



Pistol Foundation Intensive Course

Version 1.1



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Summary

Goals

The intensive course provides a complete basic pistol education to the participants. It is focused on safe, simple and effective techniques.

The participants acquire a solid and complete foundation of pistol shooting without gaps or shortcuts.

Why an intensive course?

At the intensive course, as the name implies, the content will be taught in entirety, thoroughly and cost-efficient.

To divide the basic education into several modules has not proven satisfactory. That only works if all participants attend all modules in the correct sequence. In practical civilian life, this is hardly achievable. The result is that many participants miss certain topics, which causes gaps that are never properly closed later on. The intensive course avoids this.

Content

The content covers all topics of the pistol basic skills matrix. The material learned is universally applicable and independent of any subsequent specialization, for example a specific type of shooting sport.

Thanks to a mixture of theory, dry fire sessions, live fire training and objective tests, the course remains entertaining and effective at the same time. Costs and learning success are thus optimized.

The subject matter is covered completely and correctly and consolidated through repetition. Participants learn to understand and apply principles and see the reasons for certain procedures. This enables them to apply the new knowledge and skills later on in real-world situations.

Participants

Participants can be beginners or more experienced shooters.

The course is particularly suitable for shooters who come from static precision shooting, or who have gaps in their skills, or whose basic training dates back quite a while in the past.

Duration

The intensive course lasts 3 days and is completed in one go.

Course Content

Skills

The intensive course teaches the following skills:

- Understand and apply the four universal rules of firearms safety
- Understand and apply the five fundamentals of shooting
- Know the main pistol parts and their function
- Disassemble, assemble and maintain the pistol
- Draw and re-holster
- Ready position, shooting positions standing, kneeling, prone
- Basic manipulations: load, unload, PSC (Personal Safety Check), magazine change, emergency reload
- Precision shooting and hitting 5-15m



- Apply different aiming techniques
- Rapid hits and recoil control
- Simple and extended malfunction clearance
- Draw and fire from the holster
- Rapid target transition
- Shooting and hitting one-handed: right and left
- Shooting and hitting under time pressure
- Optional: shooting and hitting while moving, positions behind barricades and so on (depending on the progress of the group)

Focus

Great emphasis is placed on the complete and correct execution of the techniques. This enables the participants to acquire a solid foundation for further developing their skills later on. Through dry fire, the techniques are first introduced in complete safety and the ammunition costs are optimized. Only when the participants are ready for it, they will move on to live fire.

The techniques are designed for safety, simplicity and effectiveness. Mistakes and inefficient habits are avoided right from the beginning. Practical tests are used to objectively assess learning progress and success. Potential weaknesses can be identified and corrected early on.

Because the course is completed in one go, there are no gaps and no half measures. There is enough time for all topics and for many repetitions.

Additional Topics

The speed of the course and the number of repetitions can be adjusted depending on the previous knowledge and progress of the participants. Additional techniques such as for example shooting while moving and shooting from positions behind barricades can be added accordingly.

Time Plan

Day 1		
Time	Activity	Remarks
13:00	Start course Introduction of the pistol	Theory
14:30	Equipment check Application of the safety rules 5 fundamentals of shooting Basic manipulations	Dry fire
17:00	Break followed by dinner	
19:30	Applications Precision 5-10m	Live fire
21:30	End of day 1	



Day 2		
Time	Activity	Remarks
09:00	Repetitions Magazine change, emergency reload	Dry fire
10:00	Applications Aiming techniques	Live fire
12:00	Lunch break	
14:00	Recoil control Target transition Draw and hit	Live fire
17:00	Practical test: Kick-Start	Live fire
18:00	Maintenance	
19:00	End of day 2 followed by dinner	

Day 3		
Time	Activity	Remarks
09:00	Repetitions Shooting positions kneeling, prone Malfunction clearance	Dry fire
10:00	Applications Act under time pressure Hitting at larger distances	Live fire
12:00	Lunch break	
14:00	Shooting and hitting one-handed Repetitions	Live fire
16:00	Practical test: Skill-Up	Live fire
17:00	Conclusion End of course	

Equipment

Personal Equipment

The following equipment will be used at the course:

Personal Equipment	
Safety	Eye and ear protection (earmuffs preferred)
Pistol	Modern, safe pistol, for example Glock 17, HK SFP9, Walther PDP, S&W M&P9 in 9x19mm caliber
Holster	Safe belt holster
Magazine pouches	2 magazine pouches
Ammunition	Approx. 500 rounds
Cleaning kit	Complete pistol cleaning kit



Clothing	Functional clothing with a robust belt for holster and magazine pouches. No cammo-type or similar clothing.
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Safe and reliable equipment is essential. Unsafe or unsuitable pistols, holsters or clothing may not be used on the course.

We strongly recommend that you seek expert advice before purchasing any pistols or equipment. We are happy to help or we can recommend suitable partners.

Rental

Upon request and prior agreement, pistols, holsters and magazine pouches can be rented.

Other Topics

Personal Consulting

We are happy to provide personal advice on the course suitability and eligibility, procedures or equipment.

Terms and Conditions

The terms and conditions of SwissAAA apply.