

FIREARMS TRAINING

Firearms Basic Level



Background

Firearms officers need to be able to safely handle their weapons, both operationally and during training; this module is designed to bring the FPU members up to internationally recognised standards of weapon handling and weapons skills. Firearms basic level takes the officers to first level of competence expected of an FPU. This will see them master the basic principles of marksmanship. It is therefore important that the instructors assess the standard of the unit's weapons handling skills prior to the commencement of the course to ascertain their standard and they will then be able to gauge the exact amount of time that will be required for the students to attain the learning outcomes of the module. The timings given in this module are based on officers who have already received basic weapons training and are conversant with their personal weapons and have previously conducted firing practices on a range. The drills are generic and are designed to be carried out on any similar weapon to that shown in the training material, it is acknowledged that individual FPUs use different weapons systems; it is for the instructor to adapt the training according to the relevant weapon.

Aim

To familiarize the FPU members with general safety procedures along with marksmanship principles associated with handling of weapons in training and practical situations and to apply those procedures and principles.

Learning outcomes

At the end of the module the participants will be able to:

1. Explain the Four golden rules of Firearms safety
2. Apply safety procedures with weapon
 - Receiving the weapon
 - Making the weapon ready
 - Making the weapon safe
 - Handover the weapon to the armoury
3. Demonstrate basic principles of marksmanship
 - Stance
 - Grip
 - Sight alignment
 - Trigger control
 - Breathing control
4. Demonstrate ready positions with side arms
5. Demonstrate five steps of quick-draw pistol
6. Demonstrate safety principles and firearms competencies on the shooting range

Training sequence

The material in this module is designed to be delivered over twenty-four hour periods, with three individual theoretical lessons containing PowerPoint presentation then thirteen hours of practical lessons to practice the individual techniques. The practical lessons should be sufficient for the student with prior knowledge of firearms handling. However, if at that stage the instructor thinks that there is a need for further practice, then that will be at their discretion.

Officers who are unsafe with firearms at this basic level should not be allowed to progress on to firing on a range until they are confident and competent with the weapons. This may be particularly relevant where the FPU is being deployed with weapons that they are not familiar with. In this case, more time may be required to ensure their weapon handling skills are up to standard before they engage in range practice and subsequently deploy.

Duration

Minimum Session time	Lecture/Presentation	Question/Assessment	Session Activities
24 hours	3 hours		Dry practice 13 hours
Additional Options	Mission Specific	Optional film	Optional activity
			Range practice 8 hours

Methodology

This module contains four basic PowerPoint presentations to explain the theory and show the various techniques used in weapon handling. However, the majority of this module should be taught in a practical manner using the format:

- Demonstration by the instructor
- Explanation by the instructor
- Imitation by the students (with instructor correcting where necessary)
- Practice by the students until the technique is perfected

Included in the material, is a video that explains the recommended method for conducting range firing, including the types of instructions that should be used by the Range Conducting Officer. Once again, this is included as a guide to an International

Standard. It is acknowledged that different techniques may be used; therefore it is for the instructor to adapt this guidance to fit with any local range rules in their country.

The instructor should inform participants of the content, format and timing. Knowing what to expect, participants can improve their ability to focus on the subject and benefit better from the session.

Instructors are encouraged to add practical examples and mission specific information related to the specific deployment of participants, if known.

Instructor Profile

This module is best presented by an instructor who has practical experience in firearms/FPU work in peacekeeping operations and who could share his/her experience with the group. They should at minimum be Firearms instructors in their domestic police service.

Instructor Preparations

Required Readings

- DPKO Policy on Formed Police Units in United Nations Peacekeeping Operations
- FPU Training Handbook
- Basic Principles on the Use of Force and Firearms by Law Enforcement Officials

General Preparations

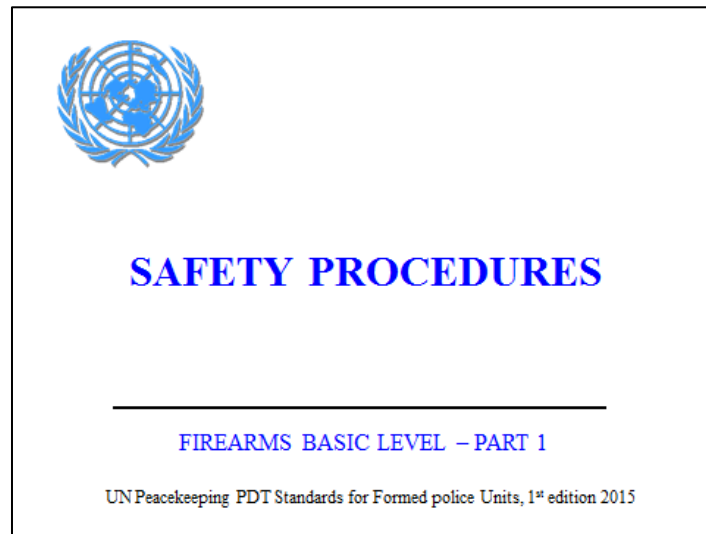
Equipment:

1. Computer and PowerPoint slides for theoretical lesson
2. Projector and Screen for theoretical lesson
3. Weapons for all lessons, for practical lessons; all the students should have a weapon available to practice with.

Training Area:

Theoretical lessons should be carried out in a classroom; practical lessons can also be carried out in a classroom although there must be sufficient space for the students to practice all the drills.

Lesson 1 – Firearms Safety Procedures



Slide 1



Slide 2

Aim

To provide FPU members with general knowledge of safety procedures for firearms

Slide 3

Learning outcomes

At the end of the lesson the participants will be able to:

- Understand and apply four golden rules of firearms safety
- Describe the external components of a firearm
- Perform and demonstrate respect of safety procedures

Slide 4

- Four Golden Rules of Firearms Safety

Four golden rules of firearms safety

- Always consider all firearms as LOADED
- Keep your weapon pointed in a safe direction - until you intend to shoot
- Keep your finger off the trigger and out of the trigger guard until you intend to shoot
- Be sure of your target and what is beyond

Slide 5

The four Golden rules relate to the operational use of firearms.

All firearms must be treated as loaded until proven otherwise: This highlights the need for officers to carry out Normal Safety Procedure to prove to them and any other officers that the weapons are in an unloaded and safe state.

When handling weapons, they must always be pointed in a safe direction. This is particularly important when carrying them operationally; they should always be in a direction that if accidentally discharged they will not cause injury to the officer or anybody else. Weapons should never have the muzzle rested against any part of the body.

To reduce the possibility of an accidental discharge, officers should not place their finger on the trigger until the firearm is pointed at the target and they intend to fire. If they don't want the firearm to fire, they should keep their finger off the trigger. The time needed to place index finger on the trigger is much shorter than the time needed to take sight alignment. So the shooter is not losing the time and is gaining in security.

Disregarding this rule tends to account for the majority of negligent discharges.

Always identify the target before you fire. Officers that do have to engage a target must be sure of their target and particularly its background taking in consideration possibility of ricochet or passing through the target. The shooter is responsible for each round he fires.

- Component Parts



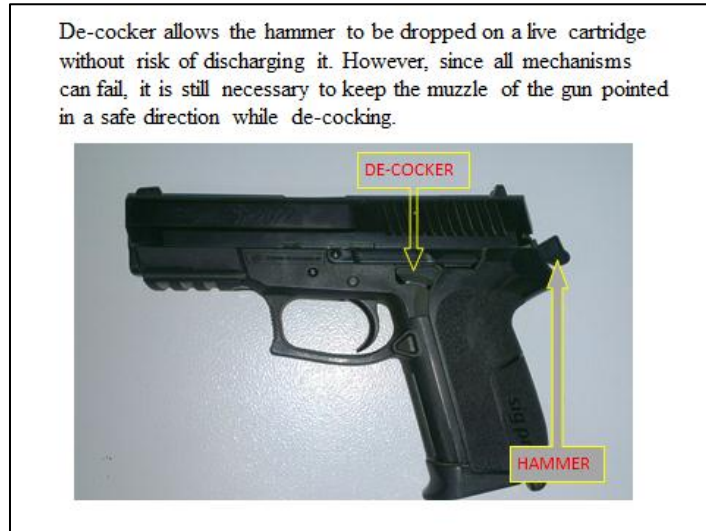
Slide 6

This illustrates the key elements of any handgun and the terminology that will be used during the firearms training sessions.

In particular officers must be aware of the safety mechanisms on their personal weapons; this includes the method of releasing the magazine and the method of locking the slide to the rear so that the weapon can be made safe.

