



# Refinement and Repetition: Dry-fire Drills for Dramatic Improvement

*Steve Anderson*

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## **Refinement and Repetition: Dry-fire Drills for Dramatic Improvement** Steve Anderson

Steve Anderson is a huge believer in the power of dry fire practice. The goal: To make all of the skills required to fire a pistol accurately at high speed subconsciously controlled. According to Steve: When the basic gunhandling skills are subconsciously controlled, you are no longer drawing, aiming, pulling the trigger and firing the gun. You are simply shooting. Refinement and Repetition is made up of 38 dry fire drills, including the exact drills Steve used to achieve the rank of Grand Master in one year after buying his first IPSC Open Pistol. If you've ever wondered, "Well, what should I practice today?" - then Steve's book is a must have. His well thought out and organized drills will guide you from beginning presentation skills to advanced multiple target engagement and transition techniques.

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