

FIREARMS TRAINING

Firearms Advanced Level



Background

The advanced firearms module develops the officers' intermediate shooting skills giving them advanced shooting theory incorporated with advanced training skills. This is then built into the range practice to give them more realistic training scenarios.

Aim

To familiarize the FPU member with advanced shooting skills gathered from field experience with proven tactics and techniques incorporating set training parameters and to apply those techniques.

Learning outcomes

On completion of this module the participants will be able to:

1. Describe close quarter shooting facts
2. Demonstrate weapon transitions (Rifle to Pistol)
3. Describe and demonstrate double tap technique
4. Describe and demonstrate Opponent body armour drill (BBH)
5. Demonstrate shooting while moving

All of this should be demonstrated in Buddy Teams.

Training sequence

The material in this module is designed to be delivered over sixteen-hours, beginning with a theoretical lesson with a PowerPoint presentation, then seven lessons for dry practice where each of the individual techniques is demonstrated and practiced by the student. There is then eight hours for range practice where the student will be able to practice all of the theory while shooting on the range. Instructors should note that each student will require eight hours range practice, therefore this can be split into eight one hour sessions, or any combination that they feel is appropriate.

Duration

| Minimum Session time | Lecture/Presentation | Question/Assessment | Session Activities |
|----------------------|----------------------|---------------------|---------------------------|
| 16 Hours | 1 hour | | Dry practice 7 hours |
| Additional Options | Mission Specific | Optional film | Optional activity |
| | | | Range practice 8 hours |

Methodology

This module contains a basic PowerPoint presentation to explain and show the various techniques, however, the majority of this module should be taught in a practical manner on the range using the format:

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

At the end of the final stage the instructor will be able to assess if the student is competent in the technique having carried out continuous assessment throughout the preceding lessons.

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.

The range portion should involve moving in all directions to engage the target at different ranges and combined with the use of cover, therefore the range should have sufficient barrels, furniture or ditches in which the officer can take cover.

Instructor Profile

This module is best presented by an instructor who has practical experience in firearms in peacekeeping operations and who could share his/her experience with the group. If there is more than one instructor, at least one should have practical experience as a firearms instructor.

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:

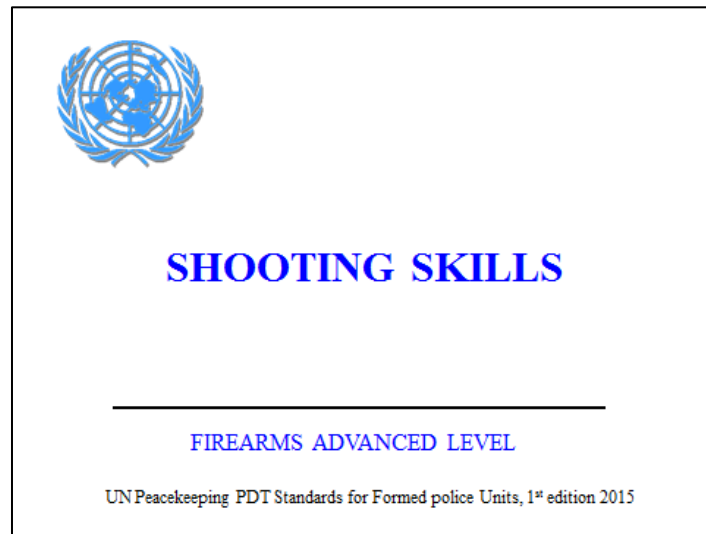
1. Computer and PowerPoint slides for lesson 1
2. Projector and Screen for lesson

Range:

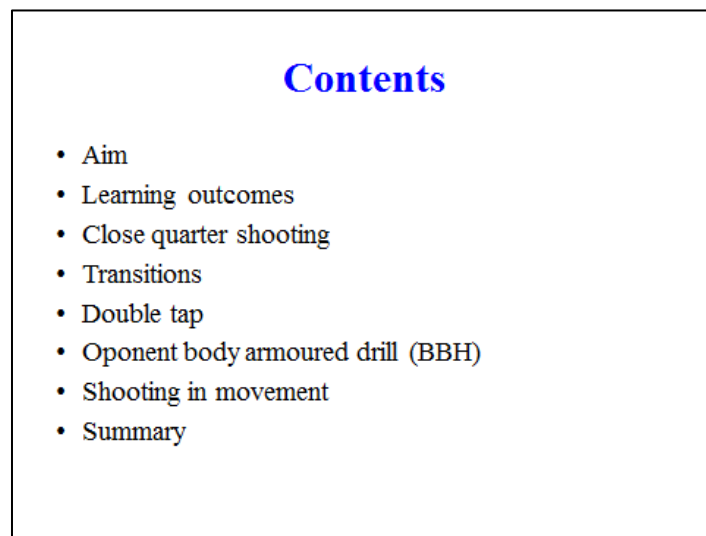
Specific ranges can be used to practice the pistol shooting exercises provided all 3 sides offer adequate back stop safety features. It is at least 20 meters in length, in the case of assault rifles we recommend 35 metres in length. Targets should be specific to capture the reality of the training objectives. There will also be the need for furniture, barrels, vehicles or walls for the officers to use as cover. The ideal range for this is the Close Quarter Battle simulator with street furniture and pop up targets. However it is appreciated that this is not always available therefore the instructors can adapt a basic range with the addition of the items list to conduct a simple but realistic scenario.

Simunition training is recommended to maximize the training objectives.

Lesson – Shooting skills



Slide 1



Slide 2

Aim

To teach the FPU member Advanced shooting skills gathered from field experience with proven tactics and techniques incorporating set training parameters

Slide 3

Learning outcomes

At the end of this lesson the student will have an awareness of the principles of:

- Police Close quarter shooting
- Weapon transitions (Rifle to Pistol)
- Double tap
- Oponent body armoured drill (BBH)
- Shooting in movement

Slide 4

1. Close quarter shooting

Facts of police close quarter shooting

- 75% of shootings happen within 5 meters, 34% less than 1 meter
- 70% happen at night or in low light conditions
- When Police officers shoot back only 24% shot from 3.5 meters or more
- Only 25% of the officers shots hit the target
- In 70% of the cases the officers did not use their sights
- Re-loading was only necessary in 6% of cases
- Average ammo used per officer is 2.6 rounds

Slide 5

The key issue is that real life shootings are very different from range practice. A review of the statistics held by the New York Police Department catalogues over 4,000 shooting cases and over a century of the department's history.

In 75% of their shootings the distance between the suspect and the officer was within 5 metres, and in 34% of the cases it was less than a metre.

The amount of ammunition fired is often less than expected, in that in only 6% of the cases did the officer need to reload their weapon and the average amount of ammunition expended by police was 2.6 bullets.

When Police officers shoot back only 24% shot from 3.5 meters or more (10 feet), 90% of shootings happen within less than 5 meters, (15 feet) and 70% happen at night or in low light

Statistics for the decade between 2000 and 2010 show that only 25% of the officer's shots hit the target, however from 1979 to 2000 only 11% hit the target so training methods have clearly had an impact on improving the accuracy of the shootings.

In 70% of the cases the officers did not use their sights and only 20% of officers are positive they used them. As can be seen from the statistics, officers rarely use the sights and rely on instinctive shooting.

Considerations of close quarter shooting

- No statistical relation could be made between an accurate range shooter and their efficiency in a real life police shooting
- Officer survival depends on his ability to react effectively
- The only element related to the survival rate of Police Officers is the training to return fire, utilize cover and a winning mind set (will to survive)
- Instinctive reaction is based on training and repetition and is a crucial survival tool
- Sights enhancements system (flash lights, laser aiming aid and holographic vision) are available but requires additional training

Slide 6

It is interesting to note that there was no ability to link a relationship between an officer's ability on the range and his ability in a real life shooting. The only element of street survival which is highlighted in the statistics is the officers were trained to look for **cover and shoot back**. This element of their training becomes instinctive when involved in real life situations and potentially saved their lives.

