

**ELK GROVE POLICE DEPARTMENT
2008 AOT FIREARMS COURSE 2**

COURSE OUTLINE

I. Introduction

- A. Introduction
 - 1. Administration / Registration
 - 2. Orientation
 - 3. Course Overview

- B. Department Policy
 - 1. Use of Force
 - a. Legal, Moral, Ethical issues
 - b. Graham v. Conner
 - c. Tenn. v. Garner
 - 2. Discharge of Firearms

II. Technique Review

- A. Purpose
 - 1. To review and reinforce fundamental weapons handling skills and techniques regarding:
 - a. Shooting Fundamentals
 - b. 5 Count Presentation
 - 2. Shooters will receive lecture review on these techniques followed by a warm-up shooting drill to work on the techniques

- B. Shooting Fundamentals
 - 1. Shooting Fundamentals consist of
 - a. Marksmanship
 - b. Shooting Platform
 - c. Fire & Follow Through
 - d. Scan and Assess
 - 2. Instructors will review the following fundamentals with the students as well as demonstrating the technique.
 - a. Shooting Platform
 - 1. Stance
 - a. Weaver stance (& Isosceles), stable platform,
 - b. Balanced body
 - c. Feet shoulder width apart
 - d. Dominate arm with slight bend at elbow, or locked out

- e. Non-dominant arm will have a lot bend at elbow due to bladed stance. Non-dominant elbow should be pointed toward ground.
2. Grip
- a. Firm two handed grip, push-pull between hands
 - b. 360 degree Isometric tension for maximum coverage of pistol grip for firm stable hold
 - c. Fingers overlapping
 - d. Firmness in wrist
 - e. Firm overall grip but not squeezing
3. Slight Alignment
- a. Front sight is centered vertically and horizontally between the rear sights
 - b. Focus on the front sight
4. Sight Picture
- a. Placement of the Sight Alignment on the target where you want the round to impact
 - b. Flash sight picture is the rapid placement of the front sight (sight alignment) on the threat where you want the rounds to impact.
5. Trigger Control
- a. Proper placement of the pad of the trigger finger on the trigger.
 - b. Slow, steady squeeze or press back of the trigger.
 - c. After Sear break and weapon fires,
 - 1. Follow through on the shot by keeping the weapon and front on target.
 - d. Only bring the trigger forward until the Sear resets
 - 1. Feel and hear the click that indicated the sear mechanism has reset. This means the trigger system is ready to fire again. Any further release of the trigger only adds slack that when taken out imparts unnecessary movement in your trigger control.
6. Fire and Follow Through
- a. Keeping the weapon on the threat after firing

- b. Follow the threats movement down and stay on target until it is determined the threat no longer presents an immediate danger.
- c. Finger should still be on the trigger and shooter should be prepared to fire again if necessary.

7. Scan and Assess

- a. After the threat has been neutralized
- b. Scan and assess the surrounding area for any other danger before holstering.
- c. The shooter must first have the trigger finger straight. The weapon may still be in single action during the Scan and Assess but the trigger finger must be straight and out of the trigger guard.
- d. The weapon should be at a Combat Ready position when scanning. This allows the shooter a better field of view while scanning.
 - 1. The weapon should be slightly lowered from the Ready position but not lowered to a full Low Ready.
- e. After Scanning and Assessing, de-cock the weapon before holstering.

C. 5 Count Presentation

- 1. The purpose of the 5 Count Presentation is to quickly, effectively and efficiently bring the weapon from the holster onto to the threat through economy of motion.
- 2. The 5 Count Presentation includes returning the weapon to the holster.
- 3. Instructors will review the following technique with the students as well as demonstrating it.
 - a. Count 1
 - 1. Establish firm grip on the weapon with dominant hand
 - 2. Unsnap holster retention devices
 - 3. Support (Non-dominant) against the plain of the body out of the way from weapon
 - b. Count 2
 - 1. Draw weapon straight up and out of holster
 - 2. Until the muzzle clears the holster
 - c. Count 3
 - 1. As soon as the muzzle clears the holster
 - 2. Rotate the weapon toward the threat
 - 3. Forearm is parallel to ground

