

**Introduction**

- Defensive Shooting training is customarily done in open shooting areas. However many of the skills can be mastered using dry-fire training.
- Skills are presented using the EDGE training methodology (Explain, Demonstrate, Guide, Enable).
- Developed in association with [Armed Defense Training Association](#), a Washington State nonprofit gun club whose volunteers have taught hundreds of beginners how to shoot.

**Table of Contents**

Presenting Skills Using the EDGE Methodology ..... 2

Defensive Shooter Video Series..... 4

Typical Training Setups ..... 5

DSE-1. Learn to hit your target with the first shot ..... 6

DSE-2. Learn to hold the muzzle steady ..... 9

DSE-3. Learn to set your gun’s action for dry-fire practice ..... 12

DSE-4. Learn the difference between concealment and cover ..... 15

DSE-5. Learn to assess for additional threats ..... 18

DSE-6. Learn to shoot on the move without tripping ..... 21

DSE-7. Learn to perform tactical reloads..... 24

DSE-8. Learn to perform emergency reloads ..... 27

DSE-9. Learn to shoot controlled pairs ..... 30

DSE-10. Learn to draw from your holster ..... 33

DSE-11. Learn to re-holster your gun safely..... 37

DSE-12. Learn to clear failure-to-fire malfunctions..... 40

DSE-13. Learn to clear failure-to-eject malfunctions ..... 43

DSE-14. Learn to clear failure-to-extract malfunctions..... 46

DSE-15. Learn to switch your gun between hands..... 49

DSE-16. Learn to shoot with one hand ..... 53

DSE-17. Learn to shoot in low light with a flashlight..... 57

DSE-18. Learn to get off the "X" and reach cover ..... 61

DSE-19. Learn to shoot from behind cover ..... 63

DSE-20. Learn to move from cover to cover ..... 66

Sound like an instructor: Your Speaking Voice by Michael Buschmohle..... 69

Target Examples..... 70

Terms of Use ..... 73

*This is copyrighted material that you can use at no cost under terms of our Creative Commons license. Turn to the last page for details about the license and our terms of use.*

## Presenting Skills Using the EDGE Methodology

### About our Defensive Shooter training exercises

Our Defensive Shooter training exercises help you learn the basics of defensive handgun shooting. When you're target shooting, the idea is to slowly and carefully hit a bulls-eye. In defensive shooting, the idea is to quickly stop a threat by hitting the center of mass, while shooting under stress. Among the skills you need to learn include shooting on the move, shooting from behind cover, using a flashlight to shoot in low light, and quickly clearing malfunctions. We've identified twenty-one distinct skills that when mastered, move you from being a beginner to an intermediate level shooter.

### About our lesson plans

Each lesson plan includes these four sections:

1. Why do you need to know this skill?
2. The objective of practicing this skill
3. How to perform this skill
4. Presenter Notes

### Use Presenter Notes

We recommend using the Presenter Notes when giving the presentation. This provides a more professional appearance compared to reading from the lesson plan itself. They are formatted to be folded in half vertically so they are small in your hand.

### EDGE = Explain, Demonstrate, Guide, Enable

This is the recommended method for training a group of people using our Defensive Shooter lesson plans.

- E** = Explain the skill
- D** = Demonstrate the steps of the skill
- G** = Guide the trainee through the steps of the skill
- E** = Enable the trainee to utilize the skill on their own

### Presentation

Each presentation has two presenters: a **SPEAKER** and a **DEMONSTRATOR**. Both should be familiar with the contents of the lesson plan.

1. Explain.
  - **SPEAKER** presents the first two sections from the lesson plan.
  - **Why do you need to know this skill?**
  - **The objective of practicing this skill**

2. Demonstrate.

- **SPEAKER** presents the third section from the lesson plan.
- **DEMONSTRATOR** shows how to make the moves.
- **How to perform this skill**

3. Guide.

- **SPEAKER** has the trainees make the moves on their own, prompting as needed.
- **DEMONSTRATOR** assists the trainees in making the moves.

4. Enable.

- **SPEAKER** runs a scenario that makes use of the skill.
- **DEMONSTRATOR** assists the trainees in making the moves.

## Defensive Shooter Video Series

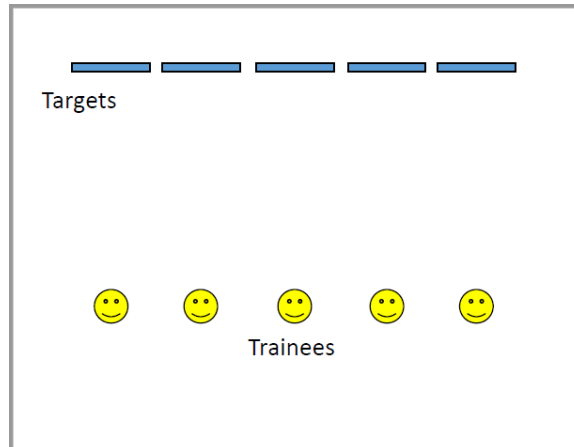
*The video series visually presents the same content as the lesson plans.*

- DS-1. [Learn to hit your target with the first shot](#)
- DS-2. [Learn to hold the muzzle steady](#)
- DS-3. [Learn to set your gun's action for dry-fire practice](#)
- DS-4. [Learn the difference between concealment and cover](#)
- DS-5. [Learn to assess for additional threats](#)
- DS-6. [Learn to shoot on the move without tripping](#)
- DS-7. [Learn to perform tactical reloads](#)
- DS-8. [Learn to perform emergency reloads](#)
- DS-9. Learn to shoot controlled pairs \*
- DS-10. [Learn to draw from your holster](#)
- DS-11. Learn to re-holster your gun safely \*
- DS-12. [Learn to clear failure-to-fire malfunctions](#)
- DS-13. [Learn to clear failure-to-eject malfunctions](#)
- DS-14. [Learn to clear failure-to-extract malfunctions](#)
- DS-15. [Learn to switch your gun between hands](#)
- DS-16. Learn to shoot with one hand \*
- DS-17. [Learn to shoot in low light with a flashlight](#)
- DS-18. [Learn to get off the "X" and reach cover](#)
- DS-19. [Learn to shoot from behind cover](#)
- DS-20. [Learn to move from cover to cover](#)

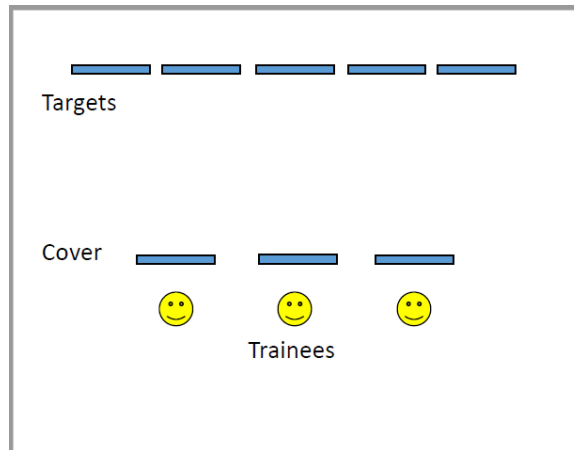
\* In production – coming soon.

**Typical Training Setups**

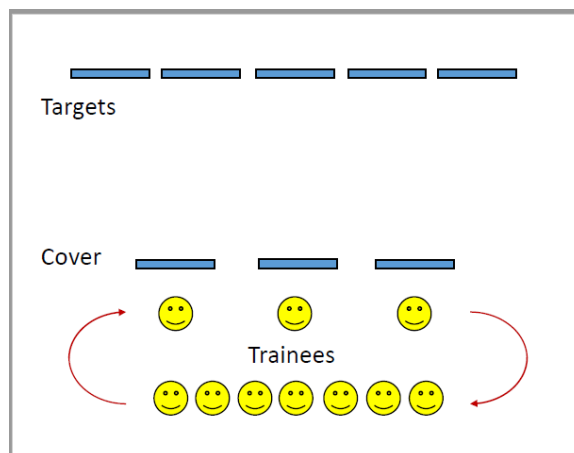
**Shooting line**



**Shooting line with cover**

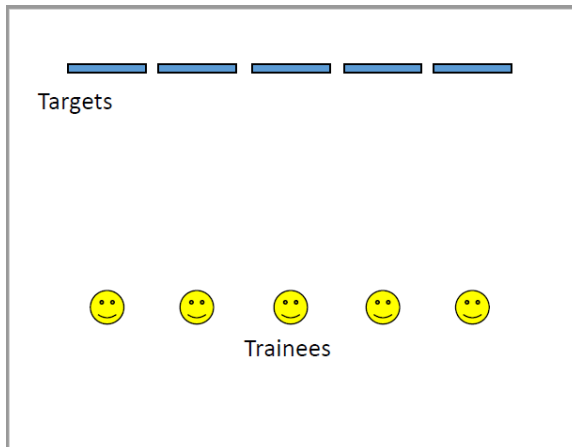


**Carousel**



**DSE-1. Learn to hit your target with the first shot**

**Watch the video:** [DS-1: Learn to hit your target with the first shot](#)

**Training setup****Why do you need to know this skill?**

1. In this lesson we'll help you learn how to hit your target reliably on the first shot.
2. This is your most important shot in any deadly confrontation.
3. Hitting your first shot is your best chance to stop a threat immediately.
4. When you're target shooting, the idea is to slowly and carefully hit the bulls-eye.
5. In defensive shooting, the idea is to quickly hit anywhere inside a center-of-mass circle.
6. This is one of the most basic defensive firearms skills.
7. You'll use it every time you shoot your gun.

**The objective of practicing this skill**

1. When practicing this skill, you're training your hands and eyes to work together to acquire the target.
2. Your objective is to build muscle memory for getting on-target quickly in all types of situations.

**How to perform this skill**

1. Set the action on the gun so it will dry-fire when you press the trigger.
2. Our ready position will be compressed-high-ready.
3. Start at ready position.

4. Push your gun toward the target.
5. Aim and take your shot.
6. Then back to ready position.
7. Repeat the exercise by resetting the action and taking another shot.

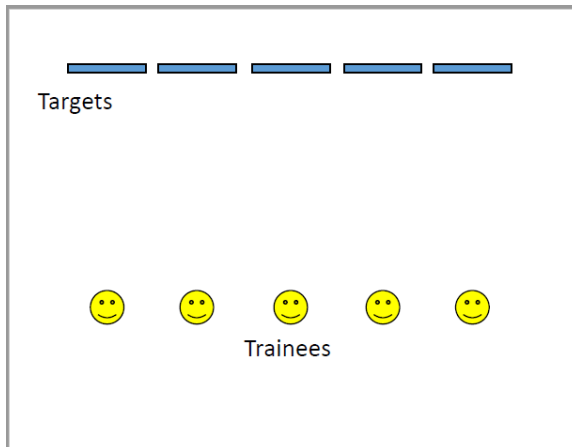
**DSE-1 Presenter Notes: Learn to hit your target with the first shot**

1. Why do you need to know this skill?
  - a. This is your best chance to stop a threat immediately
2. The objective of practicing this skill
  - a. To build muscle memory for getting on-target quickly
3. Set the action for dry-fire
4. Start at compressed-high-ready
5. Push your gun toward the target
6. Aim and take your shot
7. Then back to ready position



**DSE-2. Learn to hold the muzzle steady**

**Watch the video:** [DS-2: Learn to hold the muzzle steady](#)

**Training setup****Why do you need to know this skill?**

1. In this lesson we'll help you learn how to hold your gun's muzzle steady while shooting.
2. If the muzzle of the gun moves, you'll miss the target.
3. Practicing this skill will greatly improve your shooting accuracy by preventing any movement.
4. Muzzle control is all about concentrating on everything that can make your gun move, for example your breathing, trigger control, anticipating recoil, and so forth.
5. This is one of the most basic defensive firearms skills.
6. You'll use it every time you shoot your gun.

