE!</p> <p>For reference: Module 3: B8 and PATCH DRILL</p> <p>Soak in as much information as you can during this live-fire session. Film this if possible. We will use this information in our dry-fire sessions to improve on inadequacies and to remember the behaviour of our firearm under recoil.</p>

<p>DAY 18</p>	<p>DRY-FIRE: Using the METRICS TARGET at 6 feet:</p> <p>Draw and fire 10 rds on ALPHA (Say 3 syllables between rds "TRIGGER PRESS") Draw and fire 10 rds on BRAVO (Say 2 syllables between rds "TRIGGER") Draw and fire 10 rds on INDIA (Say 1 syllable between rds "PRESS") Draw and fire 10 rds on JULIET (With no pause between rds)</p> <p>Repeat x3</p>	<p>For reference: Module 3: Rhythm</p> <p>Do not reset the trigger between rounds by racking the slide. Do your best to simulate the pressure required to break the trigger even when the trigger is "dead" after the first break. Applying more trigger pressure (ex. 7lb instead of 5.5lb for Glock) and more trigger travel than is necessary is best practice to ensure you don't "short-stroke" the trigger with less travel or pressure on reset.</p>
<p>DAY 19</p>	<p>Using the METRICS TARGET at 6 feet:</p> <p>Using "PRESS" or no pause,</p> <p>Draw and fire 6 rounds on ALPHA Draw and fire 4 rounds on BRAVO Draw and fire 3 rounds on INDIA Draw and fire 2 rounds on JULIET</p> <p>Repeat x4</p>	<p>This drill assists in building our ability to place a specific number of rounds on a target at speed and refine the connection between our trigger finger and brain. Focus on keeping the rhythm at speed and being honest with the sight picture on target during the subsequent trigger "breaks".</p>
<p>DAY 20</p>	<p>Using an A-zone at 7 meters or 1/6 IPSC target:</p> <p>Draw on 4 second par timer Reps: 10 Draw on 3 second par timer Reps: 10 Draw on 2 second par timer Reps: 10</p>	<p>Set a par timer for the indicated time and ensure that a perfect sight picture is obtained, and you are waiting at the 90% point for the second beep to press the trigger. Focus on completing the draw in one smooth movement and reaching full presentation with a stable sight picture.</p>
<p>DAY 21</p>	<p>Using PATCH DRILL target:</p> <p>Draw on 4 sec timer, break trigger on beep: Reps: 10 Draw on 3 sec timer, break trigger on beep: Reps: 10 Draw on 2 sec timer, break trigger on beep: Reps: 10</p>	<p>On the quicker times, focus on moving your hands quickly to and from the holster to get the gun to full extension. Getting there sooner gives us more time on target to refine our sight picture and trigger press. Prep the trigger to 90% and wait until the second beep to press through the rest of the trigger quickly without disturbing your sights on target. Aggressively and decisively smash through the last "10%" of your trigger on the second beep.</p>

DAY 22	<p>Using the PATCH DRILL target:</p> <p>Trigger breaks at 0.50 par timer (Reps: 10) Trigger breaks at 0.40 par timer (Reps: 10) Trigger breaks at 0.30 par timer (Reps: 10) Trigger breaks at 0.20 par timer (Reps: 10)</p>	<p>Obtain a good sight picture on the patch and standby for the beep. On the beep, press the trigger quickly without disturbing the sight picture. Your finger should start inside the trigger guard but not touching the trigger.</p>
DAY 23	<p>Using a 1/6 scale A-zone target:</p> <p>Draw and begin prepping your finger on the trigger when gun is level downrange. Continue prepping to the 90% while your draw reaches full extension. 10 Reps at 3sec par timer. 10 Reps at 2sec par timer. 10 reps at 1.5sec par timer.</p>	<p>We don't want a bad habit of placing our finger on the trigger during the draw stroke if it is unwarranted. Focus on the firearm's safety rules and ensure your finger is accessing the trigger at the appropriate time. If you are hitting these par timers easily at this point, reduce them accordingly.</p>
DAY 24	<p>MAKE-UP DAY</p>	<p>If you have simply missed a day, make it up here. If you are struggling with a technique, spend more time on it before progressing into the next day's work.</p>
DAY 25	<p>Using two 1/6 scale A-zones spread 1m apart:</p> <p>Draw: 1rd to left target, 1rd to right target. Draw: 1rd to right target, 1rd to left target. Reps: 10 Draw: 2rd to right target, 2rd to left target. Draw: 2rd to left target, 2rd to right target. Reps: 10</p>	<p>For reference: Module 3: Transitions</p> <p>Concentrate on moving directly to the next target with your eyes first and your body/gun trailing immediately behind to snap into the new position your eyes have focused on.</p>
DAY 26	<p>Using METRICS TARGET at 6 feet:</p> <p>Draw: 1 rd to ALPHA then 1rd to HOTEL Draw: 1rd to FOXTROT then 1rd to JULIET Draw: 2rds to INDIA then 1rd to ECHO Draw: 1rd to ECHO then 2rds to ALPHA Reps: 10</p>	<p>Try using rhythm to defeat the dead-space immediately once the pre-transition trigger break occurs. Ensure your eyes are snapping to the new target and leading the way for the sights to meet. Small targets require more awareness and confirmation of sights.</p>
DAY 27	<p>Using METRICS TARGET at 6 feet:</p> <p>Sights on ALPHA – RELOAD – 1rd to ALPHA 10 Reps at 3.0sec par timer 10 Reps at 2.5sec par timer 10 Reps at 2.0sec par timer</p>	<p>Focus on moving your hands quickly. Your hands need to move quickly to and from the mag pouch and then apply the brakes to verify a proper insertion. Re-obtain your FFG perfectly. If you notice your FFG suffers as the speed increases, do not push the pace further until this is addressed.</p>

