



Agape Guardians Executive Defense LLC, Murfreesboro, TN

Agape Guardians Executive Defense LLC

CERLTA Curriculum – Phase1

(Continued Education / Required Learning / Training Application)



HANDGUN BASICS

Be advised, all photos are borrowed from common web searches and are copyright of the respective owner/creator! Our graphic content hosts the AGED logo!



Agape Guardians Executive Defense LLC, Murfreesboro, TN



DEFENSIVE HANDGUN - LEVEL ONE

COURSE OUTLINE

A. WELCOME AND ORIENTATION

1. Instructor Introduction
2. Program Registration
3. Course Rules and Regulations
4. Program Objectives
5. Overview of Safety

B. LEARNING GOALS AND COURSE OBJECTIVES

1. The student will be able to list the Four Cardinal Firearms Safety Rules.
2. The student will be able to demonstrate the basic principles of safely handling and firing handguns.
3. The student will be able to describe the basic components of standard semi-automatic handguns.
4. The student will understand common handgun calibers.
5. The student will have grip tested a variety of handguns in preparation to purchase a handgun.

C. FIREARMS SAFETY CONSIDERATIONS

1. The Four Cardinal Rules of Firearms Safety
2. Range Safety Rules
3. Firearms Locking Devices

D. BASIC HANDGUN DESCRIPTION AND NOMENCLATURE

Semiautomatic Pistol

- a. Single Action
- b. Double/Single
- c. Double Action Only

E. HANDGUN AMMUNITION

1. Cartridge
 - a. Centerfire
 - b. Rimfire
2. Components
 - a. Primer
 - b. Cartridge Case
 - c. Propellant Powder
 - d. Bullet

F. BASIC SHOOTING PRINCIPLES

1. Shooting Stance
 - a. Weaver
 - b. Isosceles
2. Master Grip
 - a. Flying Thumbs
3. Sight Alignment
4. Sight Picture
5. Breathing
6. Trigger Press
7. Follow-through



Agape Guardians Executive Defense LLC, Murfreesboro, TN

G. LOADING AND UNLOADING PROCEDURES

H. DRY FIRE DRILLS

I. RANGE EXERCISES

J SUMMARY

1. Review
2. Discussion
3. Student Critiques





Agape Guardians Executive Defense LLC, Murfreesboro, TN

COURSE RULES AND REGULATIONS

As a student attending this course, you are expected to follow all course rules and regulations.

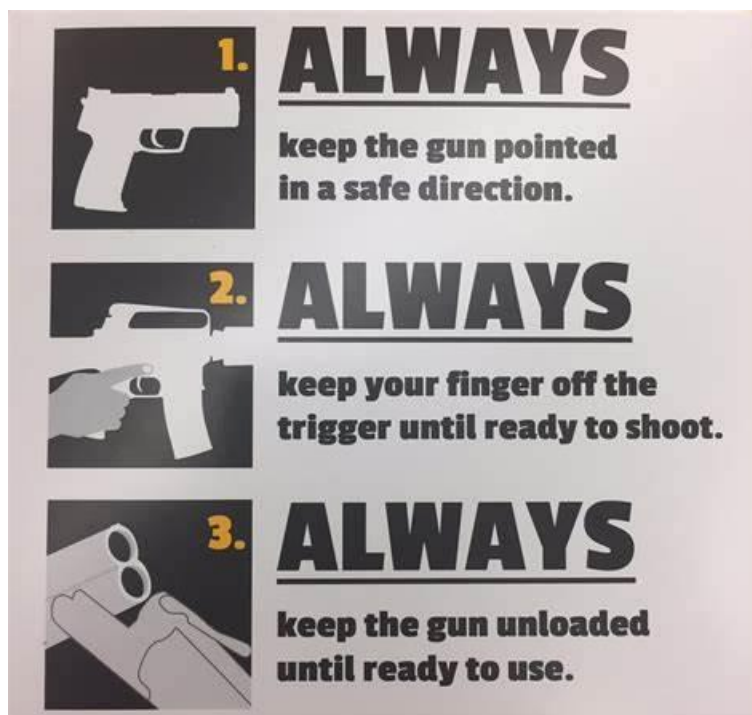
1. SAFETY FIRST – exercise firearms safety at all times during and after the course. For the course, all techniques shall be practiced at slow or moderate speeds until skills are perfected.
2. **Live ammunition will not be allowed in the classroom.**
3. Practice ONLY those techniques which are being taught and directed by the instructor.
4. No smoking or eating during training.
5. Report any unsafe condition that you observe to the instructor.
6. Immediately report any cut or injury, no matter how minor, to the instructor.
7. Any open cut or wound must be properly bandaged.
8. Improper conduct or language will not be tolerated.
9. Do not leave the classroom or training area without notifying the instructor first.

