



NRATM

DEFENSIVE PISTOL —MODULE—

Course Outline and Lesson
Plans for NRA Advanced
Pistol Instructors

National Rifle Association
Training Department
11250 Waples Mill Road
Fairfax, VA 22030
Telephone (703) 267-1423

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INTRODUCTION

The *NRA Defensive Pistol Module* may only be conducted by a select group of NRA Advanced Pistol Instructors. Certification to conduct the *NRA Defensive Pistol Module* is in recognition of your commitment to become familiar with as many reliable sources and valid shooting techniques as possible through continuing education in marksmanship and self-defense training. Advanced Pistol Instructors are also individuals who have made a conscientious decision to lawfully carry a pistol for personal protection in their daily lives. This experience needs to be shared with those that are new to the concept, and have made that same conscientious decision. It is up to you to assist the NRA in training the next generation of those people of good repute that have decided to add a firearm to their personal protection strategies.

In addition, you will notice that this module's outline and lesson plan is a departure from what you have become used to as an NRA Certified Instructor. It is written in a manner that allows you maximum flexibility. This is not a standalone course, and should be presented in a manner that provides the maximum mentorship for your students. As you will see, they do not earn a certificate until they are able to be successful in the final qualification. It's not a pass/fail, and some students will take much more time than others. Bear this in mind when you present this course. You have earned the confidence to be provided with a set of objectives and trusted to ensure your students meet each objective before moving to the next. You should be intimately familiar with the NRA's Personal Protection In The Home and Outside The Home courses, and confident in your ability to conduct these courses if required. NRA Advanced Pistol Instructors should know the material within the lesson plans and handbooks so well that they can present a lesson and teach a skill on a range without relying on a lesson plan or handbook, while using nothing more than pocket notes with listed objectives.

In addition, NRA Advanced Pistol Instructors should remember that they are a member of a select group of NRA Ambassadors, and, as such, should consider how they are representing NRA each and every time they handle a firearm or conduct a course.

This module should focus on technique and the development of a defensive mindset. It is NRA's response to developing skills in people of good repute that seek training to obtain their concealed firearms permits, and are willing to take the next step beyond the basics. The goal of the course is to develop in your students the knowledge, skills, and attitude to carry

and use a concealed pistol ethically, responsibly, and with confidence. The NRA provides specific procedures to follow to master and apply each technique, however, instructors and students should not feel themselves confined to one rigid or dogmatic system. You are at a level that you understand a particular technique may work best for the instructor, yet it may not be the best technique for all students. Conversely, what may not work for the instructors may be the best technique for some students.

This module is designed to be conducted immediately following the *NRA Basic Pistol* or *FIRST Steps Pistol* course while the material is still fresh in the students' minds. However, Advanced level instructors should be able to assess students' abilities and train them accordingly. If conducted in conjunction with the *Basic* or *FIRST Steps* pistol course, discuss how the safety rules apply to concealed carry and having a firearm in public during that portion of the course. Remember to stay focused on the goal and learning objectives.

Some of your students may not currently own their own equipment, or the equipment they do own is not appropriate for this course. For instance, they may own an inexpensive nylon holster with inadequate pistol retention, or a nice leather holster that does not cover the trigger guard; therefore, Advanced Pistol Instructors should be prepared to evaluate students' equipment and recommend resources to acquire appropriate gear prior to training. This will enable them to have the best possible opportunity to succeed.

As with any firearms training course, students should be encouraged to seek additional training to learn and understand the unique safety and legal issues that apply to owning and using a firearm. The student handbook for this course is the *NRA Basics of Personal Protection Outside The Home*, however, the content of the handbook goes well beyond what will be taught in the *NRA Defensive Pistol Module*. Students should be encouraged to review the large amount of content in the *NRA Basics of Personal Protection Outside The Home* and to attend a complete course in the future. The *NRA's Guide to the Basics of Personal Protection In The Home* is another good reference and course you should ensure your students are aware of.

As an Advanced Pistol Instructor, you already understand that no course is comprehensive or encyclopedic in content. No course or technique has a monopoly on validity. Encourage your students to do as you have done, which is to seek training in as many techniques from as many sources as possible, to continue their growth as shooters, and to develop a system that works for them.

Additionally, we feel it is an important part of teaching defensive pistol to provide a lesson on pocket pistols. It is a known fact that many individuals will start out carrying the largest gun possible, only to find out how uncomfortable and heavy it can be. They may choose at a later date to incorporate a pocket pistol into their personal protection strategy. We owe it these individuals to provide a lesson on pocket pistols, what they are, and the advantages and disadvantages of carrying them.

Finally, we have put our trust in you to ensure your students meet each learning objective outlined in the *NRA Defensive Pistol Module*.

Thank you for your dedication to upholding the standards of NRA training.

Good luck with your course!

