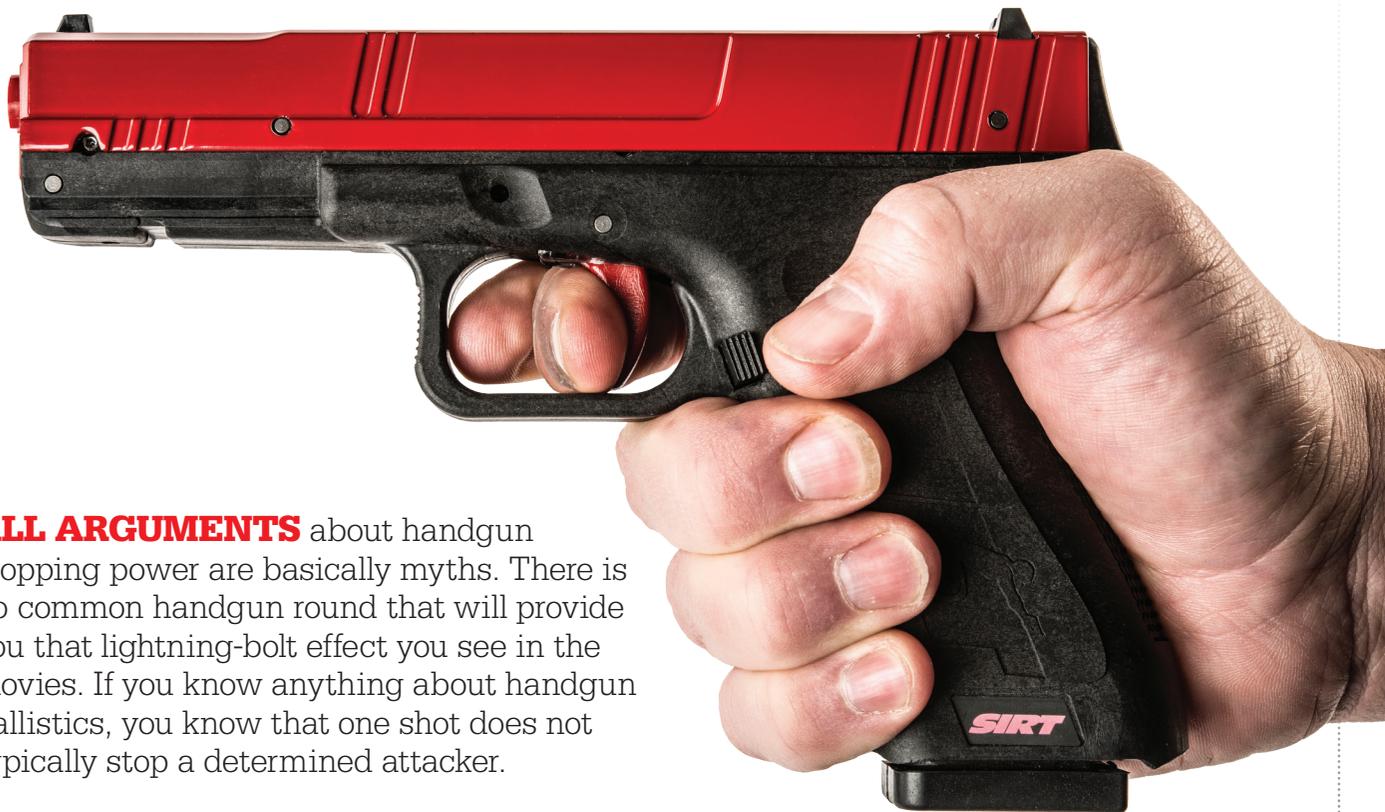




# MASTERING THE DOUBLE-TAP

SIGHT PICTURE. RECOIL CONTROL. TRIGGER MANIPULATION.





**ALL ARGUMENTS** about handgun stopping power are basically myths. There is no common handgun round that will provide you that lightning-bolt effect you see in the movies. If you know anything about handgun ballistics, you know that one shot does not typically stop a determined attacker.



The SIRT training pistol is the best way to train trigger manipulation without using ammo. You can use dry fire training, but the SIRT also gives you visual feedback with lasers to help in training.

