

NRA Pistol Marksmanship Simulator Training

*No LIVE Firearms or
Ammunition
will be used in any fashion in this area.*



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COURSE GOAL

**To provide the basic
KNOWLEDGE, SKILLS, and
ATTITUDE necessary to learn
pistol marksmanship using a
virtual training system**



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NRA PISTOL MARKSMANSHIP SIMULATOR TRAINING

LEARNING OBJECTIVES:

- **SAFE GUN HANDLING AND SIMULATOR PISTOL KNOWLEDGE**
- **FUNDAMENTALS OF PISTOL MARKSMANSHIP**
- **APPLY THE FUNDAMENTALS OF PISTOL SHOOTING WITH A LASER SHOT INDICATING SIMULATOR PISTOL**



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NRA GUN SAFETY RULES

- **ALWAYS** keep the gun pointed in a safe direction
- **ALWAYS** keep your finger off the trigger until ready to shoot
- **ALWAYS** keep the gun unloaded until ready to use



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MAIN PARTS OF A TRAINING DIAGNOSTIC SHOT INDICATING RESETING TRIGGER PISTOL



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DOMINANT EYE EXERCISE



- **EXTEND ARMS FORWARD AND FORM OPENING BETWEEN THE HANDS**
- **LOOK AT DISTANT OBJECT THROUGH OPENING**
- **BRING HANDS TO FACE WHILE LOOKING AT OBJECT—OPENING WILL BE ALIGNED WITH THE DOMINANT EYE**



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FUNDAMENTALS OF PISTOL MARKSMANSHIP

- AIMING
- HOLD CONTROL
- BREATH CONTROL
- TRIGGER CONTROL
- FOLLOW-THROUGH

THESE FIVE FUNDAMENTALS SHOULD BE
PERFORMED WITH **EVERY** SHOT.



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POSITION

A *POSITION* IS THE PLATFORM FROM WHICH ALL THE SHOOTING FUNDAMENTALS ARE EXECUTED.

A POSITION SHOULD BE:

- **COMFORTABLE**
- **BALANCED**
- **RELAXED**
- **PROPERLY ALIGNED WITH THE TARGET**



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ASSUMING A TWO-HANDED GRIP – Important factor for HOLD CONTROL!



- **NON-SHOOTING HAND SAFELY PUTS PISTOL IN SHOOTING HAND**
- **“V” BETWEEN THUMB AND FOREFINGER OF SHOOTING HAND IS PLACED HIGH ON PISTOL BACK STRAP**
- **PISTOL IS GRIPPED WITH BASE OF THUMB AND LOWER THREE FINGERS. GRIP PRESSURE IS STRAIGHT TO THE REAR, TRIGGER FINGER IS ALONG FRAME**



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ASSUMING A TWO-HANDED GRIP (CONT'D)



- **BRING SUPPORT HAND TO SHOOTING HAND**
- **WRAP SUPPORT-HAND FINGERS AROUND SHOOTING-HAND FINGERS**
- **BRING HEEL OF SUPPORT HAND FIRMLY AGAINST HEEL OF SHOOTING HAND**



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THUMB POSITION THE TWO-HANDED GRIP



**NON-SHOOTING HAND THUMB IS
UNDER SHOOTING HAND THUMB**



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SAFE TRIGGER FINGER POSITION



WITH THE PISTOL POINTED IN A SAFE DIRECTION, THE INDEX FINGER SHOULD BE PLACED ALONGSIDE THE FRAME OF THE PISTOL, ABOVE AND AWAY FROM THE TRIGGER GUARD.



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ELEMENTS OF A TWO-HANDED STANDING SHOOTING POSITION



- PISTOL HELD WITH PROPER GRIP
- FEET SHOULDER WIDTH APART
- WEIGHT EVENLY DISTRIBUTED
- LEGS STRAIGHT
- BACK STRAIGHT OR LEANING SLIGHTLY FORWARD
- HEAD ERECT
- ARMS FULLY EXTENDED
- PISTOL BROUGHT TO EYE LEVEL
- SHOOTER IS RELAXED AND COMFORTABLE



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AIMING

***AIMING* IS THE PROCESS OF ACHIEVING THE PROPER RELATIONSHIP BETWEEN THE TARGET, THE FRONT SIGHT AND THE REAR SIGHT.**

AIMING CONSISTS OF TWO COMPONENTS:

- **SIGHT ALIGNMENT**
- **SIGHT PICTURE**



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SIGHT ALIGNMENT

***SIGHT ALIGNMENT* REFERS TO THE PROPER RELATIONSHIP OF THE PISTOL'S FRONT AND REAR SIGHTS.**



WITH POST-AND-NOTCH SIGHTS:

- **THE TOPS OF THE FRONT AND REAR SIGHTS ARE EVEN**
- **THE FRONT POST IS CENTERED IN THE REAR NOTCH**

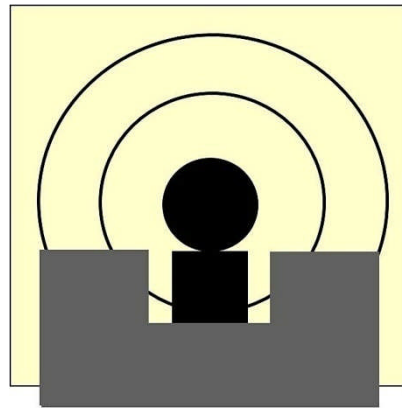


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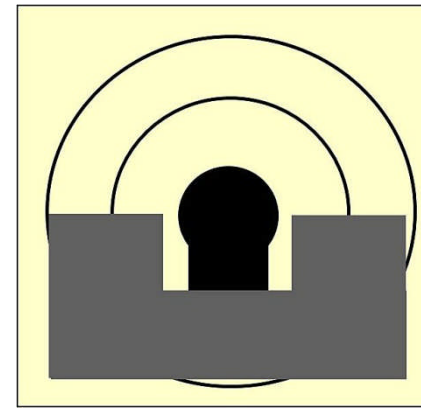
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SIGHT PICTURE

PROPER *SIGHT PICTURE* IS OBTAINED WHEN THE ALIGNED SIGHTS ARE PUT INTO THEIR PROPER RELATIONSHIP WITH THE TARGET.