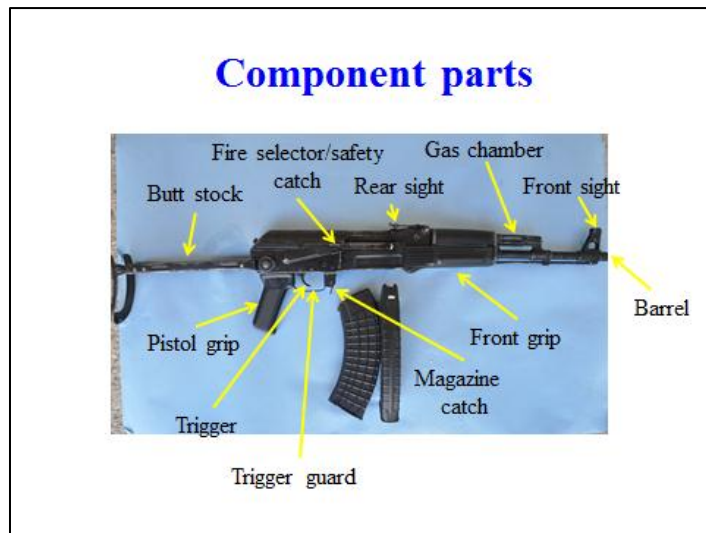
The trigger mechanisms may vary with different weapons and may have additional safety mechanisms whereby the trigger cannot be released unless a magazine is inserted for certain pistol models.

🔗 Instructors note: At this point the instructor should relate the details on the slide to those on the weapon used by the FPU by showing an example and pointing out the same parts as shown on the slide.



Slide 7

Most 9mm automatic weapons will have a safety mechanism built into the weapon whereby the hammer can be released without discharging the weapon by the use of a de-cocker.




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Instructors note: At this point the instructor should relate the details on the slide to those on the weapon used by the FPU by showing an example and pointing out the same parts as shown on the slide. Should the weapon of choice for the FPU not have such a mechanism, the instructor must explain the relevant safety procedures to overcome this.

1. Receiving the weapon at the start of shift

1. Receiving the weapon (start of shift)

First receive your magazines and prove they are in good condition.
When receiving the firearm be sure that magazine is out of the magazine shaft (magazine shaft has to be presented at the eye level).
The slide shall be locked in a back position (unless weapon can not ex. AK-47) Be sure there is no round in the chamber.



The image contains two side-by-side photographs. Both show a police officer on the left and an armourer on the right. The armourer is holding a handgun and presenting it to the officer. A yellow arrow in each photo points to the magazine shaft of the handgun. The officer is looking at the magazine shaft in the left photo and at the chamber in the right photo. The background is a training room with various equipment.

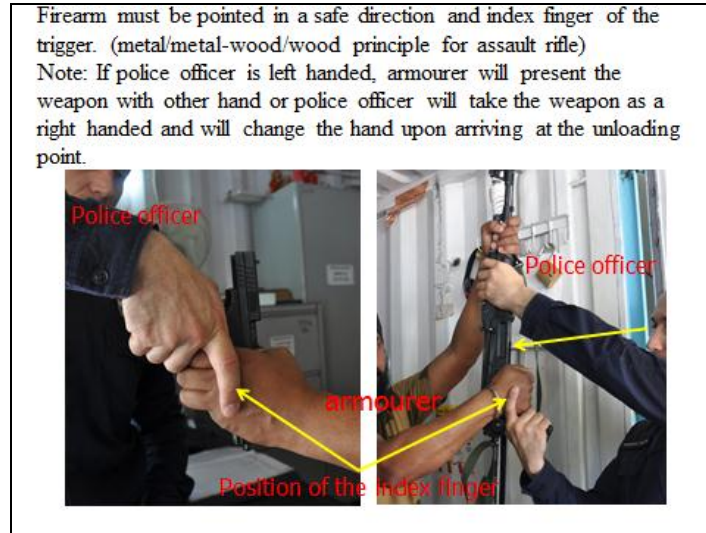
Slide 9

This presents normal safety procedure for handing over a weapon to another officer. Whether this is at the start or end of the shift, on the range, or during operational duty, the presented procedure should always be strictly implemented.

The general idea is that all steps of the security procedure are checked by both the officers handing over the weapon and the one receiving it.

Firstly, officer will take the magazines and will prove they are in good condition and loaded. First round of the magazine has to be changed on a regular basis to avoid stoppage.

When giving a weapon, (speaking about pistol) giving officer will lift the weapon at the eye level of receiving officer so he can verify there is no magazine in the magazine shaft. Then he will put the pistol in position that receiving officer can prove that the chamber is clear.



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The pistol is handed to the receiving officer with left hand around the trigger and trigger guard so that he can grasp the pistol grip preventing him from putting his finger on the trigger. The barrel must be pointed in a safe direction (towards the ground) .

When giving assault rifle, giving officer will lift the weapon positioning the magazine shaft at the eye level of receiving officer so he can verify there is no magazine in.

Giving officer will give assault rifle with right hand around the trigger and the trigger guard and left hand around the barrel. Barrel will be pointed towards the sky. Receiving officer will grasp pistol grip with his shooting hand and his support hand will place along the front grip.

👁 **Instructors note:** The easiest way how to remember when each hand is going while handing over assault rifle is to tell students that the giving officer holds metal and metal and receiving officer wood and wood (metal/metal-wood/wood principle).

Both officers ensure that their finger is kept off the trigger.

At the safe area/unloading point inspect the chamber visually and physically



Slide 11

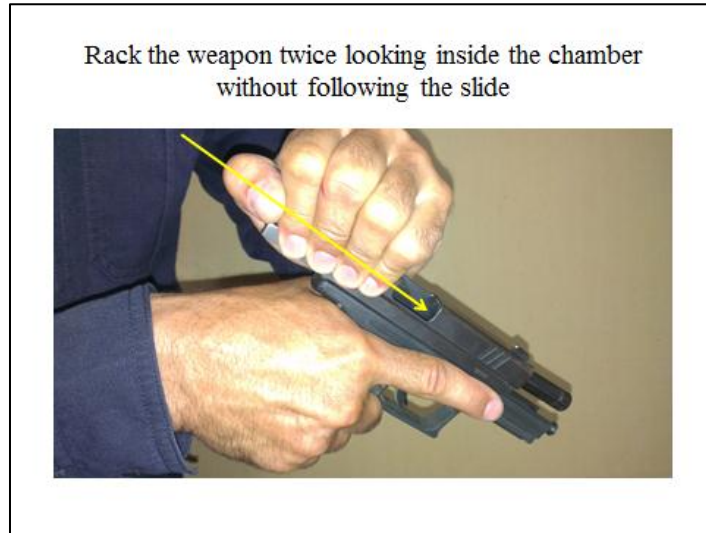
The receiving officer will go to the unloading point and then will visually check inside the chamber and then will physically check (placing his finger) to ensure that there is no round present.

Release the slide utilizing the slide stop lever to prove that it works



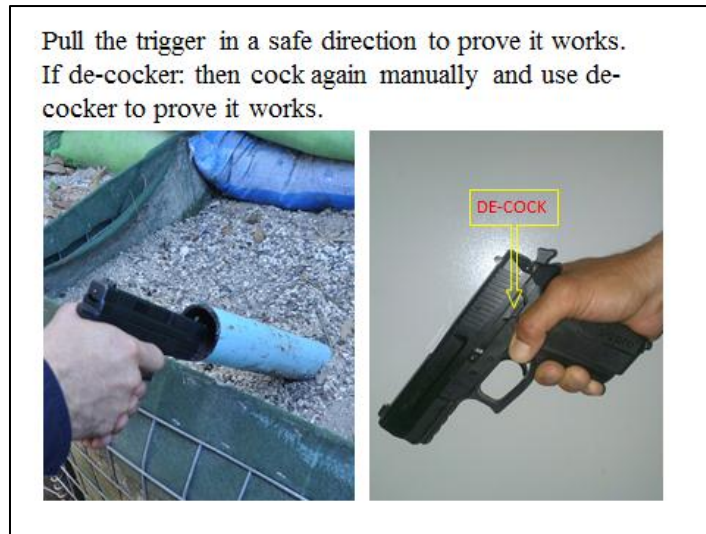
Slide 12

He then releases the slide which tests that the mechanism is working correctly.



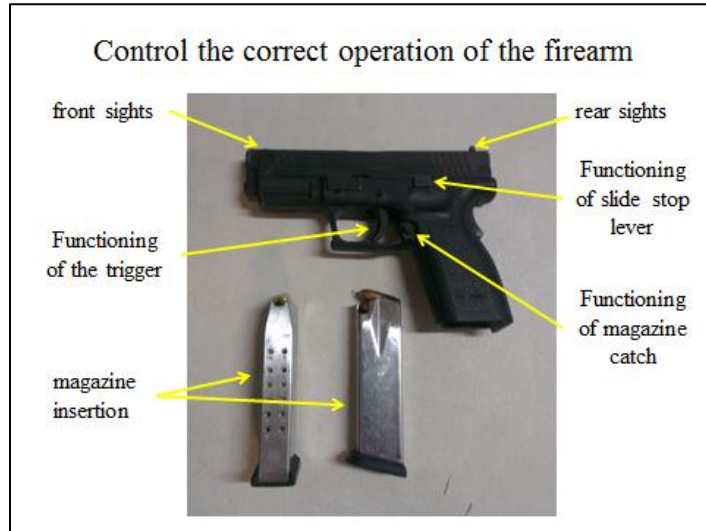
Slide 13

Then rack the slide twice looking inside a chamber; should there be a round in the weapon, this would engage the extractor that remove the spent round and eject it from the weapon. It also further tests the mechanism of the weapon.