I have read and understand the course rules and regulations and agree to abide by them, and I can physically participate fully in the training program.

Student Name (print)

Date

Student Signature





Agape Guardians Executive Defense LLC, Murfreesboro, TN



FOUR CARDINAL RULES OF FIREARMS SAFETY

1. TREAT EVERY FIREARM AS IF IT WERE LOADED AT ALL TIMES.

There are no exceptions to this rule, be extremely serious about it. You must always believe that a firearm is loaded when handling it. "Check It Twice" THIS IS WHAT WE AT AGED REFER TO AS "WEAPON SAFETY LAW"

2. NEVER POINT A FIREARM AT ANYTHING YOU DO NOT INTEND TO HARM OR KILL.

This rule is the most violated of the four. Due to the short length of handguns, it is extremely easy to point the muzzle in an unsafe direction. Letting this occur is one of the most obvious signs of an incompetent gun handler. Pay attention to your "muzzle". You may hear it referred to as "flagging".

3. KEEP YOUR FINGER STRAIGHT AND OFF THE TRIGGER UNTIL READY TO FIRE.

NEVER PLACE YOUR FINGER INSIDE THE TRIGGER GUARD UNTIL YOU ARE ON TARGET, AND HAVE MADE THE DECISION TO FIRE. You have more than enough time to "index the trigger finger" on the trigger as you are aligning the sights on the target. By keeping your trigger finger outside the trigger guard, you are being safe, yet can instantly index the trigger finger and fire. You cannot physically line up any firearm on target before you can index your trigger finger on the trigger.

4. KEEP YOUR FIREARM ON SAFE UNTIL READY TO FIRE "IF THE GUN HAS A SAFETY LEVER"

Some pistols were built for fast acquisition to action purposes (aka combat) and come with no external safety controls. If you have one of these, it is your responsibility to train to safely use that firearm without harming yourself or others unintentionally. ***YOU ARE THE FIREARM'S SAFETY IN ANY CASE***
These four safety rules must form a "safety reflex" that is in place and working all the time. These are all the safety rules you will ever need, memorize them and use them constantly.

RANGE SAFETY RULES

1. **Safety is EVERYBODY'S responsibility.**
2. All individuals on, or near the firing line will be required to wear the following safety equipment; hearing protection, eye protection (safety glasses) and an optional ball cap or hat.
3. Listen for and follow the commands of the instructor at all times.
4. When holding any firearm in your hands at any time (except when firing), the action will be open.
5. Keep the trigger finger out of the trigger guard and straight alongside the frame except when actively shooting. This means when you stop firing, even briefly, remove your finger to the side of the frame.
6. BE SURE OF YOUR TARGET AND BACKGROUND 100% OF THE TIME! You must identify the target first. Then you must be cognizant of the area around and behind the intended target.

I have read and understand the Four Cardinal Rules of Firearms Safety and the Range Safety Rules and agree to abide by them.

