

One Reload One Drill

I do this drill to practice slide lock reloads. You will need 1 empty magazine and 1 loaded magazine and a magazine holder you use for competition or daily carry (or put in your pocket)

The choice target would be a B8 target but you can use a USPSA/IDPA target for a more defense purpose training. Run the drill at 7 yards (21 Ft)

Insert the full magazine in the pistol and load a round in the chamber, then switch magazines and insert the empty magazine in the gun.

You can do this drill from low or high compress ready, from holster or concealment.

At the beep, draw and fire one round, you will get a slide lock, drop that magazine, and reload to fire the next round.

After that, switch magazines again. You will have 1 round in the chamber and an empty magazine in the pistol so you can do the drill again.

From the holster par times are: (assuming you are placing two shots in the 10 ring)

- 5 Seconds or more, you need to work on your reload motions
- 4 seconds or less, you have a solid foundation of reloading at slide lock
- 3 seconds or less, if you don't compete you should
- 2 seconds or less, your pistol foundations are very solid (draw, aim, reload, grip and recoil control) teach others how to get there.