We thank you for your commitment to firearm education and for participating in the training programs of the National Rifle Association. Your expertise and dedication will help train a new generation of shooters how to exercise their freedoms safely and responsibly.

If you have any questions or comments about the *NRA Defensive Pistol Module*, please contact:

**NRA National Instructor Trainer
NRA Training Department
11250 Waples Mill Road
Fairfax, Virginia 22030
(703) 267-1423**

COURSE OUTLINE

Course Goal: To develop the knowledge, skills and attitude to carry and use a concealed pistol ethically, responsibly, and with confidence.

Length of Course: This course is objective based. Instructors should focus on the development of skills identified in the learning objectives, practice the course and create a schedule as appropriate. With this in mind, ensure that you provide a course schedule to your students, and keep your lessons as close as possible within your published schedule. ***Ensure that classes over 10 hours are conducted over a period of two or more days.***

Facility: Range or classroom as appropriate.

Required Materials:

- NRA Defensive Pistol Module Student Packet (Item NR40830ES40140). Provide one per student, each packet contains the following items:
 - NRA Guide to the Basics of Personal Protection Outside The Home
 - NRA Concealed Carry Holster Guide
 - NRA Defensive Pistol Qualification Worksheet
 - NRA Defensive Pistol Module Course Evaluation
 - NRA Defensive Pistol Certificate
 - Pocket Pistol Comparison Chart
- Other Materials and Equipment:
 - Targets (FBI Q or NRA Action Pistol D-1)
 - Appropriate dummy ammunition
 - Range Support Gear(timer, stapler, markers, hearing and eye protection)
 - Appropriate sample holsters to present your lessons and assist students with inappropriate gear (intro)
 - NRA Guide to the Basics of Personal Protection In The Home handbook
 - Review Personal Protection Inside and Outside The Home Lesson Plans for detailed list of material – if needed.

Participant equipment requirements:

For participants to be successful in this course, they should have the following items, either personally owned or provided:

- Quality pistol appropriate for concealed carry – recommend minimum of 9mm or .38 Special
- Pocket pistols for short range exercises, if a student has one they would like to shoot. However, during this course, students should use strong side hip holsters.
- Quality strong side hip holster – recommend form fitted leather or kydex, must cover trigger/trigger guard
- Quality Belt, designed to carry a holster and a firearm strongly recommended
- Quality factory ammunition suitable for practice. Encourage students to have at least two hundred rounds.
- Spare magazines or speed loaders with appropriate pouches – at least two spares.
- Clothing appropriate for concealed carry
- Eye protection
- Hearing protection - recommend electronic

NOTE: NO LIVE AMMUNITION DURING ANY CLASSROOM PRESENTATIONS OR DRY FIRE EXERCISES!

HITS COUNT!!

The goal of each shooting exercise is to have all hits in the center of mass of the FBI Q or NRA D-1 Bianchi Target. Your students should not earn a course completion certificate until they are able to keep all shots within the center of mass on the target.

NRA DEFENSIVE PISTOL MODULE COURSE OBJECTIVES

As a result of their participation in this course, your students should be able to explain, and or demonstrate the following:

- The importance of carrying and using a pistol responsibly and ethically for personal protection
- How the NRA Rules for Safe Gun handling are applied to concealed carry
- Basic principles of concealment
- Presenting a pistol – reholster
- Mental awareness
- Mental Preparation to develop a defensive mindset for carrying and using a pistol for personal protection
- Techniques for avoiding life-threatening confrontations
- Explain the psychological and physiological changes that may occur during an attack
- Flash sight picture
- Reload under stress
- Clear common stoppages – immediate action drills
- Present a pistol from concealment and reholster
- Cover and concealment
- Present a pistol from concealment and shoot targets at varying distances
- Move off the line of attack and shoot
- Qualify for the NRA Defensive Pistol Certificate
- Pocket Pistols

NRA DEFENSIVE PISTOL MODULE

LESSON I

Overview: Explain, discuss, and demonstrate as appropriate:

- The importance of carrying and using a pistol responsibly and ethically for personal protection.
- How the NRA Rules for Safe Gun Handling are applied to concealed carry.
- Basic principles of concealment
- Present a pistol – reholster

Length: This lesson is objective based

Facility: Classroom or range

Reference: NRA Guide to the Basics of Personal Protection Outside The Home

No live ammunition should be present during this presentation!

1. Review the “Gun Owners Responsibilities” on page viii of the *NRA Guide To the Basics of Personal Protection Outside The Home* handbook. **It is the individual gun owner’s responsibility to learn and obey all applicable laws that pertain to the purchase, possession and use of a firearm in their locale.**
2. Ethical Responsibility:
 - Tool of last resort
 - Imminent danger of grievous bodily harm
 - Deadly force – ARE YOU CAPABLE?
 - Mature judgment – ARE YOU CAPABLE?
3. Concealed carry, and the NRA Rules for Safe Gun Handling:
 - Safe direction – WHEN are you concerned while carrying a concealed firearm, HOW do you apply this?
 - Finger off the trigger – WHEN are you concerned while carrying a concealed firearm, HOW do you apply this?

