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Refinement and Repetition is an 8 1/2 x 11, spiral-bound book made up of 38 dry fire drills, including the exact drills used to achieve the rank of Grand Master in one year after buying my first Open Gun. I am obviously a huge believer in the power of dry fire practice to make all of the skills required to fire a pistol accurately at high speed truly subconsciously controlled.

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Refinement and Repetition, Dry-fire Drills for Dramatic Improvement by Steve Anderson (2003-01-01) Unknown Binding - 1 Jan. 1843 by Steve Anderson (Author) 4.6 out of 5 stars 61 ratings See all formats and editions

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Dry Fire Practice Drill - Draw to a TARGET

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Using this book in dry-fire at least twice a week, I have gone from a "D" class USPSA shooter to "B" class in less than 5 months. Imagine where I could have gone if I dry-fired more! Be sure to listen to Anderson's podcast, "That Shooting Show", for further tips. And beware-- he plays Van Halen in every episode.

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