**The objective of practicing this skill**

1. When practicing this skill, your objective is to improve your concentration during the moment just before the gun fires.

**How to perform this skill**

1. Begin by setting the action for dry-firing.
2. Start at compressed-high-ready position.
3. Push your gun toward the target.
4. Aim and take your shot.

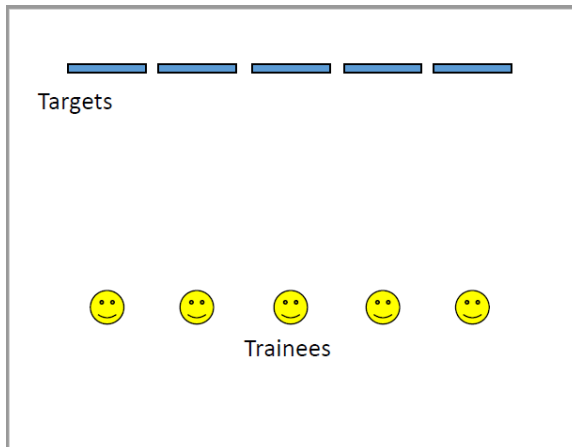
5. If the muzzle moved, there are three things that could cause it:
  - a. Anticipating the recoil.
    - i. Anticipating the recoil is probably the most common reason for muzzle movement.
    - ii. (Demonstrate)
    - iii. People have a tendency to flinch when they think the gun is about to fire.
    - iv. The way to overcome this is to press on the trigger with steadily increasing pressure, while focusing your concentration on the front sight.
  - b. Jerking the trigger.
    - i. Another reason for muzzle movement is jerking the trigger.
    - ii. (Demonstrate)
    - iii. The correct way to operate the trigger is to press slowly until it releases.
    - iv. However people often tell you to “pull the trigger”.
    - v. But if you pull too quickly, it causes the muzzle of the gun to move downward.
    - vi. Again, you want to press on the trigger slowly until it releases.
  - c. Curling your finger.
    - i. You also need to think about your finger position on the trigger.
    - ii. On a semi-auto pistol the pad of your finger should rest on the trigger just before the first knuckle.
    - iii. (Demonstrate)
    - iv. If you curl your finger all the way around the trigger, the muzzle will tend to move.
    - v. (Demonstrate)
    - vi. Pressing with the pad of your finger is a better way to do it.

**DSE-2 Presenter Notes: Learn to hold the muzzle steady**

1. Why do you need to know this skill?
    - a. If the muzzle of the gun moves, you'll miss the target
  2. The objective of practicing this skill
    - a. To improve your concentration during the moment just before the gun fires
  3. Set the action for dry-firing
  4. Start at compressed-high-ready position
  5. Push your gun toward the target
  6. Aim and take your shot
- 
7. If the muzzle moved, there are three things that could cause it:
    - a. Anticipating the recoil
    - b. Jerking the trigger
    - c. Curling your finger

**DSE-3. Learn to set your gun's action for dry-fire practice**

**Watch the video:** [DS-3: Learn to set your gun's action for dry-fire practice](#)

**Training setup****Why do you need to know this skill?**

1. In this lesson we'll help you learn how to set your gun's action for dry-fire practice.
2. This lets you perform many shooting exercises at home.
3. Dry-firing is one of the fastest ways to improve your shooting at the range.
4. It provides a way to get in a lot more practice time.
5. The purpose of setting your gun's action for dry-fire is so that it goes "click" when the trigger is pressed.
6. Do this in preparation for each dry-fire shot.

**The objective of practicing this skill**

1. Your objective is to know how to dry-fire all types of handguns, so you can use them to practice many other skills without firing a shot.

**How to perform this skill**

1. We're going to use three different types of guns in this lesson.
2. Our ready position will be compressed-high-ready.
3. MAKE SURE YOUR GUN CAN BE DRY-FIRED.
  - a. Most guns shooting center-fired cartridges can be dry-fired.
  - b. Most guns shooting .22 caliber cartridges cannot.

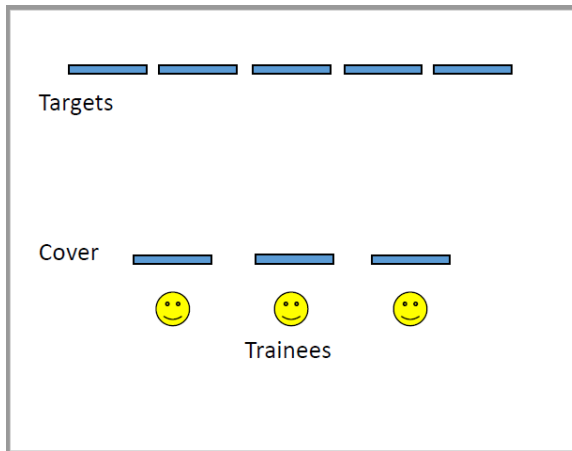
- c. However there are exceptions to both.
- d. Before dry-firing any gun, read the owner's manual to determine if it safe to dry-fire.
- 4. How to dry-fire.
  - a. Double-action hammer-fired.
    - i. If the gun has an external safety, move it to the firing position.
    - ii. You don't have to do anything else with this type of gun.
    - iii. Just press the trigger and take your shot.
  - b. Single-action hammer-fired.
    - i. If the gun has an external safety, move it to the firing position.
    - ii. Cock the hammer by moving it all the way back.
    - iii. Now take your shot.
  - c. Striker-fired.
    - i. If the gun has an external safety, move it to the firing position.
    - ii. Pull the slide back about one-inch and then let it move forward.
    - iii. This sets the action so the trigger will operate.
    - iv. Don't pull the slide all the way back, or it will lock in the open position.
    - v. Go ahead and take your shot.

**DSE-3 Presenter Notes: Learn to set your gun's action for dry-fire practice**

1. Why do you need to know this skill?
  - a. One of the fastest ways to improve your shooting at the range
2. The objective of practicing this skill
  - a. Know how to dry-fire all types of handguns
3. Make sure your gun can be dry-fired
4. Double-action hammer-fired
  - a. Move safety to firing position
  - b. Press the trigger and take your shot
5. Single-action hammer-fired
  - a. Move safety to firing position
  - b. Cock the hammer
  - c. Press the trigger and take your shot
6. Striker-fired
  - a. Move safety to firing position
  - b. Pull the slide back about one-inch and then let it move forward
  - c. Press the trigger and take your shot

**DSE-4. Learn the difference between concealment and cover**

**Watch the video:** [DS-4: Learn the difference between concealment and cover](#)

**Training setup****Why do you need to know this skill?**

1. In this lesson we'll help you learn the difference between concealment and cover.
2. One of them will stop bullets. The other won't.
3. If you're ever in a shooting situation, knowing the difference may save your life.
4. Cover prevents you from being seen AND stops bullets.
5. Concealment prevents you from being seen but DOES NOT stop bullets.
6. If a bad guy is shooting your direction, you want to get behind something like a concrete pillar, which will serve as cover.

**The objective of practicing this skill**

1. The skill involved is to be able to quickly determine if something will stop a bullet or not.
2. You can practice this skill anywhere at any time.

**How to perform this skill**

1. We'll demonstrate with a plastic training gun.
2. From behind a target stand.
  - a. The target stand acts as concealment, because bullets will go through it.
  - b. In all of our lessons, we act as if it's a concrete pillar in a parking garage.
  - c. Then it would be cover, as the bullets would not penetrate it.

3. From behind an interior wall.
  - a. Interior walls are made of sheet rock, which is easily penetrated by bullets.
  - b. However if you stand near the end of the wall, or at a door frame, that will act as cover.
  - c. This is because these positions are reinforced with additional wood framing.
4. Now imagine you're behind a car or truck.
  - a. Let's say we're shooting around the rear window. In this position, chances are the bad guy's bullets can reach you.
  - b. Now let's look at shooting over the hood. If you're there, it is likely the engine will stop the bullets.
  - c. If you're shooting from behind a pickup with a steel tool box, it's almost certain this will stop any bullets.

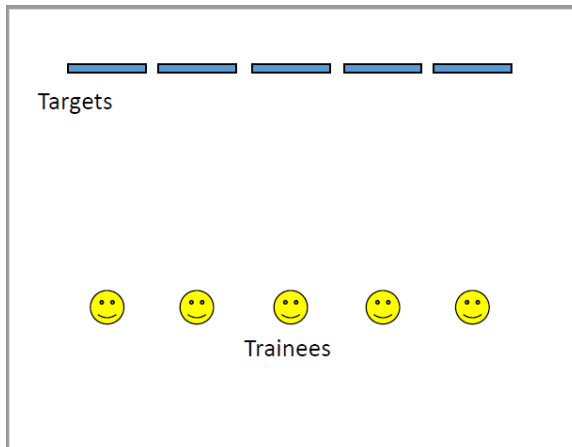


**DSE-4 Presenter Notes: Learn the difference between concealment and cover**

1. Why do you need to know this skill?
  - a. One of them will stop bullets. The other won't.
2. The objective of practicing this skill
  - a. To quickly determine if something will stop a bullet or not
3. From behind a target stand.
  - a. Technically it is concealment, because bullets will go through it
  - b. However we pretend it's a concrete pillar in a parking garage
4. From behind an interior wall.
  - a. Interior walls are made of sheet rock, easily penetrated by bullets
  - b. Near the end of the wall or at a door frame will act as cover – more wood
5. Behind a car or truck
  - a. Shooting around the rear window – bullets will go through it
  - b. Shooting over the hood – engine will stop the bullets
  - c. Shooting from behind a pickup with a steel tool box – this will stop any bullets

**DSE-5. Learn to assess for additional threats**

**Watch the video:** [DS-5: Learn to assess for additional threats](#)

**Training setup****Why do you need to know this skill?**

1. In this lesson we'll help you learn how to assess for additional threats in the 360-degree environment around you.
2. Even though you've stopped an immediate threat, there may be other threats behind you.
3. Identifying these threats prevents being surprised by them.
4. Bad guys often work in pairs or even groups.
5. Just because you've stopped your immediate threat, doesn't mean you're in the clear.
6. The time to assess for additional threats is whenever there's a lull in the shooting activity.

**The objective of practicing this skill**

1. Your objective is to sweep the entire 360-degree environment around you, without missing any area.

**How to perform this skill**

1. We'll demonstrate with a plastic training gun.
2. Assume I've just taken my last shot after stopping an immediate threat.
3. Now scan left and right.
  - a. Start with your eyes on the threat.

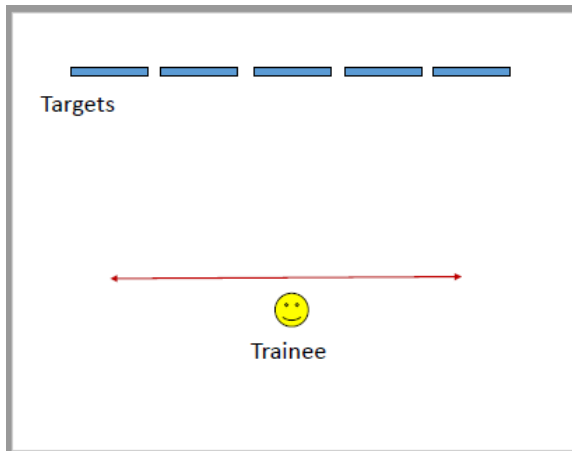
- b. Scan the complete 180-degrees to your left, turning your head over your shoulder so you can see behind you.
  - c. Next, turn back toward the threat to make sure it remains stopped.
  - d. Then scan the complete 180-degrees to your right, again turning you head so you can see behind you.
  - e. In both cases move your head far enough to see completely behind you, while keeping your gun pointed toward the target.
  - f. Finally, return your eyes to the threat.
4. Be sure look all the way behind you.
    - a. When practicing this skill, have a friend stand a few feet behind you.
    - b. Ask them to signal a number by holding up that many fingers.
    - c. You should be turning far enough to find out what the number is.