Student Name (print)

Date

Student Signature



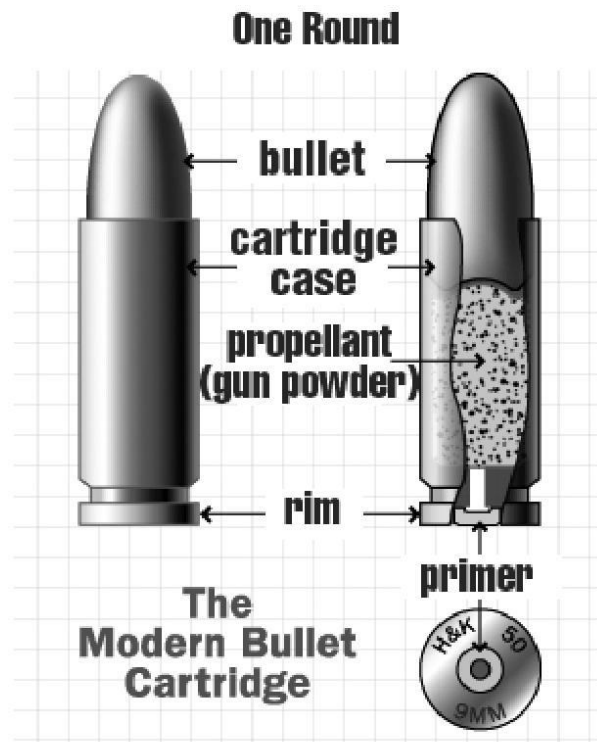
Agape Guardians Executive Defense LLC, Murfreesboro, TN

BASIC HANDGUN DESCRIPTION AND NOMENCLATURE





Agape Guardians Executive Defense LLC, Murfreesboro, TN
HANDGUN AMMUNITION





Agape Guardians Executive Defense LLC, Murfreesboro, TN

PISTOL SHOOTING FUNDAMENTALS

A. SHOOTING STANCE

1. A position that affords the shooter balance, upper body stability and immediate fluid movement when necessary.

The Iscoceles and Weaver Stances

- a. Generally used when firing a static course of fire

ISCOCELES



WEAVER





Agape Guardians Executive Defense LLC, Murfreesboro, TN



GRIP TESTING FOR FIT & OPERATOR CONTROL

A significant amount of these next sections are in the next training phase so only basics are placed below as they apply to marksmanship & are also used to determine firearm comfort for a new firearms user before buying in an attempt to avoid buyers remorse for a gun the buyer may not like later, especially after shooting it for a qualification or weapons carry course!

B. MASTER GRIP

1. The important feature of the master grip is uniformity. The grip must be the same with each handgun, every time you fire. The grip must be firm with both hands applying equal pressure not allowing the handgun to slip in the hands, and not interfering with the independent movement of the trigger finger. The proper master grip, with firm pressure is critical to ensure the proper functioning of the semiautomatic pistol. Without a firm grip on the pistol frame and locking of the wrist, the shooter may induce a stoppage in the pistol.

2. The shooting hand should be as high as the design of the pistol will allow; this will absorb recoil straight to the rear.

a. The middle and ring fingers control the pistol.

b. Placement of the trigger finger is critical. The center pad of the trigger finger must be placed on the face of the trigger to control movement.

c. The lower three fingers wrap around and grip the stocks.

d. The shooting thumb is held high on pistols, and curled down on revolvers.

e. The trigger finger is straight along side of the frame, and the handgun is straight in the hand.

3. The support hand fingers are wrapped over-top of the shooting hand fingers and both hands applying firm but equal pressure with the thumb of the support hand placed on the slide on pistols, and curled down on revolvers.

a. The shooting hand thumb is placed on top of the support hand thumb when firing a pistol.

b. The index finger of the support hand is wedged between the bottom of the trigger guard and middle finger for maximum vertical support.

4. The heels of both hands must be touching.

a. The handgun and hand(s) should be rotated 30 to 40 degrees inboard for maximum control of recoil.

