

COMBAT PISTOL SELF-DEFENSE TRAINING & SEMI-AUTOMATIC PISTOL BASIC I

COURSE OUTLINE

This course of instruction entails one week of intense training, beginning with the basic operation of the semi-automatic pistol and fundamentals of pistol marksmanship. Students will learn and become proficient in operation, maintenance, accuracy/speed/control utilizing stationary target acquisition and “run and gun” courses, combining paper and (steel where permitted) targets under timed fire exercises, requiring movement from one stage to another while performing mandatory reloading of their pistol at varying ranges.

The techniques, instruction, and courses of fire employed, are those taught to Federal Agents, Special Operations Groups and Executive Bodyguards where it is necessary to be able to engage multiple target threats in a short period of time, under many different conditions. This course of instruction is five days (5), four (4) hours each day. The firearms training portion of this course is three (3) days in duration. The self-defense and weapons retention portion of the class is two days (2) in duration, where the student will learn and become proficient in disarming a threat with a handgun or knife. The firearms course and self-defense portion of this training is physically demanding and requires a student to be at a level of conditioning that will allow them to participate in this course of instruction.

Class size is limited to a maximum of eight (8) students, and must be an even number of students concerning the self defense portion of the course.

It is highly recommended that husband/wife and couples attend this course together

Women only classes are also offered, keep in mind however, it is important that during the self defense portion of the class, women are paired with men as well as women.

If you have security issues, and your privacy is a concern, closed course classes can be arranged for yourself, family, or employees

Course fee: \$500

The following equipment will be needed for this course:

- A. Semi-automatic pistol of a quality manufacturer chambered in 9mm; .40 S&W or .45 ACP and five magazines. Classes are taught according to pistol type, i.e. 1911 only; Glock only; double action only.
(Revolver classes are taught separately and not combined with semi-automatic classes)
- B. 400 rounds of factory Full Metal Jacket in the caliber chambered for your pistol. **NO RELOADS OR REMANUFACTURED AMMUNITION**
- C. Strong side holster that securely holds the pistol, either belt or paddle, with appropriate belt
- D. Two double magazine pouches that securely hold the magazines
- E. Proper eye and ear protection
- F. Complete cleaning kit particular to your pistols caliber

G. Clothing – long pants; tee-shirts or tank tops dependent on weather; concealable jacket, shirt or vest (these should be appropriate for your pistol and comfortable); tennis shoes/sneakers; utility boots/combat boots; no obtrusive jewelry. NOTE: Fingernails must be trimmed to no longer than an 1/8th of an inch to safely manipulate the pistol.

SEMI-AUTOMATIC PISTOL BASIC I LECTURE

1. RULES OF FIREARM SAFETY
2. FIREARMS AND LIVE AMMUNITION
3. SEMI-AUTOMATIC PISTOL NOMENCLATURE BASIC
4. SEMI-AUTOMATIC PISTOL NOMENCLATURE DETAILED—INTERNAL
5. OPERATION AND FUNCTION
6. CLEANING/MAINTENANCE
7. BULLET TYPES AND MALFUNCTIONS
8. BASIC MARKSMANSHIP FUNDAMENTALS
9. HOLSTER CHOICES FOR CONCEALMENT
10. HOW TO CONCEAL A CONCEALED PISTOL
11. UTILIZING COVER/CONCEALMENT

12. DISARMING GUN AND KNIFE/AIKIDO-P.P.C.T.

COURSE SCHEDULE

Day 1

- A. Safety
- B. Semi-automatic pistol nomenclature basic
- C. Semi-automatic pistol nomenclature detail/function
- D. Operation and function
- E. Cleaning and maintenance
- F. Bullet types and their effects
- G. Bullet types and malfunctions
- H. Clearing malfunctions
- I. Holster/clothing choices for concealment
- J. Drawing a concealed pistol
- K. Basic marksmanship fundamentals
- L. Utilizing cover and concealment
- M. Range safety/rules, course of fire/live fire training
- N. Dry fire/live fire training/Marksmanship Course, Basic I
- A. (50 round course; two courses fired – 100 rounds total)
- O. Cleaning and inspection

Day 2

- A. Dry fire/live fire training/Marksmanship Course, Basic I
(50 round course; three courses fired – 150 rounds total)
- B. Cleaning and inspection

Day 3

- A. Dry fire/live fire training/Marksmanship Course, Basic I
(50 round course; one course fired, final for test score)
- B. Marksmanship Course, Basic II/ “run and gun”
(24 rounds fired: two courses fired- 48 rounds total)
- C. Cleaning and inspection

Day 4

- A. Marksmanship Course, Basic II/”run and gun”
(24 round course; two courses fired – 48 rounds total) final for test score
- B. Cleaning and inspection
- C. Begin Disarming Techniques/Self-Defense/Weapons Retention

Day 5

- A. Continuation and Completion of Disarming Techniques/Self Defense/Weapons Retention, Final Practical for Test, Student Demonstration, Pass/Fail

(50 round course; Possible score of 100, 80 minimum to qualify)

| DISTANCE | DETAILS | TIME LIMIT |
|-----------------|---|-------------------|
| 3 yards | Fire 5 rounds from holstered Reload – fire 5 rounds | 15 seconds |
| 5 yards | Fire 5 rounds from holstered Reload – fire 5 rounds | 15 seconds |
| 7 yards | Fire 5 rounds from holstered Reload – fire 5 rounds | 35 seconds |
| 10 yards | Fire 5 rounds from Weaver ready Reload – fire 5 rounds | 30 seconds |
| 15 yards | Fire 5 rounds from Weaver ready | 15 seconds |
| 25 yards | Fire 5 rounds from holstered 3 rounds strong, Weaver 2 rounds, weak hand only | 30 seconds |

*Students will not load pistols until instructed to do so. If student has any type of malfunction or failure to fire, the student will keep the muzzle pointed downrange and raise their weak hand, at which point the instructor will assist them. At the end of the course of fire, the student will be instructed to unload, make safe and holster an empty pistol.

COURSE OF FIRE – MARKSMANSHIP COURSE, BASIC II/”RUN&GUN”

(30 round course; Possible score of 100, 80 minimum to qualify)

This course of fire combines 25 targets at varying distances. The student will be required to shoot and reload on the run while engaging multiple targets. In the event of a miss, the student continues on to the next target and does not fire again on the target missed. This course of fire must be completed within a specific time. Targets are at varying distances. This course requires four loaded magazines beginning with seven (7) rounds in the first magazine, and six (6) rounds in the remaining three magazines. Each round is worth four (4) points. Possible total score is 100.

- A. Upon entering start line, the student will be given the command to load, make ready and holster their pistol.
- B. When instructed, student will run to Box 1 and engage six targets, one shot each.
- C. Student will reload on the run to Box 2 and engage three paper targets, two shots each.
- D. Student will reload on the run to Box 3 and engage three targets, two shots each.
- E. Student will reload on the run to Box 4 and engage from cover, three hostage targets, two shots each, and then engage the last target behind the hostages with one (1) head shot.

Shot value is as follows:

Box One- six targets, four points (4) each, possible total score of 24

Box Two- three targets, eight points (8) each, possible total score of 24

Box Three- three targets, eight points (8) each, possible total score of 24

Box Four- three targets, eight points (8) each, (hostage) possible total score of 24 With final single head shot at target behind hostages worth four (4) points.

If all targets are hit within scoring zone a score of 100% is attained, if all targets are hit with the exception of the last head shot target, then the total score would be 96%.

Minimum passing score is 80%