4. Trigger finger is straight
 5. (Rounds can be delivered from this position to address a threat if necessary).
- d. Count 4
1. Bring the weapon forward
 2. As the weapon breaks the plane of the body
 3. Have the non-dominant hand come from behind and establish a two handed grip
- e. Count 5
1. Bring the weapon on target and establish sight alignment and sight picture.
- D. Warm – Up Drill.....50 rounds
1. Shooters will start with a fully loaded handgun and magazines. Shooters will be responsible for keeping their weapon loaded with enough rounds to complete each string of fire.
 2. If a shooter shoots the weapon dry and has to conduct an Emergency Reload during the string of fire, it will not count as an alibi if they fail to complete the string of fire in the allotted time.
 3. Shooters need to think about utilizing Tactical Reloads in between shooting strings in order to avoid shooting dry.
 4. Course of Fire
 - a. **Stage 1**
 1. 3 yard line
 2. On command:
 - a. Shooters will draw and fire 5 rounds **strong hand unsupported** in 6 seconds.
 - b. After shooters conduct their follow through & scan and assess of the background, they will de-cock & holster their weapon.
 3. On command:
 - a. Shooters will draw and fire 5 rounds **strong hand supported** in 6 seconds.
 - b. After shooters conduct their follow through & scan and assess of the background, they will de-cock & holster their weapon.
 - b. **Stage 2**
 1. 5 yard line
 2. On command:
 - a. Shooters will draw and fire 5 rounds **strong hand unsupported** in 6 seconds.
 - b. After shooters conduct their follow through & scan and assess of the background, they will de-cock & holster their weapon.

3. On command:
 - a. Shooters will draw and fire 5 rounds **strong hand supported** in 6 seconds.
 - b. After shooters conduct their follow through & scan and assess of the background, they will de-cock & holster their weapon.
- c. **Stage 3**
 1. 7 yard line
 2. On command:
 - a. Shooters will draw and fire 5 rounds **strong hand supported** in 6 seconds.
 - b. After shooters conduct their follow through & scan and assess of the background, they will de-cock & holster their weapon.
- d. **Stage 4**
 1. 10 yard line
 2. On command:
 - a. Shooters will draw and fire 5 rounds **strong hand supported** in 10 seconds.
 - b. After shooters conduct their follow through & scan and assess of the background, they will de-cock & holster their weapon.
- e. **Stage 5**
 1. 15 yard line
 2. On command: (Standing position)
 - a. Shooters will draw and fire 5 rounds **strong hand supported** in 10 seconds.
 - b. After shooters conduct their follow through & scan and assess of the background, they will de-cock & remain at the low ready.
 3. On command: (Kneeling position)
 - a. Shooters will fire 5 rounds **strong hand supported** in 10 seconds.
 - b. After shooters conduct their follow through & scan and assess of the background, they will de-cock, stand THEN holster their weapon.
- f. **Stage 6**
 1. 25 yard line
 2. On command: (Standing position)
 - a. Shooters will draw and fire 5 rounds **strong hand supported** in 20 seconds.

- b. After shooters conduct their follow through & scan and assess of the background, they will de-cock & remain at the low ready.
- 3. On command: (Kneeling position)
 - a. Shooters will fire 5 rounds **strong hand supported** in 20 seconds.
 - b. After shooters conduct their follow through & scan and assess of the background, they will de-cock, stand THEN holster their weapon. **End of course.**