5. The shooter's body from the diaphragm up should press slightly into the handgun.

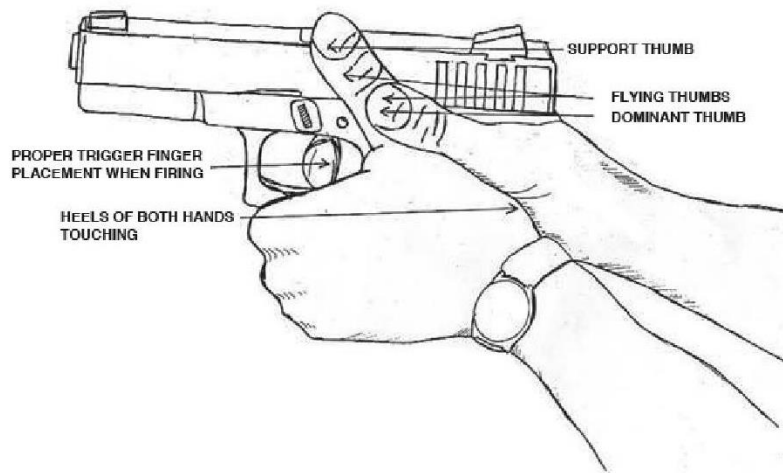


An example of what NOT to do either for grip testing or for accurate target or defense shooting!

