

Type: Practice (live ammunition)

Time: 1 hour

Venue: Title: Basic Pistol Course- Lesson 6
Range

Students: 12

Student Equipment: 12 X Pistols
36 X Pistol magazines
400 X pistol rounds per student

Instructor Equipment: 1 X Pistol
3 X Pistol magazine
100 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 400 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 6, Reaction times, Recoil management, Multiple targets, Man v man, 24 yard test, Drawing the pistol. 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- *During an armed encounter, there is always the chance you will be confronted by more than one assailant. There are several things that will be determining factors to the outcome. Speed (how quickly you can acquire the target). Managing the recoil of the weapon (enabling you to reacquire a target after firing in order to fire again if necessary). Being able to rapidly transition from one target to another and to do all of the above from the holster.*

Objective

EXPLAIN- *At the conclusion of this lesson, you will be able to demonstrate Reaction times, Recoil management, Multiple targets, Drawing the pistol.*

Review

EXPLAIN- *The previous lesson, Lesson 5, covered reload drills and malfunctions.*

Here are some questions for you:

Explain the sequence of events in a retention reload?

Explain the Immediate Action drill?

Presentation Drills

EXPLAIN & DEMONSTRATE – *The purpose of the presentation time drills is to develop speed in acquiring and engaging a target. The instructor will demonstrate shooting a 8 inch dot at 7 yards, within 3/4 of a second. Students will require 30 – 60 rounds. The drill is performed as follows:*

- *Presentation time drills will be done from the high and low ready positions (muzzle down at the base of the target stand).*
- *These are one shot drills starting with the finger out of the trigger guard and safety on or hammer forward for double action pistols.*
- *These drills will be done on a timer and can be started at a par time of 1 second, working down to 1/2 second with a goal of 3/4 second for all students.*
- *Starting at a par time of 1 second, have the students practice their acquisition with unloaded / dry pistols while the instructor fires a live shot on the timer. Once the students can match the instructors pace dry, lower the time to 3/4 of a second.*
- *At 3/4 of a second have the students match the instructor live fire for about 10 to 20 rounds.*
- *At this point the instructor will go down the line and individually time students. If the student can easily make the 3/4 second time limit, reduce that individuals par time to 1/2 second. Time each student for 5 to 10 rounds.*

Ask if any questions

Recoil Management

EXPLAIN & DEMONSTRATE – *Incorrect application of the fundamentals of shooting will be highlighted during this drill. Instructor demonstrates tight and loose grips on the pistol and how they affect the control of recoil when recovering the sights for additional shots. Students will require 100 rounds.*

- *Keeping the wrists locked is critical as it will reduce the amount of muzzle flip and allow the student to get back on the sights quicker for subsequent shots.*
- *Ensure the students do not lean backwards while firing as this lean will become more pronounced when firing multiple shots even to the point of losing balance.*
- *Students need to allow the gun to move through its arc of recoil and reacquire sight picture and sight alignment in preparation for the next shot.*
- *Students will start in the low ready position firing 2 shots at a time at the same target*
- *Once all the students can achieve 2 shots on the target with relative accuracy, increase the number of shots per engagement to three shots at a time, and so on until up to 5 shots at a time at the same target.*

- *Use a shot timer to measure to measure the speed at which the sequence of shots is fired and the interval between each shot.*
- *When measuring breaks between shots, 1/2 of a second is acceptable with 1/4 of a second being the desired goal for a 8 inch dot at 7 yards.*

Ask if any questions

Multiple Targets

EXPLAIN & DEMONSTRATE- *During a multi target engagement, it is imperative that the transition time between targets and the speed and accuracy of shots is sufficient to achieve target neutralization before you become neutralized. Instructor demonstration of multiple shots on multiple targets using 3 inch dots. Students will require 90 – 120 rounds.*

- *Recoil management functions as previously practiced.*
- *Target transitions should commence immediately upon firing your last shot at your current target. Do not wait to assess battle damage or observe fall of shot.*
- *Drive the pistol aggressively to the next target ensuring that you do not overshoot the target.*
- *You must ensure that you stop the weapon on the target prior to firing. Failure to do so will result in in the fall of shot getting closer to the edge of the target until you miss altogether.*
- *The instructor should have the student fire in the following sequence, going through three magazines per sequence:*
- *Two shots on 1, 3inch dot*
- *One shot each on 2, 3inch dots. This can be built upon until the student is shooting back and forth from dot to dot with one shot per dot, up to 4 shots.*
- *Two shots each on 2, 3 inch dots working up to two shots each on 3, 3 inch dots for a total of six rounds.*

This drill should initially be started from the high or low ready positions and can be done from the holster after the draw is covered.