Slide 14

The weapon is now proved to be clear, and the trigger will be pressed. This proves that the trigger is operational. If there is a de-cocker, it will be cocked manually and released by de-cocker (what proves that it works). If not, then the trigger should be squeezed to release the hammer.



Slide 15

After control of the side stop lever, trigger and de-cocker (if exist), officer can now check to ensure that there is no damage to the sights or the weapon itself. At the end officer will have to check that all magazines are fitting to the weapon and that magazine catch is operational as well.

☞ **Instructors note:** Some of the pistols have magazine safety; the hammer can't be released by pressing the trigger if magazine is not inserted. This must be done in a safe direction so that if the weapon does discharge nobody will be injured.

The weapon is now proved to be in a safe state and operational.



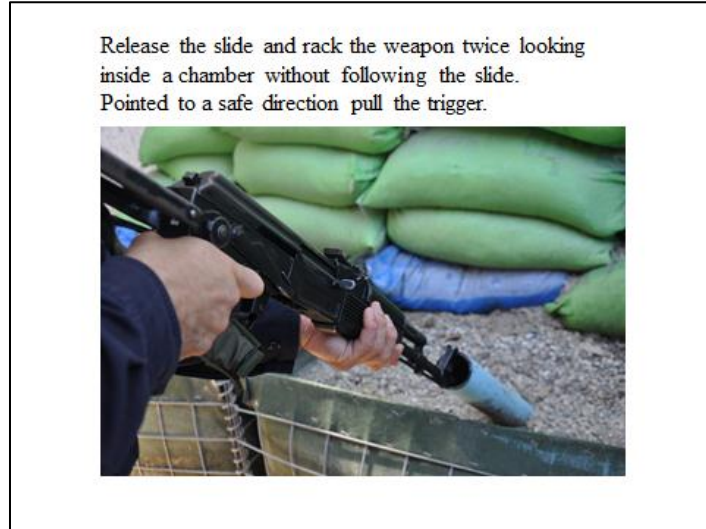
Slide 16

With a long barreled weapon the technique is very similar. The magazine or ammunition source must be removed, and safety catch is **ON**. At this point the safety catch is placed in the off position (ex. AK47) the slide is pulled back to open the bullet chamber for inspection. If there is a slide stop lever, this should be engaged at this point (ex. M-16) otherwise the officer must keep the slide in the rear position. All of this must be done with the weapon pointed in a safe direction.



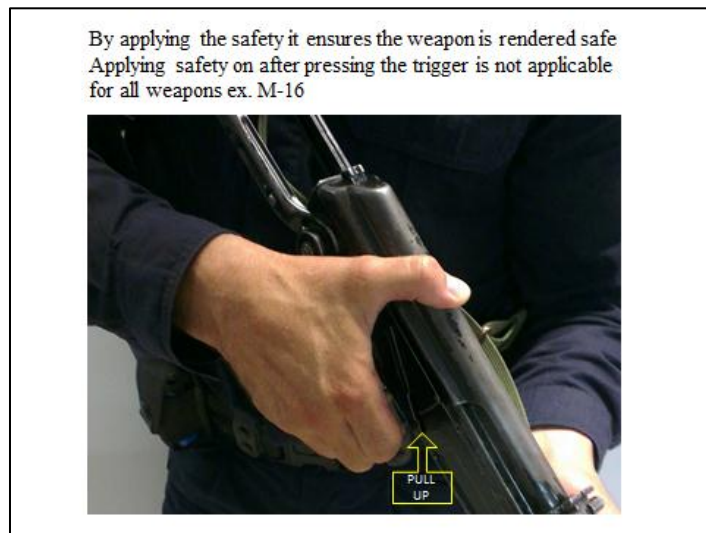
Slide 17

Then visually (and where possible physically) check inside the chamber.



Slide 18

Once convinced there is no round in the chamber, release the slide forward. As with the handgun, the slide is racked twice to engage any possible round and eject it as well as to test the mechanism. The action should then be fired off in a safe direction and the weapon has now proved to have been cleared. Now, officer will check to ensure that there is no damage to the sights or the weapon itself. At the end officer will have to check that all magazines are fitting to the weapon and that magazine catch is operational as well.



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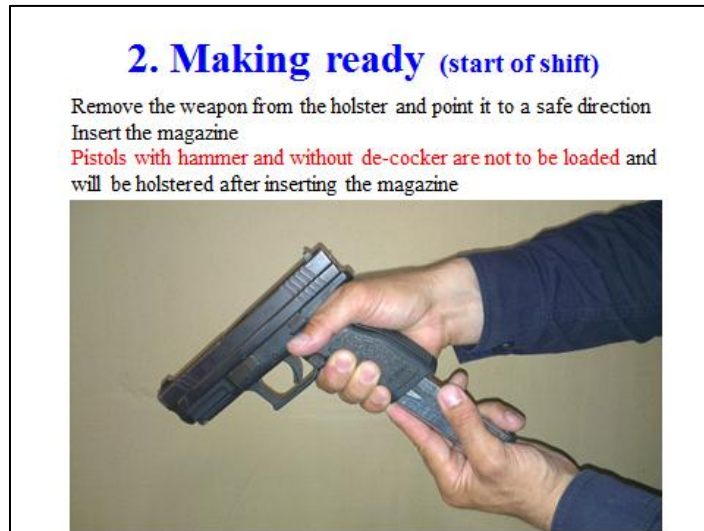
The safety catch is then engaged and the weapon is safe.



Slide 20

The weapon is now proved to be in a safe state and operational, the officer can now check to ensure that there is no damage to the sights, magazines or the remainder of the weapon.

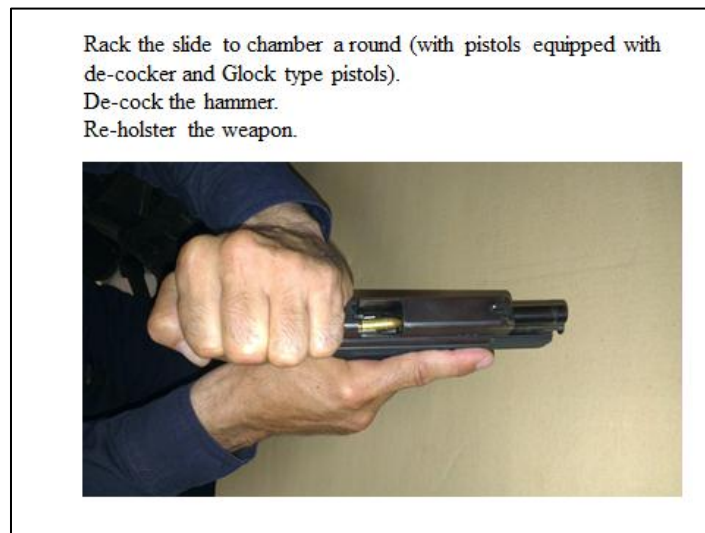
2. Making the weapon ready at the start of shift



Slide 21

The weapon is taken out of the holster or picked up from the armoury and pointed to a safe direction. The Safety Procedure explained in the previous lesson will be respected.

The magazine is inserted with the weak hand. **Pistols with hammer and without de-cocker will be holstered at this point.**



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With weak hand gripping over, rack the slide to chamber a round. Index finger should be off the trigger. The weapon is then loaded and ready to fire.

Pistols without a hammer will be holstered. For pistols with a hammer it must be released by using the de-cocker only.

It can now be placed back in the holster.

The weapon is now in the loaded state and ready to be fired if necessary.

Pistols with hammer which do **NOT** have a de-cocking device are not recommended as there is a risk of accidentally discharging the weapon when the hammer is manually de-cocked. If they are employed in a FPU, then the suggested method of loading is that the magazine is inserted and then the weapon is placed in the holster and charged when applicable.

For pistols with magazine safety, hammer will be released by pressing the trigger after inserting an empty magazine. Only after that, magazine will be loaded, inserted, and pistol will be holstered.

With this particular weapon officers must be aware that before they can fire the weapon they must rack the slide in order to actually load this particular weapon (ex. Chinese 7.62mm pistol, Browning 9mm).

