

# Basic Personal Protection in the Home



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## Description

Unlike the other basic courses, the Personal Protection course covers defensive shooting. Self-defense is a topic somewhat distinct from the regular diet of shooting fundamentals, it can cover mindset, legal issues, decision-making under pressure, and planning for the worst. The Basic Personal Protection in the Home course is designed around the use of the defensive pistol.

Although the course can be completed as quickly as eight hours, the amount of information presented, and the probability of intensive question and answer sessions on the included topics, makes it likely that the course will take longer.

Students will receive the NRA's [\*Guide to the Basics of Personal Protection in the Home\*](#) handbook and intensive lessons on basics of defensive shooting, issues of self-defense, and other strategies for protecting the home and family.

## Course Goal

“To develop in the students the basic knowledge, skills, and attitude essential to the safe and efficient use of a handgun for protection of self and family, and to provide information on the law-abiding citizen's right to self-defense.”

— [NRA Basic Personal Protection in the Home Course Lesson Plans](#)

## Lessons

1. Introduction to Defensive Shooting
2. Basic Defensive Handgun Skills
3. Firearms and the Law: Possession, Ownership, and the Use of Deadly Force
4. Strategies for Home Safety and Responding to a Violent Confrontation
5. Selecting a Handgun for Personal Defense
6. Sport Shooting Activities and Training Opportunities
7. Course Review and Examination

# Basic Personal Protection in the Home

## Bring to the Course

Students are required to bring the following supplies with them to class. These are all basic necessities every shooter needs to have in his or her possession, both for your safety while shooting, as well as for maintaining and storing your firearm. Notebook with stiff backing for taking notes.

- A Good Learning Attitude
- Pencils or Pens
- Paper
- Handgun: Recommend bringing the pistol you would use for personal/concealed carry. Caliber must be equal to or over .38 special. If you do not have a firearm of your own, you must coordinate with the lead instructor prior to the course day – Single Action Revolvers are NOT ALLOWED for this course.
- Magazines / Speedloaders: Recommend a minimum of two or three magazines if the handgun is a semiautomatic and two or three speedloaders if the handgun is a revolver.
- Ammunition: If the range does not require shooters to use its ammunition, you will be required to bring ammunition to match the pistol you are bringing. Recommend a minimum of 150 rounds. Must be factory ammo – NO RELOADS.
- Hearing Protection
- Eye Protection
- No V-neck shirts are allowed for either male or female participants
- Optional:
  - Shooting gloves
  - Knee pads
  - Backup handgun with matching ammunition and extra magazines

## Prerequisites

Participants in the Personal Protection course should be experienced shooters, showing mastery of the basic skills of safe gun handling. If necessary, this course will put participants through a pre-course evaluation exercise, where potential students are asked to demonstrate safe gun handling, shoot a series of five-shot groups, discuss the operations necessary to zero a pistol, and demonstrate how to properly clean a handgun.

Participants are expected to show validation of shooting experience by showing an [NRA Basic Pistol Course](#) certificate, an [NRA Marksmanship Qualification Program](#) certificate, a Pistol qualification card, a [DD 214 card](#) with pistol qualification, or a Concealed Carry Permit.

Finally, the Personal Protection course is intended for mature law-abiding adults, who have the mindset and seriousness necessary to properly perform the activities in the course. It is much more than just a routine shooting course. It is important that participants have sufficient maturity and life experiences to be able to assess various situations and make mature decisions. Self-defense is not a topic that lends itself to horseplay and distractions.

# Basic Personal Protection in the Home

## **Course Completion**

Students will be given feedback on their shooting exercises, and a certificate upon successful completion of the lessons. Not only are shooting standards fired during the practical exercises, but a written exam will be given at the end of the course. Throughout the course the instructor will use a individual checklist for each student to ensure the coverage of course material, and satisfactory absorption of the material being taught.

## Basic Personal Protection Outside the Home



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### Description

The course is divided into two levels. *Level One* is nine hours and offers the essential knowledge and skills that must be mastered in order to carry, store, and use a firearm safely and effectively for personal protection outside the home. Students spend several hours on the range and shoot approximately 100 rounds of ammunition during level one. Upon completion, students may choose to attend *Level Two*, which is an additional five hours on the range and approximately 115 rounds of ammunition learning advanced shooting skills. Time and ammunition requirements are minimum, and may be exceeded. Students will receive the NRA Guide to the Basics Of Personal Protection Outside The Home handbook, NRA Gun Safety Rules brochure and appropriate (level one/level two) course completion certificates(s).

