

Day 1 (Classroom)

- **Introduction and PowerPoint**
- **Support equipment**
 - Holsters (Duty and concealed carry options and considerations.
 - Lens cleaners
 - Batteries
- **Acquiring the Dot**
 - Two common methods, Method #1: Threat focused, squaring up on target, good hand eyed coordination.
 - Method #2: Using iron sight acquisition to pick up dot, which is slower.
- **Training Considerations**
 - Zeroing at the 15 yard line.
 - User does not have to Co-witness dot to iron sights. (Discussion)
 - Downed Optics
 - Back up iron sights and Alternate aiming techniques (paint pen demo).
 - The use of the top of the optic, sides and rear plate. 1911/ 2011's use firing pin.
- Malfunction clearance
 - Racking the slide
 - Single hand reloads (strong and support hand only)
- Multiple shots – Grip, stance, recovering the dot.
- Multiple Targets – Learning to drive the gun.
- Shooting on the move- Float the dot, shoot the shot.
- Distance shooting – Major advantages (3 moa, adjusting brightness)
- Low light shooting – with and without light.
- Alternate shooting positions – Rollover prone, shooting around vehicles.
- Discuss Qualification shoot, last day of class.

***15 minute break**, students to meet on the range. If student need to mount optic, find instructor and tell them.

Day 1 continued (Range)

- **Dry Fire Drill (NO LIVE AMMO)**
- **Wall drill**, apply correct trigger manipulation and watch for movement of the dot. (5-minute drill.)
- **Parallax drill**, dry firing, place dot in all four corners of optic.
- Mounting optics and zeroing (consider replacing battery and starting fresh)
- Zeroing – Students will break up into pairs, place cardboard with target. Zeroing at the 15-yard line, either off hand or benched, group 1 will fire a 5 round group and evaluate. Make proper adjustments and repeat the process, until all students are hitting within the X ring on the target. Group 2 will switch out and zero the optic.

Walk back drill holdover check

- For the entire drill, students are to aim at the X ring. See where rounds hit at different distances.
- Evaluate targets after each yard line.
- 3,5,7,10,15, and 25-yard lines.
- 5 shots fired at each distance.
- Drill done twice (2X)

Recoil Management, tracking the red dot (instructor demo)

- Stance, extension of arms, grip. (Driving the gun/ rigid isosceles vs “chicken arm”)
- Bring the optic up to eye level, versus “turtling”

Two Hand Draw

- Focus on the initial acquisition and seeing the dot as soon as possible.
- Break down draw stroke. (Instructor demo)
- Two magazines full magazines.
- Draw and fire one round, 10 reps
- Draw and fire two rounds, 10 reps.

Strong Hand Only Draw (demo)

- 3 options, Support hand by side, step in, 15 degree cant.
- Problems seeing the dot, look for the front sight.

Support hand Only Draw

- 3 options reach across, reach behind or pull duty belt.
- Defeat retention devices
- Place firearm between knees, in a safe direction. (Think of people behind you)
- Re-grip
- Problems finding the dot, look for the front sight.

Triple Six drill at the 7, 15, and 25 yard line.

- 6 rounds in the gun, with a reload.

Chase the bullet, holdover drill

- Students will pair up.
- Load magazines to equal capacity.
- Utilize a clean piece of cardboard, using the tan side.
- Shooter 1 will take one shot, anywhere on the target.
- Shooter 2 gets three attempts to hit shooter 1's bullets hole
- After it is hit or failed third attempt takes place, shooter 2 puts up a clean bullet hole.
- First shooter to slide lock is the loser.
- Winning shooter, can compete against other winners.

Downed optics (a roll of tape is needed)

- Tape around the front of optic, user can still dot with both eyes open.
- Tape around optic port, (mud, snow, debris
- - Edge of slide as a reference.
- -Thumbs as a reference
- - Back of slide (paint dot)
- **5 round rounds, with each technique. (group discussion, which ones did you like?)**

Strong and Support hand only reload

- **Strong hand only reload**
- Drop the mag
- Re-holster, slide locked to the rear
- Insert a fresh magazine
- Draw pistol and release slide
 - Two options
 - Rack the slide using the front of the optic.
 - Use the slide release.

Support hand only reload

- Drop the mag with the support hand index finger
- Place the gun between the knees, muzzle down, mag well facing out.
- Insert a load mag, tap/ tug mag
- Re-grip the pistol and release the slide.
 - Option #1: Using the optic, rack it off the belt/ pants to release slide.
 - Option #2: Use the slide release to let the slide go forward.

