

Pistol Course

NC Concealed Carry and NRA Personal Protection

Block 1

Two Hours

1. General Safety Rules and Handgun Operation (60 minutes)
 1. Describe the Parts of the Handgun (10 minutes)
 2. Muzzle direction (5 minutes)
 1. Low Ready
 2. Think about what's behind where you're pointing....
 1. Upstairs--what's downstairs?
 2. Pointing up--generally not a good idea, last resort direction only
 3. Finger off trigger (5 minutes)
 1. Finger should be on the frame, not just hanging out in space
 1. Startle Effect
 2. Sympathetic Grip Effect
 4. Ensure it's unloaded (10 minutes)
 1. Autoloader procedures
 2. Revolver procedures
 5. Safeties (10 minutes)
 1. *The only real safety is in your head!*
 2. Autoloader
 1. Mechanical (sear block)
 2. Grip compression (trigger block)
 3. Safe action trigger
 4. Half cock
 5. Firing pin block
 3. Revolver
 6. Cycle of Operation (15 minutes)
 1. Revolver
 2. Autoloader
 3. Action Styles
 1. DA, SA, Hammerless
 4. Function checking a firearm
2. Ammunition, Loading, and Unloading (60 minutes)
 1. Ammunition Part I (10 minutes)
 1. Case head stamp
 2. Matching against the stamp on the gun
 3. +P and variations
 2. Loading and unloading (15 minutes)
 1. Autoloader
 1. Magazine vs Clip
 2. Magazine change sequence
 1. Get the new before discarding the old
 2. Try the "pinky method" of holding on to the magazine

2. Revolver
 1. Rotation
 1. Clockwise: Smith & Wesson, Taurus, and Ruger
 2. Counterclockwise: Colt, H&R, Clerke
 2. Speed Loaders
3. Ammunition Part II (25 minutes)
 1. Firing sequence
 1. Demonstrations (if possible)
 2. Problems
 1. How to handle
 2. Misfire
 3. Hangfire
 4. Squib
 3. Storing ammunition

Block 2

Two Hours

3. Shooting Skills I (60 minutes)
 1. Dominant Eye (5 minutes)
 2. Sight Picture(10 minutes)
 1. Notch
 2. Three Dot
 3. Straight Eight
 4. Bar Dot
 5. Flash sight picture
 6. *Focus on the front sight!*
 3. Defensive Accuracy (5 minutes)
 4. Position
 1. Elements (5 minutes)
 1. Consistency
 2. Balance
 3. Support
 4. Nose over toes!
 1. Chin in front of shoulders
 2. Shoulders in front of hips
 5. *Sometimes, in the real world, you just have to shoot from where you are*
 2. Natural point of aim (5 minutes)
 3. Classic Positions (20 minutes)
 1. Benchrest (*not used in this class*)
 2. Two handed
 1. Isosceles and Weaver
 2. *Do what points right, is comfortable, and natural, using the "standard" positions as a guide*

3. *Virtually all successful shooters use a combination of techniques, rather than one pure one*
 3. One handed
 1. Bullseye
 2. Tactical
 3. Retention
 4. Kneeling
 1. Keep one knee off the ground, if possible
4. Shooting Skills II (35 minutes)
 1. Movement while shooting (10 minutes)
 1. Be natural
 2. Try not to cross your legs
 3. Don't move back, move lateral
 2. Essential Control (15 minutes)
 1. Trigger Control
 1. Squeeze....
 2. Watch out for sympathetic squeeze
 2. Breath Control
 3. Follow through
 1. *One shot, two sight pictures!*
 3. Cover and Concealment (10 minutes)
5. Mental Preparation (15 minutes)
 1. Mental Awareness (10 minutes)
 1. Levels of Awareness
 1. Unaware
 1. *Condition White*
 2. Unaware of surroundings
 3. When you're asleep is the only time you should be here
 2. Aware
 1. *Condition Yellow*
 2. Aware of your surroundings
 3. This should be your normal mode
 3. Alert
 1. *Condition Red*
 2. A specific threat may be present
 3. Look for cover and/or retreat, and plan how to get there
 4. Possibly move towards retreat
 4. Alarm
 1. *Condition Black*
 2. Specific threat identified
 3. Taking action to avoid threat or defend
 5. There should be specific thresholds at each level
 1. Mentally determine, in each situation, what is required to pass through to the next stage
 2. Don't second guess your stages, time is critical
 2. Mindset (5 minutes)

