



## Why Should I Learn How to Shoot?

The first time that you ever fire a gun should not be the first time that you NEED to fire a gun. We learn CPR, not because we believe that people will, G-d forbid, drop dead next to us, but because it is a good and responsible thing to know. Sadly, the world is such, that firearms are a reality and we are acting in a responsible manner to learn how to use them.

Like many things in this world, people may experience fear when thinking about guns. Certainly we have been spoon-fed negative images of guns – equating them only with evil. However, firearms are tools just like any other, with a potentially positive function and a time for that function to be put to use. The more we know how to properly handle them, the less dangerous they appear and the less we need to fear them. Certainly our situation as Jews in Israel warrants knowledge of how to fire a gun, as does our history as Jews worldwide. When we become properly trained in shooting skills, we reduce our risk of firearm related accidents, and violent attacks against our families and ourselves.



## FIREARMS SAFETY CHECK

Accidents that occur with firearms are due to a lax attitude, negligence, and a lack of proper training and safety etiquette. It is imperative that you fully understand the workings of these important tools and that you are disciplined in your habits of safe handling. You must NEVER point a firearm in the direction of any living creature, especially a person (including yourself), unless you intend to kill him. This is true, even when you believe or *know* that your weapon is empty of ammunition.





When you pick up or put down a firearm, you must *always* perform a proper FIREARMS SAFETY CHECK (FSC). For a pistol, this check is conducted in 4 separate stages.

1. Insert finger into the **magazine well** insuring that the magazine has been removed from the weapon. (It is not enough to simply *look* into the magazine well. You must be able to rely on the FSC even in cases of extreme exhaustion where you incorporate as many of your 5 senses as possible in order to reduce risk to the highest degree possible.)



Magazine Well

2. Pull back slide and release quickly. (This will eject any round that may still be chambered.)
3. Pull back slide and visually check the **3 sensitive areas**. (Perform this visual check in order to further ascertain that even in the event that the mechanism of the weapon did not properly function and eject the round in "2" above, the weapon is empty of ammunition.)

\*The 3 sensitive areas are:

- Chamber



Front of Weapon



- Face of the Bolt



- Ejection Port



Front of Weapon



4. Aim the firearm in a safe direction and (while looking through the sights) pull the trigger. (If you had somehow made a mistake from step 1 – 3 and the weapon fired, you would not injure any person or property because the weapon was pointed in a safe direction.)

\*Safe Direction means that there is a solid backdrop, which, in the event that a bullet was fired from the weapon, it would, without a doubt, stop against that backdrop.

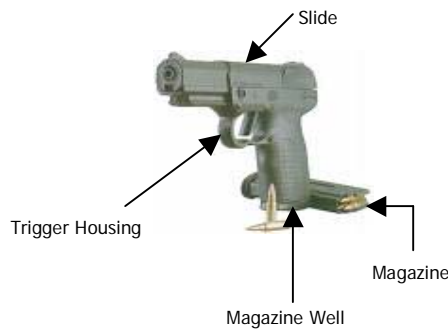


# Pistol Shooting

## Israeli Method

The Israeli tactical methods of warfare have been acquired and honed through years of combat mission experience. The Israeli Special Forces are regarded as some of the most expert soldiers in the world and due to their history of conflict, their skills of warfare have become scientific; every motion exact and precise.

To the untrained eye, the pistol appears less intimidating than the rifle. However, a handgun requires a much higher level of control and precision and therefore, only elite Israeli forces are trained in this weapon. The techniques for a shooter to acquire and effectively neutralize a target were devised from the understanding that **speed** and **accuracy** keep you alive.



Before learning the proper method of drawing and shooting a pistol, you must first learn how to hold the pistol correctly (Explanation is for a right handed shooter).



1. Place the grip of the pistol into the palm of the right hand (1a.) and squeeze it with the 3 lower fingers wrapped around the right side (pinky, ring finger, and middle finger) while the thumb squeezes down hard on the left side (1b). Lay the trigger finger straight against the **trigger housing**, making certain never to touch the trigger or even enter the housing until you are ready to fire (1c).