**DSE-5 Presenter Notes: Learn to assess for additional threats**

1. Why do you need to know this skill?
  - a. Even though you've stopped an immediate threat, there may be other threats behind you.
2. The objective of practicing this skill
  - a. To sweep the entire 360-degree environment around you
3. Start with your eyes on the threat
4. Scan the complete 180-degrees to your left
5. Turn back toward the threat
6. Scan the complete 180-degrees to your right
7. Return your eyes to the threat

**DSE-6. Learn to shoot on the move without tripping**

**Watch the video:** [DS-6: Learn to shoot on the move without tripping](#)

**Training setup****Why do you need to know this skill?**

1. In this lesson we'll help you learn how to shoot on the move without tripping.
2. In many defensive shooting situations you'll be moving from one position to another, and often shooting while you're doing it.
3. You don't want to trip and fall down—That's a position you don't want to be in.
4. We're going to show you two ways to shoot on the move without tripping.
5. These methods work in many shooting situations where you need to move from one position to another, without running.

**The objective of practicing this skill**

1. When practicing these methods, your objective is to avoid crossing your feet over one another, which can lead to tripping.

**How to perform this skill**

1. We'll demonstrate with a plastic training gun.
2. Our ready position will be compressed-high-ready.
3. Let's start with the side-step method.
  - a. Start in ready position with your body and gun facing toward your target.

- b. Move one foot out in the direction you want to move.
  - c. Slide the other foot toward it and let your body move with it.
  - d. While moving, keep your body, feet and gun pointed toward your target.
  - e. Keep your head and hips level while moving.
  - f. Make sure that you never cross your feet over one another.
  - g. Continue sliding and moving until you reach your destination, while shooting at your targets along the way.
  - h. We recommend this method for new shooters who are learning how to shoot on the move.
  - i. It is also best for moving short distances.
4. Now we'll use the walk-forward method.
- a. Start in ready position with your body and gun facing toward your target.
  - b. While keeping your head and gun pointed toward your target, rotate your body from the waist down so that your feet point in the direction you want to move.
  - c. Walk forward while keeping your head and gun pointed toward your target.
  - d. You want to bend your knees and roll your feet while walking.
  - e. The correct motion is heel-toe, heel-toe, while keeping your hips level.
  - f. You also want to keep your head level while moving.
  - g. Continue walking until you reach your destination, while shooting at your targets along the way.
  - h. We think this method works well for experienced shooters who want to move at maximum speed for longer distances.

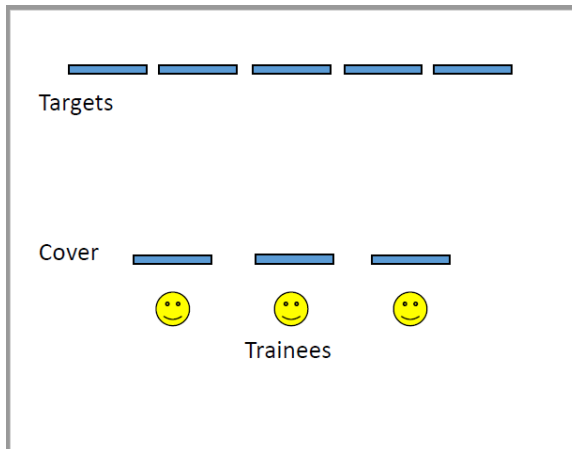
**DSE-6 Presenter Notes: Learn to shoot on the move without tripping**

1. Why do you need to know this skill?
  - a. You don't want to trip and fall down
2. The objective of practicing this skill
  - a. To avoid crossing your feet over one another
3. Side-step method
  - a. Move one foot out in the direction you want to move
  - b. Slide the other foot toward it
  - c. Keep your body, feet and gun pointed toward your target
  - d. Keep your head and hips level
  - e. Never cross your feet over one another
4. Walk-forward method
  - a. Keep your head and gun pointed toward your target
  - b. Rotate your body from the waist down so that your feet point in the direction you want to move
  - c. Walk forward
  - d. Keep your head and gun pointed toward your target
  - e. Bend your knees and roll your feet while walking
  - f. Keep your head level while moving

## DSE-7. Learn to perform tactical reloads

**Watch the video:** [DS-7: Learn to perform tactical reloads](#)

### Training setup



### Why do you need to know this skill?

1. In this lesson we'll help you learn the steps involved in performing a tactical reload.
2. If you find yourself in a defensive shooting situation, it's important not to run out of ammunition.
3. Performing a tactical reload lets you continue the shooting activity with a fully loaded gun.
4. When you perform a tactical reload, you're exchanging a partially empty magazine in your gun for another full magazine that you're carrying on your person.
5. The time to perform a tactical reload is when there is a lull in the shooting activity, and you're protected behind cover.

### The objective of practicing this skill

1. When practicing this skill, your objective is to get good at changing magazines quickly.

### How to perform this skill

1. We'll be using Dummy Training Rounds in this demonstration.
2. The gun is unloaded and safe to handle.
3. Our ready position will be compressed-high-ready.
4. How to carry magazines.
  - a. The best way to carry extra magazines is in a magazine carrier on your belt.



- b. Your magazine carrier should contain only full magazines.
    - c. When inserted into the carrier, the bullets should face forward.
  5. How to perform a tactical reload.
    - a. (For this sequence the gun contains a loaded magazine.)
    - b. Starting Position.
      - i. Start by holding your loaded gun in ready position.
      - ii. Assume you have just taken a shot, and that your magazine still has rounds in it.
      - iii. This means the gun just reloaded another round into the chamber.
      - iv. It takes four steps to perform a tactical reload.
    - c. Step 1.
      - i. Move quickly behind cover.
    - d. Step 2.
      - i. Move your hand to your magazine carrier and make sure you have a full magazine ready to go, but don't remove the magazine yet.
      - ii. The reason for doing this is to assure you actually have a full magazine before unloading the gun.
    - e. Step 3.
      - i. Remove the partially empty magazine from your gun and place it into your back pocket.
      - ii. You want to hang onto this ammunition in case you need it later.
    - f. Step 4.
      - i. Remove a full magazine from your carrier.
      - ii. Your index finger should be flat along the bullet side of the magazine.
      - iii. Your finger serves to align the magazine as it moves toward the gun.
      - iv. Insert the magazine firmly into the gun.
      - v. There is already a round in the chamber, so you don't need to operate the slide.
    - g. Ending Position.
      - i. Finish in ready position, where you're ready to shoot again.
  6. Let's do it again, this time a little faster.
    - a. One. Get behind cover.
    - b. Two. Make sure you have another magazine.
    - c. Three. Old one goes in your back pocket.
    - d. Four. New one goes in the gun.
    - e. Now you're ready to shoot again.

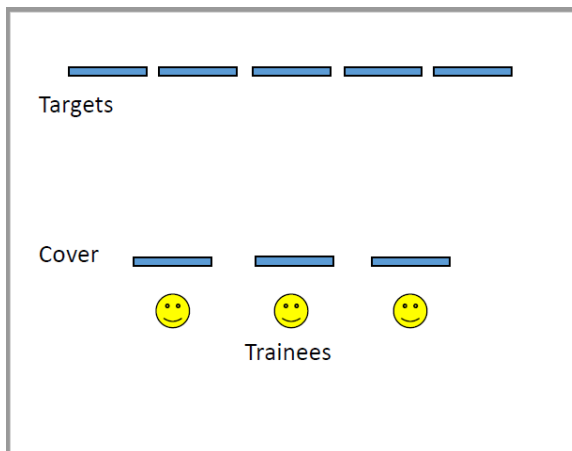
**DSE-7 Presenter Notes: Learn to perform tactical reloads**

1. Why do you need to know this skill?
  - a. Lets you continue the shooting activity with a fully loaded gun
2. The objective of practicing this skill
  - a. To get good at changing magazines quickly
3. Carry extra magazines in a magazine carrier on your belt
4. Your magazine carrier should contain only full magazines
5. Start by holding your loaded gun in ready position
6. Move quickly behind cover
7. Move your hand to your magazine carrier and make sure you have a full magazine ready to go, but don't remove the magazine yet
8. Remove the partially empty magazine from your gun and place it into your back pocket
9. Remove a full magazine from your carrier
10. Your index finger should be flat along the bullet side of the magazine
11. Insert the magazine firmly into the gun
12. You don't need to operate the slide
13. Finish in ready position, where you're ready to shoot again

## DSE-8. Learn to perform emergency reloads

**Watch the video:** [DS-8: Learn to perform emergency reloads](#)

### Training setup



### Why do you need to know this skill?

1. In this lesson we'll help you learn the steps involved in performing an emergency reload.
2. Suppose you're in a defensive shooting situation, and you suddenly run completely out of ammunition, with your slide locked back.
3. When you perform an emergency reload, you're exchanging a completely empty magazine in your gun for another full magazine that you're carrying on your person.
4. Performing an emergency reload gets you back into the shooting activity, as quickly as possible, with a fully loaded gun.

### The objective of practicing this skill

1. When practicing this skill, your objective is to get good at changing magazines quickly in a stressful situation.

### How to perform this skill

1. We'll be using Dummy Training Rounds in this demonstration.
2. The gun is unloaded and safe to handle.
3. Our ready position will be compressed-high-ready.
4. How to carry magazines.
  - a. The best way to carry extra magazines is in a magazine carrier on your belt.

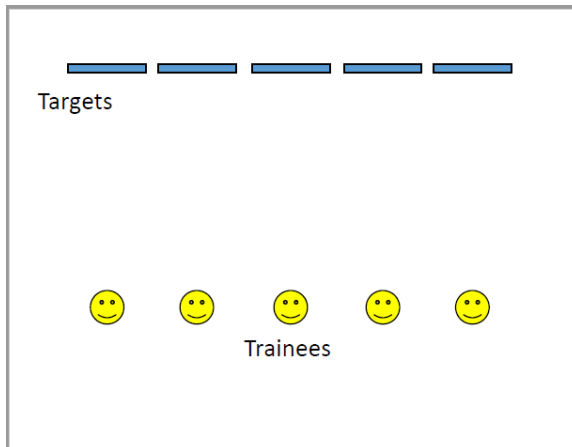
- b. Your magazine carrier should contain only full magazines.
    - c. When inserted into the carrier, the bullets should face forward.
  5. How to perform and emergency reload.
    - a. (For this sequence the gun contains an empty magazine.)
    - b. Starting Position.
      - i. (Start with slide locked back.)
      - ii. Assume you're in a shooting situation and run out of ammunition.
      - iii. You'll be in a shooting position with your arms extended.
      - iv. The slide is locked back, and the magazine is empty.
      - v. It takes four steps to perform an emergency reload.
    - c. Step 1.
      - i. Move quickly behind cover.
    - d. Step 2.
      - i. Press your gun's magazine release button (or release lever) and let the empty magazine fall to the ground.
    - e. Step 3.
      - i. While the empty magazine is falling to the ground, remove a full magazine from your carrier.
      - ii. Your index finger should be flat along the bullet side of the magazine.
      - iii. Your finger serves to align the magazine as it moves toward the gun.
      - iv. Insert the magazine firmly into the gun.
    - f. Step 4.
      - i. Operate the slide to load a round into the chamber.
    - g. Ending Position.
      - i. Step back into the open and take your shot.
  6. Let's do it again, this time a little faster.
    - a. (Start with slide locked back.)
    - b. One. Get behind cover.
    - c. Two. Drop the empty magazine.
    - d. Three. New one goes in the gun.
    - e. Four. Load a round into the chamber.
    - f. Step out and shoot again!