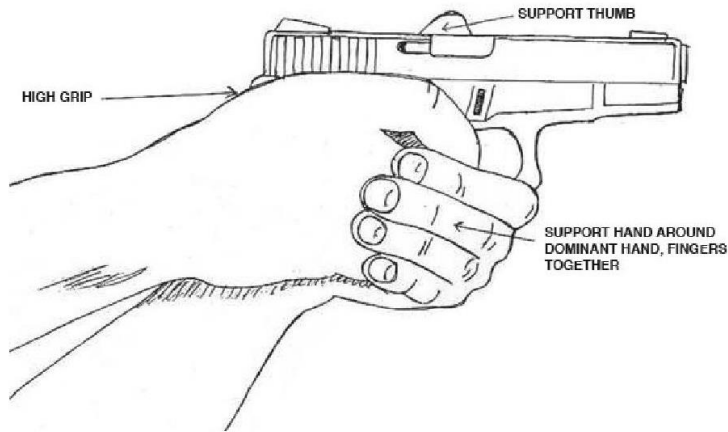


Agape Guardians Executive Defense LLC, Murfreesboro, TN

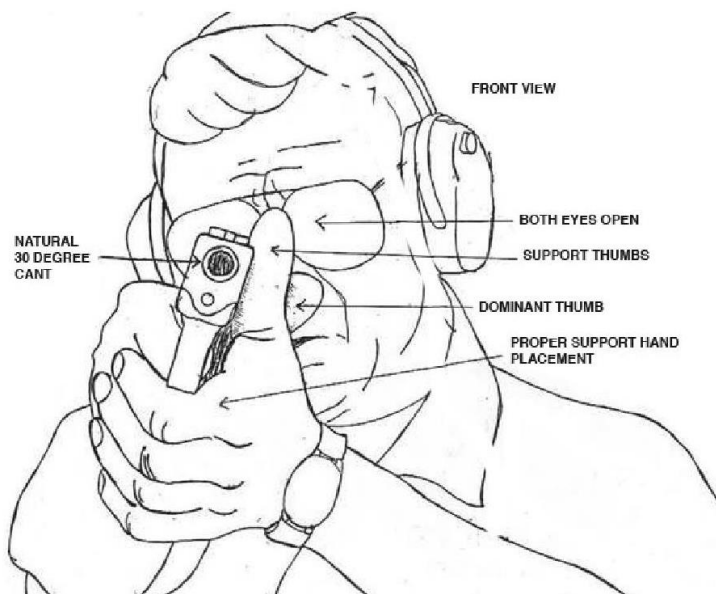
LEFT SIDE VIEW - RIGHT HANDED SHOOTER



RIGHT SIDE VIEW - RIGHT HANDED SHOOTER



FRONT VIEW

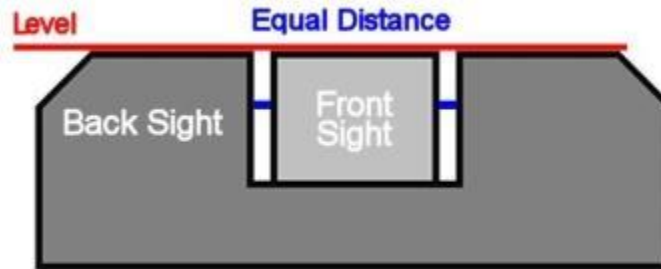




Agape Guardians Executive Defense LLC, Murfreesboro, TN

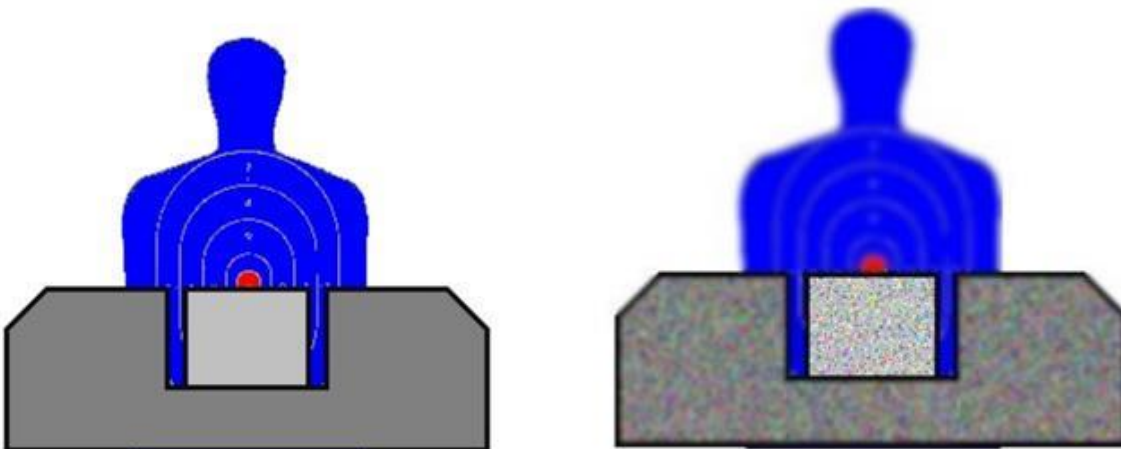
C. SIGHT ALIGNMENT

1. True sight alignment is; "the top of the front sight level with the top edge of the rear sight, with an equal amount of light on both sides of the front sight, as it appears in the notch of the rear sight. Focus must be directed on the FRONT SIGHT, with the rear sight a blur and the target not in focus at all".
2. Of the principles of marksmanship, Sight Alignment and Trigger Control are the most critical. You must train to master them both. This is very difficult to train-in, as the overwhelming urge is to focus on the target. Proper training and practice will give you the ability to focus on the front sight, with both eyes open, and smoothly press the trigger in a timely manner.



D. SIGHT PICTURE

1. Simply stated, "The rear sight, front sight and the target precisely aligned". The key to correct combat sight picture is to focus on the front sight with both eyes open, when the action begins and while it is occurring. You must force yourself to do two things for each and every shot fired:
 - a. Look directly at the front sight (through the rear sight).
 - b. Press the trigger smoothly, but in a timely manner.



2. Both eyes, if at all possible, should be kept open. If you close one eye you will reduce your peripheral vision by 50%, destroy your depth perception and diminish available light.

E. TRIGGER CONTROL

1. Trigger control is the slow steady pressure on the trigger with the trigger finger until the pistol fires.
 - a. Hardest to teach and difficult to master



Agape Guardians Executive Defense LLC, Murfreesboro, TN

b. Number one shooter error and the element most likely to disturb sight alignment c. Flinching and jerking the trigger can be controlled with repeated "dry firing" drills

2. Trigger control is more of a cerebral dilemma than a physical one,

a. Must have command of emotions before physically controlling movement

3. Trigger control is broken down into two phases;

a. Controlling movement to the rear - independent action of the trigger finger steadily pressing the trigger straight to the rear

b. Follow-Through - is the art of continuing rearward pressure on the trigger through the recoil cycle.

c. When recoil has ended, controlling the forward movement of the trigger until trigger reset has taken place, usually an audible click

d. The trigger finger must maintain contact with the trigger from beginning to end of the firing sequence

4. For the shooting novice, putting all this together can feel a bit stressful. The body tends to become tense, and the tendency is to hold the breath. Be conscious of your breathing. R-E-L-A-X. When you are ready to shoot, let your breath out, and at the point just prior to where you are ready to draw breath again, press the trigger.

