

ELK GROVE POLICE DEPARTMENT

2009 AOT FIREARMS COURSE 3

COURSE OUTLINE

I. Introduction

- A.** Introductions
 - 1. Administrative paperwork / Registration
 - 2. Orientation
 - 3. Course Objectives

- B.** Department Policy
 - 1. Duty / Off duty Weapons
 - 2. Personally owned Shotguns / Rifles

II. Technique Review

- A.** Purpose
 - 1. Review and reinforce fundamental pistol skills.
 - a) Shooting fundamentals
 - b) Two handed shooting

- B.** Shooting fundamentals
 - 1. Fundamentals consist of:
 - a) Marksmanship
 - b) Shooting platform
 - c) Fire and Follow Through
 - d) Scan and Assess

 - 2. Instructors will review the advantages/ disadvantages of:
 - a) Weaver stance
 - b) Isosceles

3. Grip
 - a) Firm two handed grip / push pull
 - b) High in the backstrap
 - c) Fingers overlapping
 - d) Firm wrist
4. Sight alignment
 - a) Front sight centered between rear sight
 - b) Front sight clear / target hazy
5. Sight Picture
 - a) Place sight alignment on target where rounds are to impact.
6. Trigger Control
 - a) Pad of the finger on the trigger
 - b) Slow, steady squeeze to the rear
 - c) After weapon fires, keep weapon on target (follow through)
 - d) Release trigger only far enough to re-engage the sear (listen for click)
 - e) Pick up slack in trigger and prepare for next round.
7. Scan and Assess
 - a) Follow target down, scan surrounding areas for further threats prior to de-cocking and holstering. Finger should be off the trigger.
 - b) Weapon should be at Combat Ready during Scan, just below shooters line of sight to allow a better field of vision and avoid tunnel vision.

C. Live Fire Drill (B-27 target)

1. Shooters will start with a fully loaded weapon and 2 magazines.
 1. 25YRDS
 - a) 1 magazine, slow fire, center mass on the target
 2. 15YRDS
 - a) 1 magazine, slow fire, center mass on the target

D. One Hand Shooting

1. Strong hand
 - a) Bladed stance
 - b) Arm locked out
 - c) Firm grip / high in backstrap
 - d) Cant gun inward if necessary for better sight picture
2. Support hand
 - a) Bladed stance
 - b) Arm locked out
 - c) Firm grip / high in backstrap
 - d) Cant gun inward if necessary for better sight picture

E. Live Fire Drill (B27 Target)

1. Shooters will start with a fully loaded weapon and 2 magazines.
 1. 25YRDS
 - a) 6 rounds, slow fire, center mass on the target, strong hand
 - b) 6 rounds, slow fire, center mass on the target, support hand
 2. 15YRDS
 - a) 6 rounds, slow fire, center mass on the target, strong hand
 - b) 6 rounds, slow fire, center mass on the target, support hand

III. Shooting Positions

A. Kneeling

1. High kneeling
 - a) Come to low ready position
 - b) Keeping gun on target, move to kneeling position
 - c) Strong side knee on the ground, support side knee up

d) Strong side arm locked out (Weaver), both arms locked out (Isosceles)

2. Low kneeling

a) Come to low ready

b) Keeping gun on target, move to kneeling position

c) Strong side knee on the ground, support side knee up

d) Lean forward, strong side arm locked out, support side arm bent and elbow rested on support side knee (elbow in front of knee)

3. Double kneeling

a) Come to low ready

b) Keeping gun on target, move to kneeling position

c) Kneel on both knees, sit backwards on heels

d) Both arms locked out.

B. Live Fire Drill (B27 Target)

1. Shooter will start with a fully loaded weapon and 3 magazines

1. 25YRDS

a) 6 rounds high kneeling, center mass on the target

b) 6 rounds low kneeling, center mass on the target

C. Prone

1. Roll – Over Prone

a) Come to low ready

b) Keeping the gun on the target, move to kneeling position

c) Place support hand on ground, lay flat on ground, place both hands back on the weapon, both arms extended toward target

- d) Roll onto strong side, bringing support side knee up to 45 degree angle
- e) Lay head on strong side bicep, strong side arm locked out

2. Standard prone

- a) Come to low ready
- b) Keeping the gun on the target, move to kneeling position
- c) Place support hand on the ground, lay flat on the ground, put both hands back on the weapon.
- d) Extend arms as much as possible, maintain strong grip
- e) Feet flat on the ground on insteps

D. Live Fire Drill

1. Shooters will start with a fully loaded weapon and 1 magazine

1. 50 YRDS

- a) 6 rounds from the Roll-Over prone, center mass on the target
- b) 6 rounds from the Standard Prone, center mass on the target

IV. Loading

A. Loading

1. Administrative

- a) Fully loaded magazine into weapon
- b) Work action, chambering a round
- c) Holster weapon
- d) Remove magazine and replace round

2. Emergency Reload

- a) Weapon is empty, slide locked to the rear
- b) Insert full magazine into weapon
- c) Action forward

3. Tactical reload

- a) Several rounds have been fired, shooter wants full magazine in weapon
- b) Remove magazine from weapon, place in pocket
- c) Replace with full magazine