Difference between double action and single action pistols

- Double action: trigger operation initiates hammer to rise and fall.
- Single action: trigger operation can only initiate hammer to fall.

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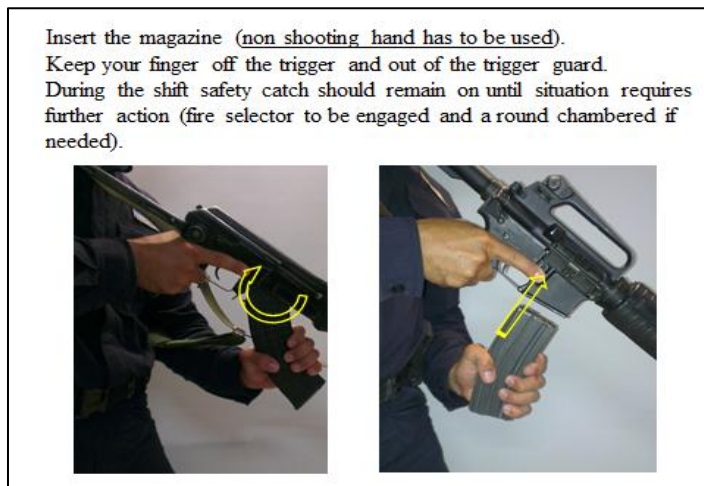
🔗 **Instructors note:** At this point, it may be necessary for the instructor to spend a short amount of time explaining the difference between single and double action weapons; this will depend on the FPU officer's knowledge on the subject.

Point the weapon to the safe direction
Ensure the safety is on (not applicable for all weapons
ex. M-16)



Slide 24

With assault rifles and submachine guns, there will be a safety catch on the weapon; the first thing that should be checked is the safety catch. Ensure that safety catch is in the “safe position” (not possible for all weapons to apply safety catch ON if the trigger is fired on an empty weapon (ex. M-16).



Slide 25


Ensuring that the catch remains on “Safe” (not applicable for all weapons) and the finger is off the trigger. Insert the magazine with the weak hand. A slight pull on the inserted magazine will ensure that it has been properly inserted correctly and the magazine catch has engaged. During the duty shift safety catch should remain in the ON position until the situation requires further action (fire selector to be engaged and round to be chambered if needed).

If the weapon is to be used tactically, we strongly recommend that the weapon be loaded and the safety catch should remain ON.

3. Making the weapon safe at the end of shift

3. Making safe (end of shift)


Remove the weapon from the holster and point it to a safe direction
 Remove the magazine, check it and secure it



Slide 26

To unload the weapon, remove it from the holster, point it in a safe direction and operate the magazine catch to release the magazine from the magazine shaft. Check the rounds are correctly aligned and secure the magazine in a pouch or pocket.

- Keep weapon pointed to a safe direction
- Keep index finger off the trigger
- Rack the slide and lock it in a back position
- Recover the round that has been chambered
- Inspect the chamber visually and physically
- Release the slide and rack the weapon twice (looking inside a chamber) without following the slide

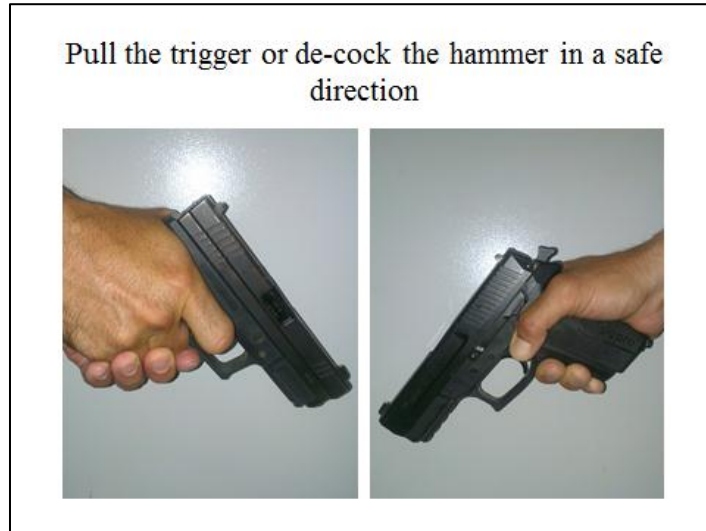


Slide 27

Rotate your body so the weapon is pointed to a safe direction, rack the slide using weak hand over the ejection port and lock it in a back position, so, that the round that has been chambered falls into the palm of the hand. Place the ejected round in a safe place.

Visually and physically check the chamber to ensure there are no more rounds left in the weapon.

Release the slide forward using slide stop lever and rack the weapon twice without following the slide forward.



Slide 28

Ensuring that the weapon is pointing in a safe direction, press the trigger or de-cock. The weapon is now unloaded and safe.

The weapon should be returned to the holster or armoury.

The ejected round should be wiped clean if necessary and replaced into the magazine.




Slide 29

Ensure that the weapon is pointed in a safe direction and the safety catch is ON or Safe.

Remove the magazine and place it in a weak side pouch or pocket.

- Remove safety catch, pull the slide back with the weapon pointed in a safe direction
- Inspect the chamber visually and physically
- Release the slide and rack the weapon twice (looking inside a chamber)
- Point the weapon in a safe direction and pull the trigger
- By applying the safety ON it is proven that the weapon is safe (not applicable for all weapons ex. M-16)



Note: If during the shift a round was chambered, the same technique (with the same safety considerations) will be applied on the ground in order to make the weapon safe. Recover ejected round!

Slide 30

Remove safety catch; pull the slide back with the weapon pointed in a safe direction. If chambered, the round in the chamber will be ejected.

Inspect the chamber visually and physically.

Release the slide and rack the weapon twice without following the slide.

By applying the safety on it is proven that the weapon is safe (not applicable for all weapons ex. M-16).

Ensuring that the weapon is pointed in a safe direction, pull the trigger to fire off the action and put the safety catch back on safe. The ejected round should be wiped clean if necessary and replaced into the magazine.

By applying the safety on it is proven that the weapon is safe (not applicable for all weapons ex. M-16).

Instructors note: At this point the students should be shown the video on Range Conduct, which can be found on the resource DVD.

This outlines the recommended method for conducting safe range training. Although, due regard is given to the methods used within Countries when used domestically, the presented methods are expected to be used and implemented in the case of units deployed in the framework of a UN DPKO mission.

4. Handover the weapon to the armoury

4. Handover the weapon to the armoury

When handing over a firearm, the slide shall be locked in a back position (unless weapon can not ex. AK-47). Firearm must be pointed in a safe direction and index finger off the trigger. Then finally, magazines will be handed over to the armorer.



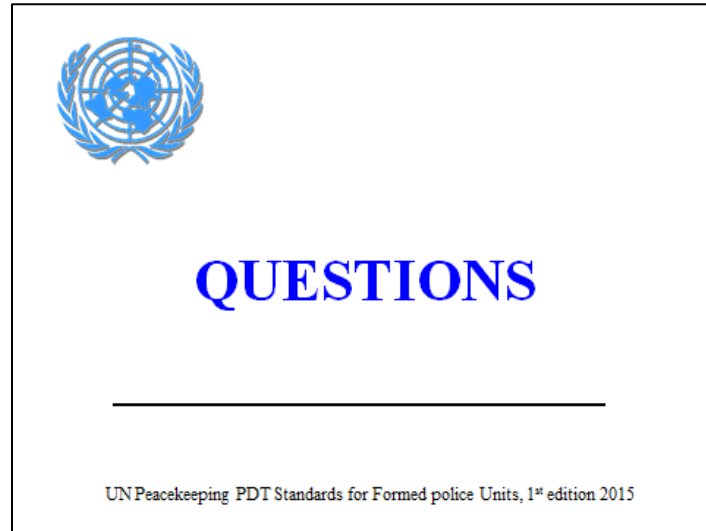
Slide 31

Summary

- 4 Golden rules of firearm safety
- Component parts
- Weapon safety procedures
- Range Safety

Slide 32

👉 **Instructors note:** The officers should be given a summary of the key points of the lesson before being asked if they have any questions



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Lesson 1 – Practice

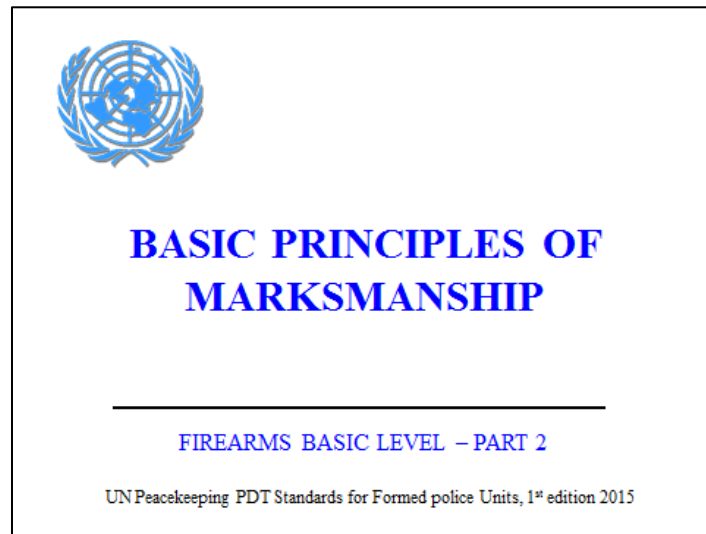
The remaining lesson is for practice of the weapon handling skills by the students and is at the discretion of the instructors when they have assessed the level of knowledge of the students.

