

## Appendix N — Training Check-List

This check-list can be used either as a “stand-alone” reference for live-fire or dry-fire exercises or in conjunction with **Mike Hughes** training program included in this book. It is not necessary to use every check point in this list, but the list is valuable as both a training reminder and importantly, as a record to previous training points.

ABBREVIATIONS: **2+1** – Two shots to center mass, one shot to the head; **LF** – Live Fire; **CCW** – Concealed Carry Weapon; **Call** – Specify which target (color, shape, number);

### FIREARM FUNDAMENTALS *Training Checklist*

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Name		Date		
Address		Appt Day	Date	Time
City	ZIP	Phone Home		
Email		Phone Work		
Second Participate		Third Participate		
Fourth Participate		Fifth Participate		
Sixth Participate		Seventh Participate		
Eighth Participate		Ninth Participate		
Tenth Participate		Eleventh Participate		
<b>TYPE OF TRAINING:</b>				
<input type="checkbox"/> Basic <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced <input type="checkbox"/> CCW <input type="checkbox"/> Live Fire Range <input type="checkbox"/> Home <input type="checkbox"/> Business <input type="checkbox"/> Cleaning <input type="checkbox"/> Other				
Training Notes				
<b>TRAINING ITEMS:</b>				
<input type="checkbox"/> Book + <input type="checkbox"/> NSSF Brochures <input type="checkbox"/> LF Pistol <input type="checkbox"/> SIRT <input type="checkbox"/> Mags <input type="checkbox"/> Belt <input type="checkbox"/> Holster <input type="checkbox"/> Mag Pouch <input type="checkbox"/> Targets <input type="checkbox"/> Ammo <input type="checkbox"/> Eyes <input type="checkbox"/> Ears <input type="checkbox"/> Timer <input type="checkbox"/> Laptop <input type="checkbox"/> Flashlight <input type="checkbox"/> Other				
Item Notes				

## Review and Q&A Each Training Conclusion

### Introduction

- Student experience / background
- Course description and training goals
- Firearm Safety
- Laser Safety
- Clear any firearm
- Types of Firearms
- Advantages / concerns of each
- Malfunctions of each
- Dominant eye
- Sight alignment
- Sight picture
- Stance, review
- Grip, review
- Trigger press
- Trigger reset
- Draw positions: #1, #2, #3, #4, SUL
- Ready practice area, position targets
- Practice Two Hand, stance
- Practice Two Hand, grip
- Practice Two Hand, aiming
- Practice Two Hand, trigger press
- Practice Two Hand, shooting targets (any)
- Practice call shots (color, shape number)
- Practice Two Hand, presenting and holster
- Present, Two Hand, (1 shot, any target) clear L/R, holster
- Present, Two Hand, call (1 shot) clear L/R, holster
- Present, Two Hand, call (2 shots) clear L/R, holster
- Present, call (3 shots) clear L/R, holster
- Other: \_\_\_\_\_

**Defense I**

- Present, Two Hand, aim (1 shot, any target) clear L/R, holster
- Present Two Hand, aim, call (1 shot) clear L/R, holster
- Present Two Hand, aim, call (2 shots) clear L/R, holster
- Present Two Hand, aim, call (3 shots) clear L/R, holster
- Present Two Hand, aim, (2+1 shots) clear L/R, holster
  
- Present Two Hand, point (1 shot, any target) clear L/R, holster
- Present Two Hand, point, call (1 shot) clear L/R, holster
- Present Two Hand, point, call (2 shots) clear L/R, holster
- Present Two Hand, point, call (3 shots) clear L/R, holster
- Present Two Hand, point, (2+1 shots) clear L/R, holster
  
- Present, Strong Hand, aim (1 shot, any target) clear L/R, holster
- Present Strong Hand, aim, call (1 shot) clear L/R, holster
- Present Strong Hand, aim, call (2 shots) clear L/R, holster
- Present Strong Hand, aim, call (3 shots) clear L/R, holster
- Present Strong Hand, aim, (2+1 shots) clear L/R, holster
  
- Present Strong Hand, point (1 shot, any target) clear L/R, holster
- Present Strong Hand, point, call (1 shot) clear L/R, holster
- Present Strong Hand, point, call (2 shots) clear L/R, holster
- Present Strong Hand, point, call (3 shots) clear L/R, holster
- Present Strong Hand, point, (2+1 shots) clear L/R, holster
  
- Present, Weak Hand, aim (1 shot, any target) clear L/R, holster
- Present Weak Hand, aim, call (1 shot) clear L/R, holster
- Present Weak Hand, aim, call (2 shots) clear L/R, holster
- Present Weak Hand, aim, call (3 shots) clear L/R, holster
- Present Weak Hand, aim, (2+1 shots) clear L/R, holster
  
- Present Weak Hand, point (1 shot, any target) clear L/R, holster
- Present Weak Hand, point, call (1 shot) clear L/R, holster
- Present Weak Hand, point, call (2 shots) clear L/R, holster

- Present Weak Hand, point, call (3 shots) clear L/R, holster
- Present Weak Hand, point, (2+1 shots) clear L/R, holster
- Present, Two Hand, side step L 90° (1 shot) clear L/R, holster
- Present, Two Hand, side step R 90° (1 shot) clear L/R, holster
- Present, Two Hand, side step R 45° (1 shot) clear L/R, holster
- Present, Two Hand, side step L 45° (1 shot) clear L/R, holster
- Other: \_\_\_\_\_

**Defense II**

- Present, X step 10 O'clock, call (1 shot) clear L/R, holster
- Present, X step 2 O'clock, call (1 shot) clear L/R, holster
- Present, X step 4 O'clock, call (1 shot) clear L/R, holster
- Present, X step 8 O'clock, call (1 shot) clear L/R, holster
- Present, call clock, call shot (1 shot) clear L/R, holster
- Present, move, kneel, call (1 shot) clear L/R, holster
  
- Discus and illustrate local "Kill Zone"
- Present, seek cover, call shot (1 shot) clear L/R, holster
- Present, seek conceal, call shot (1 shot) clear L/R, holster
- Present, call shot, tactical reload (3+3) clear L/R, holster
- Unconventional/Urban prone, call shot (3 shots)
  
- Present, call shot, flashlight, FBI (1 shot) clear L/R, holster
- Present, call shot, flashlight, neck-index (1 shot) clear L/R, holster
- Present, call shot, flashlight, Harries (1 shot) clear L/R, holster
- Present, call shot, flashlight, Surefire (1 shot) clear L/R, holster
- Present, call shot, flashlight, Chapman (1 shot) clear L/R, holster
- Present, call shot, flashlight, Ayoob (1 shot) clear L/R, holster
- Present, call shot, flashlight, FBI temp-on (1 shot) clear L/R, holster
- Present, call shot, no flashlight (1 shot) clear L/R, holster
- Other: \_\_\_\_\_