So, if you know from your training the goal is to stop the threat as quickly as possible, you need to put more than one round on target quickly and accurately. A really good way to do that is with a double-tap. The double-tap is two rounds fired in rapid succession. To do it correctly you need to master three elements of pistol shooting: Sight Picture. Recoil Control. Trigger Manipulation.

Sight picture is a basic element of marksmanship and therefore is something you should focus on while shooting. If you don't know what a good sight picture is you should not be working on a double-tap...you should be focusing on the basics. Still, the truth of the double-tap is that the second shot will come so quickly that you won't have the chance to get a perfect sight picture. A "flash" sight picture will do.

The flash sight picture brings together recoil control and sighting. You will have the standard sight picture on the first shot. Then, when you fire the first round, you will lose that sight picture as you bring the muzzle back down to the target. Be prepared to fire the second shot as soon as you see the front sight settling on the target. The sights won't be perfectly level and they won't be perfectly aligned, but they will be close enough for your second round to strike the attacker.

Recoil control will be key here and that means starting with a good grip, high on the backstrap. Your support hand should be wrapped firmly around the frontstrap and your thumbs should be forward. (For the purposes

of the photo illustration we are showing only a one-handed hold in order to clearly show the proper trigger manipulation.) Here is where I always get into trouble, but I'm going to say it anyway. You will always be more effective (faster and more accurate) on the double-tap with a 9mm. The higher pressures produced by the .40 S&W will make recoil more difficult to control. While the .45 ACP is also a low-pressure round, that big bullet puts some of Newton's Laws to the test. I advocate shooting the biggest gun you can effectively control. But you might want to train up on the double-tap with the 9mm.

The last element, trigger control, is likely the most important, but in reality, you need to do all three very well to shoot a good double-tap.

What makes the double-tap work is running the trigger only back to the reset. This is something you should do anyway when shooting a controlled pair or even steady rapid fire, but it is imperative when shooting a double-tap.

Here's the deal. When you break the first shot, you must only release the trigger until the point of reset. It is a small click as you release the trigger. You will feel it. It is different for every gun, so you must learn where the trigger reset is on your pistol. You do this by pressing the trigger, holding it to the rear, and releasing it slowly until you feel the click; then stop. Now press the trigger again. You have now fired two rounds by releasing the trigger only to the reset point.



# TRAINING WITH A SIRT PISTOL

The single best way I have found to train up on this important skill is with the SIRT training pistol from NextLevelTraining. This unit really shines (pun intended) with its dual lasers. Take up the trigger and the red laser comes on. The shooter should not be looking at the red dot as an aiming point. The instructor or monitor should pay attention to the red dot. When you break the shot, the green laser comes on and, being co-witnessed with your sights, shows you where your shot would have hit.

That is cool, but here is the really cool part! As you release the trigger to reset, the green laser goes off and the red laser stays on. That is, the red laser stays on unless you go past the reset point. So to run the double-tap correctly, the red laser should NEVER go off, but the green should be blinking with every shot.

This allows you to practice slowly and build speed while you focus on proper grip and trigger manipulation. The only thing the SIRT doesn't offer is the recoil impulse. But that doesn't matter while you are learning the other building blocks. Learn to run the rest of the double-tap drill correctly first, then add recoil later.

A triple bonus with the SIRT pistol is that the green laser shows exactly how much muzzle shake you get from your trigger press. If you are seeing a small green dot, you are doing well. If your target looks like the light show from a Pink Floyd concert, you have some work to do.

Depending on where you buy them, SIRT pistols cost between \$225 and \$300. But if you are serious about training and improving your shooting, they are well worth the money. And with the price of ammo, the SIRT will pay for itself in about two hours of training.

You can learn more about the SIRT pistol at [www.nextleveltraining.com](http://www.nextleveltraining.com).

*Kevin Michalowski is Executive Editor of Concealed Carry Magazine.*



The shooter should ignore the red laser dot of the SIRT pistol. That dot is not an aiming point, but feedback on how far you released the trigger. On a good double-tap the red laser should remain lit at all times.





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