1. *Never give up!*
2. Plan & Visualize

Block 3

Two Hours

6. Home Safety Concepts (40 minutes)
 1. Firearm Storage
 1. Types
 1. Trigger locks
 2. Storage cases, hard and soft
 3. Padlocks and other locking devices
 4. Breech locks
 5. Gun safes and cabinets
 2. *Think about kids! (G.S. 14-315.1)*
 1. Class 1 misdemeanor if a minor gains access to the firearm without permission of the minor's parents or the person having charge of the minor
 3. Store at least three steps away from the bed, or in a cabinet that requires thought to open
 2. Image Projection
 1. Home Exterior
 1. Shrubs around home
 1. Make them unfriendly if possible
 2. Lighting (although some studies show this doesn't make any difference)
 3. Don't give intruders the use of equipment
 1. Ladders, etc.
 4. Consider pick-proof locks (Medeco)
 2. Home Interior
 1. Consider remote control lighting
 2. Keep blinds closed, especially at night
 3. Don't expose valuable objects through windows, if possible
 3. Have a Plan
 1. Think about where people should be
 2. Safe Room
 3. Ready access to needful things
 1. Telephone (cordless and corded)
 2. Flashlights
 3. Set of house keys
7. Confrontations (20 minutes)
 1. Reactions
 1. Psychological Reactions
 2. Physiological Reactions
 1. Breaking tunnel vision
 2. Control the Encounter

3. Escalation of Force
 1. Physical Presence
 2. Verbal
 3. Soft Hands
 4. Hard Hands
 5. Chemical
 6. Impact Weapons
 7. Deadly Force
 8. Shoot to Stop the Threat
4. *No-one has ever seen a shot timer in a real fight*
8. Aftermath (30 minutes)
 1. Reality (15 minutes)
 1. Art doesn't imitate life
 1. People don't fly violently backwards when hit
 2. Don't expect a lot of visual clues
 3. You will likely be injured
 2. Emotional Reactions
 1. Elation
 2. Revulsion
 3. Remorse
 4. Self-Doubt
 5. Acceptance
 6. Post-Traumatic Stress
 3. Legal Reality
 1. Murder or manslaughter charges will likely be pressed
 1. It's up to you to prove it was a justified shooting
 2. Civil damages may also be sought
 3. Legal fees could be high
 2. Down Attacker (10 minutes)
 1. Immediately after firing, break the line of sight to break tunnel vision
 2. If the attacker surrenders, place them face down, feet towards you
 3. Remain behind cover or concealment
 4. Call the police
 5. Tell them you're holding the person at gunpoint
 6. Follow the instructions they give you
 1. If you don't believe you can follow their instructions safely, explain why over the phone
 3. Initial Police Contact (5 minutes)
 1. Don't point the gun towards the responding officer :-)
 2. Keep your hands visible
 3. If there's no immediate threat, unload the gun and place it someplace the officer can see
9. The Home Defense Gun (30 minutes)
 1. Shotgun
 1. Still requires training and practice
 2. Doesn't "spread" as much as you might think

3. The "spread" might not be a good thing, anyway
 1. Law of unintended consequences
 2. *"You are responsible for the final resting place of every projectile you fire."* How many are in a shotgun shell?
 4. Hard to make follow up shots (multiple assailants)
2. Handgun
 1. Can be used for concealed carry and home defense
 1. Consistency is good
 2. Can be carried through the house easily, while moving about
 2. Requires training and practice
 3. Can be retained easily moving through a structure
 3. Carbine
 1. Probably ideal for "sit still and defend"
 2. Good precision, to avoid unintentional side effects
 3. Can share ammunition with handgun, sometimes even magazines

