

BEGINNER TO INTERMEDIATE PISTOL 100 CLASS

This class is geared for individuals that have limited to some level of knowledge on how a pistol operates safely.

COVER:

SAFETY BRIEF AND CHECKLIST – SUL POSITION

GRIPPING YOUR PISTOL – DIFFERENT RECOMMENDED GRIPS FOR DIFFERENT GUNS

- a. Massod high hand grip/crush grip
- b. Leatham wrap around grip
- c. Wedge grip
- d. Vogal torque grip
- e. Finger forward grip
- f. One handed thumb down grip
- g. Revolver grip

STATIC STANCES – MULTIPLE STANCES AND WHY

- a. Weaver
- b. Chapman
- c. Isosceles stance
- d. Modified isosceles
- e. Massod strong stance, crouch, kneeling one knee, 2 knee

LOADING AND UNLOADING PROCEDURE

RACKING YOUR SLIDE – overhand/slingshot

SAFE DRAWING TECHNIQUE

DIFFERENCE IN COMBAT AND TACTICAL RELOADS

HOFFNER FIGHT CYCLE – SUL POSITION

HOFFNER QUICK SIGHTS ON/SLACK UP

LEATHAM – TIGHT GRIP/FAST TRIGGER PRESS/WITHOUT MOVING GUN

LOS ANGELES SHERIFF DEPT. JOE ALESEA– CLOSE QTR COMBAT SHOOTING --- TARGET FOCUS USING FRONT SIGHT ALIGNMENT

SHOOTING WITH MOVEMENT OFF THE X

ONE HANDED SHOOTING AND 3 TRANSFERS FROM STRONG TO SUPPORT HAND

- a. High thumb

- b. Thumb up grip line of hand and under thumb
- c. Gun tilt with full grip exposing grip tang so opposite hand travels over and into grip tang

RETENTION CQB ONE HANDED SHOOTING – HEAD AND NO HEAD ALIGNMENT

WHY AND WHEN NOT TO CATCH YOUR MAGAZINE AND WHEN ONLY TO CATCH MAGAZINE

TEST DRILLS:

LOS ANGELES SHERIFF DEPT. JOE ALESIA 2 YARD PAPER DOT 9 YD STEEL/3 YD PAPER DOT 10 YD STEEL/FINGER POINTING

VICKERS 6 YDS, 6RDS, 6 SEC DRILL

HOFFNER TAC RELOAD DRILL

HACKATHORNE DRILL

BILL WILSON DRILL

SKILLS TEST TIMED ---DRAWING SHOOT FROM HIP/RETENTION, INCORPORATING GETTING OFF THE X ACQUIRING 2 HANDED GRIP , THEN MOVING FOR SETTING UP IN BOXES TO COMPLETE THE STATIC SHOOTING, TACTICAL RELOAD BEHIND COVER, COMBAT RELOAD RUNNING DRY WITH ROUND COUNT MANIPULATION, TARGETS TO BE SET FOR ONE HANDED SHOOTING AND TRANSITIONING TO SUPPORT HAND SHOOTING,