instead of coming down on the last target, then using your muscles to move it to the next. This should happen on every string, but it cuts absolutely HUGE chunks of time off the one hand only strings. Cant the gun slightly inboard to start and it’ll begin moving in the desired direction all by itself. Honestly, as time has gone by I have, in addition to blading less, found myself canting the gun less as well, but it’s still a technique that works well for some. Try it; see how it works for YOU.

Tip #7: If you let the arm not holding the gun just dangle by your side, then recoil energy and the movement of your body as you transition the gun will cause that arm to swing forward and back like a pendulum, moving your entire body and severely impacting your ability to fire the gun fast and accurately. Instead, get that arm stabilized by curling it in, hard up against your body, and anchor your hand at the centerline. Some people recommend placing the hand flat against the body, some say to make a fist, some say the contact point should be the belly, some say the chest. Honestly, as long as you’re stabilizing your arm versus letting it flop around, I don’t think it really matters. For myself, I tend to make a monkey fist and hold it right over my xiphoid process, but that’s just me.

STRING 7: Master hand only, draw and fire two shots each T1-T3.

(My time: 4.81 seconds.)

Tip #1: On String 5, off hand only, we began with the gun in hand; on String 6, master hand only, we start from the holster. When shooting master hand only from the draw there is a tendency to really punch the gun out hard at the target. This leads to a lot of what I call “the tuning fork effect” where the gun bounces up and down for awhile before it settles. Thus we have a choice: wait until the sights stabilize or rush the first shot and probably miss the target – which in this case, let us remember, is not the entire target but the center of the 8” circle. Begin the draw fast but then SLOW DOWN, float the gun out there those last few inches, prep the trigger, you can fire the first, accurate, aimed shot as soon as the gun stops moving. This is good advice on any draw, frankly.

Tip #2: Again we move the gun toward the centerline of our body when transitioning in one hand only shooting. Thus if right handed, on this string we begin on T3 (far right) then shoot right to left.

Tip #3: On String 5 you only fired one shot per target, on String 7 you must fire two shots per. Make you goal to put that first shot right into the very center of the target, then hit that bullet hole with the second shot. Now, that’s probably not going to happen (though it will certainly be cool if it does) but you will put both shots well within the 8” circle.

Tip #4: Other than that, all the tips for String 5 apply to String 7, too. For that’s all that String 7 is: String 5, but done with a generally more dexterous hand and with two shots per target instead of one per. Play that mental game with yourself when String 7 rolls around. Say to yourself, “I’ve already done this once with my off hand, now with my master hand, this is comparatively EASY.” (Not that off hand only wasn’t easy too, natch.)

You will note that, in order to address the one-hand-only strings (5 and 7) together we have skipped over String 6 of Stage 1, the demi-El Presidenté. By IDPA classifier standards, this is a long, complex string, with much opportunity for improvement on its many steps. Therefore, I have separated out String 6 into its own article, which will be Part 4 of the series.