

**Type:** Practice (live ammunition)

**Time:** 1 hour

**Venue: Title:** Basic Pistol Course- Lesson 8

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 8, Shooting at adverse angles, Shooting positions and Use of Cover. 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 may be multiple opponents engaging you from different positions, some of which may be at the extent of your body's range of movement. This lesson will expand on multiple target engagements to those that are at adverse angles.*

*To minimize the chance of being shot during an armed encounter it is necessary to use your surroundings for cover. In order to use what's around us for cover, we may be required to adopt a shooting stance other than standing.*

#### **Objective**

**EXPLAIN-** *At the conclusion of this lesson, you will be able to demonstrate shooting at adverse angles, the effective use of cover and the firing positions we might need to utilize in order to do so.*

## **Review**

**EXPLAIN-** *The previous lesson, Lesson 7, covered Double taps vs controlled pairs and Facing Movements.*

*Here are some questions for you:*

*Explain the difference between a double tap and a controlled pair?*

*As a right handed shooter, when turning right to face a threat, which foot should we pivot on?*

## **Shooting at adverse angles**

**EXPLAIN & DEMONSTRATE** – *Shooting at adverse angles is transitioning from target to target when the targets are at 90 degrees from each other or where the second target is right at, or beyond the shooters peripheral vision. Additionally, one target may not only be at an angle but may be at a greater distance than the first target engaged. The instructor will demonstrate shooting at IPSC sized targets at 10 yards.*

- *The shooter should be approximately 10 yards away from the targets, and the targets should be placed approximately 15 yards apart from each other.*
- *The student will practice swinging the muzzle from target to target, getting a sight picture and engaging the target for one shot per target.*
- *The upper body should move like the turret of a tank with no lower body movement.*
- *Caution must be taken not to over swing the target causing misses to the left side of the left hand target and misses to the right side of the right target. Ensure that you momentarily stop the gun on the target long enough to acquire a sight picture and fire the required number of shots.*
- *Students that struggle with one shot per target should be moved to two shots per target to allow them to practice focusing on one target at a time. Once they can perform this drill they can be moved back to one shot per target.*
- *Once accomplished at the drill, the student can develop a rhythm and shoot back and forth in a pendulum type manner engaging the targets with no misses.*

## **Ask if any questions**

## **Shooting Positions**

**EXPLAIN & DEMONSTRATE** – *Using the cover available during a gunfight will likely require us to adopt firing positions other than standing. Let's look at the kneeling and prone positions and their variations. When conducting these drills, the instructor should keep in mind the physical build of the shooters. Some shooters may not be able to assume a seated, kneeling or a prone position lying flat on their abdomen. These drills will be conducted at 10 - 20 yards on an IPSC target. Students will require 30 - 60 rounds.*

### **SITTING:**

*The sitting position offers a lower body profile making you a smaller target for your adversary. It can be both quick or slow to get into depending on your physique. This position is not as flexible as the kneeling position. The position is adopted by keeping the weapon pointing towards the threat and bending the legs until sitting (physique permitting) or placing the support hand*

*behind the body to assist the descent. Like the other positions, there is more than one option available.*

- 1. Sit down on the floor with your legs shoulder width apart and your thighs at approx. 45 degrees to the ground. Your upper body maintains its normal shooting position.*
- 2. Sit down on the floor with your legs shoulder width apart and your thighs at approx. 45 degrees to the ground. Your elbows should rest on your knees flesh to bone (as with the kneeling position).*

#### **KNEELING:**

*The kneeling position offers a lower body profile making you a smaller target for your adversary. It's quick to get in and out of and offers flexibility in height. The position is adopted by keeping the weapon pointing towards the threat and bending the legs until kneeling. There are a variety of options for the kneeling position:*

- 1. Both knees on the ground shoulder width apart, knees level with each other (like the isosceles stance), square on to the target, sitting up off the heels or sitting back on the heels of the feet.*
- 2. Support knee up with the strong knee on the ground, Upper body raised up in the fighting stance or sitting back on strong side heel.*
- 3. Braced position. Same as #2 except support side elbow is braced on the support knee (contact point should be flesh to bone not bone to bone).*

#### **PRONE:**

*The prone position lowers the body profile significantly making you a much smaller target for your adversary to hit. The position is adopted by keeping the weapon pointing towards the threat, bending the legs until kneeling and placing the support hand out to the front to assist in the descent. It can be a slower position to adopt and recover from and, once again, there are a variety of options available.*

- 1. Lying straight down. Body is positioned laid down on your front pointing directly at the target with the arms extended, same as isosceles position.*
- 2. Rollover prone. Similar to straight down but we bring the support side knee up towards chest in a comfortable and sustainable position and roll slightly to the strong side. Rest the chin on the strong side bicep and shoulder. Body remains in a straight line back from target.*
- 3. Modified rollover prone. Same as #2 except the body is positioned at a 45 degree angle from the target.*

*Under all circumstances we want to adopt the firing position as quickly as possible while not causing ourselves injury in the process.*

*Have the students start in the standing position with the pistol in one of the ready positions or holstered. On command the student adopts the nominated position and fires the requisite number of rounds returning to the standing position on completion. Practice all variants of the position so each student can evaluate what works best for them.*

#### **Ask if any questions**

#### **Tactical use of cover**

**EXPLAIN & DEMONSTRATE** – *In the utilization of everyday objects in our environment to provide us with cover during a gunfight, we must remember that there is a big difference between*

cover from view and cover from fire. Cover from fire is considered to be hard and impenetrable by bullets, while cover from view means you cannot be seen at this moment but you can be shot through whatever soft medium you are hiding behind. Students will require 30 - 60 rounds.

- *When utilizing horizontal cover such as a low wall or vehicle engine bay, we need to stay just far enough away from the cover that we can adopt our firing position unhindered prior to breaking cover and exposing ourselves. We should be able to move up and down (in and out of cover) already in our firing position. We don't want to reveal ourselves from behind cover and then start adopting our firing position. Each and every time we break cover, where possible, we should do it from a different place, expose the minimum amount of ourselves as possible and remain exposed for the shortest time available to execute the shot.*
- *When utilizing vertical cover such as a building wall or tree, we need to stay just far enough away from the cover that we can adopt our firing position unhindered prior to breaking cover and exposing ourselves. We should be able to left or right (in and out of cover) already in our firing position. We don't want to reveal ourselves from behind cover and then start adopting our firing position. Each and every time we break cover, where possible, we should do it from a different place, expose the minimum amount of ourselves as possible and remain exposed for the shortest time available to execute the shot. Establish a stance that will enable you to keep as much of the lower body safely behind cover (out of sight of the threat) while leaning out just enough to enable an accurate engagement. Present the least amount of yourself to the threat as possible.*

*Have the students start in the standing position with the pistol in one of the ready positions or holstered. On command the student adopts the nominated position behind the available cover and fires the requisite number of rounds returning to the standing position on completion. Practice all variants of the position so each student can evaluate what works best for them including moving from one piece of cover to another.*

**Ask if any questions**

**PRACTICE AS MUCH AS TIME PERMITS**

**Ask if any questions**

**Ask the students questions for final confirmation**

**Summary**

**EXPLAIN-** *Every gunfight will provide a variety of differing circumstances. Familiar to all will be the appropriate use of firing positions coupled with the correct use of cover. In multiple assailant encounters the ability to deal with threats at adverse angles will help determine a beneficial outcome.*

**Look Forward**

**EXPLAIN-** *Your next lesson is Lesson 9, Shooting on the move, Moving Targets and Shooting moving targets on the move.*