Principles of close quarter shooting

- The stress factor demands that trainers must utilize simple, reliable and effective principles
- The initial position can be close ready, low ready, high ready or fire ready
- Weapon must be gripped instinctively and pointed in the direction of threat
- Both eyes open and focused on target and environment
- Breathing and trigger control techniques for combat shooting

Slide 7

Training is the key to preparing officers for real life shooting events, however, there are many different systems, some are simple and effective and some are highly effective

but take much training and practice to master. If attempted by officers who are not fully trained some techniques can be dangerous, counterproductive or even fatal.

Training application for close quarter shooting

- It is the muscle memory acquired throughout the repetition that determines speed of reaction to engage the target
- Reaction to target/threat that requires immediate fire respond is the movement repeated thousands of times during training and becomes a natural reaction:
 - Meet the target with eyes
 - Head is following
 - Body is taking a position towards the target/threat (stance, grip, aiming/pointing, trigger placement and breathing has already been set during that short movement)
- Pointing/aiming area is a center mass

Slide 8

While in the calm conditions of a shooting range stress will have little to no effect on the FPU officer, now place them in a critical situation in the field where stress levels are beyond comprehension. This is where FPU member will need to turn to their training and react instinctively to the threat. As a result it is imperative that training techniques are kept simple and practiced as often as possible. Training breed's instincts and instincts take over when reality becomes life threatening.

When the FPU officer is confronted and has to shoot, then the arms are extended in the direction of the target, pointing the weapon directly towards the centre of the target. Core mass or centre of the target, (mid body) should be the focal point of the threat unless body armour is clearly present and other options exist. There is no need to aim in the event of close proximity therefore both eyes should remain open and fixed, this helps the officer maintain his peripheral vision and capacity to analyse the evolving situation.

The officer should not try to use the sights but just push out the weapon towards the targeted area, (as described above) on the suspects and fire if the threat calls for lethal action. Taller officers may find this difficult but by dropping their knees slightly they are more likely to hit the centre of the target.

There are a large number of flashlights or torches that can be attached to weapons, more advanced aiming solutions such as laser aiming devices and holographic vision

enhancers which can be used in low light situations. Again these often require a high degree of training and practice before the officers is competent to use the device.

2. Weapon transition

Weapon transition

- Changing between assault rifle and pistol
- Change during the threat or situation
- Loss of weapon, physical or mechanical
- Decision to make a transition
- Utilizing the sling on the assault rifle
- Drawing pistol (Five steps of Quick-draw pistol)
- Constantly analyzing the situation
- Engage target/threat if necessary

Slide 9

Knowing when to transition from rifle to pistol is another of those difficult determinations. The rule of thumb is 25 meters/yards.

Outside 25 meters pistol accuracy is considered generally marginal and there is "enough time" to reload the rifle.

Inside 25 meters the threat is more immediate and there is little or no time to reload the rifle and a transition to a working, loaded weapon is preferred.

The reasons for transition may vary due to numerous situations such as level of threat, distance, physical and mechanical issues with the weapon or simple fire discipline. Regardless of the situation, training and practice need to accompany this technique in order for the officer to retain the correct sequence and utilize the appropriate weapon to effectively deal with a threat.

When you should or shouldn't transition is entirely dependent on the situation, this section will address considerations in the decision to transition and not a step-by-step walk through. Of course, all the steps of the Draw are contained within this drill.

Transition Considerations


The rifle has stopped working at a crucial moment. You don't have the time to diagnose the problem. All you know is, "I need to keep shooting right now."

Slinging a weapon in an unknown configuration is never a good idea. Gear and equipment tends to malfunction at the worst moment. Instead of taking a chance on an Accidental Discharge (AD), get in the habit of applying the safety if time permits.

Weapon transition

Transition without control is dangerous

- Slinging a weapon in an unknown configuration will compromise your operational ability when unexpected
- Dropping the weapon without control can negatively impact your drawing
- To prevent accidental discharge put **safety ON**



Slide 10


👁 **Instructors note:** Slide 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.

When the rifle is slung it puts the magazine right in line with the pelvic region. If you drop the weapon you are taking a chance on negatively impacting your draw.

Weapon transition

Transition with rifle control

- Weak hand rotates and lowers the rifle out of the way controlling it down and away to the weak side
- Strong hand goes for pistol
- The weapon is released when the pistol reaches Position 3 (pivot)



Slide 11

Instructors note: Slide 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.

