

## **TRIGGER TIME'S DEFENSIVE PISTOL 101 COURSE**

At Trigger Time, we pride ourselves on a friendly, personable and professional environment that places the shooter first and foremost in our training. The Defensive Pistol course includes classroom lectures, demonstrations, and practical application drills using our State of the Art Indoor Shooting Facility here in Tupelo, Mississippi.

Trigger Time's Defensive Pistol Course is a one day course which provides the intermediate to experienced shooter with knowledge on safe gun handling while stressing the development of fundamental defensive pistol skills.

This Defensive Pistol course is designed for someone who has more than just a basic working knowledge of their pistol. If you are not an already experienced shooter we would suggest taking a pre-requisite like our Basic Pistol course or taking a one-on-one private lesson prior to signing up for this course.

This course is presented with emphasis on the fundamental information, tactical skills and attitude of situational awareness required to carry and properly utilize a concealed pistol with confidence and in a legal, ethical, and moral manner.

In order to better prepare you for a tactical defensive encounter, this course will include drawing your handgun from the holster. We will cover just how to properly do that both safely and with the minimum effort required. You should be familiar with firearms safety rules and have decided on your intended method of concealed carry with your pistol. You will need a pistol, a sturdy belt and holster and at least one spare magazine and magazine carrier, (three mags would be even better) and at least 300 rounds of ammunition.

Students will gain experience, confidence, and an increased proficiency with their sidearm. Those completing this course will have a proficiency in basic firearm safety, and an increased understanding of how to employ marksmanship fundamentals in both a range practice environment as well as under minor levels of stress related to a defensive shooting situation. You will have a heightened awareness of your own personal capabilities with your chosen equipment and suggested training methods you can use for your future progression.

You will shoot from a variety of positions as well as shooting while on the move and at moving targets. These shooting drills and different scenarios are designed to improve your individual skill level and competency with your firearm.

Engagement distances will range from three yards out to twenty-five yards. We will discuss the precision marksmanship skills used to effectively engage a target at long range, should that ever be required. We will also discuss the up-close defensive marksmanship skills needed to survive close quarter situations quickly & efficiently.

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## **Trigger Time's - Defensive Pistol 101**

### **NOTE OF WARNING:**

**A total of three (3) "CLASSROOM" hours are associated with this course!**

### **Sample of Areas to be Covered:**

- \*Legal Impacts and Responsibilities of Concealed Carry (30 mins of class)
- \*Physiological Impacts of being involved in a Defensive Shooting (45 min class)
- \*Developing a better Situational Awareness to avoid a shoot (30 min class)
- \*How to properly utilize available cover and concealment
- \*Four Basic Rules of Firearms Safety
- \*Choices in Handguns, Holsters, Carry Methods, etc.
- \*Loading and unloading/Clearing procedures
- \*Rapid reloads and Tactical reloads
- \*Immediate Action or Malfunction drills
- \*Fundamentals of Precision Marksmanship
- \*Fundamentals of Defensive Marksmanship
- \*Proper draw/presentation to the target
- \*Techniques to better manage recoil
- \*Putting accurate rounds on target quickly
- \*Engaging Multiple targets while moving

### **Defensive Pistol Course Recommended Equipment List:**

**300 rounds of ammunition to complete the course**

**Semi-auto pistol with at least 3 magazines**

**Sturdy gun belt w/ concealment style holster and mag pouches**

**Eye and ear protection**

**Consider bringing a Coat or light jacket to conceal or cover the gun**

## **Notes:**

- **Class sizes are limited to eight (8) shooters**
- **Report time is 7:30 am and goes until 5:30 pm**

**Please assure your pistols, sights/optics, your ammunition and all equipment is in good, reliable working order and ready for this type of course**

**Trigger Time's Defensive Pistol Course has been designed by Jim-Bob McCarty, a retired Air Force Firearms Instructor with over 20 years in the Marksmanship Training field, both as an instructor and as a record setting competitive shooter.**

Please see "Course Synopsis" below for more details

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Please believe us when we say just because we own a pistol, have a Concealed Carry Permit and have probably "been around guns all our life," it does not mean we are anywhere near ready for a violent encounter with an armed assailant!

The absolute hyper-focus of immediate, super high, levels of stress which such an encounter will bring on is a complete step into unknown and unfamiliar territory for most of us.

It will most likely not be like anything we have rehearsed in our minds up to this point in our lives. It will certainly not be like the practice shooting session that 90 percent of shooters go through on a normal basis. By normal I mean the typical practice session most of us practice for our training. I.E., Under ideal known conditions such as in good weather, in a good lighting situation, at a known distance, taking our time, in a typical standing straight on position, at one single large paper target, located directly in front of us and which is not shooting back at us.

How about the average FBI crime statistics which show that most defensive shooting situations will take place in less than ideal conditions. Typical circumstances might involve reduced lighting conditions, more than one assailant, at three to five yards, with three rounds being fired in less than three seconds. Are you truly prepared to survive such an encounter while both effectively protecting yourself and also NOT endangering potential innocent bystanders?