III. CQB Drills

- A. Purpose
 - 1. These drills are designed to teach officers how to deliver defensive fire within extreme close quarters.
 - 2. The techniques teach how to move out of the line of fire and gain distance from the threat. The techniques include;
 - a. Shuffle Steps
 - 1. Forward,
 - 2. Rearward,
 - 3. Lateral
 - b. Speed Rock Drill
 - c. Combined Drill
- B. Shuffle Steps
 - 1. Instructor demonstrated foot movement in each direction
 - a. No crisscrossing
 - b. Maintaining stable shooting platform during movement
 - 2. Range Drill #1
 - a. 3 yard line
 - b. At the Low Ready
 - c. Instructor will call out direction & fire commands
 - 1. "Forward", "backward", "left" or "right" – "fire"
 - 2. No Shoot training element
 - a. If a direction is given and no "fire" command is attached, shooters should only move.
 - d. Shooter will take 1 shuffle step in each direction called
 - e. Then fire 1 round on target
 - 3. Range Drill #2
 - a. 3 yard line
 - b. At the Low Ready
 - c. Instructor will call out direction & fire commands
 - 1. "Forward", "backward", "left" or "right" – "fire"
 - 2. No Shoot training element
 - a. If a direction is given and no "fire" command is attached, shooters should only move.
 - d. Shooter will take 2 shuffle steps in each direction called
 - e. Then fire 2 rounds on target

- C. Speed Rock
 - 1. Instructor demonstrates technique
 - a. Drawing
 - b. Firing position
 - c. Placement of non-dominant hand
 - 2. Range Drill
 - a. 1 yard line, arms length from the target
 - b. On command
 - 1. Shooter will step left or right, simultaneously
 - 2. Drawing and fire 3 rounds on target (Strong hand only)
 - 3. 3 repetitions
- D. Combined Drill
 - 1. The following drill combines the Speed Rock with Shuffle Steps into one continuous movement.
 - 2. Range Drill #1
 - a. 1 yard line, arms length from the target
 - b. On command
 - 1. Shooters will step left or right, simultaneously
 - 2. Drawing and fire 3 rounds on target (Strong hand only)
 - 3. Then take 1 step back to gain distance from the threat
 - 4. At the same time, shooter establishes a stronger stance
 - 5. Two Handed grip on weapon, while maintaining weapon on target
 - c. 3 repetitions
 - 3. Range Drill #2
 - a. 1 yard line, arms length from the target
 - b. On command
 - 1. Shooters will step left or right, simultaneously
 - 2. Drawing and fire 3 rounds on target (Strong hand only)
 - 3. Then take 1 step back to gain distance from the threat
 - 4. At the same time shooter establishes a stronger stance
 - 5. Two Handed grip on weapon, while maintaining weapon on target
 - c. Instructor will give additional threat commands
 - 1. Shooter fires 2 rounds and takes another step back
 - 2. While maintaining weapon on target
 - d. 3 repetitions

IV. Stationary Turns

- A. Purpose
 - 1. Stationary Turns teach the shooter how to turn in any direction to face a threat. By using pivoting techniques the shooter can turn and establish their shooting platform in order to deliver effective fire.
- B. Technique
 - 1. Instructor demo's each turning movement first covering key points

- a. Turning the head to look in the direction you're traveling first, before executing the turning movement.
- b. Foot movement
 - 1. Depending on the direction, which leg is moving and which leg is the pivoting point.
- c. Proper weapons handling
 - 1. Pistol remains holstered during the turning movement.
 - 2. After re-establishing the shooting platform, does the shooter draw.
- 2. Sequence of Turns, for training
 - a. Face right, turn left
 - b. Face left, turn right
 - c. Face about, turn to left
 - d. Face about, turn to right
- C. Range Drill
 - 1. Shooters at the 7 yard line
 - 2. Same drill for each Stationary Turn
 - 3. No Fire Drill
 - a. Practice each turn 2 times
 - b. No shooting during this portion
 - 4. Live Fire Drill
 - a. 4 repetitions

1 st Rep.	1 round center mass
2 nd Rep.	2 rounds center mass
3 rd Rep.	1 rounds to the head
4 th Rep.	Mozambique Drill