Block 4

Two Hours

1. Selecting a Handgun for Self Defense (25 minutes)
 1. Handgun Characteristics
 1. Functional Reliability
 1. *This is the primary consideration*
 2. Fit
 1. Grip size
 2. Grip angle
 3. Power
 1. Overpenetration
 4. Revolvers vs Semi-automatics
 5. The 22 as a starter or practice gun
 2. Handgun Modifications
 1. Night sites
 2. Lasers (pro's and con's)
 3. Grip adjustments & grips
 3. Accessories
 1. Flashlight
 2. Extra Ammo
 3. Phone
2. Selecting Ammunition for Personal Defense (10 minutes)
 1. Bullet Type
 1. Hollow Point
 1. Some jurisdictions don't allow this
 2. Frangible/Safety
 2. Commercial
 1. Never handloads
 3. Fast/Light bullets vs Slow/Heavy bullets

1. This will probably be still a matter of debate long after you're gone
3. Carrying Concealed (35 minutes)
 1. In you car
 1. Bags, lockboxes, lifejackets, and other solutions
 2. Keep the weapon from sliding about
 3. *Think about kids!*
 2. Holster options
 1. Off body vs on body
 1. If off body, consider the situation where you lose control of the carry mechanism
 2. IWB, OWB, pocket, SOB, ankle, undershirt, belly band, etc
4. Presentation (20 minutes)
 1. Strong side draw stroke
 1. *Always draw through retention position!*
 2. Gun goes to the eyes, not the eyes to the gun
 3. Front sight first, to get flash sight picture, then bring in rear
 2. Other holster types
 1. Small of Back
 2. Shoulder
5. Advanced Stuff (30 minutes)
 1. Double taps & hammers
 2. Multiple Assailants
 1. In threat order
 3. Techniques for using cover and concealment
 1. Lean out
 2. Slice the pie
 4. Clearing Stoppages
 5. Continuing Training
 1. Classes
 2. Competition
 1. IPSC
 2. IDPA
 3. Cowboy Action
 4. PPC
 5. Bullseye
 6. Educational Materials
 7. Casual

Block 5

Two Hours

1. North Carolina Legal Section
 1. North Carolina Concealed Carry DVD as provided by the Department of Justice
 2. Question and answer as required by the candidates
2. Tests
 1. NC Concealed Carry (attached)

2. NRA Personal Protection in the Home (sample attached)

Live Fire

Shooter must hit a standard silhouette target a minimum of 28 times.

Range Safety

1. General Safety
 1. Competition command order
 1. "Understand course of fire?"
 2. "Freeze!"
 2. Low ready
 3. Don't shoot over the backstop!
 4. Don't pick anything up while holding a firearm
2. Eyes and ears
3. You may reshoot any stage you want to

Required Drills

Distance	Rounds	Time	Position
1 Yard	1	2	Ready
	1	2	Ready
	1	4	Presentation
	1	4	Presentation
	2	6	Presentation
	2	6	Presentation
3 Yards	1	3	Ready
	1	3	Ready
	2	4	Ready
	2	4	Ready
	2	7	Presentation
	2	7	Presentation
5 Yards	1	4	Ready
	4	8	Ready
	1	4	Ready
	4	8	Ready
7 Yards	3	7	Ready
	2	8	Presentation
	3	7	Ready
	2	8	Presentation
	1	4	Ready
	1	6	Presentation
Total Rounds	40		

Optional Drills

Distance	Rounds	Position/Notes
3 Yards	6	3 rounds RH only, 3 rounds LH only
3 Yards	4	Left hand only
1 Yard	2	From retention
3 Yards	4	From cover
3 Yards	4	Present, fire 2 rounds, reload, fire 2 rounds
Total Rounds	20	