SIX O'CLOCK HOLD



CENTER HOLD



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FRONT SIGHT FOCUS



WHEN SHOOTING A PISTOL WITH IRON SIGHTS, VISUAL FOCUS SHOULD BE ON THE *FRONT* SIGHT. THIS WILL LEAVE THE TARGET AND REAR SIGHT SLIGHTLY FUZZY, AS SHOWN AT LEFT, BUT CLEAR ENOUGH TO ESTABLISH PROPER SIGHT ALIGNMENT AND SIGHT PICTURE.



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TRIGGER CONTROL

TRIGGER CONTROL IS THE PROPER METHOD OF ACTIVATING THE TRIGGER TO MINIMIZE MOVEMENT THAT CAN MISALIGN THE SIGHTS.

- **TRIGGER IS BETWEEN FINGERTIP AND FIRST JOINT OF INDEX FINGER**
- **TRIGGER IS SQUEEZED STRAIGHT REARWARD IN A SMOOTH, CONTINUOUS MOVEMENT**
- **THE TRIGGER SQUEEZE SHOULD PRODUCE A “SURPRISE BREAK”**
- **TRIGGER SQUEEZE AND SIGHT ALIGNMENT ARE DONE WHILE MAINTAINING MINIMUM ARC OF MOVEMENT**



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MARKSMANSHIP FUNDAMENTALS REVIEW

- **AIMING**

- Maintain perfect sight alignment and acceptable sight picture

- **BREATH CONTROL**

- Stop breathing

- **HOLD CONTROL**

- Holding still

- **TRIGGER CONTROL**

- Moving only your trigger finger

- **FOLLOW-THROUGH**

- Maintain position, and all fundamentals until the gun settles back into the aiming area after the shot is fired



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MOST IMPORTANT SHOOTING FUNDAMENTALS

THE TWO *MOST IMPORTANT* SHOOTING FUNDAMENTALS ARE:

- *AIMING* (SIGHT ALIGNMENT AND
SIGHT PICTURE)
- *TRIGGER CONTROL*



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SIMULATOR RANGE LAYOUT AND LIMITS

SIMULATOR RANGE LAYOUT

- ✓ **Ready Area**
- ✓ **Firing Line**
- ✓ **Target Area**
- ✓ **Back Stop**



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SIMULATED RANGE SAFETY BRIEFING

- **ALWAYS KEEP THE GUN POINTED IN A SAFE DIRECTION**
- **ALWAYS KEEP YOUR FINGER OFF THE TRIGGER UNTIL READY TO SHOOT**
- **ALWAYS KEEP THE GUN UNLOADED UNTIL READY TO USE**



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NRA RULES FOR USING AND STORING A GUN

- **KNOW YOUR TARGET AND WHAT IS BEYOND**
- **BE SURE THE GUN IS SAFE TO OPERATE**
- **KNOW HOW TO USE THE GUN SAFELY**
- **USE ONLY THE CORRECT AMMUNITION FOR YOUR GUN**
- **WEAR EYE AND EAR PROTECTION AS APPROPRIATE**
- **NEVER USE ALCOHOL OR DRUGS BEFORE OR WHILE SHOOTING**
- **STORE GUNS SO THAT THEY ARE NOT ACCESSIBLE TO UNAUTHORIZED PERSONS**
- **BE AWARE THAT CERTAIN TYPES OF GUNS AND MANY SHOOTING ACTIVITIES REQUIRE ADDITIONAL SAFETY PRECAUTIONS**



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GENERAL SIMULATED RANGE SAFETY RULES

- **KNOW AND OBEY ALL RANGE RULES**
- **KNOW WHERE OTHERS ARE AT ALL TIMES**
- **SHOOT ONLY AT AUTHORIZED TARGETS**



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AT THE SIMULATED FIRING POINT

Certified Instructors will be on the line.

- **Pistols will be on the tables ready for your use.**
- **Pick up and grip the pistol.**
- **Two-handed standing position.**
- **Align the sights and get a good sight picture.**
- **Squeeze the trigger rearward.**
- **Remember, Aiming and Trigger Control are the two most important fundamentals.**
- **Have FUN!!**



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QUESTIONS?

What ARE Your Questions?

We hope you enjoyed the NRA Pistol
Marksmanship Simulator Training

We look forward to seeing you in our next
NRA Basic Pistol Course, using real
firearms and live ammunition!



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Certificate

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AWARDS THIS CERTIFICATE TO

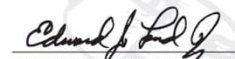
For successful completion of the

NRA PISTOL MARKSMANSHIP
SIMULATOR COURSE

(This is a non-shooting course)

INSTRUCTOR




EDWARD J. LIND, JR., SECRETARY
NATIONAL RIFLE ASSOCIATION



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