

PISTOL SAFETY & SHOOTING BASICS



SHORT COURSE & TRAINING REFERENCE BOOK

PISTOL SAFETY

- ALWAYS TREAT EVERY GUN AS LOADED. REMEMBER: ALL GUNS ARE ALWAYS LOADED.
- ALWAYS POINT IN A SAFE DIRECTION. DO NOT POINT YOUR GUN AT ANYTHING WHICH YOU ARE NOT WILLING TO SHOOT
- BE SURE OF YOUR TARGET AND WHAT IS AROUND & BEHIND IT.
- ALWAYS KEEP YOUR TRIGGER FINGER OFF THE TRIGGER UNLESS YOU ARE READY TO FIRE.
- IF YOU HEAR A STRANGE SOUND WHEN TRIGGER IS PULLED OR IF EXPECTED SOUND IS MUCH QUIETER THAN USUAL **IMMEDIATLEY
CEASE FIRE.**

PISTOL SAFETY CHECK

Semi-Automatic Handgun



Chamber Cleared



Magazine Cleared

Revolver



Drum Cleared

Chamber Cleared

Anatomy of a Semi Automatic Pistol

The illustration below is a representation of the parts of a typical semi automatic pistol.



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STORAGE, TRANSPORT AND GENERAL RANGE RULES

AT HOME & IN TRASPORT

Safe storage	Handguns must be stored in an approved steel safe. Check with your State/Territory Firearms Registry for local safe storage rules.
Keep ammunition separate	Ammunition must be stored in a separate locked container.
Away from children	Children must not have access to the handguns or access to the safe at any time.
Never loaded	Handguns should never be loaded with live ammunition at home. On every occasion that a handgun is removed from the safe for any reason whatsoever the handgun should be proved to be unloaded and made safe.
No drink... no drugs	NEVER handle firearms whilst under the influence of alcohol or any other drug.
Travelling to and from the range	When transporting a handgun it should be stored in either a box or a pistol case in accordance with your State or Territory legislation. This both protects the handgun and ensures the contents are not readily visible. A trigger-lock is a simple, inexpensive means of disabling a handgun for transport or storage.
Travel directly – do not stop	When transporting the handgun you should travel directly to and from the range. Do not stop off to do some shopping on the way. Should your car be stolen your handguns would be stolen as well.
Store out of sight	Whilst travelling it is suggested you store your handguns in the boot of your vehicle as it is the most secure area and they will not be readily visible.

AT THE RANGE

Do not leave unattended	Do not leave any handguns unattended at any time.
Call Range Officer to clear	Before removing your pistol from the firing line it must be cleared by an RO.
Lock open to lay gun down	When laying firearms down the cylinder must be open in the case of a revolver or the magazine removed and the slide locked back in the case of a semi-automatic pistol.
Clear malfunctions in safe direction	Whilst clearing malfunctions ensure that the muzzle remains pointed down range in a safe direction.
Never look down barrel	Never look down the barrel if checking for a stuck projectile.

Gun Locks



Trigger Locks



Cable Lock



Field Stripping and Cleaning



Aiming and Sight Alignment



Incorrect Alignment, Front Post too Low



Incorrect Alignment, Front Post too High



Correct Alignment, Front Post matches rear Posts



Front Sight Low and Left, POI is Low / Left



Front Sight is High and Right, POI is High / Right



Front Sight is Correctly Aligned, POI is Center

NOTE: Sight adjustment.
Precision: Bottom half aim
9MM: Centre aim

Focus and Sight Picture



INCORRECT

Shooter Focused on Target.



INCORRECT

Shooter Focused on Rear Sight.



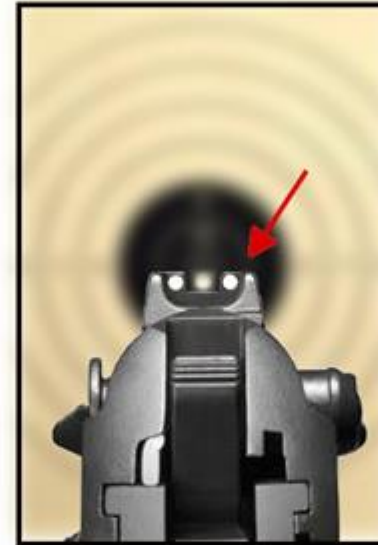
CORRECT

Shooter Focused on Front Sight.