The first method of control is controlling the rifle down and away to the weak side. The weak hand rotates and lowers the rifle out of the way. As the rifle is being lowered the strong hand (firing hand) is starting the drawing process.

Weapon transition

Transition with trapping the rifle

- Strong hand rotates the side of the weapon to the body
- Support hand traps the butt stock against the chest to control the weapon
- Strong hand goes for pistol
- The weapon is released when the pistol reaches Position 3 (pivot)



Slide 12

☞ **Instructors note:** Slide 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.

The second method of control is "Trapping."

The strong hand rotates the side of the weapon to the body.

The weak hand presses against the stock to keep the weapon in place. Note the weak hand is in position to meet up with the pistol at Position 3.

The weapon is released when the pistol reaches Position 3 and slides harmlessly down the body.

Neither method is more correct than the other.

The draw should proceed as normal.

Of course, after your transition, the rifle is now in the way of just about everything you need.

When standing it isn't that bad. But if you are crouched or kneeling behind cover it becomes more of an issue.

If you have transitioned to pistol you may need to stick with it for a while. Think about where your pistol magazines are stowed in relation to where the rifle will ride when slung.

Many people practice transitions while standing. Not so many practice an Emergency Pistol Reload while kneeling with a slung weapon.

Always consider cover and concealment while evaluating the situation.

3. Double tap technique

**Advanced shooting training
theory**

Double tap

- Technique of firing when two shots are fired at the same target with the same sight picture
- The purpose of firing two rounds is to quickly and accurately disable an opponent
- After the first round is fired, the shooter quickly reacquires the sights for a fast second shot

Slide 13

As can be seen from the earlier statistics it is unlikely that the officer will neutralise the suspect with the first shot, due to stress and other factors. It is therefore safer to fire two rounds at the target without assessment or pause therefore doubling the possibility of hitting the target.

The two rounds must be fired in quick succession, without assessing the effect of the first round. However, this technique is for use in close quarter situations where there is a need to suddenly engage and stop the target at close range

If it is not suitable for the situation then don't use the double tap but rather the single shot method. For example where the distance is greater the officer is behind cover and a deliberate aimed shot can be safely taken. It is also not to be recommended in situation where there is another person close from the threat that may be hit by the additional shot.

Double tap

- When firing the first round, the recoil and reloading will lift the weapon up off the target
- The shooter will follow the front sight with his eyes, and use the time the weapon is off the target to reset the trigger mechanism.
- When the shooter points the weapon back on the target, with eyes aligned with the sights, he pulls the trigger in to pressure point.
- When fixing sights back on target, squeeze the trigger.
- Repeat as many time as needed
- Used as training for the drill "Oponent body armoured drill"

Slide 14

From a fire ready position, pull the trigger firmly keeping the weapon aligned on the target. The sights should only be used if the officer has time and is over 3 metres from the suspect. At short distance, sights are of little use and the officer will waste time trying to find a correct sight picture when he needs to focus mainly on analysing the situation.

Once the first round is fired, the recoil and reloading action will lift the weapon up off target, the officer needs to utilize the time the weapon is off the target to release the trigger mechanism and re-squeeze it in order to shoot the second bullet as soon as the weapon is back on the target. The two rounds are fired off in quick succession.

Following the firing of the two shots, the officer should lower the weapon slightly into the high ready position in order to broaden the officer's view and analyse the situation. If there is a need to engage the target again then the weapon is raised and the process continues with another two shots or the use of a shot to the head if body armour is clearly visible. – see next technique.

4. Opponent body armoured drill

**Advanced shooting training
theory**

Oponent body armoured drill (BBH)

- Used when the two first rounds fired in body area does not have the desired effect
- Possibly because the opponent is using body armour or under the influence of drugs
- After two shots in the body no effect, use the advantage of the last recoil to lift the weapon from body area to head
- Not applicable for every situation (proximity of bystanders)

Slide 15

The Opponent body armoured drill is technique to be used exclusively when any other means would be inadequate to neutralise an imminent threat to life or serious injury. The opponent body armoured drill (body-body-head) is used when the two first rounds fired, in body area, haven't neutralized the threat, probably because the target is wearing body armour or is under the influence of drugs or alcohol.

