

# Dot Torture Shooting Drill Is For All Who Carry

Whether you are a competitive shooter, police officer or an armed civilian who carries your gun everyday. This dot torture drill will really keep you in check by letting you know whether you need more time on the range. The drill was originally developed by David Blinder. Dot Torture shooting drill pushes your overall pistol marksmanship to the limits. Your draw stroke, grip, shooting stance and trigger control all come in to play here. This is an excellent exercise to include with your routinely range sessions.



You will need 50 rounds per drill and the above target which can be downloaded from [pistol-training.com PDF version](#) that can be printed on a standard size printer paper. This are two inch circles. The short instructions are on the target itself. You will first start at 3 yards, you'll need to pass 100% before increasing the distance or adding time.

Instructions taken from [pistol-training.com](#)

- *Dot 1 – Draw and fire one string of 5 rounds for best group. One hole if possible, total 5 rounds.*
- *Dot 2 – Draw and fire 1 shot, holster and repeat X4, total 5 rounds.*
- *Dots 3 & 4 – Draw and fire 1 shot on #3, then 1 shot on #4, holster and repeat X3, total 8 rounds.*
- *Dot 5 – Draw and fire string of 5 rounds, strong hand only, total 5 rounds.*
- *Dots 6 & 7 – Draw and fire 2 shots on #6, then 2 on #7, holster, repeat X4, total 16 rounds.*
- *Dot 8 – From ready or retention, fire five shots, weak hand only, total 5 rounds.*

- *Dots 9 & 10 – Draw and fire 1 shot on #9, speed reload, fire 1 shot on #10, holster and repeat X3, total 6 rounds.*

Below is my result of running this drill for the first time. Being a gun owner for four years, and been away from the range for a month and half due to various and personal reasons, the results are not the best. It goes to show that I'll need to do this more often. I definitely need more weak and strong hand shooting practice. I will be including this drill as part of my regular range sessions.

I was drawing from the concealment hip position at moderate speeds.