B. Live Fire Drill (B27 Target)

- 1. Shooters will start with a fully loaded weapon and a magazine with 6 rounds, and 2 full magazines in their pouches

- 1. 15YRDS

- a) Shooters will fire until the weapon is empty / slide locked back
- b) Insert a new magazine, send slide forward
- c) Fire 7 rounds, remove magazine
- d) Place magazine in pocket
- e) Replace with full magazine

V. Test

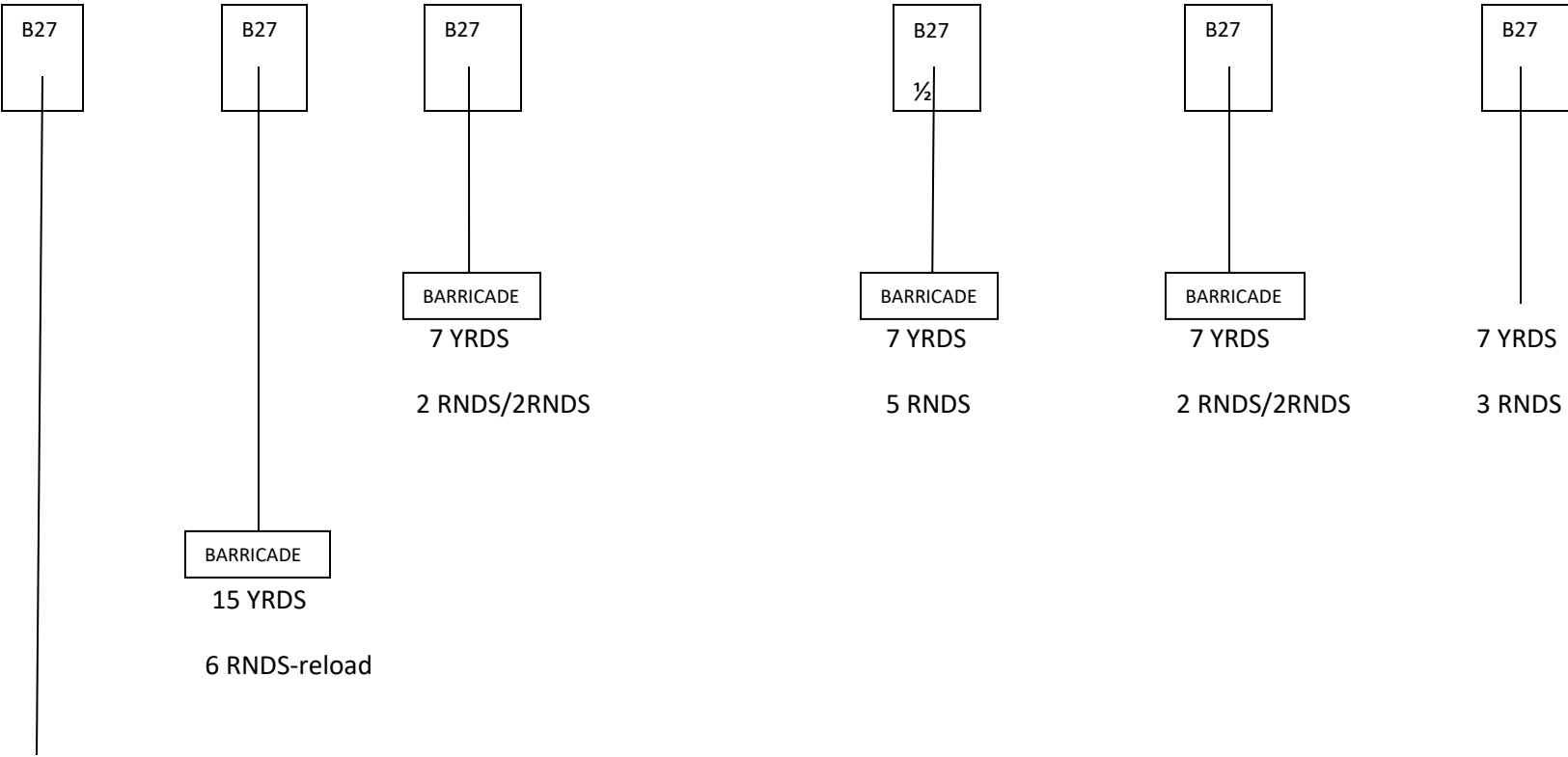
A. Live Fire Exercise (*see schematic below*)

(B27 Targets, 24 Rounds, 2 Minute time limit, 80% for passing score)

1. Shooters will start with a fully loaded weapon and 3 fully loaded magazines
 - a) From 50 YRDS
 1. Shooter will get into their choice of prone position, and fire 2 rounds, center mass into the 1st target
 2. Shooter will move to cover at 15YRDS and fire 6 rounds center mass into target #2. Reload.
 3. Shooter will move to cover at 7 YRDS and fire 2 rounds strong hand supported, and 2 rounds off hand supported into target #3
 4. Shooter will move to the next cover at 7YRDS and fire 5 rounds into target #4, reload
 5. Shooter will move to next cover at 7 YRDS and fire 2 rounds strong hand unsupported and 2 rounds support hand unsupported into target #5.
 6. Shooter will move to next position on the 7 YRD line and complete a failure drill into target #6.

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2009 RANGE



50 YRDS

2 RND PRONE