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Lesson 1 Narrative

Instructor note: Since every facility is a little different from all the others, you will need to customize the introduction to that facility. Note locations of bathrooms and rules or regulations that are specific to the site. While we must establish clear ground rules for participation, we must not project an atmosphere of domination, fear or unfriendliness. Please remember that young people are here to learn from a qualified, caring and concerned leader. Anything other than that image will decrease your ability to communicate with the kids and assist them in learning. Personal introductions and introductions of sponsors, club or range leaders, etc., are both appropriate and appreciated. Try to create an atmosphere of trust and mutual respect that will minimize problems throughout the instructional process and provide the foundation for strong intergenerational friendships.

Welcome to the first session of the series on pistol shooting. Introduce yourself, any assistants, teen or junior leaders who are helping you and any sponsors or members of the club or facility. If time and numbers permit, have the kids (and parents) introduce themselves. In any event, plan on using name tents so you can personalize the discussions.

In this session we will learn about the facility and review a few of the rules and regulations for safety. We will begin learning the parts of a pistol and how they operate, what sight alignment is and why it is important and how to control the trigger. These things are vital if you are going to shoot a pistol safely and well. We will be meeting for about an hour today. We are guests of the people here, and we are all expected to behave as guests.

We want to keep the sessions as informal as possible, so please feel free to ask questions if you do not understand something.

A Few Rules of the Road

Shooting is a safe and wholesome sport. In order to keep it that way, all shooters must abide by some basic rules of behavior. You must pay attention and behave in an adult manner on the shooting line, in the classroom and at all other times you are involved in meetings. Unsafe, abusive or distractive behavior cannot and will not be tolerated. Should you choose to behave in such a fashion, the instructors will ask you to

before they leave the muzzle. Some of the procedures may seem odd or uncomfortable at first but they are designed to make you a safe and accurate shooter. We will practice using them.

For personal safety, the use of shooting glasses is required any time live firing is taking place. You only have one set of eyes issued to you, and

When both front and rear sights are present, the rear sight is normally near the chamber and the front sight is usually very close to the muzzle. The primary function of the sights is to serve as reference points that permit the eye to be aligned with the bore of the pistol. Once the eye, the sights and the bore of the pistol are aligned as a unit, the shooter can control the sight picture to direct the projectile to its target. The sights help the eye and the bore to be directed at the same

The inside of the barrel is bored to a specific diameter called the caliber. Almost all pistols have rifled barrels. Rifling is a spiral set of ridges (or lands) and grooves. Rifling causes the bullet to rotate around its long axis, making it more stable in flight. The rotating bullet, like the spinning of a football in flight, tends to fly true to its course.

Eye Dominance

Learning to shoot well is much easier when the shooter uses the dominant eye for sighting. Nearly everyone has a dominant eye, just as they have a dominant hand and a dominant foot. Select a partner and stand squarely facing that partner two to three arm lengths apart. One member of each pair needs to be an observer. The other member will be the "shooter." Shooters should extend their arms forward with the hands in front of the waist and place the thumb on top of the other one. Keeping the thumbs in place, cross the fingers of the top hand over the fingers of the bottom hand to form a small triangle. Now, with both eyes open, extend the arms to eye height and look at the observer's nose through the opening. The observer should note which eye they see looking back through the triangular opening. Then, keeping the nose centered in the opening, the shooter should slowly bring the hands back to his or her face. The opening will come to the dominant eye. The observer should watch for switching between the eyes as the hands move toward the face. The shooter should stand square to the observer without leaning, canting the head or squinting one eye. Try it a couple times to confirm your observation, then switch roles and repeat the process

How many of you came to your left eye? Right eye? You should shoot with the dominant eye, regardless of whether it is on the same side as your dominant hand. Using the dominant eye reduces tension and eye fatigue and helps in seeing the target clearly and quickly. Keeping both eyes open increases depth perception as well. Those whose eye and hand dominance is on opposite sides are cross dominant. You should shoot from the dominant eye side, even though it feels clumsy and uncomfortable. Your hands and feet are much easier to train than your eyes. Even if you are already shooting from the "off" side, you will

A few people are ambidextrous. A similar number are ~~ambid~~, that is, their eyes switch dominance when an obstacle is placed in front of them. Shooters with this situation can use a shield, a spot on their shooting glasses or some similar barrier to assure the same eye is used every time they shoot. Even persons with a specific eye dominance may find a barrier device helpful. Be sure you remember which eye is your dominant one so you can use that side in your shooting.