During this course, the two most important safety rules are, ALWAYS keep your gun pointed in a safe direction, and ALWAYS keep your finger off the trigger until ready to shoot.

- Unloaded until ready to use – WHEN is your personal protection firearm READY to use?
 - Importance of knowing your target and what is beyond – especially in public.
 - Using only the correct ammunition – Appropriate ammunition for personal protection.
 - NEVER use alcohol or drugs while carrying a personal protection firearm.
 - Ensure your gun is never accessible to unauthorized persons – THINK AHEAD! Have appropriate storage devices in your automobile, workplace, or wherever you may need to temporarily secure your firearm.
4. Basic principles of concealment. *Utilize this time to inspect your students’ equipment.*

The most important aspect of concealed carry is to have a gun on your person. Gun selection is an important aspect to consider when choosing a personal protection firearm.

- THICKNESS is the single most important characteristic affecting concealment and comfort.
- In general, the thinnest, shortest pistol you can carry would be the most comfortable – but you must learn to shoot it with skill!
- Power is a consideration. A minimum caliber of 9mm or .38 special is highly recommended. At times, compromises must be made to carry a firearm with comfort.
- The BEST gun is the one you are carrying when you need it!

Consider basic fundamentals in regard to the carry device. The gun will be of no use if it is left at home, or locked up because it is uncomfortable to carry.

- CONCEALMENT – The holster should be appropriate for concealed carry. A reasonably observant person should have no suspicion that you are carrying a pistol.
- ACCESS – You MUST be able to get to your gun immediately if needed.
- RETENTION – Your holster should be able to retain the pistol.
- COMFORT – The holster MUST be comfortable. If it’s not comfortable, you will stop carrying it on your person! Emphasize COMFORT!

5. Presenting a Pistol – reholster

Explain and demonstrate the proper steps to present a pistol from a strong side hip holster (without concealment), scanning and assessing (why?) and reholster. Conduct exercise. **NO live ammunition should be present.**

The command “CHEST” when preceded by any other command, such as Grip-Chest indicates that the support hand should be placed on or near the chest, in a manner to smoothly join with the shooting hand in a proper grip to extend and fire. In addition, placing the support hand to the chest provides the ability to use the forearm to fend off attacks by holding a 90 degree angle to stop attacks, and the ability to bring the hand straight up the body to protect the neck region, without sweeping yourself. On the reholster command, “Safety-Chest-Rehol-

ster, the support hand should be placed in a manner to not be swept by the muzzle of the gun while reluctantly reholstering.

Presentation Steps: Grip, Pull, Rotate, Join, Extend, Fire. Scan and Assess, Safety and Reholster.

Pre-Exercise Commands:

Note: **NO LIVE AMMUNITION**

- Starting position (three-yard line)
- **Unload-show clear**
- Safety-Chest-Reholster

Exercise Commands: Ensure the students master each step before moving to the next.

Step 1:

- **Starting Position**
- **Grip-Chest**
- **Relax**

Step 2:

- **Starting Position**
- **Grip-Chest**
- **Pull-Chest**
- **Chest-Reholster**

Step 3:

- **Starting Position**
- **Grip-Chest**
- **Pull-Chest**
- **Rotate-Chest**
- **Safety-Chest-Reholster**

Step 4:

- **Starting Position**
- **Grip-Chest**
- **Pull-Chest**
- **Rotate-Chest**
- **Join**
- **Safety-Chest-Reholster**

Step 5:

- **Starting Position**
- **Grip-Chest**
- **Pull-Chest**
- **Rotate-Chest**
- **Join**
- **Extend**
- **Safety-Chest-Reholster**

Step 6:

- **Starting Position**
- **Grip-Chest**
- **Pull-Chest**
- **Rotate-Chest**
- **Join**
- **Extend**
- **Fire**
- **Scan and Assess**
- **Safety-Chest-Reholster (unless it is the last repetition)**

Post-Exercise Commands:

- **Cease fire**
- **Unload-show clear**
- **Safety-Chest-Reholster**
- **Clear on the Right?**
- **Clear on the Left?**
- **Line is clear**
- **Range is Clear**

6. Summarize and preview the next lesson briefly.

NRA DEFENSIVE PISTOL MODULE

LESSON II

Overview: Explain, discuss, and demonstrate as appropriate:

- Mental awareness
- Mental preparation to develop a defensive mindset for carrying and using a pistol for personal protection
- Techniques for avoiding life-threatening confrontations
- Explain the psychological and physiological changes that may occur during an attack

Length: This lesson is objective based

Facility: Classroom or range

Reference: NRA Guide to the Basics of Personal Protection Outside The Home

No live ammunition should be present during this presentation!

