

Type: Practice (live ammunition)

Time: 1 hour

Venue: Title: Basic Pistol Course- Lesson 10

Range

Students: 12

Student Equipment: 12 X Pistols

36 X Pistol magazines

180 X pistol rounds per student

Instructor Equipment: 1 X Pistol
3 X Pistol magazine
50 X pistol rounds

Assistant Instructors (AI'S): 2 (Names)

PRELIMINARY ACTIVITIES:

Prior to arrival of students:

- Write lesson title on board.
- Set up classroom chairs.
- Layout 1 X pistol, 3 x magazines and 180 rounds under each chair if students are not providing their own.
- Safety check all weapons.
- Inspect all magazines, no live rounds/ensure working.
- If used, load/check PowerPoint.

On arrival of students:

- Safety declaration, check no live rounds.
- Seat.

CONDUCT OF LESSON

This lesson, Pistol-Lesson 10, Shooting strong and weak handed, shooting moving targets strong and weak handed, strong and weak handed malfunction drills and unconventional shooting positions. I am the primary instructor (if first time with students, give name and background) and I will be assisted by (introduce the assistant instructors).

Introduction

EXPLAIN- At some point during a gunfight you may find yourself firing from unorthodox positions or in a situation where it's beneficial to use only one hand to fire your weapon. Maybe you are injured and need to continue the fight using only one hand.

Objective

EXPLAIN- *At the conclusion of this lesson, you will be able to demonstrate shooting strong and weak handed, shooting moving targets strong and weak handed, strong and weak handed malfunction drills and unconventional shooting positions.*

Review

EXPLAIN- *The previous lesson, Lesson 9, covered Shooting on the move, Moving Targets and Shooting moving targets on the move.*

Here are some questions for you:

How do we reduce movement in the upper body while shooting on the move?

Name the two methods available for shooting moving targets.

Strong and weak handed shooting

EXPLAIN & DEMONSTRATE – *Maintaining accuracy, drawing the weapon and conducting malfunction drills with one hand is more challenging than with two but, like most things, completely achievable with training.*

Strong Hand

- *The strong hand draw is performed exactly the same as the two handed draw with the exception that the support hand does not play a role.*
- *The fundamentals of shooting remain the same shooting one handed as with two. Ensure that you have a firm grip on the weapon and that the wrist is locked out so as to reduce the chance of a self-induced malfunction.*

Weak Hand

- *The weak handed draw can be performed two ways, one with both arms functional (the use of the support arm being a cover based decision) and the other with the support arm only (the strong arm having an injury preventing its use).*
- *Where both arms are functional, conduct the draw as normal but grasp the weapon at the base of the pistol grip allowing enough room for the support hand to correctly grip the pistol at the abdomen. On obtaining the correct grip present and fire the weapon in keeping with the fundamentals of shooting. It may be more comfortable to switch the feet around to mirror the two handed stance if circumstances permit.*
- *Where only the support arm is functional it is possible to reach across or around the body to obtain a grip on the weapon and extract it from the holster. Success or ease of this may well be determined by body profile, flexibility and positing of equipment on the body.*
- *If you are not alone, a second person can assist you in drawing the weapon.*

This should be practiced in slow time prior to going live. Start the live fire practice at a distance of 7yards and increase the distance in line with student proficiency.

Ask if any questions

Strong and weak handed shooting at moving targets

EXPLAIN & DEMONSTRATE – The two main methods for engaging moving targets, lead (follow) the target and static (ambush) ahead of the target remain the same. Both will achieve the same objective so choose what works for you.

- *Lead: The student will acquire a sight picture and maintain it while matching the speed target. Where you establish your point of aim will depend on the speed of the target. Ideally the aiming point will lead slightly forward of the centerline of the target in the direction the target is moving. The faster the target, the more the lead.*
- *Static. The student will select an “ambush point” ahead of the target. Once the leading edge of the target is flush with the front sight, the student will engage the target. Again the faster or farther the target, the more the hold off.*

This drill can be shot on paper or steel at varying distances. Students should be given time to practice both methods in both directions and fully understand how much lead is needed in correlation to the distance and speed of the target.

Ask if any questions

Strong and weak handed malfunction drills

EXPLAIN & DEMONSTRATE – Malfunction drill solutions can appear unorthodox but are non the less effective.

