



**PROACTIVE
TRAINING**
ACADEMY

AT BEST DEFENSE ARMORY & RANGE

2025

651.464.7251 

training@bdarmoryandrange.com 

www.bdarmoryandrange.com 



Predict. Plan. Perform.

Welcome!

Welcome to this exciting new partnership!

Welcome to the Twin Cities' premier destination for firearms training, personal protection, and medical response education! You've discovered Best Defense Armory and Range, a state-of-the-art indoor firearms facility now united with Proactive Training Academy. We're thrilled to share this dynamic partnership, blending exceptional facilities with top-tier training to create an unmatched resource for civilians, law enforcement, and security personnel alike.

Step inside Best Defense and explore our impressive sales floor, stocked with a wide array of new and used firearms, accessories, soft goods, and apparel—all within our cutting-edge facility. Paired seamlessly with this, Proactive Training Academy brings a comprehensive, expertly designed curriculum tailored to every skill level. Whether it's your first time handling a firearm, advancing to active shooter response, or immersing yourself in a full law enforcement academy experience, we've got you covered.

Our dedicated instructors—thoroughly vetted and highly skilled—ensure you'll gain maximum value from every session. Beginner or seasoned pro, you'll find industry-leading courses, unparalleled facilities, and a welcoming environment designed to help you succeed. Come experience why this partnership sets the standard for excellence in the industry—we're excited to welcome you and support your journey!

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Our

Mission



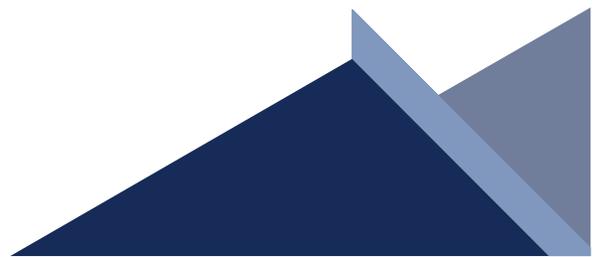
At **Best Defense Armory and Range** and **Proactive Training Academy**, our mission is to empower individuals, law enforcement, and security professionals with the skills, knowledge, and resources to safely and confidently handle firearms, protect themselves, and respond to emergencies.

Each year, over 27,000 negligent firearm injuries and approximately 430 negligent firearm deaths occur in the United States—preventable tragedies that underscore the critical need for education and preparedness.

Through our state-of-the-art facilities and expertly crafted training programs, we deliver comprehensive instruction tailored to every experience level, from foundational firearms handling to advanced personal protection and medical response.

Our team is dedicated to providing unparalleled education in a safe, welcoming environment, equipping students with the expertise and confidence to face the worst possible scenarios where a firearm may be needed to protect life.

We believe that consistent training and practice build the foundation for safety and assurance—outcomes we relentlessly pursue—setting the industry standard while fostering a resilient community ready to reduce preventable incidents and safeguard what matters most.





Defensive Tactics Training

**Workplace Violence / Active Threat
Recognition & Reaction
*Phase 1 & Phase 2***

Advanced Firearm

**Intermediate Pistol
Intermediate Rifle (AR-15)**



Permit To Carry

Firearm Breakdown & Cleaning

Intro To Handgun

Intro To Rifle





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Intro to Handgun

\$79

This classroom-based course is designed for individuals seeking a comprehensive introduction to handguns without live-fire training. Through engaging lectures and interactive discussions, students will gain a strong foundation in handgun safety, operation, and responsible ownership.

Topics covered include:

- Range Safety Rules
- Firearm Safety Fundamentals
- Types of Firearms and Nomenclature
- Cleaning and Maintenance
- Basic Shooting Fundamentals
 - Stance, grip, trigger control, and sight alignment.
- Muzzle Awareness and Control
- Ammunition Handling and Storage
- How to Legally Purchase a Firearm
- Safe Storage Practices and Firearm Transitions
- Minnesota Legal Considerations and Responsibilities

By the end of the course, participants will be equipped with the knowledge and confidence to safely handle and understand handguns in various contexts, including personal defense, recreational shooting, or general awareness.



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Intro to Rifle



\$79

This classroom-based course is designed for individuals who want to learn the fundamentals of rifles without the need for live-fire experience. Through engaging lectures and discussions, students will gain a comprehensive understanding of rifle safety, operation, and design, as well as the responsibilities of rifle ownership.