It should be noted that students must be competent with these drills before they progress to live shooting practice on the range.

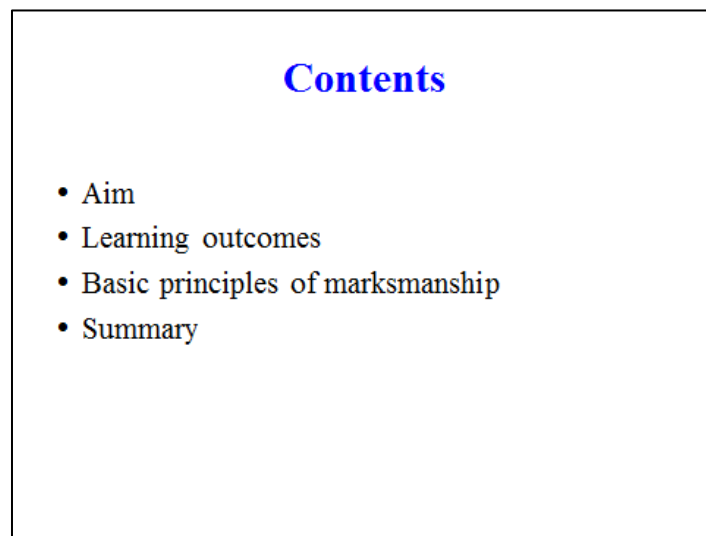
This practice should be taught in a practical manner using the format:

- Demonstration by the instructor
- Explanation by the instructor
- Imitation by the students (with instructor correcting where necessary)
- Practice by the students until the technique is perfected

Lesson 2 – Basic principles of marksmanship



Slide 1



Slide 2

Aim

To provide the FPU members with general firearms knowledge of safety procedures along with marksmanship principles associated with handling of weapons in training and practical situations

Slide 3

Learning outcomes

At the end of the lesson the participants will be able to :

- Demonstrate correct stance and grip
- Demonstrate proper technique of sight alignment
- Demonstrate the correct trigger and breathing control
- Demonstrate firearms competencies on the shooting range

Slide 4

1. Basic principles of marksmanship; Stances

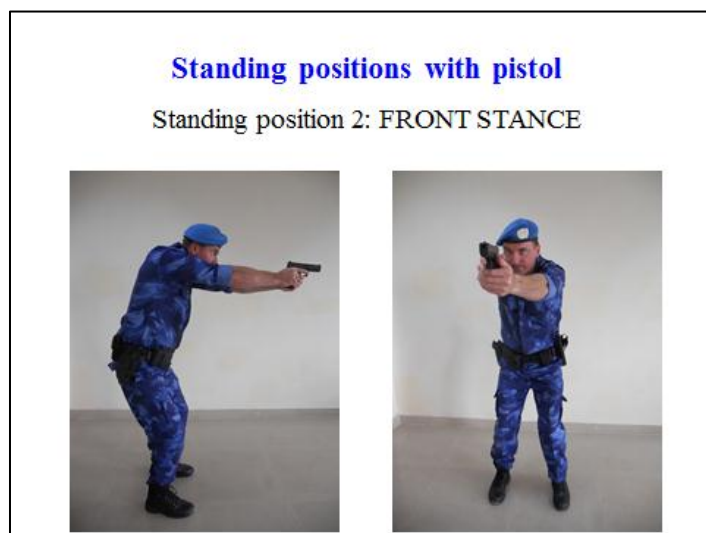


Slide 5

The Weaver Stance is a technique developed in the US in the late 1950's. It is a two-handed technique in which the shooting hand holds the handgun while the weak hand wraps around the shooting hand. The shooting arm's elbow is nearly straight, while the weak arm elbow is noticeably bent straight down. The shooter pushes forward with their shooting hand while the weak hand exerts rearward pressure. The resultant isometric tension is intended to lessen and control muzzle movement when the weapon is fired. The feet are positioned in a walking stance, with the off-side foot ahead of the strong-side foot. A right-handed person will have the right foot angled out to approximately forty five degrees to the side and to the rear at shoulder length. The shooter's upper torso should be leaning forward at the hips, putting the shoulders just over the forward foot. The rear foot will help catch the force of recoil, as well as allow for rapid changes in position. It can be used in combination with cover to maximize protection and minimize exposure.



Slide 6



Slide 7

The isosceles / front stance is probably the traditional range shooting stance. Although it is just as appropriate in tactical situations, it is particularly beneficial to those whose dominant eye is opposite to their dominant hand as it allows for either eye to be used in sighting the gun. The isosceles stance is also the most instinctive to utilize in a sudden emergency.

The officer stands with feet shoulder-width apart, feet pointed in direction of the target, both arms are extended outward, with the elbows at their natural extension; the knees are slightly bent to gain stability with the body slightly forwards.



Slide 8

From a tactical perspective, the kneeling position reduces the officer's exposure to the suspect by reducing the size of the target. It is best when used in conjunction with cover.

The feet and knee are in line pointed in direction of the officers' movement; both arms are extended outward, with the elbows at their natural extension with the body slightly forwards, head following. This position gives mobility but takes accuracy.

Prolonged time in this position will cause fatigue unless there is suitable cover to rest on.



Slide 9



Slide 10

For more prolonged time in the kneeling position, the low kneel can be adopted. This allows for three points of contact on the ground, the knee and both feet forming a triangle base. Resting the elbow on top of one's knee allows for greater accuracy. The supporting arm is bent with the elbow placed over the knee, the body slightly forwards, head following. The firing arm is extended with the elbow and wrist locked, apply forward pressure with the shooting hand and rearward pressure with the weak hand as with the Weaver Stance to compensate for muzzle recoil.

Instructors note: Ensure that the students place the soft part of the upper arm against the knee cap. If they attempt to place the elbow directly on the kneecap, the position will be uncomfortable and will not support them while aiming.



Slide 11



Slide 12

The front prone position allows maximum cover by reducing the potential target to the minimum. If used with cover, the officer can remain almost completely concealed.

The body is lying on the ground, in a straight line with the arms pushed with the elbows at their normal extension. The feet are placed flat on the ground and the head is raised to look along the sights.



Slide 13

The Weaver Prone is a variation of the standard Weaver and is again useful to conceal the officer when used in conjunction with cover.



Slide 14



Slide 15

When using the Weaver prone with an Assault rifle or Submachine Gun, it is important that the weapon is stabilized with elbows and not with the magazine. If the magazine is allowed to rest on the ground, it may affect the shot as it will not absorb the recoil like the human body, **and more importantly it may dislodge the magazine leading to failure to feed and other magazine related stoppages.**


👁 **Instructors note:** Students need to decide which position is applicable according to the situation, available cover and mobility needs. It is always necessary to find a proper balance between those three.

2. Basic principles of marksmanship; Grip

2. Grip

Grip with pistol: Position of the fingers – Strong hand

- Placing the web of your strong hand as high as possible up on the backstrap will allow you to control the gun, especially during rapid, multiple-round firing.
- Wrap your fingers around the grip and squeeze it tightly.
- Pressure applied by the strong hand should be 40 percent.



Slide 16

Place the web of your strong hand (V between your thumb and index finger) as high up on the backstrap as possible. This will allow you to control the pistol, especially during rapid, multiple-round firing. Wrap your fingers around the grip and squeeze it tightly.

Grip with pistol: Position of the fingers – Support hand

- Support hand is gripping the pistol from the other side of the gun, placing the meaty part below the thumb of the strong hand.
- Both thumbs should be along the side of the slide pointed to the direction of the target.
- Pressure applied by the support hand should be 60 percent.



Firing from the weaver stance requires pulling – pushing motion; strong hand is pushing, weak hand is pulling

Slide 17

Your support hand is gripping the pistol from the other side of the pistol, placing the meaty part below the thumb of your strong hand. Both of your thumbs should be along the side of the slide pointed to the direction of the target.