LOADING AND UNLOADING THE SEMI-AUTOMATIC

1. Initial Loading - A term used for the administrative act of loading the pistol, in a safe manner, executing several steps that will reduce the potential for a negligent discharge.

2. Slide Locked Open - This method has two advantages, allowing you to check the pistol visually and physically to ensure that the pistol is ready to receive ammunition and allowing the fully charged magazine to be fully seated.

a. Point the pistol in a safe direction

b. Keep trigger finger straight along side of the frame

c. Lock the slide to the rear

d. Visually and physically check the magazine well and chamber to ensure that the pistol is ready to receive ammunition.

e. Insert a fully charged magazine into the magazine well and pull on the floor plate to ensure the magazine is fully seated.

f. Grasp the rear grooves of the slide and pull the slide fully to the rear allowing the slide to fly forward, do not ride the slide forward, chambering a round.

3. Slide Forward

a. Point the pistol in a safe direction

b. Keep the trigger finger straight along side of the frame

c. Insert a fully charged magazine and pull on the floor plate to ensure the magazine is fully seated.

d. Grasp the rear grooves of the slide and pull the slide fully to the rear allowing the slide to fly forward, do not ride the slide forward, chambering a round.

4. Unloading Procedures

a. Several negligent discharges occur due to improper unloading procedures. Unloading any firearm is an administrative function requiring extreme caution and attention to what you are doing.

b. Keep trigger finger off the trigger and straight along the frame.

c. Point the pistol in a safe direction

d. Remove the magazine from the magazine well

e. Pull the slide to the rear and eject the chambered round onto the ground, and then lock the slide to the rear.

f. Physically and visually inspect the chamber and the magazine well to ensure the pistol is unloaded.

SAFETY NOTE: When ejecting the chambered round, never place your hand over the ejection port or attempt to catch the cartridge. This could allow the cartridge to fall back into the ejection port, causing a serious problem damaging the pistol, magazine and shooter.



Agape Guardians Executive Defense LLC, Murfreesboro, TN



COLOR CODES OF AWARENESS

CONDITION WHITE:

No perception of danger; "The possibility of being attacked is so remote that I will take no precautions with regard to my personal safety." In white, one is unprepared, and when attacked, will be eliminated.

CONDITION YELLOW:

Relaxed awareness; "I may have to use force, up to and including deadly force in order to save my life." If asked your location at any time, you could give it. If asked who is behind you, you could answer with- out looking. You are not actively looking for danger, but know it could occur.

CONDITION ORANGE:

Unspecified Alert; "Something Is Wrong! I see a danger signal and sense imminent peril. I have concluded from his words and/or actions that he intends to do me injury forthwith and that I am in imminent deadly danger. I am concerned only with my immediate physical survival. I will use that type and degree of force that is reasonable and necessary, and I will use it with vigor and precision. Your sensory antennae are out. You are aware of cover that can be taken by you or your opponent, and of the lanes of potential movement.

CONDITION RED:

ARMED ENCOUNTER, LETHAL ASSAULT IN PROGRESS; "He is attacking! This fight cannot be avoided or evaded. All possibility of defusing the situation has evaporated. I have reached the last resort. There is nothing left to constrain me from using force.