INCORRECT

Shooters Focus on Target



INCORRECT

Shooters Focus on Rear Sights



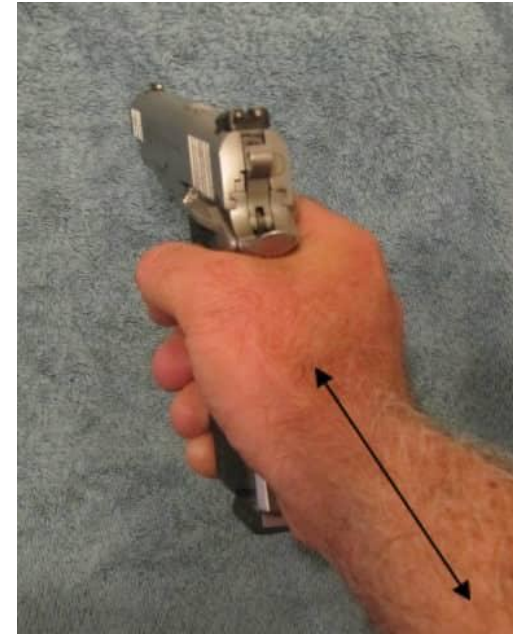
CORRECT

Shooters Focus on Front Sights

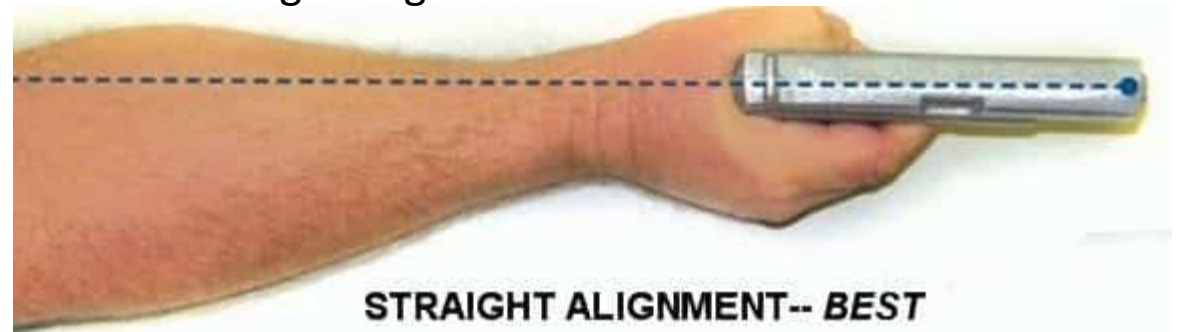
Grip



- Two Hand Grip (Thumbs Forward Grip)
- Very stable
 - Support hand fills space on grip
 - Used for Centrefire Pistols (9mm)



- Single Hand Grip (Precision Grip)
- Grip high on backstrap
 - Straight Alignment



STRAIGHT ALIGNMENT-- BEST

Proper Grip Checklist

Here is a very basic grip checklist to help you remember my 15 guidelines for a proper grip:

- The grip must be consistent for each shot. ***Don't readjust after shots.***
- A proper grip directly enhances accuracy by reducing muzzle rise.
- **Grip the firearm high on the backstrap.**
- Ensure a proper grip where your trigger finger adequately contacts and reaches the trigger.
- Straight alignment of the strong wrist with the strong arm significantly improves recoil control.
- **Lock your strong wrist for better overall control.**
- Grasp the gun very firmly for better overall control.
- Support-hand fingers & knuckles should overlap & be on top of strong-hand fingers & knuckles.
- Both wrists should be close together and not flared out to the side.
- The support-hand heel should be nestled in the gap created by the strong-hand grip & its high thumb placement (thumbs not pointed up in the air.)
- Strong-hand and support-hand thumbs should rest comfortably on top of each other.
- Strong-hand thumb placed high on the left-side frame to enable support-hand weld to frame.
- Fingers overlap fingers and thumbs overlap thumbs.
- 60% of grip pressure from the support hand & 40% of grip pressure from the strong hand.

Stance (Body Position)

There are 5 key aspects to be achieved in order to build a correct shooting position:

1. Natural/comfortable – allowing the shooter easily and naturally to obtain the position securing the maximum comfortable feeling during the entire shooting event.
2. Effective – demanding minimum effort in order to maintain an optimal position during the shooting even with maximum energy saving, preventing fatigue and securing optimal performance.
3. Stability – maximising the ability to hold pistol with minimum arc of movement.
4. Alignment – ensuring that stability is beneficially used to point the aiming elements of the pistol into the centre of the aiming area, on the target.
5. Consistency – ability to take or re-take the position in a correct manner at any given moment and still maintain stability and alignment through the entire shooting event.

Stance – Two Hand



Maximum control
Very stable

Good for recoil management

Comfortable and natural
position to most shooters

Isocetes Stance (type)