1. Mental Awareness:

- **Unaware** – You are NOT aware of what is going on in your environment.
 - Asleep
 - Daydreaming
 - Concentrating on work, book, movie!
- **Aware** – You ARE aware of what is going on in your environment. You should remain in this state as much as possible.
 - Conscious of your surroundings
 - Cognizant of those around you
 - Mentally identified where potential threats may emanate
- **Alert** – You have identified a specific potential threat, this is a heightened state of awareness.
 - Formulate a hypothetical plan of action to respond to the threat
 - Set a limit that will initiate action.
 - Once the threat crosses this limit, TAKE ACTION!
- **Alarm** – The potential threat is now real. Whatever action you planned must be implemented immediately!

It is difficult to maintain a heightened level of awareness for a great length of time. Ensure your students understand the importance and suggest ways to make a conscious effort to remain *aware* in their environment, whatever it is.

2. Mental Preparation to develop a defensive mindset for carrying and using a pistol for personal protection:

- Never give up! – This may be the single most crucial aspect to surviving a life-threatening encounter.
- The human body is very resilient, especially to modern pistol ammunition. If you get shot or injured, continue to fight.
- Training – Take your training seriously. Training goes beyond learning to shoot.
 - Develop a plan
 - Practice visualization – always visualize the target as a predatory criminal who is trying to hurt you or your family
 - Practice the plan

- Continue training and train for real life
- Train to control the encounter
- Add stress to your training regimen

3. Techniques for avoiding life-threatening confrontations.

Avoiding a confrontation, if possible, is always the best way to deal with a potentially violent situation. Suggestions for avoiding confrontations:

- Remain aware of potential threats in the environment.
- Plan ahead.
- Avoid dangerous people.
- Avoid dangerous situations.
- Avoid dangerous places
- Do not dress or behave in a manner that causes you to stand out or tempt to antagonize others.
- Do not provoke others through confrontational behavior.
- Vary your routine.
- Do not respond to antagonistic behavior.
- Constantly be aware of escape routes, whether walking, driving, riding, enjoying a movie!

4. Explain the psychological and physiological changes that may occur during an attack. The mind responds in a number of ways when being threatened with bodily harm.

Psychological reactions to a life-threatening encounter include the following:

- **SUBMIT** – Simply giving in to an adversary. Data from the FBI's annual Uniform Crime Reports supports the contention that submitting to an assailant is more dangerous for the victim than fighting back.
- **FREEZE** – Incapable of any action. This freeze may last only a fraction of a second, or it may last throughout the encounter.
- **FLIGHT** – Fleeing from the threat.
- **POSTURE** – Combat without contact, using words and body language to attempt to intimidate.
- **FIGHT** – Using whatever force is available to prevent harm. Ethically and legally there are limits to your fight response.

There is no way you can predict your response to a given situation, regardless of your prior experience. An encounter may also include an escalation of responses from freeze, to posture, to FIGHT! Keep in mind that

these reactions apply to an assailant as well. You may react differently on any given day, regardless of the encounter.

In a stressful life-threatening encounter, you may experience any of several physiological reactions such as:

- Increase in heart rate and respiration.
- Dilation of the pupils.
- Increase in muscle tone in anticipation of sudden movement.

In addition, an adrenaline rush may cause muscles to tremble, making it difficult to hold the firearm steady or stand still. Sometimes, both the assailant and victim perceive this shaking as fear.

Diminished fine motor skills are a result of stress, regardless of the source. For this reason, ALL gun-handling techniques should use only gross motor skills – movements that use major muscle groups.

Perceptual changes that may occur during the stress induced by a violent encounter include:

- *Tunnel vision* – the reason you learn to lower your firearm and visually search for additional threats.
- *Auditory exclusion* – Extraneous sounds may be inaudible.
- *Skewed perception of time* – things appear in slow motion.
- *Temporary memory loss* – This is one of the reasons you should avoid making a detailed statement to police before consulting an attorney.

5. Summarize and preview the next lesson briefly.

NRA DEFENSIVE PISTOL MODULE LESSON III

Overview: Explain, discuss, and demonstrate as appropriate:

- Flash Sight Picture
- Cover and Concealment
- Reloading under stress
- Immediate Action Drills
- Present a pistol from *concealment* and reholster

Length: This lesson is objective based

Facility: Range

Reference: *NRA Guide to the Basics of Personal Protection Outside The Home*

No live ammunition during this lesson. Remember to remind your students, SAFE DIRECTION, FINGER OFF THE TRIGGER!

1. Flash Sight Picture – or Sight Deviation is a very important aspect of defensive shooting. In a close-range defensive encounter, you usually do not have the time to acquire perfect sight alignment. Stress why accuracy is important, it is also important to deliver effective shots onto the target as rapidly as your ability allows!