Lesson III — Firearms and the Law, and Legal Aspects of Self-Defense — of the Personal Protection Outside The Home course is conducted by an attorney licensed to practice law within the state in which this course is given and who is familiar with this area of the law; a Law Enforcement Officer (LEO) who possesses an intermediate or higher Peace Officer Standards and Training (POST) certificate granted within the state' or an individual currently certified to instruct in this area of the law by the state in which this course is presented. NRA certified instructors may conduct this lesson only if they meet the requirements stated above, and then only in their capacity as an attorney or other state certified individual, not in their capacity as an NRA certified instructor. Students will receive the NRA [\*Guide to the Basics of Personal Protection Outside the Home\*](#) handbook and intensive lessons on basics of defensive shooting, issues of self-defense, and other strategies for protecting the home and family.

# Basic Personal Protection Outside the Home

## Course Goal

“This course teaches students the knowledge, skills and attitude essential for avoiding dangerous confrontations and for the safe, effective and responsible use of a concealed pistol for self-defense outside the home.”

— [NRA Basic Personal Protection Outside the Home Course Lesson Plans](#)

## Lessons

1. Introduction to Concealed Carry Safety and the Defensive Mindset
2. Introduction to Self Defense and Concealed Carry
3. Legal Aspects of Concealed Carry and Self-Defense
4. Carry Modes and Concealment
5. Presenting the Handgun from Concealment
6. Presentation, Position and Movement
7. Sport Shooting Activities and Training Opportunities
8. Course Review and Examination
9. Special Shooting Techniques

## Bring to the Course

Students are required to bring the following supplies with them to class. These are all basic necessities every shooter needs to have in his or her possession, both for your safety while shooting, as well as for maintaining and storing your firearm.

- A Good Learning Attitude
- Pencils or Pens
- Paper or Notebook with stiff backing for taking notes.
- Handgun: Recommend bringing the pistol you would use for personal/concealed carry. Caliber must be equal to or over .38 special. If you do not have a firearm of your own, you must coordinate with the lead instructor prior to the course day – Single Action Revolvers are NOT ALLOWED for this course.
- Ammunition: If the range does not require shooters to use its ammunition, you will be required to bring ammunition to match the pistol you are bringing. Recommend a minimum of 200 rounds, 400 rounds if completing both Level One and Two. Must be factory ammo – NO RELOADS.
- Magazines: Recommend a minimum of two or three if pistol is a semiautomatic.

## Basic Personal Protection Outside the Home

- Holster: One that attaches on the belt, outside the waistband. (Concealed carry holsters are not allowed in this class. The same principles apply, but all participants might not have their concealed carry permit, so student comfort and knowledge may vary. With that in mind, we require a normal holster of any type that can be worn on the same side as the students strong shooting hand.)
- Clothing: This course is going to have a significant amount of time devoted to drawing from the holster, so the student's dress attire must make this possible. No dresses or skirts are allowed during the second half of this exercise. Pants are preferred, but shorts are OK as long as the student can wear a belt and holster. Recommend strong, stiff belt to assist with drawing. An outside garment, such as a coat, sweat shirt, etc. is required. No V-neck shirts for either male or female.
- Hearing Protection
- Eye Protection
- Optional:
  - Shooting gloves
  - Knee pads
  - Backup handgun with matching ammunition and extra magazines

### Prerequisites

This course is for adult individuals who are not disqualified from possessing a firearm as defined by applicable federal, state or local law and are of good repute and possess defensive pistol skills presented in the NRA Basics Of Personal Protection In The Home Course. Participants must also understand the basic legal concepts relating to the use of firearms in self-defense, and must know and observe not only general gun safety rules but also those safety principles that are specific to defensive situations.

Participants in the Personal Protection course should be experienced shooters, showing mastery of the basic skills of safe gun handling. If necessary, this course will put participants through a pre-course evaluation exercise, where potential students are asked to demonstrate safe gun handling, shoot a series of five-shot groups, discuss the operations necessary to zero a pistol, and demonstrate how to properly clean a handgun.

Participants can demonstrate that they have the requisite knowledge, skills and attitudes by producing an NRA Basic Personal Protection In The Home Course Certificate (which required [NRA Basic Pistol Course](#) certificate, an [NRA Marksmanship Qualification Program](#) certificate, a Pistol qualification card, a [DD 214](#) with pistol qualification, or a Concealed Carry Permit.), or by passing the pre-course evaluation.

Finally, the Personal Protection course is intended for mature law-abiding adults, who have the mindset and seriousness necessary to properly perform the activities in the course. It is much more than just a routine shooting course. It is important that participants have sufficient maturity and life experiences to be able to assess various situations and make mature decisions. Self-defense is not a topic that lends itself to horseplay and distractions.

# Basic Personal Protection Outside the Home

## **Course Completion**

Students will be given feedback on their shooting exercises, and a certificate upon successful completion of the lessons. Not only are shooting standards fired during the practical exercises, but a written exam will be given at the end of the course. Throughout the course the instructor will use a individual checklist for each student to ensure the coverage of course material, and satisfactory absorption of the material being taught.