



BSA 30 Minute Pistol Briefing

***NO AMMUNITION
in the classroom
NO EXCEPTIONS!***

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Orientation Goal

To provide beginning shooters with the knowledge, skills, and attitude necessary to shoot a pistol safely under the direct supervision of a NRA Certified Pistol Instructor.

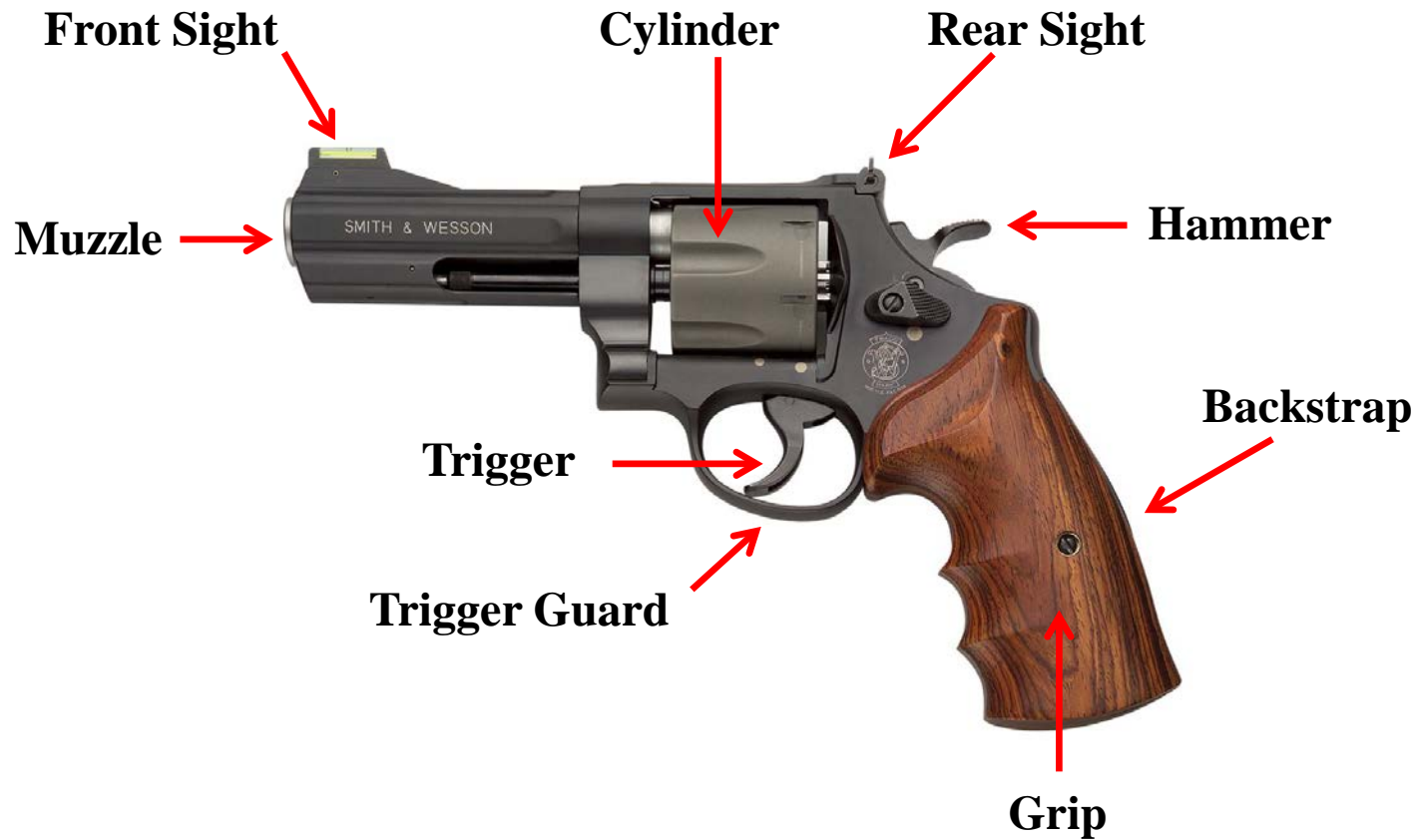


NRA Gun Safety Rules

- **ALWAYS keep your gun pointed in a safe direction**
- **ALWAYS keep your finger off the trigger until ready to shoot**
- **ALWAYS keep your gun unloaded until ready to use**