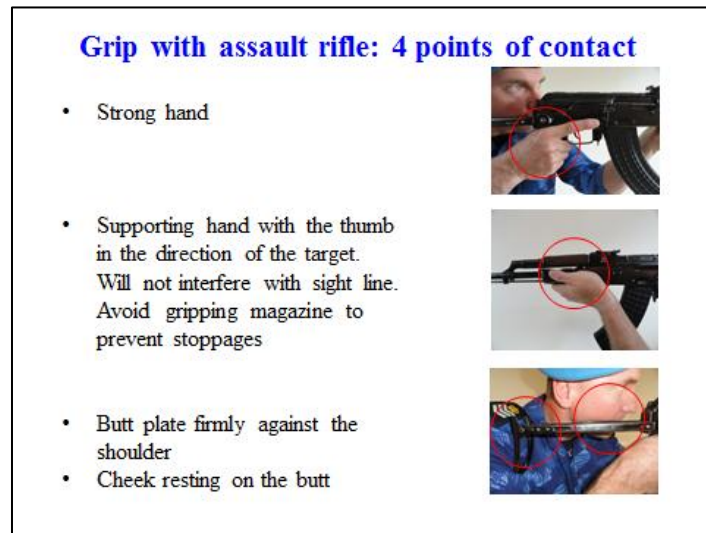
Grip should be 60 percent support hand and 40 percent strong hand.

When applied properly; wrist of the support hand will be over the wrist of strong hand.

Weak or loose grip results in the firearm not cycling properly, causing the stoppage.

During the firing from weaver stance, shooter will apply pushing – pulling motion. Strong hand is pushing forward while weak hand is pulling back. In this way the grip is firm and pistol is stabilized.

☞ **Instructors note:** Students need to understand the importance of proper grip not only in terms of accuracy and efficiency but also in terms of safety (placing weak hand behind the slide will cause injury and can cause the stoppage).



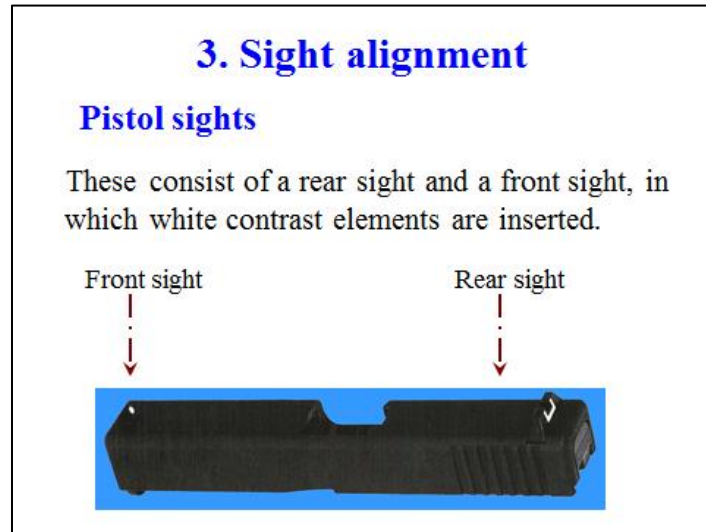
Slide 18

With an assault rifle there need to be four points of contact, strong hand around the pistol grip, with the trigger finger alongside the trigger until ready to fire, the support hand wrapped around the front grip on the weapon with the thumb in the direction of the target.

The hand should be in such a position that it does not rest on the sights, magazine or barrel. If it is on the sights the officer will not be able to aim properly, if it rests on the barrel there is risk of injury as the barrel will become hot during firing. If it rests on the magazine there is a risk of dislodging it leading to failure to feed and other magazine related stoppages.

The butt of the weapon should be rested firmly against the shoulder and the cheek rested on the butt with the eye looking down the sights.

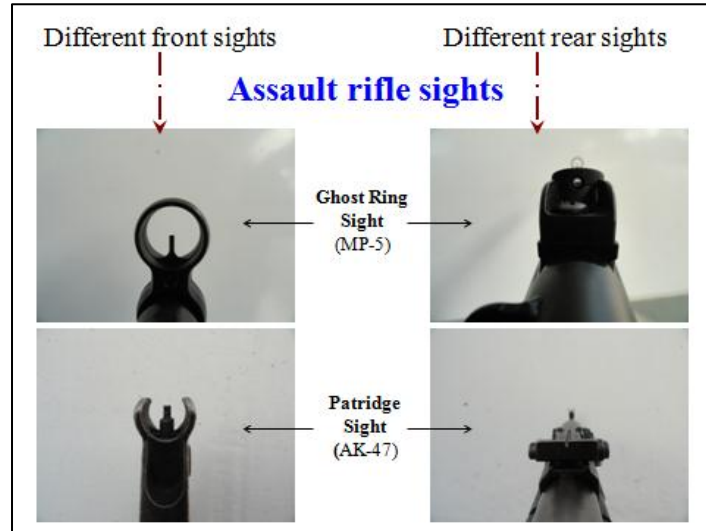
3. Basic principles of marksmanship; Aiming



Slide 19

Standard sights on a handgun are normally in the form of a blade on the front sight with a groove on the rear sight. Sometimes these are highlighted to assist in obtaining the best sight picture.

The shooter must ensure proper alignment between the eye, front and rear sights, proper cheek placement (when using the assault rifle), and focus on front sight with rear sight and target slightly blurred.



Slide 20

The dominant eye is the eye you use for sighting purposes. The dominant eye is the stronger of your eyes. The dominant eye will judge speed and range, and focus more accurately than the other eye. Most right-handed people are right-eye dominant. Most left-handed people are left-eye dominant. Some people are cross-dominant; it means that they are right-handed but left-eye dominant or the opposite.

To find out which is your dominant eye, point your finger at a distant object with both eyes open. First close one eye and then the other. Your finger will remain lined up with the object when your dominant eye is open.

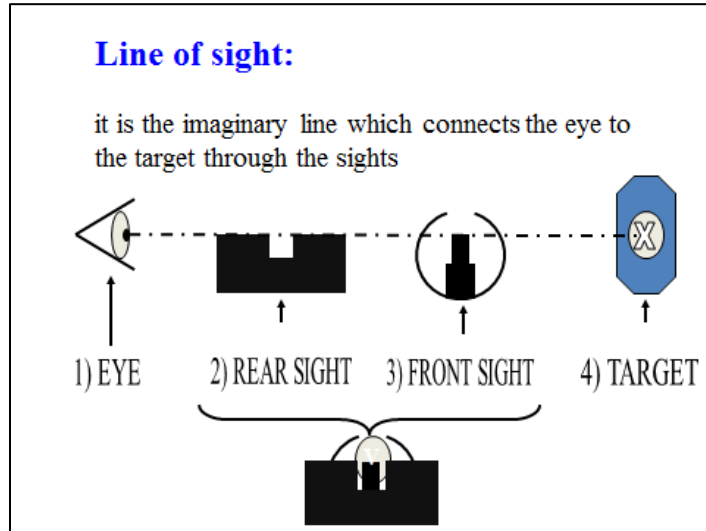
Cross dominant shooters have additional difficulties as to how to fire the weapon; some of the solutions to this are listed below:

With the pistol move your head lightly to line up your dominant eye with aiming devices and target, or, change your shooting hand.

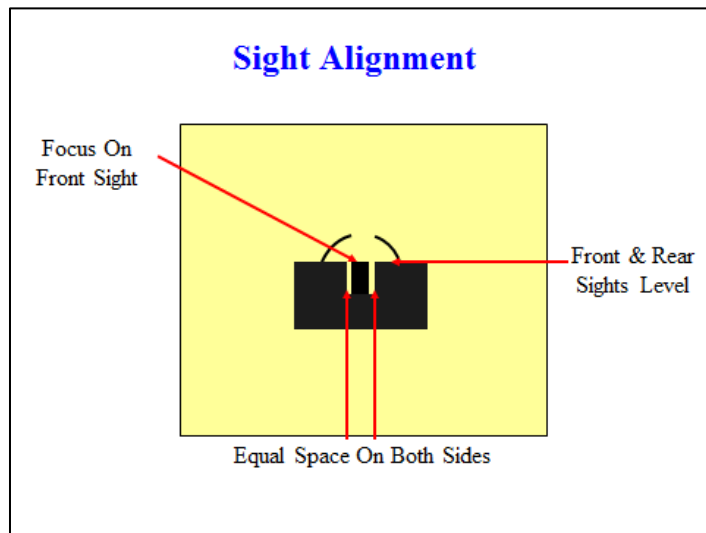
With the assault rifle the first solution proposed for cross dominant doesn't work because of the butt stock which doesn't allow you to move your head.

Most of the time, the easiest solution is to mount the rifle on the left shoulder instead of the right shoulder (or vice versa), although this takes practice as the body will want to carry out the drills on the weapon with the strong hand. It is important to bear in mind that the specificities of the weapon can affect the feasibility of the plan since some weapons cannot be converted for left-handed shooters, (for instance, the supporting arm may prevent the proper ejection of the case after the shoot what is likely to prompt a stoppage).

