**Lesson plan**

**LESSON ONE: DEVELOPING A PERSONAL PROTECTION PLAN**

» Why is Conflict Avoidance so Important?

» Situational Awareness

» The Color Codes of Awareness

» Observing our Environments

» More on Conflict Avoidance

» Planning for Home Defense

» Mental Exercises

**LESSON TWO: SELF­DEFENSE FIREARM BASICS**

» Four Universal Safety Rules

» Properly Clearing Semi­Automatics and Revolvers

» Additional Safety Considerations

» Double Action versus Single Action

» Revolver and Semi­Automatic Examples

» Other Considerations

» Ammunition Malfunctions

» An Introduction to Home Defense Shotguns, and the AR­15 Platform

» Tasers and Pepper Spray

**LESSON THREE: SHOOTING FUNDAMENTALS**

» Muscle Memory

» Proper Grip

» Stance: Body and Arm Positions

» Point Shooting

» Sight Shooting

» Flash Sight Picture

» Trigger Control

**LESSON FOUR: THE LEGAL USE OF FORCE**

» Legal Definitions of Reasonable Force and Deadly Force

» Understanding the Use of Force Continuum

» The Legal Use of Deadly Force

» Defense in the Home

» Defending Property

» State Laws

**LESSON FIVE: VIOLENT ENCOUNTERS & THEIR AFTERMATH**

» Understanding Fight or Flight

» The Physiological Reactions Associated with Extreme Stress

» When We’re Left with No Other Choice

» When the Right to use Deadly Force Ends

» The Immediate Aftermath

» Dealing with the Police

LESSON SIX: GEAR AND GADGETS

» Explaining Holster Retention

» Types of Holsters

» Other Gear Including Belts, Lights and Lasers

**LESSON SEVEN: BASIC AND ADVANCED SKILLS**

» Properly and Safely Conducting Dry Fire Exercises

» Self­Led and Instructor­Led Range Exercises from Beginner to Expert

LESSON Eight: Range Management and Live Fire

» Managing a safe and efficient range.

» Dry Fire Drills

» Live Fire Exercise

Mobile app

<https://www.usconcealedcarry.com/resources/mobile-app/>

USCCA links

<https://www.usconcealedcarry.com/blog/basic-carry-laws-virginia/>

<https://www.usconcealedcarry.com/resources/ccw_reciprocity_map/>

<https://www.usconcealedcarry.com/resources/ccw_reciprocity_map/va-gun-laws/>

<https://www.usconcealedcarry.com/resources/ccw_reciprocity_map/md-gun-laws/>

<https://www.usconcealedcarry.com/resources/ccw_reciprocity_map/dc-gun-laws/>

<https://www.usconcealedcarry.com/blog/>

You Tube

<https://www.youtube.com/c/usccatraining>

<https://www.youtube.com/watch?v=Kl-iDAZddEM&list=PLFJTW6YkjgiTascffdKzfUO1Adl2g8RZQ>

Books that I have

[https://www.amazon.com/Concealed-Carry-Defense-Fundamentals-USCCA/dp/1467561444/ref=sr\_1\_2?crid=1OQMSSM869461&keywords=carry+concealed+books&qid=1670264139&sprefix=carry+concealed+books%2Caps%2C94&sr=8-2](https://www.amazon.com/Concealed-Carry-Defense-Fundamentals-USCCA/dp/1467561444/ref%3Dsr_1_2?crid=1OQMSSM869461&keywords=carry+concealed+books&qid=1670264139&sprefix=carry+concealed+books%2Caps%2C94&sr=8-2)

[https://www.amazon.com/Gun-Digest-Book-Concealed-Carry-ebook/dp/B07TVL3H5F/ref=sr\_1\_7?crid=1OQMSSM869461&keywords=carry+concealed+books&qid=1670264232&sprefix=carry+concealed+books%2Caps%2C94&sr=8-7](https://www.amazon.com/Gun-Digest-Book-Concealed-Carry-ebook/dp/B07TVL3H5F/ref%3Dsr_1_7?crid=1OQMSSM869461&keywords=carry+concealed+books&qid=1670264232&sprefix=carry+concealed+books%2Caps%2C94&sr=8-7)

[https://www.amazon.com/Concealed-Carry-Bible-audiobook/dp/B0789CW6NX/ref=sr\_1\_9?crid=1OQMSSM869461&keywords=carry+concealed+books&qid=1670264232&sprefix=carry+concealed+books%2Caps%2C94&sr=8-9](https://www.amazon.com/Concealed-Carry-Bible-audiobook/dp/B0789CW6NX/ref%3Dsr_1_9?crid=1OQMSSM869461&keywords=carry+concealed+books&qid=1670264232&sprefix=carry+concealed+books%2Caps%2C94&sr=8-9)

[https://www.amazon.com/Travelers-Guide-Firearm-Fifty-States/dp/0578318911/ref=sr\_1\_33?crid=1OQMSSM869461&keywords=carry+concealed+books&qid=1670264347&sprefix=carry+concealed+books%2Caps%2C94&sr=8-33](https://www.amazon.com/Travelers-Guide-Firearm-Fifty-States/dp/0578318911/ref%3Dsr_1_33?crid=1OQMSSM869461&keywords=carry+concealed+books&qid=1670264347&sprefix=carry+concealed+books%2Caps%2C94&sr=8-33)

[https://www.amazon.com/Law-Self-Defense-Indispensable-Citizen/dp/1943809143/ref=sr\_1\_42?crid=1OQMSSM869461&keywords=carry+concealed+books&qid=1670264373&sprefix=carry+concealed+books%2Caps%2C94&sr=8-42](https://www.amazon.com/Law-Self-Defense-Indispensable-Citizen/dp/1943809143/ref%3Dsr_1_42?crid=1OQMSSM869461&keywords=carry+concealed+books&qid=1670264373&sprefix=carry+concealed+books%2Caps%2C94&sr=8-42)

Gear Holster, snap caps, laser, etc

<https://www.crossbreedholsters.com/sale.html>

<https://www.amazon.com/s?k=snap+caps&crid=1Q02MBR1T10P8&sprefix=snap+caps+%2Caps%2C69&ref=nb_sb_noss_2>

<https://www.amazon.com/s?k=gun+laser+trainer&crid=3PWZSAL7D49UY&sprefix=gun+laser%2Caps%2C69&ref=nb_sb_ss_ts-doa-p_10_9>

<https://www.amazon.com/s?k=range+targets&crid=U4FPXZO957UC&sprefix=range+targets%2Caps%2C66&ref=nb_sb_noss_1>

CCW permits County Information

<https://www.pwcva.gov/department/circuit-court/concealed-handgun-permit>

<https://www.fairfaxcounty.gov/circuit/civil-case-information/concealed-handgun-permit>

<https://www.loudoun.gov/954/Concealed-Handgun-Permit>

<https://www.fauquiercounty.gov/government/departments-a-g/circuit-court-clerk/concealed-handgun-permits>

Travel

<https://www.tsa.gov/travel/transporting-firearms-and-ammunition>

<https://everydaycarryconcealed.com/concealed-carry-test-questions-answers/>

Dryfire

<https://www.pewpewtactical.com/dry-fire-guide-training-home/>

<https://www.pewpewtactical.com/wp-content/uploads/2018/07/Pistol-Rifle-Targets-Pew-Pew-Tactical.pdf>

<https://www.youtube.com/watch?v=B2MDtZlSgLw>