

>> **Mark:** That was my nine shot drill; it's a very simple drill, but there's a lot of elements, I start in a high ready position - a couple of reasons for this. First, I want to have a good freestyle shooting grip, and also for all you guys that work at ranges indoors and outdoors that don't allow you to draw from a holster, you can perform this drill from a high ready position. The drill is real simple, first three rounds are in the upper A box freestyle, I transition to strong hand only, and fire three rounds in the lower A zone; I do a mandatory reload, transition the gun to my support hand and finish off with three rounds to the lower A zone. Now there's a lot of elements going on during this drill, the first thing we are going to talk about is the foot movement.

(on the draw) >> **Mark:** My first three shots are in my natural shooting stance, when I transition to strong hand only, I actually slide my support leg back so my strong leg is forward so it gives me much more recoil control by putting more of my body weight forward. I perform my reload and I transition to my support hand now, my strong leg comes back so my support leg is forward, so again it's giving me all of that weight forward to help me control the recoil of the gun while I am shooting support hand only. The next element we need to talk about is how we transition the gun from one hand to the other.

>> **Mark:** So I start the drill out freestyle, which is my normal shooting position, to transition to strong hand only it's just a simple matter of taking my support hand and bringing it back to my chest to help lock in, shuffling my feet like we talked about previously; now I would do a reload and this is the important part, to transition from my strong hand to my weak hand I actually lift my thumb and roll so I open up that whole back part of the gun so I can slide my support hand in., get the proper grip and go forward to finish the drill, when I come back to re-holster it's the same from my support hand to my strong hand. I lift my thumb, come back, I get a nice position, thumb safety on and I can holster, the drill is over.

>> **Mark:** You want to start out with a slow deliberate pace, shooting this drill, it's more important to get good accurate hits, strong hand and support hand, as you practice and it becomes more natural, you pick up the pace.

>> **Mark:** So, we've shot this drill a couple of times, let's take a look at the target you can see the upper a zone hits. I had a nice tight cluster freestyle. The lower A zone is nice and tight except for these last two shots that I did - support hand these shots are telling me my support hand shooting was a little too fast. Remember hits on the target are going to dictate the speed that I shoot this drill. Next time I see you at the range, let me know how the nine shot drill helped your shooting.