2. The left hand is placed over the right hand, 4 fingers covering the 3 fingers of the right hand (2a). The fingertips of the left hand come to rest upon the large knuckles of the right hand (2b). The left thumb bends down upon and squeezes the right thumb (2c). (Notice that both thumbs are on the *same* side of the weapon. This is VERY important because if anything is obstructing the free motion of the **slide**, the shooter can be seriously injured. Your grip should be *very* tight, increasing stability of the weapon when fired, and therefore increasing accuracy.)



## Body Position

The technique for properly pulling and shooting your pistol is broken into 4 basic steps (explanation is for a right handed shooter). The starting position is a regular stance, pistol in its holster on the right hip.



a.

1. Step out with the left foot (so that your feet are shoulder width apart) and slightly bend your knees (lowering your center of gravity). At the same time, raise your left hand to your chin and pull your pistol with your right hand, bringing it up to meet your left hand. (Notice: The left hand is turned so the palm faces your face; the pistol is inverted so that the left side of the pistol faces the ground (not entirely upside-down) and the slide is gripped by the thumb and forefinger of the left hand.)



c.



d.





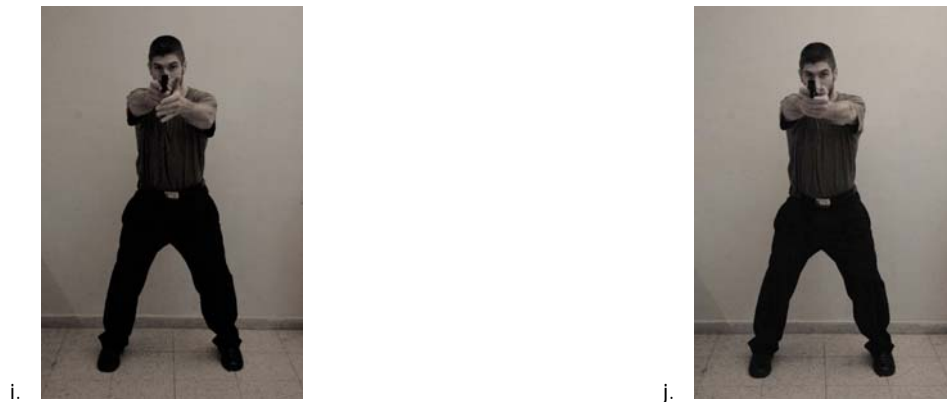
2. While gripping the slide tightly with the left hand, push the pistol forward aggressively, straightening the right arm toward the target, twisting the weapon in the air in a *screw shaped motion*\*. (Notice: Rather than *pulling back* the slide in order to chamber a round, it is more effective to *push* the weapon *forward* while gripping the slide with the left hand and keeping the left hand static.)



*\*Screw Shaped Motion:* When you point your finger at an object, you are pointing directly at that object, or *aiming* at the object. If you let your pistol take the place of your finger, the pointing motion (screw shaped motion) becomes your aim. This allows you to keep both eyes open, acquiring your target quickly, and increasing your peripheral vision so that you see any other targets that may appear. Therefore, the act of chambering a round doubles as the method of aiming (i.e. target acquisition).



3. As the right arm comes to rest with the pistol aimed at the target (the pistol has been straightened from its inverted position), the left hand comes out to meet it, thus completing the proper grip (explained above).





When the arms are both straightened (the elbows are locked and hands are gripped as hard as possible), the shoulders should be pulled *back* to their maximum potential. (Note: The shoulders have a 360° range of motion. When in shooting position, you should pull your shoulders *back* as hard as possible in order to further stabilize your body during shooting.)

Incorrect Position



Correct Position



4. Place the trigger finger (of the right hand) into the trigger housing, resting the center of the first **section** on the trigger (The finger is split into 3 sections with a knuckle defining each new section. Place the padded part of the 1<sup>st</sup> section, or center of your fingerprint onto the trigger.) Squeeze the trigger without moving any other part of the hand.



## FROM A DIFFERENT POINT OF VIEW