Last man standing competition

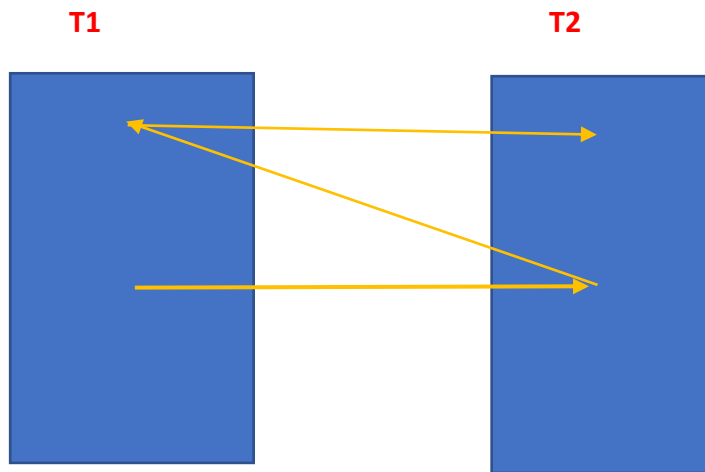
- Drill starts at the 5 yard line, then the 10, 15, 20 and the 25.
- Students start at the 5 yard line and fire 5 shot (**untimed**)
- If all shots are within the designated area, students move on to the next yard line, **if the student misses, they are out.**
- Repeat three times and reload if needed.

Multiple target engagement (Z drill)

- Look first and drive the gun.
- Hit the gas for body shots, apply the breaks for the head shot.
- Two targets set up at the 5 yard line
- From a holstered position the shooter will draw and fire one round to the body of T1, transition to T2, one round to the body, transition back to T1 fire one round to the face, transition to T2 and fire one round to

the face. Transition back to T1, one round to the body, transition to T2
one round to the body, transition T1, one round to the face, transition
back to T2 and fire one round to the face.

- total of 8 rounds



Day Two

Re-torque optics.

Confirm zero (Re-confirm zero after qual with duty ammo)

- **Complete PMO Standards**
- **Multiple Targets**
 - Starting at the 15 yard line.
- **Barricade Shooting**
 - From the 15 yard line.
- **Shooting on the move**
 - Side to side/ forward

Drills

- **Faster drill**
 - Targets set at the 3 ½ yard line, 7 yard line and the 15 yard line.
 - First target 3 rounds, 2nd target 3 rounds, 3rd target 3 rounds. **Reload**
3 rounds at the 15, 3 rounds at the 7 yard line and 3 round on the 3 ½ yard line target.
 - Understanding when to step on the gas and when you need to slow down.
 - Candence, faster up close, slower at the 15.
 - -1 second for missed hit.
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- **Blaze X**
 - Shooter starts in the middle, fires 1 round with two hands. Moves to the left front or back corner, Fires one round with left hand.
 - Return to the middle fire 1 round with 2 hands, move to the right side and fire 1 round with right hand only, return to the middle and fire 1 round with both hands, continue until all four corners have been completed.

Salinas PD PMO Standards

1) High (compressed high ready) or low ready

Task: From high or low ready position **fire** one round.

Condition: Hit must be inside 8 inch circle.

Standard: Shot must be completed within **1.55 seconds**.

2) Draw (two hand)

Task: From a holstered position the shooter will draw and fire one round.

Condition: Hit must be inside the 8 inch circle.

Standard: Shot must be completed within **2.5 seconds**

3) Draw- Strong & Support Hand

Task: From a holstered position the shooter will draw and fire one round, **strong hand only**. Transition and fire one round **support hand only**.

Condition: Hit must be inside the 8 inch circle.

Standard: Two rounds must be completed in **5.00 seconds**.

4) 2-slide lock, reload -2

Shooter will set up gun with 2 rounds.

Task: From a holstered position , shooter will draw and fire **two rounds**.

Slide must lock back; then shooter will reload and fire two additional rounds.

Condition: All 4 hits must be inside the 8 inch target.

Standard: All shots must be completed in **6.25 seconds**

5) 6-slide lock, reload -1

Task: From a holstered position the shooter will draw and fire six rounds. Slide must lock back; then the shooter will reload and fire one additional round.

Condition: All seven hits must be inside the 8 inch circle.

Standard: All shots must be completed within **8.0 seconds**

6) Multiple target engagement (Z drill)

Target set up: Two target will be positioned one yard apart. Shooter will be centered between the two targets at the 5 yard line.

Task: From a holstered position the shooter will draw and fire one round to the body of T1, transition to T2, one round to the body, transition back to T1 fire one round to the face, transition to T2 and fire one round to the face. Transition back to T1, one round to the body, transition to T2 one round to the body, transition T1, one round to the face, transition back to T2 and fire one round to the face.

Body, body, face, face, body, body, face, face

Condition: All hits must be within the 8 inch circle (body), 4 inch (face)

Standard: All shots must be completed within **9.50 seconds + 1.**