



# FIRST STEP PISTOL (NRA)

## COURSE OVERVIEW

FIRST stands for "Firearm Instruction, Responsibility, and Safety Training" a program the National Rifle Association (NRA) developed to meet the need for a firearms orientation program for new gun purchasers. The FIRST Steps Program is a basic course condensed to the most fundamental shooting skills and specific particular model of pistol.

Students will get the NRA's *The Basics of Pistol Shooting Handbook* along with practical lessons on safe and storage of their pistol. Approximately two hours of this course will be in the classroom and one on the range.

This course is ideal for those completely new to firearms and for anyone who is interested in learning shooting sports.

## COURSE GOAL

To teach the basic knowledge, skills, and attitude needed for safely owning and using a pistol.

## LESSONS

- Safe Gun Handling
- Pistol Knowledge
- Ammunition
- Fundamentals of Pistol Shooting
- Firing the First Shots
- One-handed and Two-handed Shooting Positions
- Pistol Sports & Activities
- Live Fire Exercises (*under the careful eye of a NRA Certified Instructor*)

## PREREQUISITES

There are no prerequisites for this course – open to beginners.

## COURSE COMPLETION

Students will receive instruction during the live-fire exercise and will receive a course certificate upon completion of the lessons. Students will receive a "Basic Practical" rocker upon successful demonstration of a qualifying "group".

## WHAT YOU NEED TO BRING

- Handgun (If you need one it can be rented at the range)
- Ammunition – 50 rounds
- Eye and Ear Protection