

SDPD AR-15 CERTIFICATION CLASS SHOOTING PORTION

This is a rough outline for the shooting portion of the 2 day AR-15 certification class. This is merely a guide to give you a logical training flow. This outline is meant to cover all the shooting skill sets of the qualification. You as instructors have the leeway to modify or add to portions of the training based on the skill levels and progress of your officers.

Reminder for all instructors: During most of your courses of fire have them “Patrol Ready” their rifles just to hammer in proper patrol ready throughout the day.

Day 1-

- From the 50 yard line, zero red dot optics then zero back up sights. (Bull’s eye targets).

As a suggestion, allow your officers to use the barricades and chairs during the zero process.

Change targets to qual target, Demo and discuss:

- Proper stance, athletic/aggressive stance on your target.
 - Cover natural point of aim.
 - How to hold the rifle, not over gripping or pulling too hard on the forend.
 - Proper placement of the stock in the shoulder or pushing toward center line/spine.
 - Discuss snapping the rifle up and allowing the red dot/sights to settle.
 - Bringing the rifle to your eyes not your eyes to your rifle.
 - Cover controlling the safety selector at all times/proper thumb position.
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- From the 50 yard line have your officers shoot 2 rounds on the whistle, 10 reps then check targets. Then go back to the 50 yard line and have them shoot 2 rounds in 5 seconds, 10 reps then check targets.
 - If your officers are having issues at 50, use shot timer and shoot one shooter at a time. Purpose is to see if they are using the time to be accurate or if they are rushing their shots.

Place **fresh targets** up and have your officers move to the 25 yard line.

- Discuss the fact they are now $\frac{1}{2}$ the distance closer to the target.
- Discuss placing the red dot high in the “A-zone” at the 25 yard line vs. center mass from the 50, which is where their rifles are zero’d.

- From the 25 yard line have your officers fire 2 rounds in 3 seconds, 10 reps then check targets.
- Address any issues of low hits or follow up shots pushing left or right.
- Again have your officers fire 2 rounds in 3 seconds, 10 reps then check targets.

Have your officer's move up to the 5 yard line and have shoot the "off-set" drill on the target circle.

- Once they have fired and have seen where their shots went then discuss "off set."
- After explaining "off-set" have them re-shoot the circle. If they are still shooting low have them pick up the shot until they develop the proper "off-set"
- Move the 10 yard line and shoot the same drill, then to the 15 yard line.

Lunch Break – 1hr
Be Fully Loaded upon return.

Return from Lunch

Using fresh Qual Targets, Begin at the 50 yard line. Remind and reinforce good time management and precision shooting in the upper third A zone.

- Re-affirm patrol ready. Once all Shooters get into the proper patrol ready position. Chamber up. Shoot 5 reps of 2 rnds. Check hits. Repeat and check until hits overall are satisfactory.

Advance to the 25 yard line. Remind offset and reduced time, indicating standards at this range are A zone hits. C zone at qual time standards are not good enough.

- 5 reps pf 2 rounds in 3 seconds. Check and repeat until all shooters are in time and at least mostly A zone hits. Remind shooters to not chase dot for “better accuracy” but to trust dot with wide open vision and target clarity. If the dot is “there” send the shot.

Fresh qual targets. Have group gather at the 10 yard line and demonstrate aggressive “gun fighting/athletic” stances that will allow faster and more dominant shooting.

- Stock placement, stance, grip...demonstrate each aspect and how it will give the shooter faster follow up sight pictures and solid support to shoot shots 2,3, or 7 at a high and consistent rate of speed without shots walking off of target. Live fire demonstration by instructor as desired to reinforce lecture.
- Line up shooters on 10 yard line. Set up 2 shot groups untimed to coach shooters stance and gauge recoil management.
- Move up to 3 shot strings. Goal is to work group down to under 2 seconds on turners.
- Work down the line with each shooter on the timer and see how fast we can get three rounds on the shot timer.
- Return to turning targets, and do 3-5 reps of 3 rounds in 2 seconds for qual standards.

Advance to the 5 yard line. Drill is 3 rounds in 1 second on turners.

- 5 reps. If group struggles, remind 1 dot for 3 shots. Harden stances and repeat.
- Use shot timer to see if class can get 3 rounds under a true second. Call fastest times for review on day two.

New Targets-Class gather at 10 yardline. Discuss Transitions

- Lecture with a demo rifle the purpose of Transitioning. Highlight speed in gunfights and time out of the fight if attempting a rifle reload at close range. Talk about pistol primacy in law enforcement. Talk about not only running empty, but also malfunctions, dead triggers, and any reason rifle is 10-7. Talk about 25 yards and in being mandatory transition ranges, but if they are comfortable, even beyond 25 yards is acceptable and faster to go to the pistol.
- Demo a proper transition with an empty rifle, discussing each step and movement for the shooters. Mention where they can minimize down time and multi-tasking. Clearly show the ease and import of getting that safety, while allowing for missed safeties and telling them they do not need to “go back for it”.
- Demonstrate a slow live fire transition. Then demonstrate a live fire full speed transition. Keep full speed demo clean, free of mistakes, and reasonably paced to get the drill done in time but not so fast as to push students beyond their first stage skills.
- Shooters set up 2 rounds in the rifle, perform untimed transition drills while instructor calls out steps. Keep class together for first 3 reps. Than allow students to go at their pace while still calling out the steps for the greater class.
- Work through 5 timed-reps starting with 8 seconds and work down to 4 seconds. Finish with 3 reps at qual standards and times, reminding them to ensure solid pistol hits.