Two hand grip

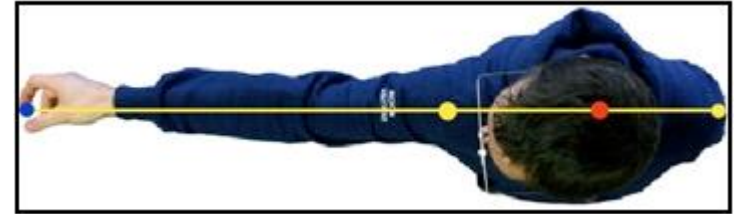
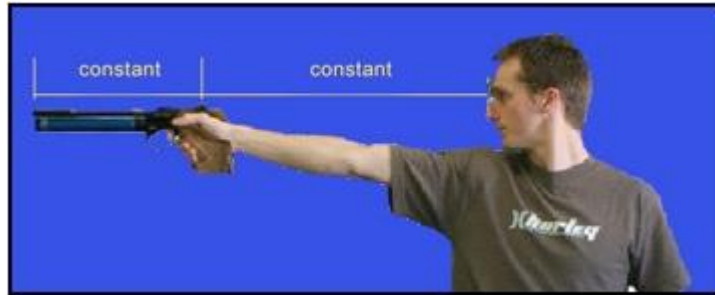
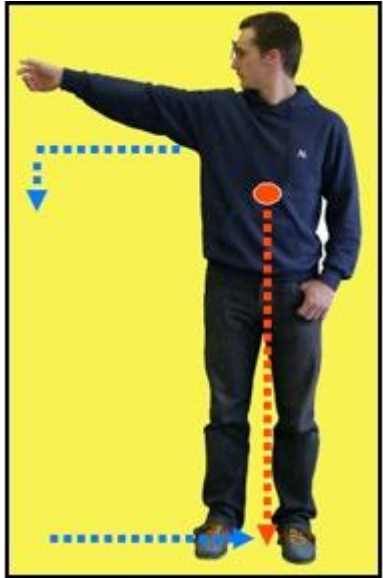
Elbows locked

Shoulders forward

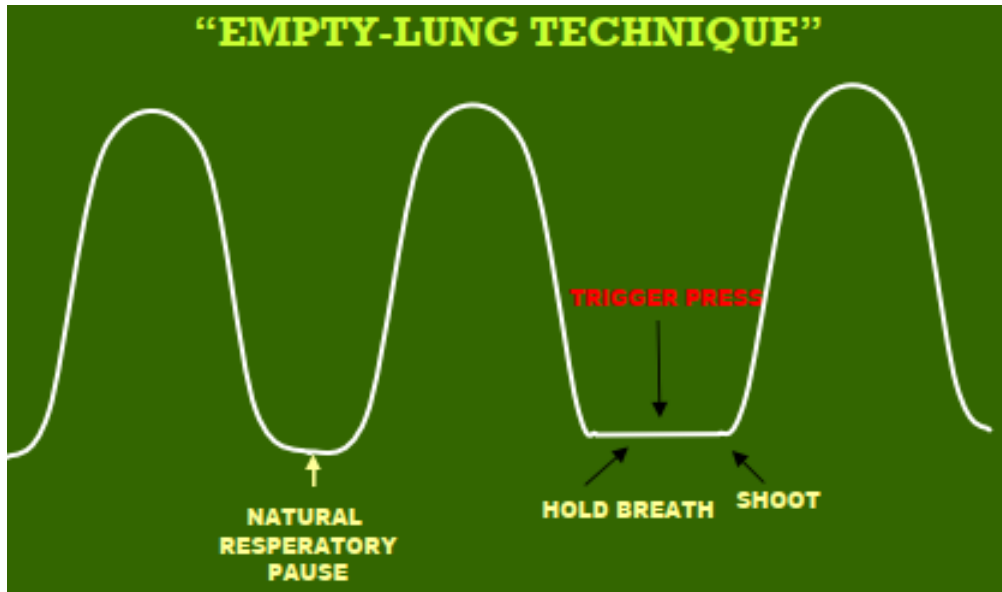
Body lean

Knees bent

Stance - Precision



Breathing



During normal breathing person is making 12-15 breathing cycles in the minute. That means that one cycle (inhaling, exhaling and breathing pause) lasts 4-5 seconds.

Before taking the shot, exhale slowly then pause to fire the shot.

DO NOT HOLD YOUR BREATH!
(No pause longer than 7s)

Before starting next shoot process it is necessary to take few deep breaths

Pulling the Trigger

First joint of the triggering finger is placed with its most sensitive part; centre of the finger prints lines, on the middle part of the “trigger shoe”, in 90 degrees to the axis of the barrel.

When triggering begins, pressure must be exerted parallel with barrel axis. Once started, the procedure, should be with slowly, softy, consistent pressure, so that the shot is coming as a surprise.

The moment when trigger stop is reached, eyes are maximally focused on the front sight.

Continuing pulling the “second leg”, ignoring slight movements of the pistol, until the shoot is delivered surprisingly.

Hold the trigger in the “back position” and keep “follow through” for about 2-3 seconds.

There will be no rapid movements of the pistol – good precision,

Follow Through

After the shot has been delivered gun and the shooters concentration has to remain for the next 2-3 seconds.

ESTABLISHING A SYSTEM OF FIRING ONE (1) ROUND

1. Get your GRIP
2. Establish your STANCE
3. Hold your BREATH properly
4. Get your Sight Picture / AIM
5. PRESS your trigger straight to the rear
6. FOLLOW THROUGH and CALL YOUR SHOT

HOW TO COORDINATE TRIGGERING & SIGHTING?

MORE INFORMATION IS AVAILABLE...ALL YOU
HAVE TO DO IS LOOK.



RANGE SESSION

- PPE: Eye and hearing protection required
 - 1 on 1 Supervision
 - Remainder of group seated in stands whilst not shooting
 - No handling of ammunition
 - Follow instructions
 - Always point the gun down range....not UP, DOWN or TO THE SIDE
 - Ask if not sure
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- Do not throw away the 9mm cases