Pistol Parts...*Revolvers*



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Pistol Parts...Semi-Automatic



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Demonstrate Pistol Operation

Instructor demonstration only

- Loading
- Cocking
- Firing “Dry-fire only”
- Unloading

During Live-fire on the range, your instructor will load and unload the pistol for you.

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Shooting Fundamentals

Determining the Dominant Eye

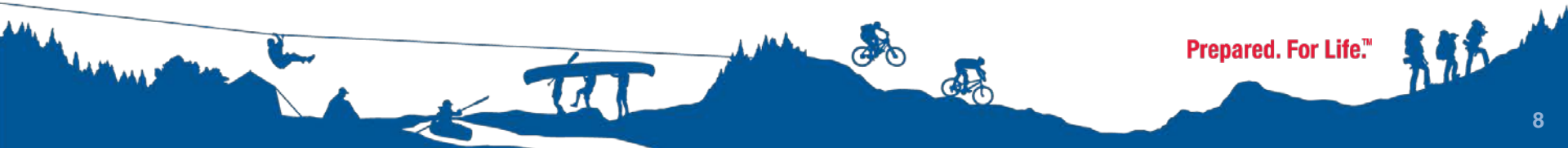


- **Extend arms forward and form opening between the hands**
- **With both eyes open, look at a distant object through opening**
- **Bring hands to face while looking at object – Opening will be aligned with the dominant eye**

Shooting Fundamentals

The Fundamentals

1. *AIMING (sight alignment & sight picture)*
2. *BREATH CONTROL*
3. *HOLD CONTROL*
4. *TRIGGER CONTROL*
5. *FOLLOW-THROUGH*



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Shooting Fundamentals

GRIP – important factor of hold control!



- **“V” of the thumb and index finger high on the backstrap.**
- **Once the pressure is applied at the “V”, let the lower 3 fingers wrap naturally around the grip. This isolates the trigger finger from the grip.**
- **Thumbs on the same side of the pistol.**



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Bench Rest Position



- Sit behind the bench, facing the target
- Head is fully erect
- Both arms are extended fully forward
- Back should be straight or leaning slightly forward
- Wrists are supported by sandbags
- Feet are flat on the ground

Two-Handed Standing Position



- Head erect
- Pistol brought to eye level
- Pistol held with proper grip
- Weight slightly forward
- Arms fully extended
- Back straight or leaning slightly forward
- Knees slightly bent
- Feet shoulder width apart
- Shooter is relaxed and comfortable

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Shooting Fundamentals

Sight Alignment

SIGHT ALIGNMENT refers to the proper relationship of the pistol's front and rear sights.



With Post-and-Notch sights:

- The tops of the front and rear sights are even
- The front post is centered in the rear notch

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Shooting Fundamentals

Sight Picture



Focus is on the...

front sight

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Shooting Fundamentals

Breath Control

Body movement while breathing can produce gun movement that impairs shooting.

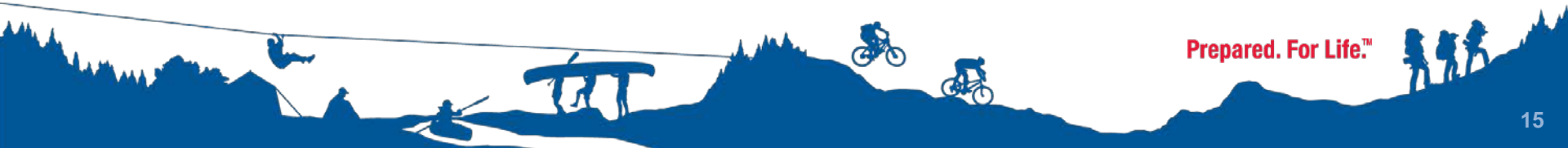
- **Stop breathing momentarily while firing the shot! (Respiratory pause)**

Shooting Fundamentals

Hold Control

Body movement affects the shot.