V. Supine Shooting

- A. Purpose
 - 1. To give officers the tactical ability to deliver effective fire toward a threat from the position of lying on their back.
 - 2. To get up and gain a stable shooting platform
- B. Technique
 - 1. Starting position
 - a. Shooter is lying flat on their back feet toward the target
 - b. Legs are straight
 - c. Weapon is holstered
 - 2. Count 1
 - a. Shooter rolls over to their non-dominant side
 - b. Legs are straight
 - c. Grip the weapon with their dominant hand
 - d. Release the holster retention device(s)

3. Count 2
 - a. Draw the weapon out of the holster and
 - b. Point it straight toward the target
 - c. (Rounds can be delivered from this position)
4. Count 3
 - a. (Keeping weapon pointed at the target)
 - b. Shooter rolls back onto their backside
 - c. Legs are straight
 - d. While rolling onto their back, gain a two-handed grip on the weapon
 - e. (Rounds can be delivered from the position)
3. Count 4
 - a. Keeping the weapon down range and pointed at the target
 - b. Shooter sits up
 - c. (Rounds can be delivered from this position)
4. Count 5
 - a. Keeping the weapon down range and pointed at the target
 - b. Shooter gets onto their knees
5. Count 6
 - a. Keeping the weapon down range and pointed at the target
 - b. Shooter moves to a standing position
 - c. (Rounds can be delivered from this position)
6. Once the shooter is on their feet they can react to the situation accordingly i.e.,
 - a. Movement
 - b. Gain position of cover
 - c. Cover down on suspect, etc.

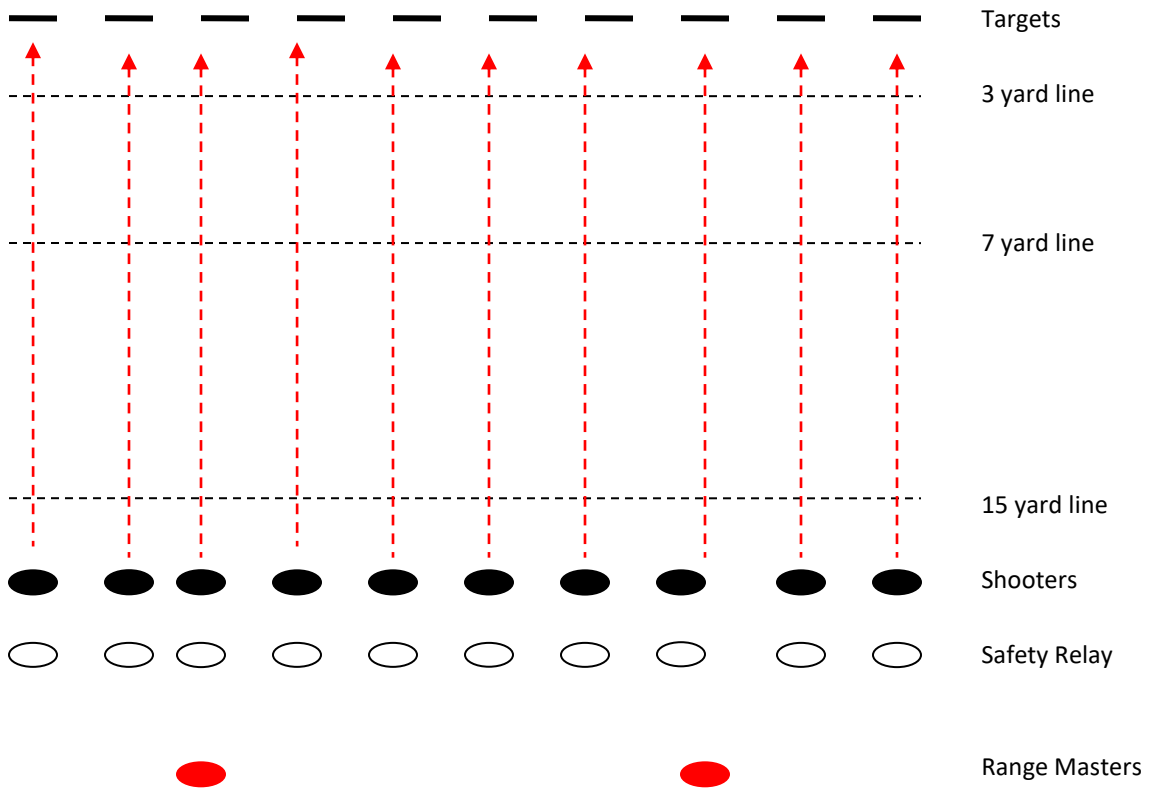
- C. Range Drill.....5 yard line
1. For range safety, have shooters positioned between the 3 and 5 yard line
 2. Feet at the 3 and head at the 5 yard line
 3. All shots to be body shots
 4. Instructors will demonstrate the technique by the numbers dry fire
 5. Instructors will demonstrate live fire
 6. Class dry fire, by the numbers
 - a. Ensure all weapons are unloaded for dry drill
 - b. Shooters will practice Supine Shooting technique
 - c. Dry fire and by the numbers (6 counts)
 - d. 2 repetitions
 7. Class Live Fire, by the numbers
 - a. Class will fire 1 round on target at each count where rounds can be delivered
 - b. 3 repetitions