Ask if any questions

Man V Man Drills

EXPLAIN & DEMONSTRATE- *This drill is designed to induce a small amount of stress by having the students shoot against each other. This drill should be conducted from the low ready position or can be conducted from the holster once instruction in the draw is completed. Students will require 30 rounds. The instructor can initiate the drill by timer, whistle, or verbal command. The student should be given at least ten turns at this before beginning a process of elimination to reach the two best shooters. It is recommended that the drill progress from the best two out of three to the final two shooters who should shoot the best five out of seven.*

These will be single shot drills while on paper. If both shooters miss outside of the 8 inch dot, both shooters are eliminated. When moving to steel plate racks the students will shoot until each shooters six plates are knocked down. Additional challenges can be built off this drill once other periods of instruction have been covered. These would include:

1. *From the holster.*
2. *Shoot left to right or right to left on steel.*
- 3 *Shoot steel plates from the inside out or outside in.*
4. *Shoot down three plates, reload, then shoot down the remaining plates.*
5. *On paper shoot one shot, reload, then shoot the same dot again.*

Ask if any questions

Fundamentals Evaluation

EXPLAIN & DEMONSTRATE- *This evaluation course of fire is designed for the instructor to analyze mistakes the student may be making while firing. It is not a qualification and should not be treated as such. Critical to this evaluation is the instructors "eyes on" during the shooting process. The instructor should assist and critique students during the course of fire. The entire course of fire is slow fire, un-timed and will be fired on an IPSC target and conducted from the low ready position. On completion of each sequence of shots, have the students holster their weapons prior to moving to the next firing point. Students will require 25 rounds. The course of fire shall be as follows:*

- *5 yard line 5 shots to the upper A/B panel of the target (optional time 3 seconds)*
- *10 yard line 5 shots to the upper A/B panel of the target (optional time 5 seconds)*
- *15 yard line 5 shots to the A zone center of the target (optional time 5 seconds)*
- *20 yard line 5 shots to the A zone center of the target (optional time 8 seconds)*
- *25 yard line 5 shots to the A zone center of the target (optional time 10 seconds)*

After shooting the instructor will provide critique on each target. After the initial evaluation this course of fire can be shot in reverse order. For students who easily complete this evaluation the instructor can add additional challenges by having the student timed. This way the instructor can provide a more in depth critique to students who require more of a challenge. If the student incurs a malfunction during the drill, have them clear the malfunction and continue on with the drill.

Ask if any questions

Drawing the Pistol

EXPLAIN & DEMONSTRATE- *The normal carriage position for the pistol will likely be in a holster under most conditions (tactical where the pistol is a secondary weapon, concealed carry where the pistol is in a concealment holster). Being able to quickly and effectively employ the pistol in the fight from the holster is critical. This drill should be done extensively dry fire prior to live fire*

application. The draw will be broken down into 6 steps, each step taking approximately 1/4 of a second, ending up with a par time of a 1.5 second draw and fire on an 8 inch dot This drill will utilize a timer. Students will require 30 – 60 rounds. The sequence will be as follows:

Step 1. 1/4 second reaction time.

Step 2 Movement of strong hand to holster and the support hand to abdomen.

Step 3. Clear retention device on holster.

Step 4. Bring pistol out of holster and acquire 2 hand grip just forward of the abdomen.

Step 5. Extend pistol to target, locking out arms, acquiring sights.

Step 6. Complete sighting process on target and fire.

The trigger finger should not go into the trigger guard until the weapon is pointed towards the target. The pistol can be taken off safe at this point. Caution must be taken during step 4 that the support hand does not go out from the body causing the shooter to muzzle sweep the support hand. Smoothness is more important than speed when starting this drill. Re-emphasize the shooting fundamentals during this drill. This drill should progress to the following shooting sequence:

1 shot on one dot.

1 shot each on two dots.

2 shots on one dot.

2 shots each on two dots.

Ask if any questions

PRACTICE AS MUCH AS TIME PERMITS

Ask if any questions

Ask the students questions for final confirmation

Summary

EXPLAIN- Everything covered in this lesson forms the foundation of a good shooting platform. A lot of exceptional shooters don't do anything exceptional but they do perform the foundational skills extremely well.

Look Forward

EXPLAIN- Your next lesson is Lesson 7, Double Taps vs Controlled Pairs and Facing Movements.