



Defensive Focus

NRA BASICS OF PERSONAL PROTECTION IN THE HOME COURSE

COURSE DESCRIPTION

This eight hour course is open to law-abiding adult citizens who have previously completed the NRA Basic Pistol Course (with certificate.) The course of fire requires three (3) hours of range time (with frequent breaks) to learn and demonstrate basic defensive pistol shooting skills.

Material covered in the five hour classroom portion includes:

- The importance of using a pistol responsibly and ethically for personal protection.
- The importance of developing the proper mindset for using a firearm for personal protection and facing a life-threatening encounter.
- Evaluating your state of mental awareness using the four levels of awareness.
- The importance of mental preparation and physical training for a potentially life-threatening confrontation.
- Key provisions of the law pertaining to the purchase, transfer and possession of pistols.
- Key provisions and restrictions within the law pertaining to the use of deadly force.
- The potential criminal and civil legal actions that may be taken against them subsequent to a defensive encounter.
- Strategies and methods to enhance personal safety at home and in the public.
- Strategies for responding to a potentially life-threatening encounter.
- The importance of mentally preparing for the aftermath of a violent confrontation.
- Methods for safely storing a personal protection gun.
- Criteria for selecting a pistol and ammunition suited to your individual self-defense needs.
- Major cartridge designs available for practice and personal protection, and the use, advantages and disadvantages of each type.
- Resources to help students hone, enhance and expand personal protection skills.
- Methods and precautions for dry-fire practice.

Learning objectives from range activities include:

- Fundamentals of defensive marksmanship.
- Defensive accuracy.
- Shooting targets in the center of mass using aimed shots from a two-handed standing position.
- Understanding the differences between cover and concealment and identifying examples of each.
- Shooting targets in the center of mass:

- Using cover and concealment.
- Using a flash sight picture.
- At close range using point shooting.

Range Safety Officers will conduct range safety briefings and assure that students possess required safety equipment and understand firearm safety, range commands and range rules. Instructors will review fundamentals of marksmanship and demonstrate shooting positions in advance of each firing exercise. Students will dry-fire the exercise properly before proceeding to each live-fire exercise.

If time remains, instructors will supervise informal defensive shooting skills practice sessions of ten minutes duration.

ADDITIONAL INFORMATION OR QUESTIONS

Contact Tom Smith at (314) 504-0879 or by email: tom.smith@defensivefocus.com Visit our website at www.DefensiveFocus.com