VI. Forward Movement

- A. Purpose
 - 1. The purpose of this block of instruction is to develop the shooter's skill in the body mechanics used to keep weapon on target while;
 - a. Delivering effective fire to a threat,
 - b. Covering down on a threat while conducting a tactical approach.
 - 2. This block will also cover forward movement involving
 - a. Foot pursuit drill
- B. Technique
 - 1. Tactical (Duck, Groucho) walk,
 - a. Muscle control of entire body to minimize movement of weapon muzzle (reducing bounce).
 - 2. Heel-Toe foot movement
 - a. Keeps stable foot platform on ground
 - b. Allows shooters to feel ground obstacles while in motion
- C. Range Drill: Basic Movement.....15-3 yard line
 - 1. See diagram for range drill
 - 2. Range drill safety set up
 - a. Break class into 2 relays,
 - 1. Shooting relay
 - 2. Non Shooting relay aka Safety relay
 - b. Non shooting relay walks behind shooting relay (arms length away)
 - 1. To help keep firing line dressed and
 - 2. To ensure shooters has an individual safety officer
 - 3. Shooters start on the 15 yard line with loaded weapon and magazines
 - a. On command;
 - 1. Shooters will move forward, weapon out at a Combat Ready
 - 2. Fire commands will be given at (roughly) the
 - 10 yard line
 - 7 yard line
 - 5 yard line
 - 3 yard line
 - 3. 2 rounds will be fired on each command
 - b. Drills will include malfunctions & reloads
 - c. Multiple repetitions

- D. Range Drill: Foot Pursuit25-3 yard line
1. Purpose of this drill is to teach the shooter how to transition techniques under stress.
 - a. The drill scenario simulates the officer transitioning from running after a fleeing suspect who suddenly turns and becomes an armed and combative suspect threatening great bodily injury &/or death.
 - b. The drill will have the officer go from running to drawing and engaging a threat while on the move.
 1. Drill includes shooting on the move and defensive movements
 2. Drill set up
 - a. One shooter at a time with a 1:1 student/ instructor ratio
 - b. 3 targets will be down range, individually marked
 - c. Shooter will be staged at the 25 yard line, weapon holstered
 - d. Drill will be done at about 50% speed
 - e. On command;
 1. Shooter will start running toward the 3 targets
 2. While in pursuit, the instructor will call out one of the targets,
 - a. This will indicate which target is the threat
 - b. This causes the shooter to process new information and rapidly react to a threat by identifying the called target and addressing it.
 3. Upon identifying the target
 - a. The shooter will draw and fire while using defensive movement techniques
 - b. Maintain shooting on the move until "Cease Fire" is given.