**DSE-8 Presenter Notes: Learn to perform emergency reloads**

1. Why do you need to know this skill?
  - a. Gets you back into the shooting activity with a fully loaded gun
2. The objective of practicing this skill
  - a. To get good at changing magazines quickly in a stressful situation
3. Carry extra magazines in a magazine carrier on your belt
4. Your magazine carrier should contain only full magazines
5. Assume you're in a shooting situation and run out of ammunition
6. The slide is locked back
7. Move quickly behind cover
8. Press your gun's magazine release button and let the empty magazine fall to the ground
9. Remove a full magazine from your carrier
10. Your index finger should be flat along the bullet side of the magazine
11. Insert the magazine firmly into the gun
12. Operate the slide to load a round
13. Step back into the open and take your shot

**DSE-9. Learn to shoot controlled pairs**

Watch the video: In production – coming soon!

**Training setup****Why do you need to know this skill?**

1. In this lesson we'll help you learn how to shoot controlled pairs.
2. The idea behind this skill is that two shots have greater stopping power than one.
3. Practicing this skill will improve your chances of survival if you ever have to stop an actual threat.
4. A controlled pair is two shots in a row, where an effort is made to aim both shots carefully.
5. The time to use this skill is when you are suddenly confronted with a deadly threat that needs to be stopped immediately.

**The objective of practicing this skill**

1. Your objective in practicing this skill is to shoot both shots quickly and accurately.

**How to perform this skill**

1. During this lesson, we'll be dry-firing a double-action hammer-fired gun.
2. Our ready position will be compressed-high-ready.
3. Here's how to shoot a controlled pair.
  - a. Start at ready position.
  - b. Push your gun toward the target.
  - c. Aim and take your shot.

- d. When your gun fires the muzzle will rise.
  - e. (Demonstrate)
  - f. You want to get your sights back on target before taking your second shot.
  - g. (Demonstrate)
  - h. Now back to ready position.
4. The most common mistake is to shoot the second shot too quickly.
- a. This means the second shot probably will miss the target.
  - b. Think of it this way.
  - c. You want to aim – shoot – aim – shoot.
  - d. (Demonstrate with muzzle rise.)

**DSE-9 Presenter Notes: Learn to shoot controlled pairs**

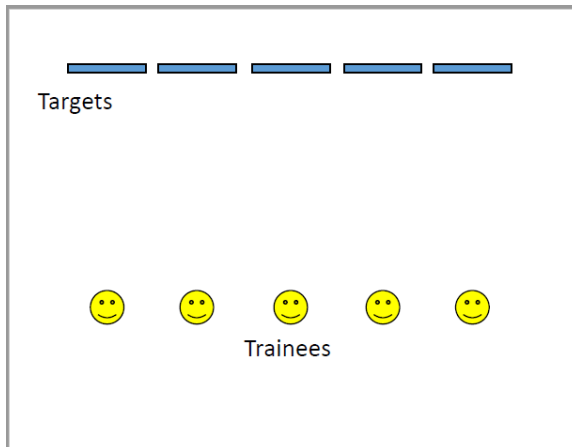
1. Why do you need to know this skill?
  - a. Two shots have greater stopping power than one
2. The objective of practicing this skill
  - a. To shoot both shots quickly and accurately
3. Start at ready position
4. Push your gun toward the target
5. Aim and take your shot
6. When your gun fires the muzzle will rise
7. Get your sights back on target before taking your second shot
8. The most common mistake is to shoot the second shot too quickly
  - a. This means the second shot probably will miss the target



## DSE-10. Learn to draw from your holster

**Watch the video:** [DS-10: Learn to draw from your holster](#)

### Training setup



### Why do you need to know this skill?

1. In this lesson we'll help you learn the steps involved in drawing your gun from a holster, including drawing from concealment.
2. When you are armed and away from home, it is likely you'll be carrying your gun in a holster.
3. There are five steps for drawing your gun from a holster.
4. By mastering this skill you'll be able to draw your gun safely and get on-target quickly.

### The objective of practicing this skill

1. When practicing this skill, your objective is to draw quickly and safely without missing any of the steps.

### How to perform this skill

1. We're going to be using two different types of guns in this lesson.
2. The first is a striker-fired gun that we'll be dry-firing.
3. The other is a hammer-fired gun we'll use for a safety demonstration.
4. Let's start with the striker-fired gun.
  - a. Begin by setting the action for dry-firing.
  - b. Now place the gun into your holster.

- c. Drawing your gun includes five distinct steps.
  - d. To re-holster your gun, play those same steps backwards.
5. Drawing your gun takes five steps.
  - a. One. Move your non-shooting hand to your chest, and at the same time grip the gun with your shooting hand.
  - b. Two. Lift your gun straight up and out of the holster, while keeping your trigger finger indexed.
  - c. Three. Rotate your gun toward the target, while keeping your trigger finger indexed.
  - d. Four. Join your hands together and push the gun toward the target, while moving your trigger finger onto the trigger.
  - e. Five. Align your sights on the target and press the trigger until it releases.
6. To re-holster the gun, play those same steps backwards.
  - a. Four. Re-index your trigger finger and pull the gun back close to your chest.
  - b. Three. Move your non-shooting hand to your chest, and while keeping your trigger finger indexed, pull the gun back over the holster.
  - c. Two. Rotate the gun so that it points down in alignment with the holster, while keeping your trigger finger indexed.
  - d. One. Re-holster the gun slowly, while keeping your trigger finger indexed.
7. Let's talk about some details.
  - a. In step one, there's a reason you move your non-shooting hand to your chest.
    - i. (Demonstrate with plastic training pistol)
    - ii. When people are confronted by a threat, there is a tendency to extend your hand and say "stop".
    - iii. (Demonstrate classic "stop" gesture)
    - iv. However if you were to draw your gun, that hand would be in the line of fire.
    - v. Moving that hand to your chest gets it out of the way.
  - b. In step three, here's the reason for rotating the gun toward the target.
    - i. It's so you can shoot from that position if you have to.
    - ii. (Demonstrate)
    - iii. If you're under threat, you can also shoot at step four and continue shooting all the way to step five.
    - iv. (Demonstrate)
8. Now let's run through the entire sequence, leaving out the details.
  - a. (Set the action for dry-firing)
  - b. One. Two. Three. Four. Five. (Press trigger – Click)
  - c. Four. Three. Two. One.
9. Now let's talk about drawing from concealment.
  - a. There are two common types of cover garments used for concealing your gun.
    - i. Those with open fronts, like a button up shirt or a jacket.
    - ii. Those with closed fronts, like a sweatshirt, tee shirt or polo style.

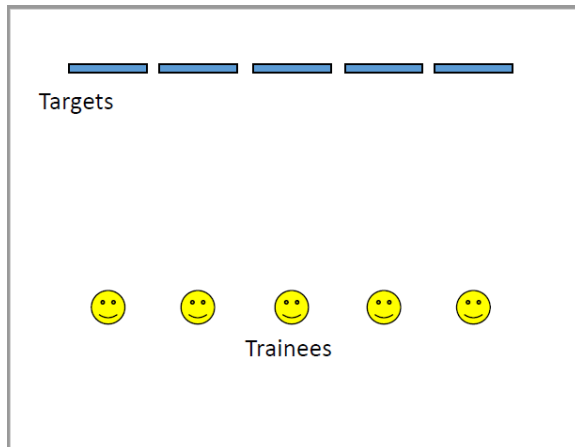
- b. Both types of garments require adding extra steps at the beginning and end of the holster draw sequence.
  - c. For open-front garments:
    - i. Before drawing, use your shooting hand thumb to flip the garment out of the way, then grip the gun with your shooting hand.
    - ii. Before re-holstering, while pulling the gun back over the holster, press your arm against your body to grip the jacket and move it back to reveal the holster.
    - iii. Then rotate the gun down and re-holster.
  - d. For closed-front garments:
    - i. Before drawing, use your non-shooting hand to lift the garment up to reveal the holster, then grip the gun with your shooting hand.
    - ii. Before re-holstering, while pulling the gun back over the holster, use your non-shooting hand to lift the garment up to reveal the holster.
    - iii. Then rotate the gun down and re-holster.
10. Safety warning for hammer-fired guns.
- a. Before re-holstering a hammer-fired gun, you must do one of two things, depending on the details of your gun.
  - b. You must either move the external safety to the “safe” position, or operate the de-cocking lever to lower the hammer.
  - c. (Demonstrate both actions)
  - d. Here’s the reason WHY you need to do this.
  - e. After shooting a hammer-fired gun, the hammer is cocked, the safety is off, and it has a very light trigger pull.
  - f. This safety measure assures the gun will not unintentionally fire if the trigger brushes against something while holstering.

**DSE-10 Presenter Notes: Learn to draw from your holster**

1. Why do you need to know this skill?
  - a. When you are armed and away from home, it is likely you'll be carrying your gun in a holster
2. The objective of practicing this skill
  - a. To draw quickly and safely without missing any of the steps
3. Set the action for dry-firing
4. Place the gun into your holster
5. KEEP YOUR TRIGGER FINGER INDEXED
6. Drawing your gun takes five steps.
  - a. One. Move your non-shooting hand to your chest, and at the same time grip the gun with your shooting hand
  - b. Two. Lift your gun straight up and out of the holster
  - c. Three. Rotate your gun toward the target
  - d. Four. Join your hands together and push the gun toward the target, while moving your trigger finger onto the trigger
  - e. Five. Align your sights on the target and press the trigger until it releases
7. To re-holster the gun, play those same steps backwards.
  - a. Four. Re-index your trigger finger and pull the gun back close to your chest
  - b. Three. Move your non-shooting hand to your chest, then pull the gun back over the holster
  - c. Two. Rotate the gun so that it points down in alignment with the holster
  - d. One. Re-holster the gun slowly
8. Why do you move your non-shooting hand to your chest?
  - a. Gets it out of the way
9. From concealment – open-front garments:
  - a. Before drawing, use your shooting hand thumb to flip the garment out of the way
  - b. Before re-holstering, press your arm against your body to grip the jacket and move it back
10. From concealment – closed-front garments:
  - a. Before drawing, use your non-shooting hand to lift the garment up to reveal the holster
  - b. Before re-holstering, use your non-shooting hand to lift the garment up to reveal the holster
11. Safety warning for hammer-fired guns
  - a. Before re-holstering move the external safety to the “safe” position, or operate the de-cocking lever to lower the hammer
  - b. The reason WHY: Hammer-fired guns have a very light trigger pull

**DSE-11. Learn to re-holster your gun safely**

Watch the video: In production – coming soon!

**Training setup****Why do you need to know this skill?**

1. In this lesson we'll help you learn how to safely re-holster your loaded hammer-fired gun.
2. This type of gun has a very light trigger pull when the hammer is cocked and the safety is off.
3. The reason for making it safe before holstering is to prevent an unintended discharge.
4. If you shoot a hammer-fired gun, you must always do one of two things before re-holstering when it is loaded.
5. You must either move the external safety to the "safe" position, or operate the de-cocking lever to lower the hammer.
6. You need to do this every time you holster your gun.

**The objective of practicing this skill**

1. The objective of this safety measure is to assure the gun will not unintentionally fire if the trigger brushes against something while holstering.