Leave shot targets up. Malfunctions

- Discuss Rifle Malfunctions and when it would be desired to fix rifle rather than transition. Discuss sounds and feelings of malfunctions versus empty mags. Highlight buffer tube sounds and charging handle slack. Ensure push pull and not a smack to the magazine during the clearing technique.
- Demonstrate Type 1 malfunctions.
- Load up students with 1 rounds magazines. Do 5 reps of type one malfunctions.
- Demonstrate Type 3 malfunctions and clearing them, long way only.
- Set up students with type 3 malfunctions and work through 3-5 reps as a class with the instructor calling out the steps.
- Have class attempt to clear type 3 on their own and work with those that are struggling. 2-4 more reps.

Break Class for the day. Direct them to load magazines for following day but do NOT clean their weapon or change their gear. Rest and hydration. Give exact start time for day two.

DAY 2 BASIC RIFLE

Begin class with an intro, small talk, ask about injuries. Line up shooters with empty rifles. Lube bolts and charging handles with a brief lecture on how guns will be combat effective for thousands of rounds as long as they stay lubed. Remind Patrol Ready. Ask for Questions from the class. Load up pistol mags, load rifle mags but have them leave one magazine unloaded and have 10 loose rounds in their pockets.

- Demonstrate Type 1 malfunctions.
- Load up students with 1 rounds magazines. Do 5 reps of type one malfunctions.
- Demonstrate Type 3 malfunctions and clearing them, long way only.
- Have an instructor conduct a live fire Type 3 malfunction for demo purpose. Conduct the first demo at a slow pace while talking out loud through the steps. Demo
- Set up students with type 3 malfunctions and work through 3 reps as a class with the instructor calling out the steps.
- Have class attempt to clear type 3 on their own and work with those that are struggling. 2-4 more reps.

Move to the 50 yard line. Start with Patrol ready. Ensure whole class can perform this without error. Unload and repeat as many times as necessary. Once Patrol ready performed, let rifles hang and load up pistols with training ammo. Remind class about transitions on dead rifles.

- 2 rounds in 5 secs. 5 reps. Check targets. Discuss shot patterns and dot chasing with group if necessary. Repeat 5 more reps to confirm. Check hits. Repeat until group feels solid. New Targets.

25 yardline. Unload and repeat patrol ready if desired. Remind goal is 100% A zone hits from the 25.

- 2 rounds in 3 seconds. 10 reps. Check hits. Watch assessments. If class is coming off target too fast, be prepared to flip targets back for 1 or 2 seconds and catch shooters off-guard. Repeat as needed until group holds good assessment periods.

Same Target. 10 Yardline- Discuss strong aggressive stances. Fast dots for quick shooting. Remind thumb resting on safety always to ensure it isn't missed at high speed.

- 3 rounds in 2 seconds. 5-8 reps.
- Using a pro-timer, put each shooter on the clock for 3 rounds. Goal is sub 1.25 seconds with solid hits. Sub 1 second outstanding. Make it push for fastest in class.

Same Target: 5 yard line- Really drive home aggressive combat stance and shooting platform. 1 dot for 3 rounds.

- 3 rounds in 1 second. 4-8 reps.

New targets. Give 15 minutes and mag-reload break. Leave one magazine loaded with two rounds only.

10 yardline- Transitions

- Work 5 reps at qual time and speed. Check all pistol hits to ensure accuracy. Reinforce the speed of the rifle and transition to ensure plenty of time for smooth accurate pistol hits. Mention to shooters to listen and feel the rifle run out of ammo and be aware of what it is telling the shooter as it operates.
- Have shooters set up a 2-4 rounds mag and trade with the shooter next to them (shooters 1&2, 3&4, 5&6, etc.). Without looking into the mag, have shooters load and chamber up. Keep times at 6 seconds. Run drill. Affirm hard stances to get shooters to be able to run any amount of rounds without grip and stance breaking down.
- Have shooters set up borrowed magazine with 3-6 rounds and return the mag to its owner. Immediately load up and chamber and repeat drill.
- Repeat mag trading drill at the 15 yardline, the 20 yardline, and the 25 yardline. Finish with 2-3 reps at qual standards from the 10 yardline.

Malfunctions- 30 yardline. Review the steps and demo with and empty rifle.

- Type 1 drills. 3-5 reps. Evaluate class on good push-pull and aggressive racking. Assess and repeat if needed.
- Type 3- Call major steps as class works at their own pace. Call out first and last times of clearance for the class to know what they are working with. Repeat drill and call steps again until it looks like most of the class is getting it.
- Run 2-4 reps of clearance without any assistance until 100% success.

- NOTE___ if class shows solid understanding and is able to perform both clearances unassisted at this point, you may consider the last rep their TEST and pass the class on malfunction clearing.

15 minute break- instruct class to think about what they want to work on. Let them know we can work on any part or the whole.