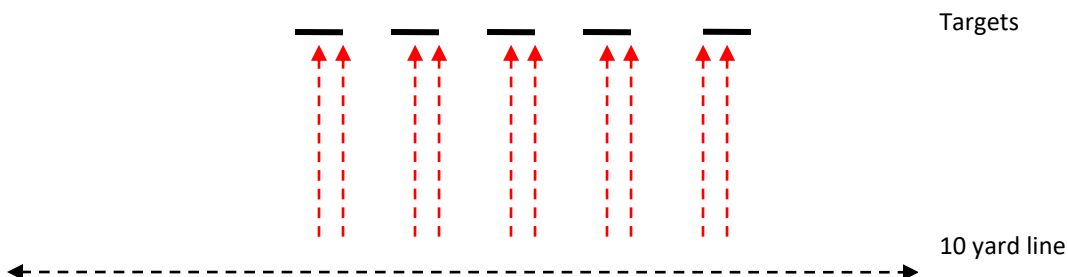
Diagram: Forward Movement



VII. Lateral Movement

- A. Purpose
 - 1. Teach the shooter techniques for moving across distances laterally and being able to deliver effective fire. These techniques involve movement across the range both right to left and left to right.
- B. Body Mechanics
 - 1. Body faces the direction of movement
 - a. No side stepping, crisscrossing, or sliding
 - b. Same body movement regardless of direction
 - 2. Strong side away from target area
 - a. Dominant hand supported grip on pistol
 - 3. Strong side facing target area
 - a. Option 1
 - 1. Dominant hand unsupported and extended
 - b. Option 2
 - 1. Non-dominant hand supported grip on pistol
- C. Range Drill.....10 yard line
 - 1. See diagram for range drill
 - 2. Shooters will conduct drills for all three techniques
 - a. Strong side supported
 - b. Strong side unsupported
 - c. Weak side supported
 - d. 2 repetitions for each technique
 - 3. Right to Left & Left to Right on the range
 - a. Starting at one end of the range will;
 - 1. On command;
 - a. Move laterally to the other end of the range
 - b. While in transit the shooter engages targets, 2 rounds per target.
 - b. Drills will include malfunctions and reloads while on the move.

Diagram: Lateral Movement



VIII. Shotgun Refresher

- A. Purpose
 - 1. Provide refresher training regarding the basic handling and deployment of the shotgun.
 - 2. Training topics include;
 - a. Sight alignment/ picture with the bead sights
 - b. Proper shooting stance with the shotgun
 - c. Shotgun loading techniques
 - 1. Duty, deficit, combat/ tactical, unloading
 - d. Transitions
 - 1. Shotgun to handgun
 - a. Stoppage: empty or mechanical malfunction
 - b. Tactical advantage
 - 1. Safety switch
 - 3. Range Drill
 - a. Shooter will start at the 12 yard line with;
 - 1. Empty shotgun & 12 shotgun rds in a support side pocket
 - b. At the 15 yard line;
 - 1. Shooter will Duty load 4 rounds into the shotgun
 - 2. On command;
 - a. Shooter will fire: 2 rds standing, 2 rds kneeling
 - c. Immediately combat load 4 rounds
 - c. On command;
 - 1. Shooter move to the 10 yard line
 - 2. On "Threat": fire 2 rds while on the move to the 10 yard line
 - 3. Immediately deficit load 2 rounds
 - d. At the 10 yard line
 - 1. Shooters will fire 2 rds, no additional loading at this stage
 - 3. On command move to the 7 yard line
 - e. At the 7 yard line
 - 1. On command;
 - a. Shooters will fire 4 rds total
 - 1. 2 rds shotgun (empty)
 - 2. Transition to handgun and fire 2 rds (pistol)
 - b. Once "All clear", combat load 2 rds in the shotgun
 - f. On command;
 - 1. Shooters will tactically walk to the 3 yard line
 - 2. While enroute, determine range too close for shotgun and transition to handgun (shotgun safety ON).
 - 3. Once at the 3 yard line
 - a. Fire 2 rds. To the head
 - b. Decock and holster
 - g. Unload remaining 2 rds from the shotgun.