- Imperfect alignment – as soon as the front sight is lined up somewhere within the rear sight, you should fire.
- Quick acquisition – you should be able to acquire this flash sight picture within a fraction of a second!
- Rapid engagement – A flash sight picture is used for the first shot fired when that must be taken quickly and at close range. It is also used as a technique to deliver rapid follow-up shots.
- Distance equals time – the farther away a target is, the more time you have to acquire a more proper sight picture. *In addition, the farther away a target is, the more critical proper sight alignment and trigger control become in hitting the target.*

2. Discuss the importance of seeking cover and concealment whenever possible. Ensure your students know the difference between the two:

- Concealment – Anything that will hide all or part of your body from observation. Objects that provide concealment do not necessarily provide cover.
- Cover – Usually provides concealment, yet it will also protect all or part of the body when you are behind it.

3. Reloading under stress – Ultimately, the goal is to reload when you WANT to, not when you HAVE to!

Explain and demonstrate the proper steps to perform speed (emergency) reloads. *Have students practice with dummy ammunition.*

- Speed Reload (Emergency Reload) – Either the gun was fired until the pistol was completely empty, or the magazine created a stoppage. The shooter should seek cover, if possible, and perform a speed reload as fast as possible.
- Tactical reloading – Reload is done prior to expending all ammunition from the gun's magazine, and allows you to have a round in the chamber while reloading. This option should be used if the opportunity arises, and you have cover, or the immediate threat has ceased.

- Partially depleted magazines should be secured in a support side pocket, inside the waistband or other secure and accessible location if possible.

The magazine is often the weakest link in your pistol. Stress the importance of a spare magazine, and ensure students realize the reason is not because they may end up in a situation where they expend all their cartridges, but rather they may have a stoppage which requires an emergency reload – in order to maintain self defense capability.

4. Clearing common stoppages – Immediate action drills. The majority of stoppages in a semi-automatic pistol can be cleared with the simple drill: TAP, RACK, ASSESS. Immediate action for a revolver is to simply pull the trigger again, and immediately reload if necessary.

Explain and demonstrate the proper steps to perform immediate action drills to keep your gun in the fight.

- Stoppage types – failures to fire, feed, extract, eject, and go into battery. The most common stoppage is an empty chamber!

Have students practice immediate action drills with **dummy ammunition**. While practicing, or conducting these drills, ensure SAFE DIRECTION and FINGER OFF THE TRIGGER are maintained.

- TAP – using the palm of the support hand, tap the bottom of the magazine firmly to ensure it is fully seated.
- RACK – Cant the pistol and rack the slide vigorously.
- ASSESS – the target to determine if it still constitutes a threat. Explain why this is of utmost importance!

Remember to remind your students, SAFE DIRECTION, FINGER OFF THE TRIGGER!

5. Present a Pistol from concealment – reholster

Explain and demonstrate the proper steps to present a pistol from a strong side hip holster with concealment, scanning and assessing (*Did I hit, do I need more hits, are there additional threats?*) and reholster. Conduct a **DRY-FIRE** exercise. Consider using a small laser pointer, attached to your finger with a rubber band to demonstrate, rotate and align on target.

Presentation Steps: Access, Grip, Pull, Rotate, Join, Extend, Fire. Scan and Assess, Safety and Reholster.

Pre-Exercise Commands:

Note: NO LIVE AMMUNITION

- Starting position (three-yard line)
- **Unload-show clear**
- Safety-Chest-Reholster

Exercise Commands: Ensure the students master each step before moving to the next. (Repeat as necessary):

- **Starting Position**
- **Access**
- **Grip-Chest**
- **Pull-Chest**
- **Rotate-Chest**
- **Join**
- **Extend**
- **Fire**
- **Scan and Assess**
- **Safety-Chest-Reholster (unless it is the last repetition)**

Post-Exercise Commands:

- **Cease fire**
- **Unload-show clear**
- **Safety-Chest-Reholster**
- **Clear on the Right?**
- **Clear on the Left?**
- **Line is clear**
- **Range is Clear**

6. Summarize and preview the next lesson briefly.

NRA DEFENSIVE PISTOL MODULE LESSON IV

Overview: Explain, discuss, and demonstrate as appropriate:

- Present a pistol from concealment and shoot targets at varying distances
- Present a pistol from concealment, perform speed reloads and immediate action drills and engage targets
- Moving off the line of attack
- Qualify for the NRA Defensive Pistol Certificate

Length: This lesson is objective based

Facility: Range

Reference: *NRA Guide to the Basics of Personal Protection Outside The Home*

**Remember to remind your students, SAFE DIRECTION,
FINGER OFF THE TRIGGER!**

1. Presenting a Pistol from concealment and shoot targets at varying distances.

During the remainder of the class, students should place dummy cartridges interspersed with live ammunition within their magazines or revolver cylinders. When their gun goes click during any drills, they should perform an immediate action drill or reload as appropriate. When the students are ready, you should allow them to shoot the final qualification.