Speed reload

- *For a strong arm only speed reload, upon noticing the top slide to the rear indicating the gun is empty, eject the magazine using the thumb allowing it to fall to the floor. Holster the weapon and grab a fresh magazine. Insert it securely into the magazine housing and reacquire your grip on the weapon. Draw the pistol normally and release the top slide with the slide release lever with your thumb as the pistol is moved back into a firing position and get back in the fight.*
- *For a support arm only reload, release the magazine with the index finger allowing the magazine to fall to the floor. Where holstering the pistol isn't practical, the hand can be turned upside down (keeping the muzzle of the weapon facing away from you) and grasped between clenched knees. Grab a fresh magazine and insert it securely into the magazine housing. Reacquire your grip on the weapon and release the top slide with the slide release lever with your index finger as the pistol is moved back into a firing position and get back in the fight.*
- *In both cases, if manipulating the slide release with the fingers doesn't work for you, It is possible to bring the weapon in close to your body, turn your hand upside down and put the rear sight (or optic if applicable) onto a firm object like the top of the belt. Pushing down and away from the body will release the slide enabling you to get back in the fight.*

When practicing this in a line ensure that everyone is aware of their muzzle angle at all times.

Retention reload

- *A strong arm only retention reload can be conducted by placing the weapon back into the holster, activating the magazine release and removing the magazine. Place the partial magazine back into a pouch and obtain a fresh one. Insert the magazine securely into the magazine housing and draw the pistol.*
- *A weak arm only retention reload can be conducted by placing the weapon between the knees as previously described, activating the magazine release and removing the magazine. Place the partial magazine back into a pouch and obtain a fresh one. Insert the magazine securely into the magazine housing and reacquire your grip the weapon.*

During both the speed and retention reloads, a third option exists for retaining the weapon. By turning 90 degrees away from your target and bending down onto one knee, the weapon can be placed (with the muzzle facing your target) into the back of the knee, which will retain the weapon throughout the drill. All other aspects of the drill remain unchanged.

Immediate Action – “Tap, rack, reacquire”

This drill is the same for both strong or weak arm only

- *Perform the “tap” phase by bringing the weapon down firmly, magazine first, onto a firm object (knee or piece of cover) to ensure that the magazine is seated correctly (Tap).*
- *Bring the weapon in close to your body, turn your hand upside down and put the rear sight (or optic if applicable) onto a firm object like the top of the belt. Push down and away from the body releasing the slide (Rack).*
- *Reacquire your sight picture and get back in the fight.*

If your top slide fails to go fully forward, find something to hand that can you can bang the back of the slide onto to rectify the situation (body armor if worn, a nearby piece of cover, a lamp post etc).

Ask if any questions

Unconventional shooting positions

EXPLAIN & DEMONSTRATE – *The weapon is capable of firing in any orientation including upside down. In an environment where we are taking effective enemy fire we will want to use any cover that is available to help us survive the fight. We may find ourselves in all kinds of unconventional positions attempting to put down accurate fire without being shot with or without the benefit of cover.*

- *If, for whatever reason, you end up on our back, you can still be in the fight. Keep your arms extended in either the one or two handed shooting position. Open your legs and*

bend them placing the soles of your feet on the floor. You can now safely engage a visible target from between your legs. This works at close and longer distances.

- *It is also possible to adopt a position laying on either the left or right hand side of the body in order to engage a target from under low cover. In this instance it is often easier to engage the target by laying perpendicular to the target. Once on the ground, keep your upper body in your usual one or two handed shooting position with the weapon off the ground. Your legs can adopt whatever position works with the available cover.*

The firing position you adopt will likely be forced on you by the cover from fire available in your environment. An example of extremes might be if you were caught in a gunfight out on the street, in the open, where the only cover available is provided by adopting a position on your stomach on the road lying parallel to and using the kerb for cover and shooting one handed over it. Tough day at the office!

Conduct the drill starting at 10yards and increased distance as student proficiency dictates.

Ask if any questions

PRACTICE AS MUCH AS TIME PERMITS

Ask the students questions for final confirmation

Summary

EXPLAIN- *Losing the use of both arms is not an excuse to exit the fight. All aspects of effective use and manipulation of the weapon can still be applied single handedly to contribute to winning the fight.*

Look Forward

EXPLAIN- *Your next lesson is Lesson 11, Medium shoot and conditions of readiness.*