Suspects under the influence of drugs can have a delayed or modified perception of pain, for example with the PCP. There are live situations where suspects have been hit with what should normally have been a fatal shot that continue to return fire or charge with an edged weapon due to the effects of drugs and adrenalin in the body.

5. Shooting in movement

Shooting in movement

- Different from range shooting principles
- Requires extensive and dedicated training
- Accuracy is limited during movement
- Training and technique will improve accuracy

Slide 16

Shooting while moving is at odds with most of the principles of shooting on the range but static shootings rarely happen in operations with the situation being in a constant state of movement as suspect and officer move to take cover or attempt to escape the danger zone.

However, to be competent the officer will need to dedicate training time to enable them to maintain the same accuracy that they will get from static target shooting.

This type of shooting is imposed by the circumstances. The accuracy of the shooting will drop but it can be controlled by training.

Shooting in movement

- Minimize the movement above the belt line
- Knees and elbows are bent and loose
- Movements are soft (walking in rolling movements)
- Elbows are inward to minimize the silhouette
- Slower you move the easier target you are
- Faster you move less accurate you are
- It is about the balance between the two

Slide 17

The most critical aspect of shooting on the move is minimizing the normal bounce from walking that transfer above the pelvis (belt line) that in turn affect accuracy. Officers can't eliminate such movements, just dramatically reduce them.

This is done by laying the feet down in a 'rolling' fashion such as heel to toe roll, bringing the feet closer together when walking to mitigate the side to side sway common in normal movement, and most importantly make the knees absorb the shock of each step. Bend the elbows and stay flexible; being rigid or tense does not work well in shooting and never more so than when doing shooting in movement. Officers have to stay loose and allow their joints to absorb the vibration so as to allow their weapon to almost seem as if it is 'floating' in front of them. Finally officers should lower their expectations this is not accurate range shooting!

Speed is the key as you do want to be a slow moving target for the suspect, move with confidence and if need be fire to keep the suspect down until you can move to cover and better acquire your target.

Shooting in movement

- Weapon needs to be on target
- Tactical scanning during the movement
- Maintaining the weapon level is the key
- Practice the movements in all directions
- Looking for cover, emergency reloading and dry fire drill has to be practiced during training
- Never stop in an open area
- Live fire to be conducted under strict supervision

Slide 18

Practice trigger control! Do not anticipate the shot!

While shooting in movement, shooters tend to make the same mistake by tensing up and gripping the weapon too firmly. This error will greatly affect the accuracy of the intended placement of the shot.

If possible practice the rolling walking movement with a mounted laser spotter or a flash light in order to check how much the weapon moves up and down while the officer is moving.

Moving to the suspect is one thing but your focus is to stay alive and stop the threat so always scan the environment and focus on cover where emergency reloading is possible, again utilize a stable shooting platform for better accuracy.

Practice it at the range, even though it can be time consuming it must be well supervised from the safety aspect, unless the officer has the chance to practice with live rounds on a target they will never have the opportunity to perfect the technique.

Practice should include moving toward but also away from the target, especially in a backup/reversing movement. Moving sideways is highly recommended training as this is usually involved with officers searching for cover during a fire fight.

Summary

- Principles of police shooting
- Weapon transition
- Double tap technique
- Opponent body armoured drill
- Shooting in movement

Slide 19

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

UN Peacekeeping PDT Standards for Formed police Units, 1st edition 2015

Slide 20

Lesson – Practice

The range practice is at the discretion of the instructors under the criteria laid down at the start of this lesson.

Instructors should strive to make the shooting practices as realistic and interesting as possible. They should allow the officers to progress down the range and provide cover for them to use when engaging the targets 'Pop up' or turning targets are very useful for this type of shoot, as is a combat alley or CQB range.

Since this is the most advanced level of shooting training, it is also advisable, if the level of trainees permits, (security wise), to include some “environmental conditions”, such as sounds, lights, questions, weapons jammed... in order to train students to react and adjust relevantly to the situation.