**How to perform this skill**

1. We're going to use three different types of guns in this lesson.
2. Striker-fired.
  - a. (Hold gun at shooting position.)

- b. For a loaded striker-fired gun, it is safe to re-holster without doing anything extra.
  - c. Five. Four. Three. Two. One.
3. Single-action hammer-fired.
  - a. (Hold gun at shooting position.)
  - b. For a single-action hammer-fired gun, move the external safety to the “safe” position before re-holstering.
  - c. Five. Four. Move the safety. Three. Two. One.
4. Double-action hammer-fired.
  - a. (Hold gun at shooting position.)
  - b. For a double-action hammer-fired gun, operate the de-cocking lever to lower the hammer before re-holstering.
  - c. Five. Four. De-cock the hammer. Three. Two. One.

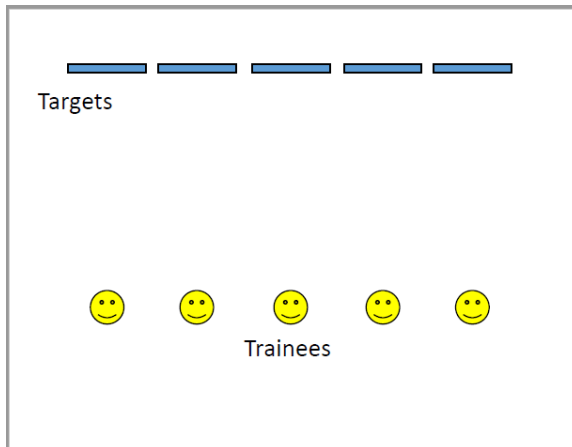
**DSE-11 Presenter Notes: Learn to re-holster your gun safely**

1. Why do you need to know this skill?
  - a. If you shoot a hammer-fired gun you must make it safe before holstering
2. The objective of practicing this skill
  - a. To assure the gun will not unintentionally fire if the trigger brushes against something while holstering
3. Striker-fired.
  - a. Safe to re-holster without doing anything extra
  - b. Five. Four. Three. Two. One.
4. Single-action hammer-fired.
  - a. Move the external safety to the “safe” position before re-holstering
  - b. Five. Four. Move the safety. Three. Two. One.
5. Double-action hammer-fired.
  - a. Operate the de-cocking lever to lower the hammer before re-holstering.
  - b. Five. Four. De-cock the hammer. Three. Two. One

## DSE-12. Learn to clear failure-to-fire malfunctions

**Watch the video:** [DS-12: Learn to clear failure-to-fire malfunctions](#)

### Training setup



### Why do you need to know this skill?

1. If you are in a defensive shooting situation and your gun malfunctions, you need to fix the problem quickly.
2. There are three common ways for handguns to malfunction.
  - a. The first is failure-to-fire.
    - i. This is when the trigger went click but the gun did not fire normally.
  - b. The second is failure-to-eject.
    - i. In this case, an empty casing is stuck in the ejection port.
  - c. The last is failure-to-extract.
    - i. This is when an empty casing is stuck in the chamber, and another round tries to feed in behind it.
3. In this lesson we'll help you learn the steps involved in clearing a failure-to-fire malfunction.

### The objective of practicing this skill

1. By learning to deal with malfunctions, you'll be able to get your gun back into operational condition quickly.
2. This will get you back into the shooting activity with a fully functional gun.

### How to perform this skill



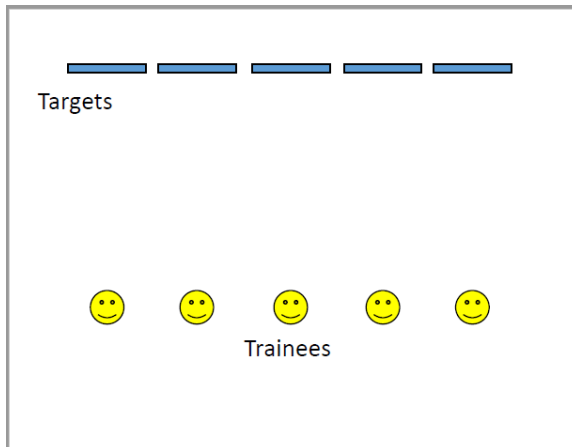
1. Suppose I'm shooting my gun and have already taken a few shots.
2. I go to take my next shot but all I hear is a click.
3. (Demonstrate)
4. My first step is to inspect the ejection port to see if anything is stuck there.
5. In this case there isn't anything.
6. This means we have a failure-to-fire malfunction.
7. There are three common reasons for failure-to-fire malfunctions:
  - a. First, because the magazine is not firmly seated.
  - b. Second, because the slide is not fully forward.
  - c. Or third, the ammunition itself malfunctioned.
8. In most cases the Tap-Rack method will get you back into the shooting activity quickly.
  - a. "Tap" means to strike the magazine firmly with the heel of your hand.
  - b. (Demonstrate)
  - c. "Rack" means to operate the slide to load a new round.
  - d. (Demonstrate)
  - e. Now take your shot, which gets you back into the shooting activity.
  - f. (Demonstrate)
9. SAFETY WARNING – SQUIB LOAD
  - a. Let's suppose that instead of going "click", your gun went "pop". This means you may have a squib load.
  - b. A squib load is where the round had a good primer, but there was little or no gunpower in the casing.
  - c. Many times a squib load will cause the bullet to lodge in the barrel of the gun.
  - d. If this happens you will need expert help to remove the bullet before shooting the gun again.
  - e. If the bullet is not removed before the gun is fired again, you run the risk of the gun exploding.
10. SAFETY WARNING – HANG FIRE
  - a. Here's another safety issue to keep in mind.
  - b. It's called a hang-fire.
  - c. This occurs when the primer has been struck, but there is a delay before the gunpowder ignites.
  - d. This happens rarely, and it's highly unlikely you will ever see it.
  - e. That said, strict safety procedures require you to wait 30 seconds to find out if the gun is going to fire.
  - f. However in a defensive shooting situation this may not be an option.
  - g. Just make sure to keep your gun pointed in a safe direction while you Tap-Rack.

**DSE-12 Presenter Notes: Learn to clear failure-to-fire malfunctions**

1. Why do you need to know this skill?
  - a. If your gun malfunctions, you need to fix the problem quickly
2. The objective of practicing this skill
  - a. This will get you back into the shooting activity with a fully functional gun
3. Suppose I'm shooting my gun and have already taken a few shots
4. I go to take my next shot but all I hear is a click
5. Inspect the ejection port to see if anything is stuck there
6. In this case there isn't anything
7. We have a failure-to-fire malfunction
8. Three common reasons for failure-to-fire malfunctions:
  - a. The magazine is not firmly seated
  - b. The slide is not fully forward
  - c. The ammunition itself malfunctioned
9. Use the Tap-Rack method
  - a. "Tap" = strike the magazine firmly with the heel of your hand
  - b. "Rack" = operate the slide to load a new round
10. Now take your shot

**DSE-13. Learn to clear failure-to-eject malfunctions**

**Watch the video:** [DS-13: Learn to clear failure-to-eject malfunctions](#)

**Training setup****Why do you need to know this skill?**

1. If you are in a defensive shooting situation and your gun malfunctions, you need to fix the problem quickly.
2. There are three common ways for handguns to malfunction.
  - a. The first is failure-to-fire.
    - i. This is when the trigger went click but the gun did not fire normally.
  - b. The second is failure-to-eject.
    - i. In this case, an empty casing is stuck in the ejection port.
  - c. The last is failure-to-extract.
    - i. This is when an empty casing is stuck in the chamber, and another round tries to feed in behind it.
3. In this lesson we'll help you learn the steps involved in clearing a failure-to-eject malfunction.

**The objective of practicing this skill**

1. By learning to deal with malfunctions, you'll be able to get your gun back into operational condition quickly.
2. This will get you back into the shooting activity with a fully functional gun.

**How to perform this skill**

1. (Insert empty casing into stove-pipe position.)
2. Suppose I'm shooting my gun and have already taken a few shots.
3. I go to take my next shot, but when I press on the trigger, it moves freely and nothing happens.
4. (Demonstrate)
5. My first step is to look at the ejection port to see if anything is stuck there.
6. In this case it's pretty clear what went wrong.
7. This means we have a failure-to-eject malfunction.
8. Here's how to remove the stuck casing and get back into the shooting activity quickly.
  - a. Rotate the gun so the ejection port faces the ground.
  - b. Move the slide all the way back to release the casing, which should fall to the ground.
  - c. Then release the slide to load a round.
9. Now take your shot, which gets you back into the shooting activity.

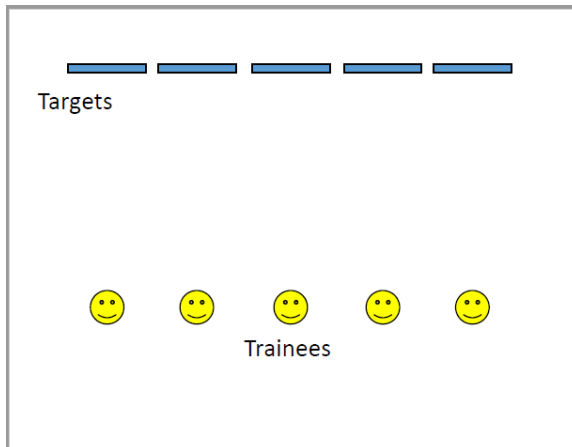
**DSE-13 Presenter Notes: Learn to clear failure-to-eject malfunctions**

1. Why do you need to know this skill?
  - a. If your gun malfunctions, you need to fix the problem quickly
2. The objective of practicing this skill
  - a. This will get you back into the shooting activity with a fully functional gun
3. Suppose I'm shooting my gun and have already taken a few shots
4. I go to take my next shot, but when I press on the trigger, it moves freely and nothing happens
5. My first step is to look at the ejection port to see if anything is stuck there
6. It's clear what went wrong (stovepipe casing)
7. How to remove the stuck casing
  - a. Rotate the gun so the ejection port faces the ground
  - b. Move the slide all the way back to release the casing
  - c. Release the slide to load a round
8. Now take your shot

## DSE-14. Learn to clear failure-to-extract malfunctions

**Watch the video:** [DS-14: Learn to clear failure-to-extract malfunctions](#)

### Training setup



### Why do you need to know this skill?

1. If you are in a defensive shooting situation and your gun malfunctions, you need to fix the problem quickly.
2. There are three common ways for handguns to malfunction.
  - a. The first is failure-to-fire.
    - i. This is when the trigger went click but the gun did not fire normally.
  - b. The second is failure-to-eject.
    - i. In this case, an empty casing is stuck in the ejection port.
  - c. The last is failure-to-extract.
    - i. This is when an empty casing is stuck in the chamber, and another round tries to feed in behind it.
3. In this lesson we'll help you learn the steps involved in clearing a failure-to-extract malfunction.

### The objective of practicing this skill

1. By learning to deal with malfunctions, you'll be able to get your gun back into operational condition quickly.
2. This will get you back into the shooting activity with a fully functional gun.

### How to perform this skill

1. (Insert empty casing into the chamber, with a Dummy Training Round trying to feed in behind it.)
2. Suppose I'm shooting my gun and have already taken a few shots.
3. I go to take my next shot, but when I press on the trigger, it moves freely and nothing happens.
4. (Demonstrate)
5. My first step is to look at the ejection port to see if anything is stuck there.
6. We see that an empty casing is stuck in the chamber, and a live round is trying to feed in behind it.
7. This means we have a failure-to-extract malfunction.
8. Here's how to fix the problem.
  - a. Lock the slide all the way back.
  - b. This is done by pulling the slide back while pushing up on the slide-lock.
  - c. Eject the magazine from the gun.
  - d. If it does not drop out freely, then you may have to pull on it to remove it.
  - e. Now operate the slide a few times to clear the chamber.
  - f. Re-insert the magazine and operate the slide to load a round.
9. Now take your shot, which gets you back into the shooting activity.
10. What if your gun doesn't have a slide lock?
  - a. The first correction step was to lock the slide back.
  - b. However not all guns have slide-locks.
  - c. In this case, if you cannot get the magazine out of the gun, then you will need expert help to clear the malfunction.