Topics include:

- Range Safety Rules
- Firearm Safety Basics
- Rifle Types and Nomenclature
- Cleaning and Maintenance
- Fundamentals of Rifle Shooting
 - Stance, grip, trigger control, sight alignment.
- Muzzle Awareness and Control
- Ammunition Knowledge and Care
- How to Purchase a Firearm
- Firearm Transportation and Storage Best Practices
- Minnesota Legal Considerations and Ethical Responsibilities

Whether you're interested in hunting, sport shooting, or general firearm education, this course provides the foundational knowledge and confidence to safely handle and understand rifles in a variety of settings.



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Breakdown & Cleaning

Proper maintenance is essential for the performance, reliability, and longevity of your firearm. Our Firearms Breakdown & Cleaning course provides hands-on instruction in safely disassembling, cleaning, and reassembling your firearm to keep it in top condition.

Course Overview:

- Firearm Disassembly – Learn step-by-step procedures for breaking down various firearm types, including handguns, rifles, and shotguns.
- Cleaning Techniques – Proper methods for removing carbon buildup, dirt, and debris to maintain functionality.
- Lubrication & Inspection – Understanding where and how to apply lubrication and checking for wear or damage.
- Reassembly & Function Check – Ensuring your firearm is put back together correctly and operates safely.
- Best Practices & Maintenance Schedules – Tips on routine maintenance to extend the life of your firearm.

Who Should Attend?

- Firearm owners looking to enhance their knowledge of proper maintenance.
- Permit to Carry holders who want to ensure their firearm remains reliable.
- New gun owners needing guidance on cleaning and care.
- Anyone interested in learning how to keep their firearm in peak condition.

Bring your own firearm (unloaded, in a case) and cleaning kit, or use one of ours! Join us for this hands-on training and learn the skills needed to properly care for your firearm. Sign up today!



\$79



MINNESOTA PERMIT TO CARRY COURSE

Comprehensive Training for Responsible & Legal Firearm Carry

Our Minnesota Permit to Carry course provides the state-mandated training required to apply for or renew your permit to carry a firearm in Minnesota. As a licensed training provider approved by the **Minnesota Department of Public Safety** and the **Bureau of Criminal Apprehension (BCA)**, we deliver law-compliant, practical instruction that prepares you to carry confidently and responsibly.

Course Overview

Minnesota Firearm Laws – Detailed coverage of state statutes, self-defense laws, and reciprocity agreements.

Conflict Avoidance & De-Escalation – Learn situational awareness, threat recognition and ways to avoid confrontation.

Safe Firearm Handling & Storage – Best practices for everyday carry, home safety and responsible firearm ownership.

Use of Force & Legal Implications – Understand the legal boundaries and consequences of defensive firearm use.

Live Fire Qualification – Hands-on range time to demonstrate safe handling, accuracy and shooting fundamentals.

Certification & Permit Application:

Upon successful completion, participants will receive the official certification required to apply for or renew their Minnesota Permit to Carry.

\$99
New

\$79
Renew



Who Should Attend?

- First-time applicants seeking their Minnesota Permit to Carry.
- Current permit holders needing to renewal training.

Gain the knowledge, legal understanding, and practical skills needed to carry a firearm safely and responsibly in Minnesota.

Register today and take the first step toward confident, law-abiding firearm carry.

Licensed By:





Advance Your Handgun Skills with Real World Defensive Techniques

Intermediate Handgun

Take your shooting skills to the next level with our Intermediate Pistol Training course. Designed for individuals with basic handgun experience, this course blends focused classroom instruction with dynamic, hands-on live-fire drills. Participants will build greater confidence, accuracy, and responsiveness in defensive shooting scenarios.

COURSE HIGHLIGHTS

- **Warm-Up Drills** – Establish control and consistency before live-fire exercises
- **Refining Fundamentals** – Enhance your grip, stance, sight alignment, and trigger control
- **Drawing from a Holster** – Practice safe and efficient holster work under stress
- **Reloading Techniques** – Perform both tactical and emergency reloads with speed and accuracy
- **Malfunction Clearing** – Quickly identify and resolve common firearm malfunctions
- **Movement & Shooting** – Engage targets while moving and from multiple positions
- **Shooting Platforms** – Learn and apply various firing stances for situational adaptability
- **Downrange Drills** – Practice shooting from cover, at varying distances, and multiple target engagements
- **Shoot/Don't Shoot Drills** – Improve decision-making under pressure in realistic defensive scenarios

Who Should Attend?

