

First Shot Fundamentals for Pistol
Revised May 21 2013
Firearms Nomenclature and Safe Gun Handling Rules

ALWAYS KEEP THE MUZZLE POINTED IN A SAFE DIRECTION

(Discuss safe direction)

ALWAYS KEEP THE ACTION OPEN AND UNLOADED

UNTIL YOU ARE READY TO SHOOT

ALWAYS KEEP YOUR FINGER OFF THE TRIGGER

UNTIL YOU ARE READY TO SHOOT

M----MAT

A--Action

T-Trigger

- A. ACTION** - The parts that load, fire, and unload the gun
1. **Bolt** - loads pellet into chamber and seals the chamber when closed
 2. **Chamber** - Rear portion of the barrel that holds the pellet or cartridge.
 3. **Safety** - Mechanical device that can fail.
 4. **Charging lever** - Puts the air charge in the pistol
 5. **TRIGGER** - Part of the action that releases the firing mechanism
- B. BARREL**
1. Muzzle -Front of the barrel
 2. Front Sight
 3. Breach - Rear of the barrel
 4. Rear Sight
- C. FRAME** - Holds all of the parts of the gun together
1. Trigger guard - Protects the trigger from accidental bumps
 2. Grip (or grip panels) - Aids in holding the pistol
- D.** Eye Dominance-
- E.** Sight Alignment
- F.** TWO HAND GRIP

1. **Shooting hand** - Grip high to help alignment of arm and pistol, to reduce distance to the trigger and to help reduce muzzle flip. Use a firm grip, but no white knuckles.
 2. **Support hand** - overlaps strong hand with fingers on fingers, thumb on thumb.
 3. **Push** forward with strong hand and **pull** back with weak hand to reduce wobble.
 4. Trigger finger on frame until you are ready to shoot.
 5. **Align sights** - Top of front sight level with top of rear sight, front sight centered in rear sight.
 6. First pad of trigger finger on trigger (when ready to shoot).
 7. Gently add pressure to trigger until the pistol fires
- G. SUPPORTED SEATED POSITION USED FOR BEGINNING SHOOTERS
- H. SAFETY GLASSES ALWAYS REQUIRED – Both eyes open (Eye dominance not as critical as with archery, rifle, or shotgun if both eyes open)
- I. HEARING PROTECTION REQUIRED WHEN SHOOTING RIMFIRE OR CENTER-FIRE FIREARMS

Range Commands and Step-by-Step Shooting Procedure

SHOOTERS TO THE LINE or **RELAY NUMBER ## TO THE LINE**

VERIFY USE OF SAFETY GLASSES (AND HEARING PROTECTION IF NEEDED)

*** Preparation period begins now** This command is used in competition shooting. Specify the duration of the preparation period. This is the time to get equipment ready, adjust sights, etc.

*** Preparation period is over**

IS THE LINE READY? Respond by firing point number.

THE LINE IS (NOT) READY Resolve any problems and make sure the line is ready.

COMMENCE FIRING *Verbally give the following pistol shooting procedure commands for the first two or three shooting sessions to help new shooters learn the correct procedure.*

1. PICK UP YOUR PISTOL
2. SAFETY ON
3. BOLT Open
4. CHARGE the pistol
5. LOAD the pellet
6. CLOSE the bolt
7. ASSUME YOUR SHOOTING POSITION
8. AIM Align sights, eyes focused on front sight, raise to target
9. SAFETY OFF Verify sight alignment / sight picture
10. FIRE
11. SAFETY ON
12. BOLT OPEN (Repeat Steps 4 through 12 until all rounds are fired)

CEASE FIRING Anyone may call "Cease Fire" if a safety issue is present. All shooting must stop immediately. Safeties ON, bolts OPEN, pistols on the bench pointed downrange.

MAKE YOUR PISTOL SAFE Safety ON and Bolt OPEN, remove ammunition (not air pistols).

GROUND YOUR PISTOL Safety ON, Bolt Open, lay pistol on the bench with the bolt handle UP and insert Open Bolt Indicator

STEP BACK FROM THE FIRING LINE Range Officer verifies the line is SAFE

THE LINE IS SAFE, YOU MAY GO DOWN RANGE AND INSPECT YOUR TARGETS

PRACTICE SHOOTING Practice dry firing and shooting at target backs until the students can shoot good groups.

SIGHT PICTURE The relationship between proper sight alignment and the target.

1. **Center of Mass** - Discuss what it is and the problem of black sights in black targets.
2. **Six O'clock** - Discuss what it is and the problem of black sights touching black targets.
3. **Sub-Six O'clock** - Discuss what it is and why top level shooters use it.

PRACTICE SHOOTING AT TARGET FACES – Adjust sights as necessary