<p>DAY 28</p>	<p>Using the METRICS TARGET at 6ft:</p> <p>Draw – 3rd to ALPHA – RELOAD – 3rd to JULIET Reps: 5 at 6 second par timer Draw – 3rd to JULIET – RELOAD – 3rd to ALPHA Reps: 10 at 5 second par timer Draw – 3rd to INDIA – RELOAD – 3rd to BRAVO Reps: 10 at 4 second par timer</p>	<p>For Reference: Module 3: Transitions, Rhythm, Draw</p> <p>Use your eyes effectively and move quickly through the dead-space in the reload and transition. Transition your eyes to your magwell to verify the insertion and then quickly back up to the next target to snap your gun to. Ensure your FFG remains solid and the sight picture is honest.</p>
<p>DAY 29</p>	<p>Using the PATCH DRILL target 3 meters: (Move through each patch)</p> <p>Draw and with STRONG HAND ONLY complete a perfect trigger press on each patch.</p> <p>Reps: 25</p>	<p>For Reference: Module 3: One Handed Shooting</p> <p>Remember to keep a firm grip on the firearm and obtain the FFG properly on the draw as it is unable to be fixed as easily with one handed shooting. Ensure that the sight picture stays on the patch during the trigger break.</p>
<p>DAY 30</p>	<p>Using the PATCH DRILL target 3 meters: (Move through each patch)</p> <p>Draw and transition to WEAK HAND ONLY, then complete a perfect trigger press on each patch.</p> <p>Reps: 25</p>	<p>Ensure that you take the time necessary to establish a good FFG for your weak hand during the transition. Focus on a perfect trigger press that doesn't disturb your sight picture, and then speed it up. It is going to take some time to get your weak hand on par.</p>
<p>DAY 31</p>	<p>Using three 1/6 scale A-zones spread 2ft apart:</p> <p>Draw and fire 2 rounds on each target. RELOAD Fire 2 more rounds on each target. Reps: 10 at 10 second par timer Reps: 10 at 8 second par timer</p>	<p>Focus on getting a good sight picture on each round and not wasting time in the dead-space in the reload or transitions.</p> <p>The real EL-PRESIDENTE drill is completed at 10 meters and requires A-zone hits on each target for a pass. The starting position is the shooter's back to the target with hands in surrender position.</p>
<p>DAY 32</p>	<p style="text-align: center;">MAKE-UP DAY (MORE OF DAY 30?)</p>	<p>If you have simply missed a day, make it up here. If you are struggling with a technique, spend more time on it before progressing into the next day's work.</p> <p>Spending more time on support/weak hand side is never a bad idea.</p> <p><3</p>

<p>DAY 33</p>	<p>Using the METRICS TARGET at 6 feet:</p> <p>Draw – 2rds to ALPHA - 2rds to JULIET - 1rd to ECHO - 1rd to FOXTROT. (Reps: 10)</p> <p>Draw – 1rd to FOXTROT – 1rd to ECHO – 2rds to JULIET – 2rds to ALPHA. (Reps: 10)</p>	<p>Focus on throttle control and placing the double tap rounds quickly and then ensuring that the sight picture and trigger presses on the small targets are guaranteed hits. Move quickly through the dead-space.</p>
<p>DAY 34</p>	<p>METRICS TEST DRY-FIRE</p> <p>Complete the entire METRICS TEST in dry-fire. Follow the rules on the test.</p> <p>Reps: 10 (Yes, this is a lot)</p>	<p>Really try to visualize these reps in a live-fire setting. Obtain perfect sight pictures and trigger presses. Even at close range, this drill requires 100% focus to ensure hits on target. Be honest with yourself and you'll see the results tomorrow.</p>
<p>DAY 35</p>	<p>LIVE-FIRE:</p> <p>PATCH DRILL WARM-UP (All 5 COLUMNS)</p> <p>METRICS TEST</p>	<p>GOING LIVE!</p> <p>Record your score on the metrics test and take a picture of your target for reference to assist in areas to improve on in dry-fire. Please feel free to share on the forum and social media platform for questions or feedback.</p>