- Permit to Carry holders seeking to improve defensive readiness
- Recreational shooters wanting to boost speed, accuracy, and control
- security professionals needing advanced skill reinforcement
- Anyone with foundational pistol experience ready for a more challenging training environment

\$250

This course emphasizes **practical, real-world skills** to help you **respond effectively under pressure**.

Register today and sharpen your defensive handgun capabilities in a **safe, professional** setting!



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Elevate Your Rifle Skills with Practical Defensive Techniques

Intermediate Rifle (AR-15)

Enhance your rifle handling, accuracy, and confidence with our Intermediate AR-15 Training course. Designed for shooters who have basic experience with the AR-15 platform, this course combines focused classroom instruction with live-fire range drills that simulate real-world defensive scenarios.

COURSE HIGHLIGHTS

- **Warm-Up Drills** – Establish control, consistency, and readiness before intensive training
- **Refining Fundamentals** – Improve grip, stance, sight alignment, and trigger control for enhanced precision
- **Ready Positions & Weapon Transitions** – Master high- and low-ready positions, and transition smoothly between rifle and pistol
- **Reloading Techniques** – Practice tactical and emergency reloads under pressure
- **Malfunction Clearing** – Quickly diagnose and resolve common rifle malfunctions
- **Drawing from a Holster** – Integrate handgun use with safe, efficient holster work
- **Movement & Shooting** – Engage targets while on the move to simulate dynamic defensive environments
- **Shooting Platforms** – Shoot accurately from standing, kneeling, prone, and supported positions
- **Shooting from Cover** – Learn to effectively use barricades and cover in tactical scenarios
- **Downrange Drills** – Work on target engagement at various distances, with multiple threats
- **Shoot/Don't Shoot Drills** – Sharpen judgment and reaction time under stress

Who Should Attend?

- AR-15 owners looking to expand their tactical skillset
- Permit to Carry holders and armed professionals seeking defensive rifle training
- Recreational shooters ready to challenge themselves
- Anyone with basic AR-15 knowledge who wants to take their training to the next level

\$250

This **hands-on** course builds **speed, accuracy, and decision-making under pressure** —all in a **safe, structured, and professional** environment.

Reserve your spot today and unlock your full potential with the AR-15 platform!



Advanced Firearm

Master Tactical Firearms Skills for Real-World Defense

Push your skills to the highest level with our Advanced Firearm Training course —an immersive, high-intensity program designed for experienced shooters. This course blends tactical classroom instruction with dynamic live-fire scenarios to sharpen your response under stress, improve decision-making, and elevate your ability to operate effectively in real-world defensive encounters.

COURSE HIGHLIGHTS

Angles & Cover Utilization – Use cover and concealment strategically for maximum protection and advantage

Room Entries and Clearing – Learn solo entry and room-clearing techniques for confined and high-threat environments

Tactical Movement – Engage targets while advancing, retreating, and moving laterally under pressure

Weapon Retention & Defensive Tactics – Maintain control of your firearm in close-quarters and disarmament scenarios

Integrated Defensive Techniques – Blend firearm use with empty-hand defense for comprehensive personal protection

Stress-Based Drills – Train for rapid decision-making through force-on-force, multi-target, and time-sensitive exercises

Flashlight Techniques – Practice flashlight holds and one-handed shooting for low-light environments

Low-Light Engagement – Apply learned skills in reduced-visibility conditions to build true operational confidence

Who Should Attend?

- Experienced shooters ready to go beyond the basics.
- Law enforcement, security professionals and Permit to Carry holders seeking real-world defensive readiness.
- Anyone committed to mastering tactical handguns for personal or professional defense.

\$250

This course is fast-paced, demanding, and highly rewarding—designed to push your limits and prepare you for the unexpected.

Train hard. Think fast. React smart. Enroll now and rise to an elite level of firearm proficiency.



WORKPLACE VIOLENCE / ACTIVE THREAT RECOGNITION AND REACTION



PHASE 1

Build the Skills/Knowledge to Respond Effectively in a Crisis

Equip yourself with the essential skills, strategies, and mindset needed to react/respond to an active shooter or active threat situation. Phase 1 of this dynamic course focuses on Statistics/Case Studies, Situational awareness, decision-making, and Survival in high-stress environments. Through a combination of classroom instruction, and hands-on training you'll develop a strong foundation for handling violent threats with confidence and control.

