



## NRA Basics of Pistol Shooting – Instructor Led Training Session Course Outline

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### Basics of Pistol Shooting Instructor Led Training Session Course Outline

1. Introduction and Orientation (.25 hours)
  - a. Distribute course material and handouts
  - b. Release of Liability and Firearms Safety Rules Form
  - c. Course Overview
    - i. Course Goal
  - d. Administrative Items
    - i. Restrooms
    - ii. Breaks
    - iii. Electronics, other things
2. Lesson 1: Pistol Knowledge and Safe Gun Handling (1.25 hours)
  - a. Introduction
  - b. Gun Owner's Responsibility
  - c. Why Americans Own Pistols
  - d. Type of Pistol Actions
  - e. Revolver Knowledge
  - f. Semi-automatic Pistol Knowledge
  - g. Operating Revolvers and Semi-automatic Pistols
  - h. Safe Gun Handling
    - i. NRA Rules for Safe Gun Handling
    - i. Safe Pistol Handling Practical Exercises
3. Lesson 2: Ammunition Knowledge and the Fundamentals of Pistol Shooting (1.5 hours)
  - a. Introduction
  - b. Pistol Ammunition
    - i. Components of a Pistol Cartridge
    - ii. Rimfire and Center-fire Cartridges
    - iii. Firing Sequence of a Cartridge
    - iv. Cartridge Designation and Identification
      1. Multiple Names
      2. +P and +P+ Cartridges
    - v. Storing Ammunition
    - vi. Cartridge Malfunctions
      1. Misfire
      2. Hangfire
      3. Squib Load
  - c. Review of Safe Gun Handling Rules



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- d. Dominant Eye
  - i. Dominant Eye Determination Exercise
- e. Position
  - i. Benchrest Position
  - ii. Two-handed Standing Shooting Position
- f. Grip
  - i. Assuming a Grip
  - ii. Grip Practical Exercise
- g. Fundamentals of Pistol Shooting
  - i. Aiming
    - 1. Sight Alignment
    - 2. Sight Picture
  - ii. Breath Control
  - iii. Hold Control
    - 1. Grip
    - 2. Arc of Movement
  - iv. Trigger Control
  - v. Follow-through
- 4. Shooting Positions and Shooting Qualification (3 hours)
  - a. Lesson Introduction
  - b. Range Safety Briefing
    - i. Purpose of Shooting Event
    - ii. Range Layout and Limits
    - iii. Range Safety Rules
    - iv. Hygiene Guidelines
  - c. Dry-fire Exercises
    - i. Benchrest Position
    - ii. High Ready and Low Ready Positions
    - iii. Two-handed Isosceles Shooting Position
  - d. Live-fire Exercises
    - i. Benchrest Position
    - ii. Two-handed Isosceles Shooting Position
    - iii. Qualification
- 5. Scoring Targets, Selecting and Maintaining a Pistol (.5 hour)
  - a. Scoring Targets
  - b. Selecting and Purchasing a Pistol



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- c. Caring for the Pistol
  - i. Cleaning
  - ii. Pistol Repairs
  - iii. Pistol Storage
- 6. Lesson 5: Continued Opportunities for Skill Development (.25 hour)
  - a. Maintaining Skills
  - b. The National Rifle Association
- 7. Closing: Course Review, Written Examination, and Student Course Evaluation (1 hour)



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