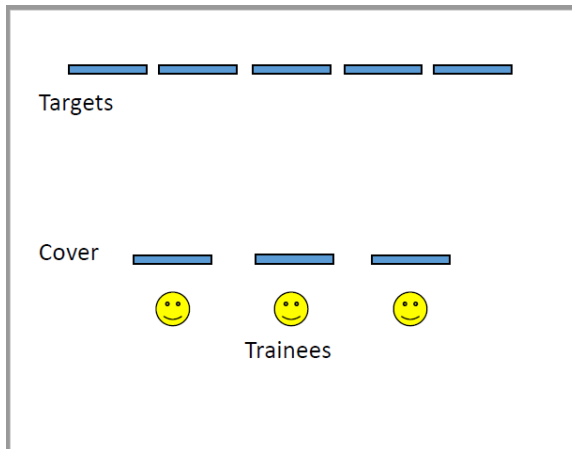
**DSE-14 Presenter Notes: Learn to clear failure-to-extract malfunctions**

1. Why do you need to know this skill?
  - a. If your gun malfunctions, you need to fix the problem quickly
2. The objective of practicing this skill
  - a. This will get you back into the shooting activity with a fully functional gun
3. Suppose I'm shooting my gun and have already taken a few shots
4. When I press on the trigger, it moves freely and nothing happens
5. Look at the ejection port to see if anything is stuck there
6. We see that an empty casing is stuck in the chamber, and a live round is trying to feed in behind it
7. Here's how to fix the problem
  - a. Lock the slide all the way back
  - b. Eject the magazine from the gun
  - c. If it does not drop out freely, then you may have to pull on it to remove it
  - d. Now operate the slide a few times to clear the chamber.
  - e. Re-insert the magazine and operate the slide to load a round
8. Now take your shot
9. What if your gun doesn't have a slide lock?
  - a. If you cannot get the magazine out of the gun, then you will need expert help to clear the malfunction



**DSE-15. Learn to switch your gun between hands**

**Watch the video:** [DS-15: Learn to switch your gun between hands](#)

**Training setup****Why do you need to know this skill?**

1. In this lesson we'll help you learn how to switch your gun between hands, using a two-handed grip.
2. The ability to shoot both left- and right-handed is a valuable skill when shooting from behind cover.
3. Switching your gun between hands involves maintaining control of the gun while moving it to the other hand, and getting a proper shooting grip on it in the new position.
4. Practicing this skill will help you minimize your exposure to fire in almost any shooting situation.

**The objective of practicing this skill**

1. Your objective in practicing this skill is to shoot equally well either left- or right-handed.

**How to perform this skill**

1. We'll demonstrate by dry-firing an empty gun.
2. During this lesson, we'll set the action on the gun so it will dry-fire when the trigger is pressed.
3. (Demonstrate)
4. Our ready position will be compressed-high-ready.

5. Let's begin with a right-hand grip and stance.
  - a. Begin in ready position.
  - b. Set the action for dry-firing.
  - c. Get a proper grip on your gun.
  - d. This means your trigger finger is indexed along the side of the gun.
  - e. Both of your thumbs are pointed toward the target, with your shooting-hand thumb on top.
  - f. Get your feet into the correct shooting stance.
  - g. When shooting with your right hand, this means your right foot is extended behind the left.
6. Take your shot.
7. Back to ready position.
8. Then reset the action for dry-firing.
9. Now we'll switch to a left-hand grip.
  - a. Get a good grip on the gun with your right hand.
  - b. Remove your left hand from the gun.
  - c. Slide your left-hand thumb over the top of your right hand, and around the gun.
  - d. Get a grip on the gun with your left hand, while removing your right hand from the gun.
  - e. Make sure your trigger finger is indexed.
  - f. Regain a two-handed grip by moving your right-hand thumb underneath your left-hand thumb, and wrapping your right-hand fingers over the top of your left-hand fingers.
  - g. You also need to shift your shooting stance.
  - h. When shooting with your left hand, your left foot should be extended behind the right.
10. Take your shot.
11. Back to ready position.
12. Then reset the action for dry-firing.
13. Now let's switch back to a right-hand grip.
  - a. Get a good grip on the gun with your left hand.
  - b. Remove your right hand from the gun.
  - c. Slide your right-hand thumb over the top of your left hand, and around the gun.
  - d. Get a grip on the gun with your right hand, while removing your left hand from the gun.
  - e. Make sure your trigger finger is indexed.
  - f. Regain a two-handed grip by moving your left-hand thumb underneath your right-hand thumb, and wrapping your left-hand fingers over the top of your right-hand fingers.
  - g. Now adjust your shooting stance for right-handed shooting.

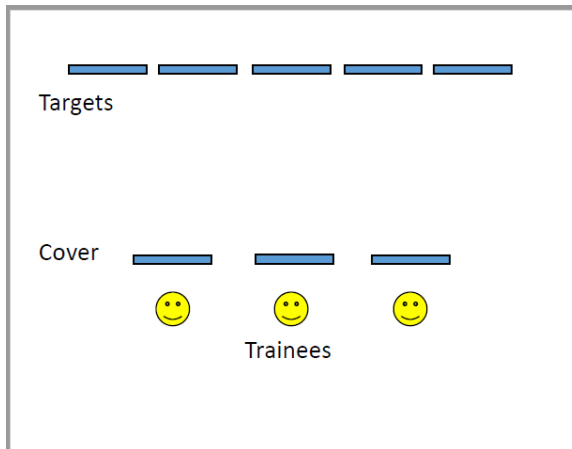
14. Take your shot.
15. Back to ready position.
16. PRACTICAL EXAMPLE – SHOOT FROM COVER
  - a. Let's suppose I'm behind cover and shooting around the right side.
  - b. By shooting right-handed, this minimizes my exposure to a bad guy shooting back at me.
    - i. (Set action)
    - ii. (Shoot around right side)
  - c. The same idea holds true on the left side.
    - i. (Switch hands)
    - ii. (Change stance)
    - iii. (Set action)
    - iv. (Shoot around left side)

**DSE-15 Presenter Notes: Learn to switch your gun between hands**

1. Why do you need to know this skill?
  - a. This is valuable when shooting from behind cover
2. The objective of practicing this skill
  - a. To shoot equally well either left- or right-handed
3. Begin with a right-hand grip and stance
  - a. Proper grip on your gun
  - b. Right foot is extended behind the left
  - c. Take your shot
4. Switch to a left-hand grip
  - a. Get a good grip on the gun with your right hand
  - b. Remove your left hand from the gun
  - c. Slide your left-hand thumb over the top of your right hand, and around the gun
  - d. Get a grip on the gun with your left hand, while removing your right hand from the gun
  - e. Regain a two-handed grip by moving your right-hand thumb underneath your left-hand thumb
  - f. Wrap your right-hand fingers over the top of your left-hand fingers
  - g. Your left foot should be extended behind the right
  - h. Take your shot
5. Switch back to a right-hand grip
  - a. Get a good grip on the gun with your left hand
  - b. Remove your right hand from the gun.
  - c. Slide your right-hand thumb over the top of your left hand, and around the gun
  - d. Get a grip on the gun with your right hand, while removing your left hand from the gun
  - e. Regain a two-handed grip by moving your left-hand thumb underneath your right-hand thumb
  - f. Wrap your left-hand fingers over the top of your right-hand fingers
  - g. Your right foot should be extended behind the left
  - h. Take your shot

**DSE-16. Learn to shoot with one hand**

**Watch the video:** In production – coming soon!

**Training setup****Why do you need to know this skill?**

1. In this lesson we'll help you learn how to shoot your gun one-handed, and show you how to switch your gun from hand to hand.
2. Shooting with one hand involves having a proper shooting grip on the gun, and maintaining control of the gun while moving it from hand to hand.
3. If you're in a shooting situation and your shooting hand becomes injured, you'll need to shoot one-handed with your other hand.
4. Practicing this skill may save your life in a situation like that.

**The objective of practicing this skill**

1. Your objective in practicing this skill is to shoot one-handed with either left or right hands.

**How to perform this skill**

1. We'll demonstrate by dry-firing an empty gun.
2. During this lesson, we'll set the action on the gun so it will dry-fire when the trigger is pressed.
3. (Demonstrate)
4. Our ready position will be compressed-high-ready.
5. Let's begin with a right-hand grip and stance.

- a. Begin in ready position using a two-handed grip.
  - b. Set the action for dry-firing.
  - c. Get a good grip on the gun with your right hand.
  - d. Now remove your left hand from the gun and place it against your chest.
  - e. By doing this you retain good balance while shooting.
  - f. Get your feet into the correct shooting stance.
  - g. When shooting with your right hand, this means your right foot is extended behind the left.
6. Take your shot.
  7. Back to ready position.
  8. Then reset the action for dry-firing.
  9. Now we'll switch to a left-hand grip.
    - a. Get a good grip on the gun with your right hand.
    - b. Slide your left-hand thumb over the top of your right hand, and around the gun.
    - c. Get a grip on the gun with your left hand, while removing your right hand from the gun.
    - d. Make sure your trigger finger is indexed.
    - e. You also need to shift your shooting stance.
    - f. When shooting with your left hand, your left foot should be extended behind the right.
  10. Take your shot.
  11. Back to ready position.
  12. Then reset the action for dry-firing.
  13. Now let's switch back to a right-hand grip.
    - a. Get a good grip on the gun with your left hand.
    - b. Slide your right-hand thumb over the top of your left hand, and around the gun.
    - c. Get a grip on the gun with your right hand, while removing your left hand from the gun.
    - d. Make sure your trigger finger is indexed.
    - e. Now adjust your shooting stance for right-handed shooting.
  14. Take your shot.
  15. Back to ready position.
  16. PRACTICAL EXAMPLE – SHOOT FROM COVER
    - a. Let's suppose I'm behind cover and shooting around the right side.
    - b. By shooting right-handed, this minimizes my exposure to a bad guy shooting back at me.
      - i. (Set action)
      - ii. (Shoot around right side)
    - c. The same idea holds true on the left side.
      - i. (Switch hands)

- ii. (Change stance)
- iii. (Set action)
- iv. (Shoot around left side)

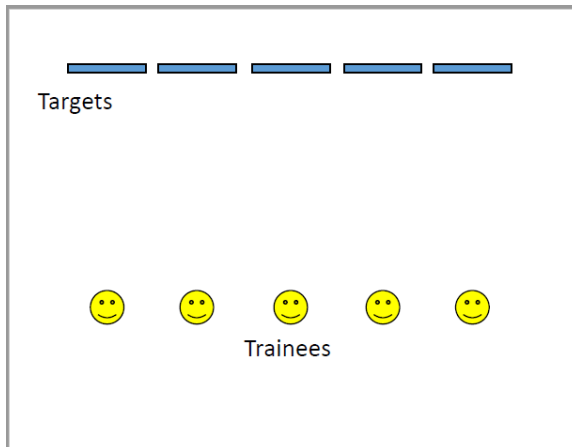
**DSE-16 Presenter Notes: Learn to shoot with one hand**

1. Why do you need to know this skill?
  - a. If your shooting hand becomes injured, you'll need to shoot one-handed with your other hand
2. The objective of practicing this skill
  - a. To shoot one-handed with either left or right hands
3. Begin with a right-hand grip and stance
  - a. Begin using a two-handed grip
  - b. Get a good grip on the gun with your right hand
  - c. Remove your left hand from the gun and place it against your chest
  - d. Right foot is extended behind the left
  - e. Take your shot
4. Switch to a left-hand grip
  - a. Get a good grip on the gun with your right hand
  - b. Slide your left-hand thumb over the top of your right hand, and around the gun
5. Switch back to a right-hand grip
  - a. Get a good grip on the gun with your left hand
  - b. Slide your right-hand thumb over the top of your left hand, and around the gun
  - c. Get a grip on the gun with your right hand
  - d. Remove your left hand from the gun and place it against your chest
  - e. Your right foot should be extended behind the left
  - f. Take your shot
6. Practical example – shoot from cover
  - a. How to minimize your exposure
  - b. Right side – use right-hand grip
  - c. Left side – use left-hand grip



**DSE-17. Learn to shoot in low light with a flashlight**

**Watch the video:** [DS-17: Learn to shoot in low light with a flashlight](#)

**Training setup****Why do you need to know this skill?**

1. In this lesson we'll help you learn how to shoot in low light with a flashlight.
2. Darkness provides good cover for criminal activity.
3. The result is that many self-defense situations may occur in low light.
4. There are two commonly-used methods for shooting while holding a tactical flashlight.
5. Both are equally useful in low-light situations.