You may want to incorporate time constraints, words, or phrases for the remainder of the class as well, to induce additional stress. In addition, after immediate action drills, there may be opportunities to shout the threat is gone, etc... Only you know the level at which your students are performing. Use your good judgment and stay focused on the course goal and the qualification requirement.

To properly set the students' mindsets, instructors should demonstrate the "Tueller Drill." Select one of the students you feel is the most physically fit to be your runner. Students need to understand the significance of distance, speed and accuracy.

Explain, demonstrate and conduct a live-fire exercise incorporating the proper steps to present the pistol from a strong-side hip holster from concealment and shoot a target.

These are live-fire repetitive exercises in which students will fire multiple shots on FBI Q or NRA D-1 targets from the 3, 5, 7 and 10 yard lines. First, explain the range commands. They will take the students through the first steps of the presentation. *Once you are comfortable with the student's mastery of the presentation, the range commands may be condensed.*

Suggestion – place 3x5" index cards in the center of the target. After shooting the minimum requirement for each drill, only allow your students to shoot the next drill if 80% of the shots are on the card. Consider time constraints for the final qualification shoot.

Be mindful of fatigue, and provide appropriate breaks as necessary! These are LIVE fire exercises, SAFE DIRECTION, FINGER OFF THE TRIGGER UNTIL READY TO SHOOT!

Students are responsible for scanning and assessing, as well as reloading their guns when appropriate. **Reluctant** reholstering will be done on command only.

THREE-YARD LINE

Present and fire at least two shots from the pistol from concealment (minimum 10 shots)

Presentation Steps: Access, Grip, Pull, Rotate, Join, Extend, Fire. Scan and Assess, Safety and Reholster.

Pre-Exercise Commands:

Note: Have students load magazines/speedloaders as appropriate. Remember, only hits count. "Slow is smooth; smooth is fast!"

- Starting position (three-yard line)
- **Load and Make Ready**
- Safety-Chest-Reholster

Exercise Commands (Repeat as necessary, minimum of 5 repetitions):

Note: On the command to fire, students should fire at least two shots in the center of the target. (Once you are comfortable with the student's mastery of the presentation, the range commands may be condensed, i.e. FIRE).

- **Starting Position**
- **Access**
- **Grip-Chest**
- **Pull-Chest**
- **Fire**
- **Scan and Assess**
- **Safety-Chest-Reholster (unless it is the last repetition)**

Post-Exercise Commands:

- **Cease Fire**
- **Unload-Show Clear (verify!)**
- **Safety-Chest-Reholster**
- **Clear on the Right?**
- **Clear on the Left?**
- **Line is Clear**
- **Range is Clear**

FIVE-YARD LINE

Present and fire at least three shots from the pistol from concealment (minimum 15 shots)

Pre-Exercise Commands:

Note: Have students load magazines/speedloaders as appropriate. Remember, only hits count.

- Starting position (five-yard line)
- **Load and Make Ready**
- Safety-Chest-Reholster

Exercise Commands (Repeat as necessary, minimum of 5 repetitions):

Note: On the command to fire, students should fire at least three shots in the center of the target. (Once you are comfortable with the student's mastery of the presentation, the range commands may be condensed, i.e. FIRE).

- **Starting Position**
- **Access**
- **Fire**
- **Safety-Chest-Reholster (unless it is the last repetition)**

Post-Exercise Commands:

- **Cease Fire**
- **Unload-Show Clear (verify!)**
- **Safety-Chest-Reholster**
- **Clear on the Right?**
- **Clear on the Left?**
- **Line is Clear**
- **Range is Clear**

SEVEN-YARD LINE

Present and fire at least three shots from the pistol from concealment (minimum 15 shots)

Pre-Exercise Commands:

Note: Have students load magazines/speedloaders as appropriate. Remember, only hits count.

Remind the students to scan and assess after they fire their shots, and to keep their guns loaded. Did I hit? Do I need more hits? Are there additional threats?

- Starting position (seven-yard line)
- **Load and Make Ready**
- Safety-Chest-Reholster

Exercise Commands (Repeat as necessary, minimum of 5 repetitions):

Note: On the command to fire, students should fire at least three shots in the center of the target.

- **Starting Position**
- **Fire**
- **Safety-Chest-Reholster (unless it is the last repetition)**

Post-Exercise Commands:

- **Cease Fire**
- **Unload-Show Clear (verify!)**
- **Safety-Chest-Reholster**
- **Clear on the Right?**
- **Clear on the Left?**
- **Line is Clear**
- **Range is Clear**

TEN-YARD LINE

Present and fire at least two shots from the pistol from concealment (minimum 10 shots)

Pre-Exercise Commands:

Note: Have students load magazines/speedloaders as appropriate. Remember, only hits count.