CONDITION BLACK:

PANIC, MISDIRECTED FRENZY, PARALYSIS; You are being attacked and your mind has gone blank. You are unable to make a decision. Be it lack of training, lack of preparedness, or complacency. To survive, you must regain control of the situation and act accordingly, using force up to and including deadly force

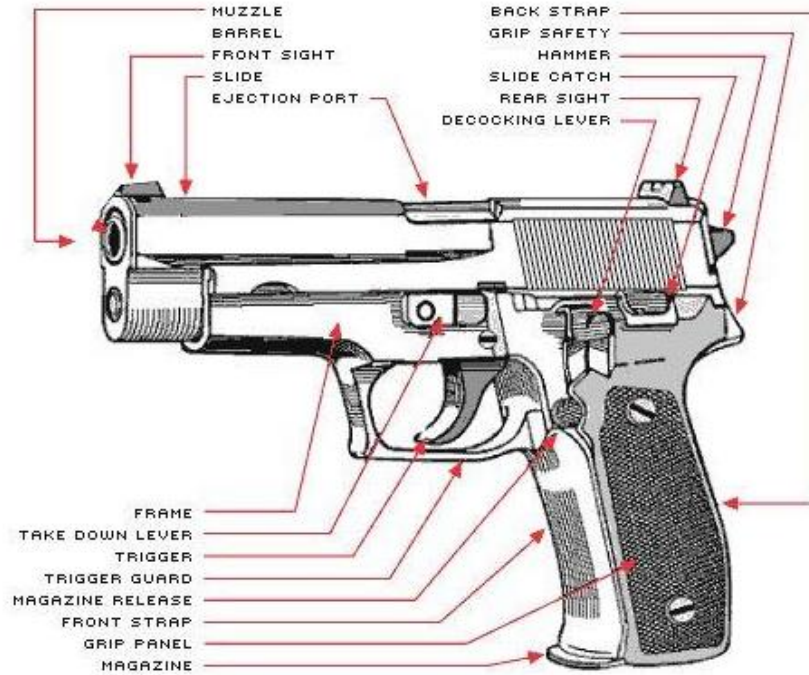




Agape Guardians Executive Defense LLC, Murfreesboro, TN

COMMON COMBAT HANDGUN NOMENCLATURES

SIG SERIES (P200+)



SMITH & WESSON M&P SERIES

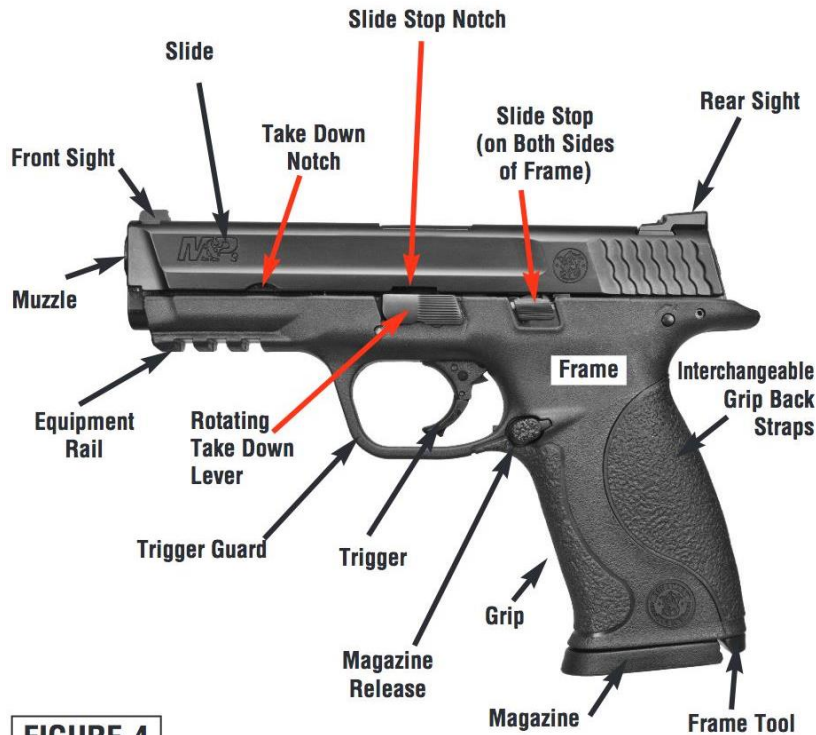


FIGURE 4



Agape Guardians Executive Defense LLC, Murfreesboro, TN



GLOCK (ALL)