👁️ **Instructors note:** Aiming and shooting with both eyes open should be emphasized as the matter of high importance. Explain to students the difference between marksmanship shooting and combat/practical shooting (environmental awareness, wider vision, perception of space and distance with one or both eyes open)



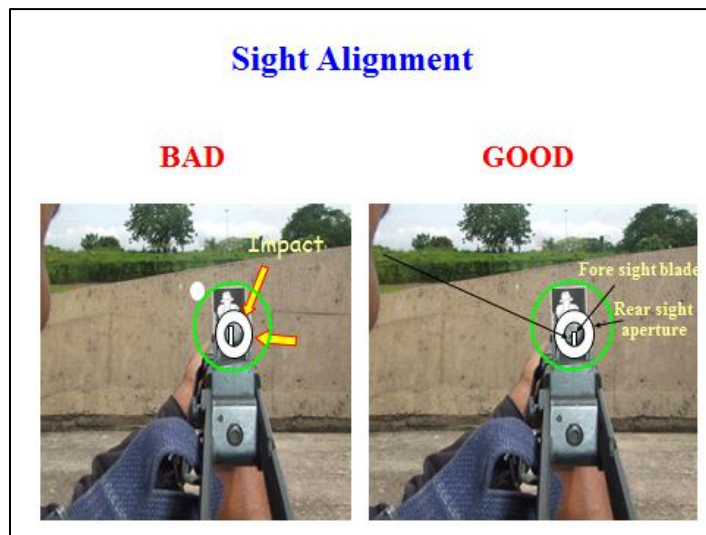
Slide 21



Slide 22

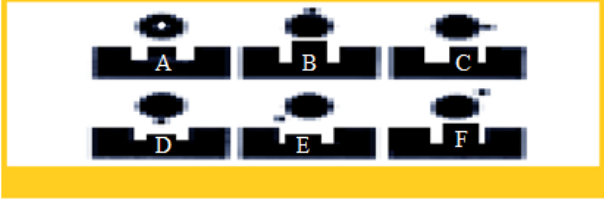


Slide 23



Slide 24

Sights Alignment



A : Correct aiming

B, C, D, E and F are common mistakes called “angular mistakes”.

- This type of mistake appears when lining the two sights.
- The shooter moves one of the two sights (front or rear).
- The difference between the point you hit and the one you intended to hit could be important due to the ratio shooting distance / sight to sight distance.
- Do not pull the trigger until you are sure the aim is correct.

Slide 25

4. Basic principles of marksmanship; Trigger control

4. Trigger control



TRIGGER PRESSURE POINT is the contact between the trigger and index finger, located between the tip of the Index finger and the first joint

GOOD

Slide 26

4. Trigger control – key points

- Uninterrupted Trigger Motion = Don't jerk the trigger or anticipate (you should be surprised by the shot)
- Independent movement of the index finger in applying increasing pressure on the trigger straight to the rear, without disturbing the sight alignment until the weapon fires
- Keep contact with the trigger for better accuracy taking in consideration the trigger reset (for semi auto)

Slide 27

The trigger motion should be smooth and uninterrupted to prevent jerking of the trigger. The shooter should not anticipate when the shot is being fired. The trigger finger should applying increasing pressure on the trigger straight to the rear, without disturbing the sight alignment until the weapon fires.

Trigger Control is defined as steady pressure exerted on the trigger straight to the rear in a smooth continuous manner without anticipation of the shot to release the hammer and fire the weapon immediately allowing the trigger to return so the weapon can be fired again. The trigger finger should continually maintain contact with the trigger. When pressing the trigger, the shooter should use the tip of the index finger (halfway between the tip of the finger and the first joint). This should be accomplished by utilizing a smooth movement isolating the trigger finger only. All other fingers must remain still during the trigger press. You should not be able to predict the instant the gun will fire. Each shot should come as a surprise.

Trigger reset: Once the trigger has been fired, slowly release pressure on the trigger until an audible click is heard and felt. At this point, the shooter need not release any more pressure on the trigger to fire again. This maintains a proper sight alignment and sight picture more easily.

5. Basic principles of marksmanship; Breathing control

5. Breathing control

- BREATHE
Inhale and exhale several times before acquiring sight alignment. Inhale while bringing the weapon to eye level
- RELEASE
Exhale approximately half of a breath and hold
- AIM
Maintain sight picture
- SQUEEZE
Pull a trigger in a smooth continuous motion
- SHOOT
It should come as a surprise

Slide 28

Proper breath control allows the shooter to remain steady once a good sight picture is attained. Inhale and exhale several times before acquiring sight alignment. The shooter should inhale while bringing the weapon to eye level. When the weapon is at eye level, the shooter should exhale approximately half of a breath. By allowing some air to remain in the lungs, the shooter will not fight to exhale or inhale. The optimum time to fire the round during slow fire is four to seven seconds.

During slow fire, if the round has not been fired after 7-8 seconds, the shooter should relax and begin again.

Instructors note: Explain to students the difference between marksmanship shooting and combat/practical shooting. For combat/practical shooting, don't hold your breath during tactical movements. Breathe normally to supply your body with oxygen! Only split of the second before you intend to fire inhale/exhale to half and press the trigger. Coordination between all five principles of marksmanship is the key to accuracy.

Summary

Basic principles of marksmanship:

- Stance
- Grip
- Aiming
- Trigger control
- Breathing control

Slide 29

👉 **Instructors note:** The officers should be given a summary of the key points of the lesson before being asked if they have any questions.



QUESTIONS

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Slide 30

Lesson 2 – Practice

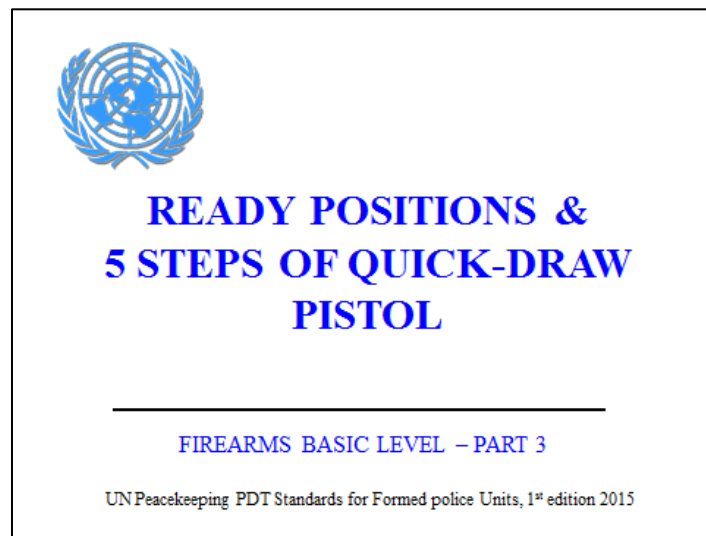
The remaining lesson is for practice of the weapon handling skills by the students and is at the discretion of the instructors when they have assessed the level of knowledge of the students.

It should be noted that students must be competent with these drills before they progress to live shooting practice on the range.

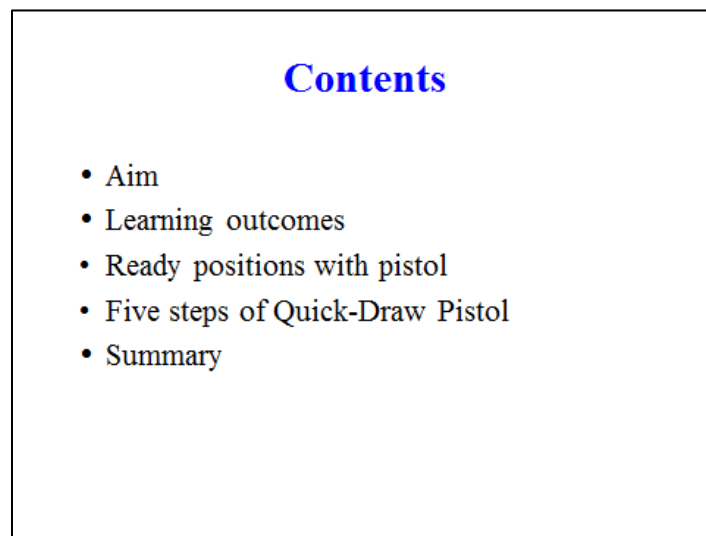
This practice should be taught in a practical manner using the format:

- Explanation by the instructor
- Demonstration by the instructor
- Imitation by the students (with instructor correcting where necessary)
- Practice by the students until the technique is perfected

Lesson 3 – Ready Positions & 5 Steps of Quick-Draw Pistol



Slide 1



Slide 2

Aim

To enhance the practical application of basic firearms principles utilizing the pistol while incorporating this training into the Five Ready Positions and Five Steps of Quick-Draw Pistol.

