



Pistol Skills Checklist

Member's name: _____

Mastering these Pistol skills will provide a solid foundation upon which the member may build. To achieve success in the 4-H Shooting Sports project the skills listed below will help 4-H volunteers know what to teach and 4-H members to know what they need to learn. Have your instructor initial and date each skill as completed. Each level may take more than one year to complete. **Complete at least 5 new activities each year.**

<u>Level 1</u>	Date Completed	Approved By
1. List the 10 basic pistol safety rules.	_____	_____
2. Identify the basic parts of the pistol.	_____	_____
3. Identify the function or purpose for each part of the pistol.	_____	_____
4. Identify the five types of pistol actions.	_____	_____
5. Describe the different types of sights.	_____	_____
6. Demonstrate two methods to determine your eye dominance	_____	_____
7. Demonstrate and practice sight alignment.	_____	_____
8. Explain how to maintain trigger control.	_____	_____
9. Name types of eye/ear protection and the merits of each.	_____	_____
10. List and demonstrate proper range etiquette.	_____	_____
11. Demonstrate the basic range commands.	_____	_____
12. Describe and demonstrate the following firing positions:		
• Supported position at the bench	_____	_____
• Two-handed standing position	_____	_____
• Thumb-lock grip	_____	_____
• Palm-rest grip	_____	_____
13. Demonstrate and practice basic shooting procedure (dry firing).	_____	_____
14. Describe and demonstrate proper loading and live firing.	_____	_____
15. Demonstrate and practice live firing from supported (bench) position. ...	_____	_____

Level 2 – Complete Level 1 before proceeding to Level 2

	Date Completed	Approved By
1. Describe the difference between sight alignment and sight picture.....	_____	_____
2. Shoot for groups at the bench rest position.	_____	_____
3. Explain and use triangulation	_____	_____
4. Demonstrate how to adjust sights.	_____	_____

(continued on next page)

Level 2 (cont'd)	Date Completed	Approved By
5. Learn how to troubleshoot (coach) shooting technique.	_____	_____
6. Demonstrate how to score targets.	_____	_____
7. Demonstrate proper position and practice live firing from a standing position.	_____	_____
8. Act as a range officer at a club practice session (under authorized leader supervision).	_____	_____
9. Demonstrate how to care for, clean, and maintain a pistol	_____	_____
10. Demonstrate proper off-season storage and/or transportation of a pistol.	_____	_____
11. Evaluate your home for safe firearms and ammunition storage.	_____	_____
12. Trace the history of one particular pistol and write a report.	_____	_____
13. Attend a gun show.	_____	_____

Level 3 – <i>Complete Level 2 before proceeding to Level 3</i>	Date Completed	Approved By
1. Make a pellet trap or target holder.	_____	_____
2. Plan and organize a county-level 4-H Shooting Sports activity.	_____	_____
3. Participate in a fund raising activity for your club or county 4-H Shooting Sports program.	_____	_____
4. Learn types of pistols:		
• Single/double action.	_____	_____
• Revolver/semi-auto/bolt-action/break-action/muzzleloading	_____	_____
5. Learn types of ammunition:		
• Air/rim-fire/center-fire.	_____	_____
• Caliber/components (case, primer, powder, bullet)	_____	_____
6. Teach other shooters how to determine their eye dominance.	_____	_____
7. Assist other shooters with triangulation exercise.	_____	_____
8. Achieve consistent and precise shooting technique.	_____	_____
9. Participate in at least one shooting competition (as competitor or helper).	_____	_____
10. Serve as pistol teen leader for at least one year.	_____	_____
11. Under the supervision of your 4-H Shooting Sports leader, act as range officer at an organized shoot.	_____	_____
12. Construct a shooting bench.	_____	_____
13. Visit a shooting range.	_____	_____
14. Learn rules and regulations for handguns.	_____	_____
15. Do a report on current events related to handguns OR submit an article to the local media about your 4-H Shooting Sports program.	_____	_____

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