**The objective of practicing this skill**

1. Your objective in practicing this skill is to illuminate the threat quickly and hit your target accurately.
2. This will also let you blind the threat while illuminating them as a clear target.

**How to perform this skill**

1. We'll demonstrate by dry-firing an empty gun.
2. During this lesson, we'll set the action on the gun so it will dry-fire when the trigger is pressed.
3. (Demonstrate)
4. Our ready position will be compressed-high-ready.
5. We'll start by showing you how a tactical flashlight works.

- a. If you shoot with your right hand, hold the flashlight in your left hand as if were an ice pick.
  - b. If your flashlight has adjustable settings, use the brightest light possible.
  - c. Rest your thumb on the activation button on the back end.
  - d. Press the activation button part-way down to momentarily activate the light.
  - e. Lift your thumb to de-activate it.
  - f. Other flashlights may operate differently.
  - g. However this one is typical of many brands.
6. Now we'll show you the Harries method.
- a. Begin by setting the action for dry-firing.
  - b. Start in ready position using a one-hand grip.
  - c. Hold the flashlight close to your chest in your other hand as if it were an ice pick.
  - d. There are five steps involved in using the Harries method.
    - i. Step 1.
      1. Move the flashlight underneath your shooting hand wrist and out a few inches farther.
      2. Let your shooting wrist rest on your flashlight wrist.
    - ii. Step 2.
      1. While keeping your wrists locked together, extend your arms toward the target.
    - iii. Step 3.
      1. Activate your flashlight and illuminate the target by rotating your wrist.
    - iv. Step 4.
      1. Aim your gun and take your shot.
    - v. Step 5.
      1. De-activate your flashlight.
      2. While keeping your wrists locked together, return to ready position.
  - e. Now you need to reset the action for dry-firing.
    - i. But first you need to do something with the flashlight.
    - ii. You're going to hold it under your shooting arm, like this.
    - iii. (Demonstrate)
    - iv. Now reset the action and get the flashlight back in your hand.
    - v. You can also hold the flashlight under your shooting arm when performing tactical or emergency reloads.
    - vi. We recognize there are other ways to temporarily hold the flashlight.
    - vii. However this method works well for many shooters.
  - f. Now let's get ready to take another shot.
    - i. Step 1. Move the flashlight underneath.
    - ii. Step 2. Lock wrists and extend.

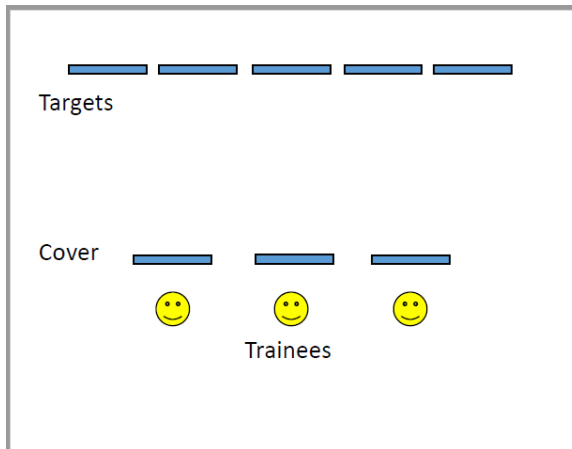
- iii. Step 3. Illuminate the target.
- iv. Step 4. Take your shot.
- v. Step 5. Back to ready.
- g. HARRIES METHOD, SAFETY ISSUE.
  - i. (Use training gun)
  - ii. There is one safety issue that can arise with the Harries method.
  - iii. Here's the correct way to get into position.
  - iv. Start with your gun pointed toward the target, then move the flashlight underneath your shooting hand wrist.
  - v. (Demonstrate)
  - vi. If you do it in the opposite sequence, you run the risk of sweeping your wrist with the gun.
  - vii. (Demonstrate – Extend flashlight arm and aim flashlight)
  - viii. (Demonstrate – Move gun into position while sweeping flashlight wrist)
- 7. Now let's use the FBI method for holding a flashlight.
  - a. Begin by setting the action for dry-firing.
  - b. Start in ready position using a one-hand grip.
  - c. Hold the flashlight close to your chest in other hand as if it were an ice pick.
  - d. There are five steps involved in using the FBI method.
    - i. Step 1. Move the flashlight overhead and away from your body.
    - ii. Step 2. Activate your flashlight and illuminate the target by rotating your wrist.
    - iii. Step 3. Aim your gun and take your shot.
    - iv. Step 4. De-activate your flashlight and move it back to your chest.
    - v. Step 5. Return your gun to ready position.
  - e. Now you need to reset the action for dry-firing.
    - i. This is the same technique used with the Harries method.
    - ii. Hold the flashlight under your shooting arm and reset the action.
  - f. Now let's get ready to take another shot.
    - i. Step 1. Move the flashlight overhead.
    - ii. Step 2. Illuminate the target.
    - iii. Step 3. Take your shot.
    - iv. Step 4. Flashlight back to chest.
    - v. Step 5. Back to ready.

**DSE-17 Presenter Notes: Learn to shoot in low light with a flashlight**

1. Why do you need to know this skill?
  - a. Many self-defense situations occur in low light
2. The objective of practicing this skill
  - a. Illuminate the threat quickly – hit your target accurately
3. How a flashlight works
4. Harries method
  - a. Set action for dry-firing
  - b. Move flashlight under shooting hand wrist
  - c. Lock wrists together – extend toward target
  - d. Activate flashlight – illuminate target
  - e. Take your shot
  - f. Deactivate flashlight – return to ready position
5. Reset action for dry-firing
  - a. Hold flashlight under shooting arm
6. Harries method – take another shot
7. HARRIES METHOD – SAFETY ISSUE
  - a. Point the gun first
  - b. Then move flashlight underneath
8. FBI method
  - a. Set action for dry-firing
  - b. Move flashlight overhead away from body
  - c. Activate flashlight – illuminate target
  - d. Take your shot
  - e. Deactivate flashlight – return to ready position
9. Reset action for dry-firing
  - a. Hold flashlight under shooting arm
10. FBI method – take another shot

**DSE-18. Learn to get off the "X" and reach cover**

**Watch the video:** [DS-18: Learn to get off the "X" and reach cover](#)

**Training setup****Why do you need to know this skill?**

1. If someone points a gun at you, it's important to get out of the line of fire quickly.
2. We call this "getting off the X".
3. "X" is the place the bad guy is pointing his gun, and you don't want to be there.

**The objective of practicing this skill**

1. By practicing this skill, you're training yourself to react automatically to a threat situation.
2. This will increase your chances of survival in a shooting situation.

**How to perform this skill**

1. We'll demonstrate by dry-firing a double-action hammer-fired gun carried in a hip holster.
2. When a threat appears and aims a gun at you, immediately take one step toward cover while drawing your gun.
3. Use the side-step method to move.
4. Shoot at the threat while moving toward cover.
5. Keep moving while you're shooting.
6. Don't stop to shoot.
7. After you reach cover, assess for additional threats.

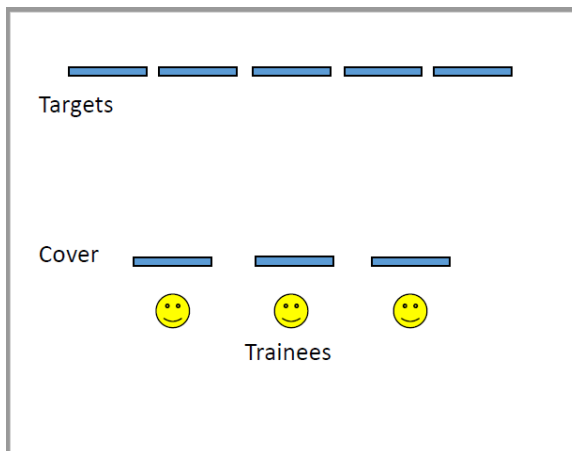
**DSE-18 Presenter Notes: Learn to get off the "X" and reach cover**

1. Why do you need to know this skill?
  - a. If someone points a gun at you, it's important to get out of the line of fire quickly
2. The objective of practicing this skill
  - a. To train yourself to react automatically to a threat situation
3. When a threat appears and aims a gun at you, immediately take one step toward cover while drawing your gun
4. Use the side-step method to move
5. Shoot at the threat while moving toward cover
6. Keep moving while you're shooting
7. Don't stop to shoot
8. After you reach cover, assess for additional threats

## DSE-19. Learn to shoot from behind cover

**Watch the video:** [DS-19: Learn to shoot from behind cover](#)

### Training setup



### Why do you need to know this skill?

1. In this lesson we'll help you learn how to shoot from behind cover.
2. If you hear shots close by, the safest thing to do is move immediately to cover.
3. Then if a threat appears, you can return fire from behind cover.
4. Shooting from cover means you are shooting from behind something that will stop bullets.
5. The time to use this skill is when you are suddenly confronted with a potential threat and are able to reach cover safely.

### The objective of practicing this skill

1. Your objective in practicing this skill is to shoot back at the threat while exposing as little of your body as possible.

### How to perform this skill

1. We'll demonstrate by dry-firing a double-action hammer-fired gun.
2. Our ready position will be compressed-high-ready.
3. Here are the basics of shooting from behind cover.
  - a. Always stay back at least half a pace behind the cover.
  - b. This prevents your gun from extending past the cover.
  - c. If it does, a bad guy standing behind the cover could grab it.