Sight Alignment

The basic function of the

Shooting is fun and among the safest of sports. The dedication to safety, concentration and responsibility of individual shooters keep it that way. Shooting responsibility must be taken seriously. We intend to demonstrate that responsibility on the range and in our personal shooting. We expect you to do the same. No foolishness or nonsense will be permitted on the range or in the observation areas. Minor infractions may bring a warning or the range officer may eject the offender from that shooting session. Repeated safety, behavior or other violations of responsibility will be justification for ejection from the program. That may seem harsh. It is not. It merely underscores the importance shooters place on safety.

Safety on the Range

Safety on the range starts in the mind of the shooter. It requires an appropriate attitude as well as knowledge. The three basic rules of pistol safety were stressed earlier. Muzzle control action, open and empty, and finger off the trigger rules will be enforced at all times. Obedience to range commands and orderly behavior on and near the range will also be stressed. Mosthooand n5..1duse y u (m)-2 (a0 -1.15 Td (r)-1 (i1s)-1 (t)-2 (d o)-10 (r)30 (r)gt)]TJ (y)20 5.po1

"The line is ready" This means that the range officer has determined that all shooters are ready to prepare for shooting. The command also means that the range is live or hot. No one should be down range.

"Fire when ready" Shooters may fire at their own discretion as long as the range remains active. No ammunition is loaded until the command is given.

"Cease fire!" The cease fire command means that all shooting must stop immediately. Even a shot that is in the process of being fired should be held if possible. If the cease fire is an interruption for some range problem, shooters must wait for the range officer to give a fire when ready command before resuming.

"Make your pistols safe" If the shooter has not already done so, all ammunition must be removed from the pistol and the action must be locked open. Note that the muzzles remain pointed down range at all times.

"Ground your pistols" Once the pistols have been made safe, they are placed on the mat with the muzzle down range and the action open and exposed for inspection.

Shooting Procedure

In the beginning, we will use an expanded set of range commands. Doing that increases safety consciousness and reinforces proper shooting technique. Follow the shooters on the line through the shooting sequence.

"Shooters (or relay number #1) to the line." Shooters will proceed to the firing line with their coaches. Coaches will carry the pistols or the pistols will

"Assume your shooting position" The coach will assist the shooter in taking a proper grip. Both arms are extended at an angle, allowing the muzzle of the pistol to touch the mat, bench or table.

"Safety off" This helps to instill the use of the mechanical safety where one is present. Many instructors will have the coach load the pistol, switch the safety to the "off" position and place the pistol in the shooter's hands for the first few shots. When that is done, the shooter signals control over the pistol by saying "thank you." The coach signals when preparing to release it by saying "you're welcome."

"Align your sights" With the pistols still touching the shooting bench, align the front sight in the rear sight notch.

"Raise your pistols" Keeping the sights aligned, raise the pistol to its shooting position. The pistol and arms should rise as a unit, with the eyes locked on the front sight and the sight alignment maintained.

"Fire when ready" The shooter places the aligned sights on the target and presses the trigger without disturbing the sight alignment. Sight alignment is held until the projectile hits the backstop. This is known as follow through.

"Cease fire!" This command always demands immediate attention and an immediate response. It requires you to stop shooting and make your pistol safe immediately. Do not resume firing until told to do so by the range officer.

"Make your pistols safe." Open the action and remove any ammunition while keeping the muzzle pointed down range. On pistols with a mechanical safety, the safety should be placed in the "on" position.

"Ground your pistols" With the action open, the pistol empty and the muzzle pointed down range, place the pistol on the mat with the open action exposed to view. If your relay is finished, step back one step from the bench to signal that your pistol is cleared and grounded.

This firing sequence will become a practiced process after a while. Once it has been mastered, the range officer will shorten the command structure and allow individual shooters more freedom and responsibility.

Summary

Lesson 2 Narrative

Instructor's note Review any specific rules and regulations related to using the facility and note the locations of bathrooms and other needed facilities.

In the last session, we learned about the parts of pistols, how they operate and how to handle them properly. We also discussed and practiced proper behavior on the range and the set of range commands we will be using. We learned about the importance of personal protective gear for the eyes and ears. Most importantly, we learned about personal responsibility for safety. What are the basic pistol safety rules? Always keep the muzzle under control and pointed in a safe direction. Always keep the pistol empty and the action open except when actually firing on the range. Always keep fingers off the trigger except when actually firing shot. All the other rules we could put together for safe pistol shooting build on these three.

