

## Tip of the Day: June 29, 2025

### 🔥 Emergency Reloads 🔥

When the gun runs dry, you've got one job—**get it back in the fight, fast and clean.**

The emergency reload (or slide-lock reload) isn't about being flashy. It's about survival. You just hit slide lock in a gunfight? That means you're behind. Fix it *now*.

Here's how to stay sharp:

- ◆ **Build the habit**—Use dry fire to build muscle memory. Don't fake it. Actually drop the mag, grab a real one (dummy or empty), and insert with intent.
- ◆ **Train from slide lock**—Feel that moment of “dead trigger” and train to fix it under pressure.
- ◆ **Use the gear you carry**—If you don't practice with your Everyday-Carry (EDC) mag pouch, you're lying to yourself.
- ◆ **Focus on clean mechanics**—Strong mag ejection, aggressive reload, and fast reacquisition of the target.

**Speed comes from doing it right, not rushing, and doing it repeatedly!**

👊 Get off the X. Get back in the fight. Train like it matters—because one day, it might.

Spartan Firearms Training Group

#EmergencyReload #TrainForReality #SpartanMindset #EDCskills #DryFireMatters