4. If you are shooting around the right side of the cover, place your right foot even with the edge of the cover.
  - a. Keep your right knee behind cover.
  - b. Extend your left leg to the left for balance.
  - c. Lean out and take your shot, while keeping your elbow tucked in.
  - d. Move back behind cover.
5. If you are shooting around the left side of the cover, place your left foot even with the edge of the cover.
  - a. Keep your left knee behind cover.
  - b. Extend your right leg to the right for balance.
  - c. Lean out and take your shot, while keeping your elbow tucked in.
  - d. Move back behind cover.
6. Try to keep your knees and toes behind the cover.
  - a. They make good targets for experienced bad guys
2. Now we'll demonstrate shooting around the right side using a right-hand grip.
  - a. Use a normal grip in your right hand.
  - b. Keep your right foot tucked in.
  - c. Keep your right knee behind cover.
  - d. Extend your left leg to the left for balance.
  - e. Stay half a pace back behind the cover so your gun stays behind cover.
  - f. Now lean out, rotate your right elbow down to minimize exposure, and take your shot.
  - g. Then back behind cover.
3. Next we'll demonstrate shooting around the left side using a right-hand grip.
  - a. Keep your left foot and left knee tucked in.
  - b. Extend your right leg to the right for balance.
  - c. Lean out to the left.
  - d. Because I'm shooting right-handed, there is a tendency for my left elbow to stick out.
  - e. You can minimize this by rotating your gun counterclockwise.
  - f. Now take your shot.
  - g. Then back behind cover.
4. Now let's look at shooting around the left side using a left-hand grip.
  - a. (Change to left-handed grip)
  - b. This makes it easier to keep your left elbow behind cover.
  - c. Take your shot.
  - d. Then back behind cover.

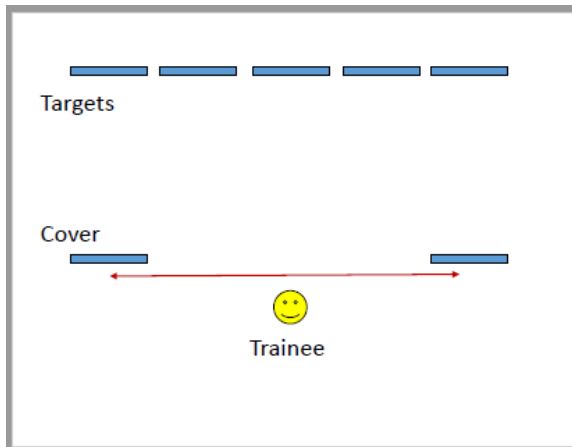


**DSE-19 Presenter Notes: Learn to shoot from behind cover**

1. Why do you need to know this skill?
  - a. If you hear shots close by, the safest thing to do is move immediately to cover. Then you can return fire from behind cover.
2. The objective of practicing this skill
  - a. To shoot back at the threat while exposing as little of your body as possible
3. Always stay back at least half a pace behind the cover.
4. Shooting around the right side of cover
  - a. Right foot even with the edge of the cover
  - b. Keep your right knee behind cover.
  - c. Extend your left leg to the left for balance
- d. Lean out and take your shot, while keeping your elbow tucked in
5. Shooting around the left side of cover using a right-hand grip
  - a. Keep your left foot and left knee tucked in
  - b. Extend your right leg to the right for balance
  - c. Lean out to the left
  - d. Shooting right-handed, there is a tendency for left elbow to stick out
  - e. Minimize this by rotating your gun counterclockwise
6. Shooting around the left side using a left-hand grip
  - a. Makes it easier to keep your left elbow behind cover

**DSE-20. Learn to move from cover to cover**

**Watch the video:** [DS-20: Learn to move from cover to cover](#)

**Training setup****Why do you need to know this skill?**

1. In this lesson we'll help you learn how to move from cover to cover, while laying down covering fire.
2. This skill.
3. Laying down covering fire will make the bad guys more likely to stay behind their cover.
4. Moving from cover to cover involves moving quickly without tripping, combined with shooting accurately while moving.
5. The time to use this skill is when you need to change cover positions while you are under fire.

**The objective of practicing this skill**

1. Your objective in practicing this skill is to be able to make the move quickly and safely.

**How to perform this skill**

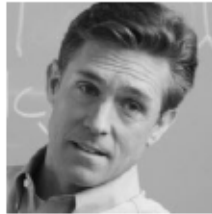
1. We'll demonstrate by dry-firing a double-action hammer-fired gun.
2. Our ready position will be compressed-high-ready.
3. The most important part of this skill is to be able to move reliably without tripping.
  - a. The walk-forward method is the fastest way to do it.
  - b. (Demonstrate)

- c. However it may not be easy for all shooters to turn toward the targets while moving, due to physical limitations.
    - d. (Demonstrate)
    - e. In this case the side-step method may be preferable, even if it is a bit slower.
    - f. (Demonstrate)
4. Let's start behind the left-side cover and move toward the right.
  - a. Begin by taking some covering shots from behind cover.
  - b. This will make the bad guys want to stay down behind their cover.
  - c. Then use the walk-forward method to move to the right cover, shooting as you go.
5. We'll use the side-step method to make the return trip.
  - a. Start by taking a few shots of covering fire from behind cover.
  - b. Now use the side-step method to move to the left-side cover, shooting as you go.

**DSE-20 Presenter Notes: Learn to shoot from behind cover**

1. Why do you need to know this skill?
  - a. Useful if you're ever in a shooting situation and have to change cover positions
2. The objective of practicing this skill
  - a. To be able to make the move quickly and safely
3. Start behind the left-side cover and move toward the right
  - a. Begin by taking some covering shots from behind cover
  - b. Then use the walk-forward method to move to the right cover, shooting as you go
4. Now move from right to left
  - a. Start by taking a few shots of covering fire from behind cover
  - b. Now use the side-step method to move to the left-side cover, shooting as you go

**Sound like an instructor: Your Speaking Voice by Michael Buschmohle**  
 We recommend putting these speaking skills to use while “on stage” as a presenter.



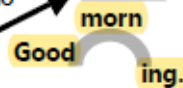
# Your Speaking Voice

THE FORGOTTEN SPEAKING TOOL...by Michael Buschmohle

**As a public speaker or trainer, you**

want to be an effective communicator of all kinds of information. You know your material. Your job is to communicate it so that listeners learn. The way you sound will contribute to how effective you are. To use your voice well, do what all good broadcasters do:

**Lock this shape into your psyche**



**Speak everything in short rounded phrases with the last syllable going DOWN in pitch, NEVER up in pitch.**

**A** VOICE CAN WORK magic—as the world found out when Susan Boyle appeared on the TV show *Britain's Got Talent*.

Singers have an advantage. Our singing voice can make huge leaps as in the opening word of the Christmas song that begins: *Chestnuts roasting on an open fire*. Chestnuts has an 8-note jump.

*What about our speaking voice?*

How can we master the same natural speaking techniques heard daily on radio and TV?

**1) Turn on the Energy**

The first thing audiences detect is your *energy level*. Snag their attention by opening with lively energy—which is a combination of a friendly face, eye-to-eye contact, and a loud enough voice to be heard easily. (Speaking louder helped me overcome my nervousness.) Avoid opening with low-energy, mumbling words.

**2) Speak Short Phrases**

The first key to effective vocal communication and delivery is to speak in short phrases (called idea-units or thought units). Avoid long rambling sentences punctuated by “and, ers, ahs...”

Thought-units range from 3 to 11 words, with a 7-word average. No need to speak in complete grammatical sentences, unless they’re short. Short phrases are easy to say and easy to grasp.

Short phrases work well with all students, especially ESL students, and in meetings and interviews.

**3) Add Short Pauses**

Follow each phrase with a *short pause*, usually lasting less than a second—or up to 2 full seconds for emphasis. The pause allows listeners to think, absorb, and digest what you just said. As a Chinese maxim says: *When the words end, the meaning flows on.*

**EXERCISE:** Where would you pause in this 27-word sentence of Kennedy?



We observe today not a victory of party but a celebration of freedom—symbolizing an end as well as a beginning—signifying renewal as well as change. JANUARY 20, 1961

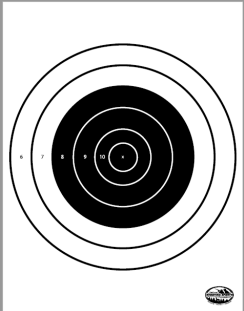


**4) Pitch Down on Ends**

American spoken English ends all declarative sentences by going down in pitch at the end, on the last syllable. This communicates closure, finality, fullness. To sound professional, the final syllable of every word, phrase, sentence, and nearly every question should go DOWN in pitch, never up.

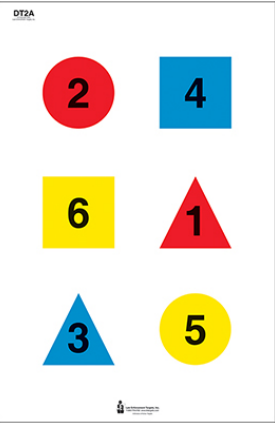
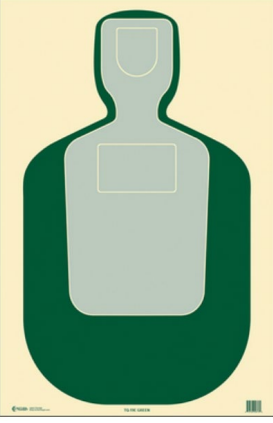
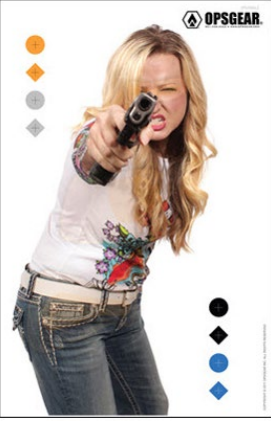

Pitch is the musical note of our speech, the frequency level of sound. It is the key element for conveying meaning, decisiveness, confidence (more so than volume or speed. I recommend: talk loud and talk fast with pauses.)

**Target Examples**

**1. Targets – Small Size**

Bulls-Eye	Defensive	Command
 <p><i>Target shooting with scoring rings</i></p>	 <p><i>Center-of-mass circle</i>  <a href="#">download</a></p>	 <p><i>Speed &amp; accuracy under pressure</i>  <a href="#">download</a></p>

**2. Targets – Large Size**

Command	Silhouette	Bad Girl	Bad Guy No-Shoot
			

*Target images courtesy of Action Target / Law Enforcement Targets*




**3. Targets – Shoot / No-Shoot**

At Home	At Work	On the Street	Out Shopping
			

**4. Targets – Sudden Confrontation**

Shoot Now	Shoot Now	Shoot Now	Shoot Now
			

**5. Target Stand – Used for Cover**

Cover		
		



## Terms of Use

### Anyone can use our Training Materials without charge:

We want to see as many new shooters trained as possible. We believe in our Second Amendment rights. When it comes to defending our liberty, the more people helping, the better.

However there are restrictions, which are outlined below. In plain language, you can use our materials so long as we are credited. But we don't want anyone using our materials and calling it their own.

### If you use our Training Materials unchanged, you can:

- Use them in your training classes.
- Use our New Shooter 101® name and logo in your advertising.
- Re-distribute our PDF Training Material files, in their original form, to anyone else.

### If you want to make changes to our Training Materials:

- You can use the modified materials in your own training classes.
- But you cannot re-distribute them to others.
- And you can no longer use the New Shooter 101® name and logo to promote your classes.

### This arrangement is called a Creative Commons CC-BY-ND license. Here is what it says:

- You are free to share, copy, and redistribute the material in any medium or format, for any purpose, even commercially.
- The licensor cannot revoke these freedoms as long as you follow the license terms.
- Attribution: You must give appropriate credit to the licensor for creating the material. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use.
- No Derivatives: If you remix, transform, or build upon the material, you may not distribute the modified material.
- Find out more about our license: <https://creativecommons.org/licenses/by-nd/4.0/>

### Copyright and trademark notices:

- All New Shooter 101® training materials, including videos, website, and printed materials, are copyright © by Ed Streit Productions, with all rights reserved, and may not be reproduced without written permission, except under terms of our Creative Commons license, as outlined above.
- New Shooter 101® is a registered trademark of Ed Streit Productions, and may not be used without written permission, except for promoting training events based on New Shooter 101® Training Materials, as outlined above.
- Play our videos directly from our website. Do not use "ripped" copies of the videos, which is a copyright violation.