

Draw Stroke Mastery Video Self-Analysis Checklist

Stand 10 feet from video camera, facing the camera at eye level							
Do dry fire reps, aiming at the center of the lens of the camera							
Hands move at the same time							
No excess movement of the support hand							
Support hand moves to high compressed ready							
Approach grip from above							
Push down onto gun							
Web high on backstrap							
Thumb digging between grip and body?							
Fingers digging between grip and body?							
Does belt have excessive movement?							
Trigger finger indexed high							
Forward muzzle tension against holster							
Elbow/wrist angle locked constant until muzzle horizontal							
Shooting Elbow tight against body							
Support hand bladed, inside dominant eye, ready to grip							
Both eyes open							
Excess Vertical head movement							
Lateral head movement							
Excess body movement							
Trigger finger indexed until sights on target							
Gun moves in towards centerline rather than swinging out							
Muzzle stops lateral movement under dominant eye							
Support hand makes contact with pistol under dominant eye							
Muzzle on target at high compressed ready							
Finger off trigger until sights on target and ready to shoot							
Sights on target from high compressed ready to full extension							
Sights move up to line of sight and out							
Reverse sight picture should line up with dominant eye							
No re-gripping during extension							
Stop extension before bounce							
Press trigger during extension?							
Excessive delay between end of extension and trigger press?							
Still fingers as trigger breaks							
Still thumb as trigger breaks?							
Still muzzle as trigger breaks?							
Reverse sight alignment as/after trigger breaks							
Followthrough evident							
If racking, sight picture after rack?							
Reverse drawstroke back to holster							
Sights stay on target during reverse drawstroke							
Finger off trigger during reholster							
Sweeping support hand on reholster							
Clearing cover on reholster							
Muzzling leg on reholster							
Look at holster on reholster							