Remind the students to scan and assess after they fire their shots, and to keep their guns loaded.

- Starting position (ten-yard line)
- **Load and Make Ready**
- Safety-Chest-Reholster

Exercise Commands (Repeat as necessary, minimum of 5 repetitions):

Note: On the command to fire, students should fire at least two shots in the center of the target.

- **Starting Position**
- **Fire**
- **Safety-Chest-Reholster (unless it is the last repetition)**

Post-Exercise Commands:

- **Cease Fire**
- **Unload-Show Clear (verify!)**
- **Safety-Chest-Reholster**
- **Clear on the Right?**
- **Clear on the Left?**
- **Line is Clear**
- **Range is Clear**

2. Explain the importance of moving out of the line of attack. Demonstrate a normal step to the side, *as individuals have done all their lives*. Present the **EMPTY** gun and reluctantly reholster. Provide an opportunity for your students to practice with **EMPTY** guns.

Review use of cover and concealment. If available, incorporate it into your drills.

SEVEN-YARD LINE

From directly in front of the target, side step, present and fire at least two shots from the pistol from concealment (minimum 10 shots)

Pre-Exercise Commands:

Note: Have students load magazines/speedloaders as appropriate. Remember, only hits count.

Encourage students to side step throughout the course, before or after shooting, and to incorporate moving before and/or after the shot into their training.

- Starting position (seven-yard line)
- **Load and Make Ready**
- Safety-Chest-Reholster

Exercise Commands (Repeat as necessary, minimum of 5 repetitions):

Note: On the command to fire, students should fire at least two shots in the center of the target. (Once you are comfortable with the student's mastery of the presentation, the range commands may be condensed, i.e. LEFT).

- **Starting Position**
- **Left or Right, reverse commands as appropriate**
- **Fire**
- **Safety-Chest-Reholster (unless it is the last repetition)**

Post-Exercise Commands:

- **Cease Fire**
- **Unload-Show Clear (verify!)**
- **Safety-Chest-Reholster**
- **Clear on the Right?**
- **Clear on the Left?**
- **Line is Clear**
- **Range is Clear**

SEVEN-YARD LINE

Present and fire at least two shots from concealment, side step, perform a speed reload, and shoot an additional two shots (minimum 5 repetitions)

Pre-Exercise Commands:

Note: Have students load magazines/speedloaders as appropriate. On the command to fire, students should shoot to slide lock, speed reload and shoot at least two more. Only two cartridges required in the first magazine/cylinder for each repetition.

Remember, only hits count.

Remind the students to scan and assess after they fire their shots, and to keep their guns loaded. Did I hit? Do I need more hits? Are there additional threats?

- Starting position (seven-yard line)
- **Load and Make Ready**
- Safety-Chest-Reholster

Exercise Commands (Repeat as necessary, minimum of 5 repetitions):

Note: On the command to fire, students should fire at least two shots to slide lock, in the center of the target, speed reload and fire at least two more.

- **Starting Position**
- **Fire**
- **Safety-Chest-Reholster (unless it is the last repetition)**

Post-Exercise Commands:

- **Cease Fire**
- **Unload-Show Clear (verify!)**
- **Safety-Chest-Reholster**
- **Clear on the Right?**
- **Clear on the Left?**
- **Line is Clear**
- **Range is Clear**

SEVEN-YARD LINE

Present and fire at least two shots from concealment, perform an immediate action drill, and shoot an additional two shots, IF NEEDED – Instructors call! (minimum 5 repetitions)

Pre-Exercise Commands:

Note: Have students load magazines/speedloaders with live/dummy ammunition as appropriate.

Remind the students to scan and assess after they fire their shots, and to keep their guns loaded. Did I hit? Do I need more hits? Are there additional threats?

- Starting position (seven-yard line)
- **Load and Make Ready**
- Safety-Chest-Reholster

Exercise Commands (Repeat as necessary, minimum of 5 repetitions):

Note: On the command to fire, students should fire at least two shots in the center of the target, click, immediate action drill, two more shots.

- **Starting Position**
- **Fire**
- **Safety-Chest-Reholster (unless it is the last repetition)**

Post-Exercise Commands:

- **Cease Fire**
- **Unload-Show Clear (verify!)**
- **Safety-Chest-Reholster**
- **Clear on the Right?**
- **Clear on the Left?**
- **Line is Clear**
- **Range is Clear**

NRA DEFENSIVE PISTOL QUALIFICATION COURSE OF FIRE

All shooting is performed from a strong side hip holster, from concealment. All reloads are performed as speed reloads.

Target: FBI-Q or NRA D-1. All shots must be within the scoring line of the bottle, or within the scoring rings of the D-1.