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with handguns. We will use a supported position to help develop the basics of pistol shooting form. Once they have been developed, you will be ready to move to a two-handed standing position, then a one-handed position. Watch carefully as these positions are demonstrated. You may want to sketch each one in your journal or notebook with comments to help you remember how to use each of them

Supported Position

The supported position is steady and relieves the shooter of supporting the pistol. Many shooters use it to adjust their sights. Hunters often use it to ensure clean, killing shots ~~game~~.

The shooter is seated at the shooting bench, facing the target squarely. The arms are extended with the elbows resting on the bench or table. The butt of the pistol and the hands rest on the table surface. The barrel is supported by sandbags or a rest. All supports should be adjusted so the pistol points to the intended point of impact without having to use muscle power to move the pistol. Be sure the muzzle clears the forward support. Move to the firing line and practice the supported position without your pistols.

Two-handed Standing Position

Two-handed shooting positions are quite varied. ~~We~~ use a square stance. The shooter stands facing the target, nearly touching the shooting bench or table. The feet are planted a comfortable distance apart approximately shoulder width. The weight is equally balanced on the feet. As the arms are extended and raised to shooting position, the back is arched slightly to balance the body. When shooting from a standing position, shooters are spaced adequately to keep them from interfering with each other. Practice this position without your pistols.

Two-handed Grip

Two basic types of two-handed grips are used by pistol shooters; the thumb-lock grip and the palm-rest grip

Summary

Sight alignment is an essential element in good shooting. It involves focusing the eye on the front sight and placing the front and rear sights in a consistent relationship to one another. We keep the tops of the front and rear sights even and allow equal amounts of space on either side of the front sight in the rear notch. Sight alignment can be practiced with an empty pistol, and practice aids proper si aidsde6d.004 Tc (a)ilT9 (m

Lesson 3 Narrative

This shooting session continues development of the basics of sound

Do not relax your grip on the pistol until the other person gives verbal acknowledgement that he or she has it under control. Blank targets are used to increase concentration on proper shooting form and shooting groups. Those objectives require three elements: proper and consistent sight alignment, good trigger control (including follow through) and a consistent hold on the center of the target back. "Coaches" will control all ammunition, and everyone will be watching both form and safety. Are there any questions?

First relay to the line. Is the line ready? Respond by firing point number, please. The line is ready. Shooters, pick up your pistols, verify that they are safe and pass them to your coaches. Coaches, load and charge the pistols with one round. Place the safety in the "on" position, and pass them to the shooters. Remind them that the safety is on and wait for a verbal signal before releasing the pistol.

Instructor note: Instructors differ on the use of the safety in this context. Some feel it is an unnecessary distraction since the pistol is being single loaded for each shot. Others feel it is essential as preparation for field use of the firearm.

Shooters, switch the safety to the "fire" position. With the proper

Coaches and instructors should analyze each of these groups. Shooters firing fairly small groups have demonstrated adequate mastery of the basics to move on to shooting at standard targets. Those who are still shooting large or inconsistent groups may need to use a supported shooting position, repeat the triangulation or trigger control exercises or practice with the target backs in another session. If time permits and frustration is not evident, that may be done now. Otherwise, this lesson should be repeated until the shooter is comfortable with the basics. Pushing them on to standard targets may hurt their progress.

Summary

In this session we reviewed shooting positions, the fundamentals of sound pistol shooting and safety. We reviewed sight alignment, trigger control and the requirements for shooting good, consistent groups. These elements were practiced during dry firing and live firing. Continue practicing the dry firing exercises at home. Next time we will continue live firing.

Summary Activities

1. Fire a final fiveshot group for analysis. Determine if shooters are ready to work on sight pictures and standard targets or if they need to repeat this session to tighten groups further.
2. Question participants to see what they learned. Try to involve all shooters in the process. Give teens and range assistants an opportunity to comment.

Sharing and Exhibit Ideas

1. Demonstrate the position and grip options learned in this session to

Bands are part of the higher value band. Shots that touch the line receive the higher score. Shots that are hard to interpret are evaluated with a scoring gauge. The gauge "plugs" the bullet hole and references its

Lesson 5 Narrative

Learning the basics of pistol safety and proper pistol shooting have been the main objectives of this program.

