



NRA

BASICS OF PISTOL SHOOTING

Performance Requirements Checklist

Phase II: Performance Requirements Checklist

A. INFORMATION

Student copy

Instructor copy

STUDENT INFORMATION					
Last Name		First Name		Date	
Street Address				Apartment/Unit #	
City		State		ZIP	
Phone		Work Phone			
E-mail Address					

SIGNATURE					
Date Started		Date Completed			
Certification Earned	Level 1: Red <input type="checkbox"/> Level 2: White <input type="checkbox"/> Level 3: Blue <input type="checkbox"/> Instructor <input type="checkbox"/>				
Student Signature		NRA No.		Date	
Instructor Signature		NRA No.		Date	

B. CHECKLIST

In order to receive certifications, instructors must witness students performing the following requirements for each exercise and add a signature or initial to each line. It is up to the instructor's discretion on the total number of attempts and the number of successful attempts required to meet requirements.

Note: Exercise requirements may vary based on availability of materials, class size, and available locations. Add non-applicable (N/A) in place of the signature for activities that are not required for certification.

EXERCISE I: SAFETY				
Requirement	Notes	Date	Instructor Signature	Student Signature
GUN HANDLING SAFETY				
1. Independent handling exercise				
a. Student kept gun unloaded until ready to use it.				
b. Student kept gun pointed in a safe direction.				
c. Student kept finger off the trigger until ready to shoot.				



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EXERCISE I: SAFETY

Requirement	Notes	Date	Instructor Signature	Student Signature
2. Pistol exchanging exercise				
a. Student kept gun unloaded until ready to use it.				
b. Student kept gun pointed in a safe direction.				
c. Student kept finger off the trigger until ready to shoot.				

EXERCISE II: FUNDAMENTALS

Requirement	Notes	Date	Instructor Signature	Student Signature
EYE DOMINANCE				
Student determined eye dominance. <input type="radio"/> Right <input type="radio"/> Non-Dominant <input type="radio"/> Left				
TWO-HANDED GRIP				
1. Student assumed the proper two-handed grip:				
a. With a semi-automatic				
a. With a revolver				
2. Student followed safety rules throughout the exercise:				
a. Student kept gun unloaded until ready to use it.				
b. Student kept gun pointed in a safe direction.				
c. Student kept finger off the trigger until ready to shoot.				
FIVE FUNDAMENTALS OF PISTOL SHOOTING				
1. Student demonstrated the five fundamentals of pistol shooting:				
a. Aiming				
b. Breath control				
c. Hold control				
d. Trigger control				
e. Follow through				



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EXERCISE II: FUNDAMENTALS

Requirement	Notes	Date	Instructor Signature	Student Signature
2. Student followed safety rules throughout the exercise:				
a. Student kept gun unloaded until ready to use it.				
b. Student kept gun pointed in a safe direction.				
c. Student kept finger off the trigger until ready to shoot.				

EXERCISE III: LOADING, COCKING, DE-COCKING, UNLOADING, AND PISTOL MAINTENANCE

Requirement	Notes	Date	Instructor Signature	Student Signature
1. Student properly loaded, cocked, de-cocked, and unloaded:				
a. A single-action revolver				
b. A double-action revolver				
c. A semi-automatic pistol				
2. Student followed safety rules throughout the exercise:				
a. Student kept gun unloaded until ready to use it.				
b. Student kept gun pointed in a safe direction.				
c. Student kept finger off the trigger until ready to shoot.				
2. Student can safely clean a pistol.				
a. Inspect.				
b. Oil.				
c. Clean.				

EXERCISE IV: SHOOTING POSITIONS AND SHOOTING QUALIFICATION

Requirement	Notes	Date	Instructor Signature	Student Signature
1. Student demonstrated the five learning steps to shoot from the:				
a. Benchrest position				
a. Isosceles position				



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EXERCISE IV: SHOOTING POSITIONS AND SHOOTING QUALIFICATION

Requirement	Notes	Date	Instructor Signature	Student Signature
2. Student demonstrated how to safely clean a pistol.				
a. Inspect				
b. Oil				
c. Clean.				
3. Student followed safety rules throughout the exercise:				
a. Student kept gun unloaded until ready to use it.				
b. Student kept gun pointed in a safe direction.				
c. Student kept finger off the trigger until ready to shoot.				
4. Shooting qualification:				
<p>After completion of Exercise IV, add the completion date and your signature to the first page of this Performance Requirements Checklist.</p> <p>Students are now ready to complete the shooting qualification. Print the targets provided. Students must earn a minimum of Level 1: Red level certification to pass the course and receive certification.</p>				