- **Hold your body still.**
- **Hold control allows you to maintain the proper sight picture and sight alignment during the process of firing the shot.**



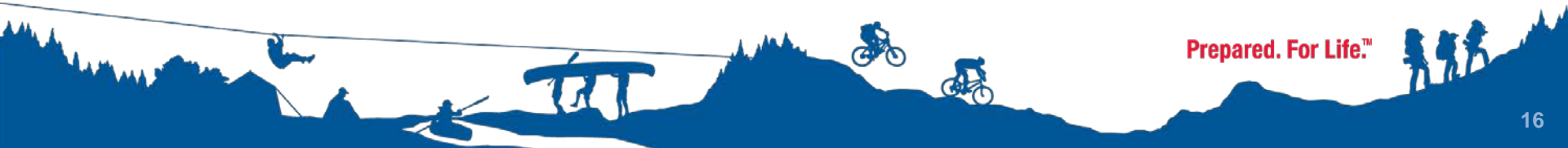
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Shooting Fundamentals

Trigger Control

- Trigger is squeezed straight to the rear in a smooth, continuous manner without disturbing the sight alignment.
- Gradually and evenly increasing pressure until the mechanism releases.

SURPRISE yourself when the gun shoots.



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Shooting Fundamentals

Follow-Through

In Pistol Shooting:

Follow-through means to maintain aiming (perfect sight alignment and acceptable sight picture), breath control, hold control, and trigger control until the gun settles back into the aiming area after firing.



Shooting Fundamentals

The Fundamentals...A Review

1. “Maintaining perfect sight alignment and acceptable sight picture.” – *AIMING*
2. “Stop breathing.” – *BREATH CONTROL*
3. “Holding still.” – *HOLD CONTROL*
4. “Moving only your trigger finger.” – *TRIGGER CONTROL*
5. “To maintain position, and continue aiming, breath control, hold control, and trigger control until the gun settles back into the aiming area after the shot is fired.” – *FOLLOW-THROUGH*



Most Important Fundamentals!

NOTE –

The TWO most IMPORTANT shooting fundamentals are.....

- **“Maintaining sight alignment” – *AIMING***
- **“Moving only the trigger finger” – *TRIGGER CONTROL***

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Range Safety Briefing

Range layout

- ✓ Ready Area
- ✓ Firing Line
- ✓ Target Area
- ✓ Back Stop
- ✓ Restroom



Range Safety Briefing

NRA 3 Gun Safety Rules

- **ALWAYS** keep your gun pointed in a safe direction
- **ALWAYS** keep your finger off the trigger until ready to shoot
- **ALWAYS** keep your gun unloaded until ready to use



Range Safety Briefing

Other Safety Rules

- Know your target and what is beyond
- Wear eye and ear protection as appropriate
- Never use alcohol or drugs before or while shooting
- Be aware that certain types of guns and many shooting activities require additional safety precautions

Range Commands

- “Commence Firing”

- “Cease Firing”

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At The Firing Point

One instructor will be at each firing point.

- 1. The instructor will hold the pistol by the slide or barrel.**
- 2. Place your hands on the grip. When you have control of the pistol, say “Thank you” and the instructor will let go.**
- 3. You will then Dry-fire. TAKE YOUR TIME. Focus on safety and the shooting fundamentals. When you are comfortable, tell the Instructor you are ready to shoot.**
- 4. Your instructor will then load the pistol and hold it by the slide or barrel.**
- 5. Place your hands on the grip. When you have control of the pistol, say “Thank you” and the instructor will let go.**
- 6. You will Live-fire the prescribed number of shoots. Strive for consistent shot groups.**



Questions

Do you have any questions before you move to the Ready Area?

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