Semi-automatic or Self-loading Pistols

Semi-automatic pistols use energy from a fired round to eject the spent round, cock the firing mechanism and load another round from the magazine. Most models use a clip magazine that is housed inside the frame of the grip. A magazine release allows it to be removed. In addition to a frame, barrel, fire control mechanism and grip, semi-automatics have a slide. The slide is the moveable part of the action. It may be external to the barrel or housed in the rear portion of the receiver. Slides usually lock open when the pistol is empty unless a slide release is operated to close it.

Semi-automatic or self-loading pistols are used extensively in target shooting. They may be either single action (hammer cocked manually) or double action (pulling trigger cocks the hammer) on the first shot. They normally have one or more mechanical safety devices. Some of them are internal. Others are located on the frame, usually just under the slide. Still others are moveable parts of the grip, requiring pressure on the safety to unlock the firing mechanism. Like all mechanical safety devices, these are used only as an adjunct to proper firearm handling.

Bolt-action Pistols

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Muzzleloading Pistols and Cap-and-Ball Revolvers

Muzzleloading pistols feature either single or multiple barrel designs. They are loaded in the conventional muzzleloader fashion by pouring a measured powder charge into the barrel, then seating a patched ball on the charge. Both flintlock and cap lock pistols are available. Most use a halfcock feature as a safety device.

Cap-and-ball revolvers provided a transition between muzzleloading pistols and those firing fixed ammunition. The cylinder is essentially a series of "muzzleloader" chambers, each with a percussion cap, powder charge and ball. Each cylinder is loaded from its muzzle end (not through the pistol's muzzle), just like a muzzleloader. A ram on the pistol is used to seat the balls on the powder. The chambers are sealed with cup grease or some similar sealant before being fired. That prevents the flash from igniting the other charges and setting off a chain reaction

Ammunition for Pistols

Pistol ammunition ranges in size from .177 BBs and pellets to .458 bullets in a .4570 case. BBs are nearly spherical steel balls. They are used in air guns with smoothbores, but using them in high quality rifled barrels may result in damage to the rifling. The alternatives in air pistols are soft lead pellets. Most pellets are hollowed projectiles. The most common sizes are .177 caliber, 5 mm and .22 caliber. Air rifle and air pistol events permit the use of only .177 caliber pellets, but others are useful for practice or shooting pleasure.

Fixed ammunition may be either rim fire or centerfire. The .22 caliber long rifle cartridge is the most commonly used rim fire ammunition in pistol shooting. It is composed of a metal case with a folded rim, a priming compound between the rim folds, a powder charge and a bullet. Some types of .22 rim fire ammunition contain a shot charge or capsule rather than a .22 caliber bullet. The .22 rim fire is used in all small-bore pistol shooting and in the international or Olympic pistols

The array of centerfire pistol cartridges is much larger. Bullet diameters from .224 to .458 caliber are available. The chambering and caliber are selected to meet the intended use. Most big bore paper target shooting is done with pistols having bore diameters between

.357 caliber (such as the .38 Special) and .45 caliber (such as the .45 ACP)

Hunting pistols also show a great deal of variety. On the small side are a number of centerfire .22 caliber rounds. The upper limit in commercially available American handguns is the .45 caliber chambering. Cartridge and firearm selection varies with the game being hunted, distance and the regulations applied to handgun hunting.

The basic anatomy of centerfire cartridges applies to pistols as well as rifles. Cases may be rimmed, where the rim of the case is larger than the diameter of the case body. They may also be rimless, with the rim diameter equal to the diameter of the case at the head and an extractor

Summary

In this session, we focused on the nature of handguns and ammunition. We discussed some considerations for selecting a handgun for personal use. As we continue with handgun shooting, we will reinforce the basics of good marksmanship, safety, range behavior and sportsmanship that have been established. Becoming a good pistol shot is a challenging goal that requires good shooting form. Shooting safety resides in the mind of the person behind the firearm. What you do with this experience, your success as a shooter and sportsman and your safety on the range and in the field are up to you.

Summary Activities

1. Allow shooters to fire all the types of handguns available with a variety of chamberings if adequate range space is available.
2. Hold a 'fun shoot' where a variety of novel handgun models are used. (h(45(an)g10(an)28 [(y)207.3h)-1(a)26-4264-263-0.004)hootl