Shooting drills from concealment.

Distance	Shots	Time	Relays	Total
3 yard line	2	4.0 sec	X 1	2
5 yard line	3	4.5 sec	X 1	3
7 yard line	3	5.0 sec	X 1	3
10 yard line	5	12.0 sec	X 2	10

Speed reload drills, set up guns as appropriate, as indicated by shots column. Revolvers should be set up to fire on the first pull of the trigger.

Distance	Shots	Time	Relays	Total
5 yard line	1+2	8.0 sec Semi-Auto 10.0 sec Revolver	X 1	3
7 yard line	2+2	10.0 sec Semi-Auto 12.0 Revolver	X 1	4
7 yard line	3+4	15.0 sec Semi-Auto 17.0 Revolver	X 1	7

Immediate action drills, set up guns as appropriate. No cartridge in chamber on semi-automatic, revolver set-up so it will not fire on first trigger pull. Present from concealment: click, Tap, Rack, Assess.

Distance	Shots	Time	Relays	Total
7 yard line	2	6.0 sec	X 1	2
		Total shots fired		33

3. CONGRATULATIONS! Offer the next lesson on Pocket Pistols!

NRA DEFENSIVE PISTOL MODULE LESSON V (RECOMMENDED)

Overview: Explain, discuss and demonstrate as appropriate:

- Definition of a “pocket pistol” – or back-up gun as appropriate
- Identify each type of “pocket pistol”
- Demonstrate how to handle and shoot “pocket pistols”
- Advantages and disadvantages of carrying “pocket pistols”
- Choosing and carrying a “pocket pistol”

Length: This lesson is objective based

Facility: Range

Reference: *Pocket Pistol Comparison Chart handout*

No live ammunition should be present during this presentation!

1. Pocket Pistols – a gun that can be carried concealed in, and drawn from, the pocket effectively.

- Just being able to fit into a pocket does not mean it can be presented and fired effectively.
- They are generally small in size, light weight, and made with rounded edges and very few controls to prevent snagging during presentation.
- They are comfortable to carry and easy to conceal.
- More difficult to detect during casual contact.
- Best gun is the gun you have with you when you need it.
- Thanks to demand, many modern pocket pistols are being produced in larger calibers, and are considered very reliable.

2. Types of pocket pistols:

- Revolvers

- Weight – as low as 12 oz
- Size – four to six inches
- Calibers - .22 rimfire thru .357 magnum
- Popular models include:
 - Ruger LCR
 - S&W 442
 - NAA Mini-Revolver

- Semi-Automatic Pistols

- Weight – 10 - 14 oz
- Size – four to six inches
- Calibers - .22 thru 9mm
- Popular models include:
 - Ruger LCP
 - Kel Tec P3AT
 - Kel Tec PF-9
 - Kahr P380
 - Sig P238

- Derringers

- Generally the smallest functioning gun in any given caliber
- Easy to conceal
- Usually inexpensive

3. Demonstrate how to handle pocket pistols. Use this opportunity to discuss the advantages and disadvantages of each type.

- Revolver advantages:

- Reliable
- Easy to use
- Gives shooter the ability to shoot through pocket, purse, or other concealment devices if necessary

- Revolver disadvantages:

- Often too large to fit restrictive rear pocket
- Small sight radius
- Increased felt recoil
- Not well suited to new or inexperienced shooters
- High bore axis

- Semi-Automatic advantages:

- Large assortment of guns to choose from
- Slim profile – allows for comfortable carry and better concealment
- Concealment devices

- Semi-Automatic disadvantages:

- Muzzle awareness – “slingshot” vs “hand-over-slide” method
- A pocket, purse or other concealment device, will induce a malfunction after one shot
- Trigger finger position with larger hands may prevent trigger from resetting
- Double action only – longer trigger reset and false reset
- More prone to malfunction
- Requires more maintenance to maintain maximum reliability

- Derringer advantages:

- Extremely small and concealable

- Derringer disadvantages:

- Point and shoot vs. aim and shoot
- Must be manually cocked with each shot
- Empty casings require manual ejection

4. Before choosing and purchasing a pocket pistol, think about the following:
 - First and foremost – RELIABILITY!
 - Handle it well before purchasing.
 - What “fits” one person may not work for another.
5. Pocket pistols should be carried in a dedicated pocket.
 - Do not place any other items such as keys, loose change or lighters in the same pocket.
 - Use a properly fitted pocket holster to carry a pocket pistol.
 - Keeps pistol aligned for presentation
 - Prevents gun from moving in pocket
6. Encourage your students to JOIN THE NRA and to seek additional training, and participate in as many firearms related courses as possible.
7. Review the entire course, answer any questions and conclude!

Thank you for your dedication to upholding the standards of NRA’s training programs and your commitment to firearm education.



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