As stated, this course is presented with emphasis on the fundamental information, tactical skills and attitude of situational awareness required to

carry and properly utilize a concealed pistol with confidence and in a legal, ethical, and moral manner.

As part of this course the student will begin with a refreshment of the four common rules of firearms safety. We will review just how they directly apply to both the training scenarios of a defensive situation as well as how they must automatically become so much a part of our gun handling skills that they carry over into even an actual encounter. Each student will be constantly evaluated and critiqued on their ability to demonstrate proper weapons handling skills.

We have all observed those who are a safety hazard to others as well as themselves. We must all stress the importance of the elements of safe gun handling and then practice them at all times. Many of the exercise scenarios we will run through will require that we “dry run” them with unloaded guns several times prior to actually running through them with live ammunition. Your ability to safely handle the pistol must be demonstrated prior to being allowed to participate in any given one of these drill sequences. (Multiple safety violations will constitute removal from the course)

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We will discuss several different ways to actually carry your pistol in a concealed manner as well as how to present your concealed pistol using economy of motion to present in the most efficient manner. We will “dry run” multiple times the proper techniques required for properly and safely drawing your pistol from a holster.

This course will also cover the differences between what actually constitutes “Cover” versus what is actually just serving as “Concealment” of our position. Understanding this basic lesson may actually be what saves your life. It will also serve to allow you to better understand how to use this fact to your advantage in helping to neutralize a potential threat.

The portion of the course helping to develop the proper defensive mindset will be based on principles developed by the late Col. Jeff Cooper using his Color Codes of awareness. Establishing this “Defensive Mental Mindset” could possibly be your best asset when it comes to surviving a shoot situation. The biggest take away here is that the best way to survive a violent encounter is to see ways to AVOID a violent encounter in the first

place. Often we can do this through being more acutely aware of our surroundings. “Avoiding a fight is always preferable to winning a fight.”

You will be required to understand how to perform both Rapid and Tactical reloads during the completion of the course. You will also need to know when to do each and why each would be required during a potential violent encounter. This course will also cover the need for understanding how to clear common mechanical problems which could possibly cause your pistol to malfunction. We will purposely set up these stoppages requiring you to perform immediate action procedures to get the pistol cleared and back into action quickly.

Shooters will be exposed to how to safely work with their pistols under some level of stress such as shooting on the move, engaging multiple targets, having to make critical decisions quickly about shoot versus no shoot targets, having to clear gun stoppages and using available cover all while assessing the situation before them.

Other forms of stress will be brought on simply by the self-imposed stress created when you compete against one another for fastest time and most accuracy on a course of fire. We all like to win and pitting a setup of one shooter directly shooting against another shooter at the same time to see who can finish the course with the most accuracy in the quickest time period can really induce quite a bit of stress. There is just something about both racing against the clock and a fellow shooter, at the same time, that gets our juices flowing and our fundamentals crumbling!

Portions of this course will require just one shooter firing at a time, other portions will be two people at a time and some portions will be multiple shooters at the same time. Again, **SAFETY** must be first and foremost in everyone’s mind at all times!

#### **THE BOTTOM LINE: How Stress will Impact our Accuracy**

**When shots are being fired and certainly when shots are being exchanged, Accuracy is typically more important than speed, lets live by that rule. Even while under stress, we must stay in control of your emotions and ability to engage the targets with effective fire. We are talking combat accuracy not pinpoint precision, all rounds in the same hole accuracy. Our targets will have an eight inch thoracic cavity as an aiming point. For our purpose, anything that stays near this eight inch circle will be considered as an accurate shot.**

It is my hope that one of the major takeaways from this class will be a higher level of understanding regarding and recognizing the negative effects of stress. A true realization, acknowledgement and yes, even an acceptance of the facts when it comes to how degraded or deteriorated our shooting skills become when we are put under levels of stress. Even low levels affect our ability to perform as expected but high levels can deeply deteriorate or even destroy our ability to perform even the seemingly, simplest task. Trust me when I say;

Low level stress will DETRACT from your skill level with your firearm

Mid-level stress will DIMINISH from your skill level with your firearm

High levels of stress will most likely, DESTROY your skill level with your firearm

What makes a particular situation a low, medium or high level of stress will vary from one person to another. However, we are all susceptible to having our skill level degraded to some degree, when exposed to stress.

Each person has already been pre-programmed by their life experiences as to what will constitute low, medium or high levels for them. Where and when they begin to have this stress actually effect their skill level will usually be based on just how much or how many stress related events they have experienced in their lives.

How a person reacts under stress will be based largely upon how many of these past stress related events they have been exposed to and how they handled them. However, a person can also become much better at handling stressful situations through proper training without actually having to put their life in jeopardy. This training should be as realistic as possible, while remaining safe, but also serve to produce as much HIGH level stress as possible within this training environment.

In my training experience I have noticed it usually takes between three to four exposures to these high levels of stress to actually begin to handle the stress. After the third time or maybe as many as four for some, I have seen a definite increase in a person's ability to process the overload of sensory input that besieges our brain under stress. Once we learn to actually process the incoming information quickly and accurately our ability to perform under stress increases dramatically.

*JIM-BOB McCARTY*

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