Slide 3

Learning outcomes

At the end of the lesson the participants will be able to:

- Demonstrate ready positions with side arm
- Demonstrate five steps of Quick-Draw Pistol

Slide 4

1. Ready positions with side arm

There are five ready positions that can be adopted by officers when engaged in dangerous or potentially dangerous situations, it is for the officer to decide in the circumstance which is the most appropriate bearing in mind the direction on the use of force with Firearms. They are:



Slide 5

The least aggressive or threatening stance but the officer's hand is on the weapon and ready to quick-draw if necessary.



Slide 6

The weapon is drawn but held pointing in a safe direction (45 degree in front of the officer), ready to be brought up into the fire ready position if necessary.



Slide 7

Close to the chest pointing in the same position as the body. If the officer is surprised in this position, he will be able to fire a shot in the direction of the threat by just pointing the body.



Slide 8

The officer is now looking over the top of the weapon to keep peripheral vision but equally able to bring the handgun up into the aim if they need to engage a target.



Slide 9

The most threatening position, the weapon is aimed at the target and ready to fire.

☞ **Instructors note:** People tend to have more muzzle control and respect for long arms when moving around and engaging themselves. When side arms are removed from the holster people tend to forget muzzle control and place others at risk, therefore it is very important that during the manipulation of side arms muzzle control and the 5 ready positions be respected as shown above.

2. Five steps of Quick-draw pistol

Five steps of quick-draw pistol

Active guard position


- Most gunfights and close distance attacks are unexpected
- Quick-draw is crucial as a technique of armed attack self defense
- Quick-draw should be fast and fluid without unnecessary movements (“bowling” or “arching”)



Slide 10

First step - Grip

- As the shooting hand elbow is rising, upper body is slightly rotating and bending
- Weak hand comes to the chest
- A good firing grip - hand should be high on the grip
- Index finger straight along the barrel
- Release active-retention system of holster
- Eyes to target
- **Good grip – good impact!**



Slide 11


👁️ **Instructors note:** Slide 11 is animated to show the movement to the students. Therefore the copy of the PowerPoint on the accompanying resource disc must be used for this lesson.

Both hands and body should perform their maneuvers simultaneously. Rotate and bent down your body slightly to the strong side while putting your weak hand to the chest. At the same time shooting hand moves up above pistol grip and back down on it to get a

good firing grip on the gun. Good firing grips consist of the shooting hand being high on the grip. The web of hand between the thumb and index finger should be as high as possible into the tang of the pistol. The index finger should be straight and resting on the side of the holster. Release any active-retention system you may have.

Second step – Lift weapon up

- Pull pistol straight up
- Keep your wrist firm in the straight position
- Index finger straight along the barrel
- Weak hand stays on the chest
- Eyes to target



Slide 12

👉 **Instructors note:** Slide 12 is animated to show the movement to the students. Therefore the copy of the PowerPoint on the accompanying resource disc must be used for this lesson.

While lifting the pistol up strong hand wrist should be as straight as possible. If more elevation of the pistol is needed to clear the holster, rotating and bending your body and rotating your arm at the shoulder in an upwards and backwards motion should clear the pistol of the holster.

The pistol should be clear of any obstructions created by the holster.

Third step - Pivot

- Keep your wrist straight in line with your forearm
- Pivot (rotate) your arm at the shoulder down and forward
- Index finger straight along the barrel
- Weak hand stays on the chest
- From this position you are able to engage a very close target (if necessary)
- Eyes to target



Slide 13

🔗 **Instructors note:** Slide 13 is animated to show the movement to the students. Therefore the copy of the PowerPoint on the accompanying resource disc must be used for this lesson.

Keep the wrist straight in line with your forearm, rotate your arm at the shoulder down and forward. This gets the pistol pointed down range at the target. From this position officer is able to shoot a very close target (if necessary).

Do not consider shooting from this position if the target is further than two meters.

Fourth step – Transition (chambered)

- Keep the pistol pointed towards the target with index finger straight along the barrel
- Move the pistol up towards your dominant eye with weak hand enclosing entire grip
- Eyes are at the target and pistol comes into view
- Start focusing on front sight as the gun moves in line with the target



Slide 14

🔗 **Instructors note:** Slide 14 is animated to show the movement to the students. Therefore the copy of the PowerPoint on the accompanying resource disc must be used for this lesson.

Move the pistol toward your weak hand at the upper chest pointed it towards the threat and stop it underneath your dominant/shooting eye. While you are moving the pistol, your weak hand should be preparing to receive the pistol. It should also move and meet the pistol underneath the dominant eye. The weak hand should wrap around the front of the grip and the side, enclosing the entire grip.

The muzzle level should be parallel to the ground /or pointed at the target.

As you look at the target and your gun comes into view you will start searching for the front sight and starting line up your sights as the gun moves.

Fourth step – Transition (not chambered)

- Pistol at all time pointed towards the target with index finger straight along the barrel
- Move the pistol up towards your dominant eye with weak hand gripping over the slide
- Eyes are at the target
- “Push shooting hand/hold weak hand” to chamber a round while pistol moves up into view and weak hand enclosing entire grip
- Start focusing on front sight as the gun moves in line with the target



Slide 15

🔗 **Instructors note:** Slide 15 is animated to show the movement to the students. Therefore the copy of the PowerPoint on the accompanying resource disc must be used for this lesson.

Move your pistol toward your weak hand at the upper chest pointed it towards the threat and stop it underneath your dominant/shooting eye. While you are moving the pistol, your weak hand should be preparing to grip the pistol over the slide. It should also move and meet the pistol underneath the dominant eye. The weak hand should wrap around the slide and hold while shooting hand pushing pistol forward to chamber a round. Releasing the slide weak hand wrap around the shooting hand enclosing the entire grip. The muzzle level should be parallel to the ground /or pointed at the target.

As you look at the target and your gun comes into view you will search for the front sight and starting line up your sights as the gun moves.

☞ **Instructors note:** Pistol should move toward the target (from step four to step five) in a straight line without "bowling" (dipping your muzzle low) or "arching" (throwing your muzzle high).

Fifth step – Fire ready position

- Fire ready position
- Sight alignment
- Pressing the trigger (if required)
- Threat assessment




Slide 16

Just before the gun is to its final position you should quickly focus directly on your front sight (as explained in Basic principles of marksmanship-aiming), finger is taking proper placement on the trigger, your breath is held (as explained in Basic principles of marksmanship-breath control), sight alignment process is completed and trigger is pressed.

Trigger is pressed only when the threat exists and self-defence is required, otherwise the finger is off the trigger and pistol remains in high ready position and scanning the environment.

Re - holstering

- Lower the pistol to high ready position to assess the situation
- If front is clear, pull back to close ready position
- Index finger straight along the barrel
- Eyes are looking towards the threat zone




Slide 17

Instructors note: Slide 17 is animated to show the movement to the students. Therefore the copy of the PowerPoint on the accompanying resource disc must be used for this lesson.

Re-holster in the exact opposite order of quick-draw. Lower the pistol back to high ready position and observe the situation in front.

Re - holstering

- Pistol is in close ready position
- Environmental scanning (360 degrees) before re-holstering
- Index finger straight along the barrel
- **You don't want pistol holstered if threat is still present!**




Slide 18

☞ **Instructors note:** Slide 18 is animated to show the movement to the students. Therefore the copy of the PowerPoint on the accompanying resource disc must be used for this lesson.

In a combat/real situation, you will never re-holster your pistol immediately if a threat is still present. Bring your pistol into the close ready position and scan 360 degrees. Ensure that a scan of the environment around you is always conducted before re-holstering your pistol to ensure your safety.

Re - holstering

- Re-holster in the exact opposite order of drawing
- Weak hand comes to the chest
- Index finger straight along the barrel
- If you don't have a tactical holster, guide your pistol with weak hand during re-holstering (keep in mind the second golden rule)



Slide 19

☞ **Instructors note:** Slide 19 is animated to show the movement to the students. Therefore the copy of the PowerPoint on the accompanying resource disc must be used for this lesson.

Place your weak hand towards the chest. Rotate your shooting hand at the shoulder keeping your wrist straight. Raise your elbow and keep index finger straight along the barrel then push the pistol straight down into holster and secure.

☞ **Instructors note:** If you don't have a tactical holster and need to guide your pistol with your weak hand while re-holstering, do not place it within the line of fire (second Golden rule of Firearms safety)

Summary

- Ready positions with side arm
- Five steps of Quick-Draw Pistol

Slide 20

👉 **Instructors note:** The officers should be given a summary of the key points of the lesson before being asked if they have any questions.



QUESTIONS

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Slide 21

Lesson 3 – Practice

The remaining lesson is for practice of the weapon handling skills by the students and is at the discretion of the instructors when they have assessed the level of knowledge of the students.

It should be noted that students must be competent with these drills before they progress to live shooting practice on the range.

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