COURSE HIGHLIGHTS

Understanding Active Threats & Case Studies – Analyze past incidents, review key statistics, and learn what lessons have been gained from real-world events. Recognize warning signs, enhance situational awareness, and develop a survival mindset.

Survival Strategies & Threat Recognition – Master the Run, Hide, Fight methodology and understand how to apply it in different environments.

Defensive Movements – Use cover, movement, and engagement tactics to improve your response under pressure.

Stress Management & Psychological Resilience – Understand how your body reacts under extreme stress and develop techniques to manage situational stressors effectively.

Medical & Trauma Care – Learn critical life-saving techniques, including tourniquet application, wound management, and trauma assessment.

Police, Fire, & EMS Response Protocols – Gain insight into how first responders operate during a critical incident and how you can interact effectively with them.

The Will to Survive – Survival isn't just about skill—it's about mindset. Learn how to stay calm, focused, and determined in life-threatening situations.

Small Group / Interactive Exercises:

Medical Response - Hands-on training for emergency medical intervention.

Clearing Openings & Identifying Threats - Tactical movement and threat detection.

Situational Awareness Drills - Improve perception and decision-making in crisis situations.

Who Should Attend?

- Civilians, permit holders, and professionals seeking active threat preparedness.
- Business owners, educators, and security personnel looking to enhance crisis response capabilities.

\$99

This introductory phase provides the knowledge and skills needed to understand, react, and survive confidently in an active threat scenario.

Sign up today and be prepared!



WORKPLACE VIOLENCE / ACTIVE THREAT RECOGNITION AND REACTION



PHASE 2

Advanced Tactical Response for High-Threat Situations

Phase 2 takes your active threat response skills to the next level with advanced movement, team tactics, and high-intensity scenario training. Expanding on the fundamentals from Phase 1, this course introduces complex, real-world scenarios that demand critical thinking, rapid decision-making, and tactical execution. Participants will engage in force-on-force simulations and high-stress drills, putting their skills into practical application in realistic environments—often at their place of employment or designated training location.

COURSE HIGHLIGHTS

Room Clearing & Team Movement – Next Level – Master coordinated solo and team-based response tactics.

Engaging Threats in Crowded Environments – Learn precision shooting techniques while minimizing risk to bystanders.

Force-on-Force Simulations – Experience realistic, scenario-based training with simulated stressors in your workplace or high-risk environment.

Advanced Stress Drills – Train under high-threat conditions to sharpen decision-making, reaction time, and combat effectiveness.

Who Should Attend?

- Armed professionals, security teams, and first responders seeking advanced tactics.
- Individuals looking for high-intensity, real-world training to prepare for violent encounters.
- Business owners, church security teams, and specialized security units requiring customized on-site training.

\$150

This intensive, scenario-driven course pushes your skills to the highest level of readiness. Train like your life depends on it—because it does.

Register today!



DEFENSIVE TACTICS TRAINING



Practical Self-Defense.

Our Defensive Tactics Training course is a hands-on program designed to teach individuals how to protect themselves and others in high-stress, real-world encounters. Whether you're in law enforcement, private security, or a civilian seeking effective self-defense skills, this course will equip you with the knowledge, techniques, and mindset needed to react with control, confidence, and legal awareness.

COURSE HIGHLIGHTS

Situational Awareness & Threat Assessment – Learn to recognize, avoid, and respond to potential threats

Control & Restraint Techniques – Practice joint locks, takedowns, and compliance holds for non-lethal control

Striking & Blocking – Develop effective striking techniques and defensive blocks for close-quarters encounters

Weapon Retention & Disarmament – Gain critical skills to maintain control of your firearm or disarm an aggressor

Ground Defense – Learn to escape, defend, and control from the ground

Use of Force Principles – Understand legal justification, escalation, and proportional response

Stress-Based Scenario Training – Apply your skills in real-time decision-making drills to simulate pressure situations

Who Should Attend?

- Law enforcement officers and recruits
- Armed and unarmed security professionals
- Permit to carry holders and civilian defenders
- Anyone seeking to improve their personal safety and confidence

\$125

This course bridges the gap between theory and action—helping you build real-world defensive capabilities that work under pressure.

Train with purpose. Defend with confidence. Sign up today for our Defensive Tactics Training.



Private Training

Private, One-on-One Firearms Training

Customized, Focused Instruction to Meet Your Goals

Enhance your firearms skills with personalized, one-on-one training designed to meet your individual needs and experience level. Whether you're reinforcing techniques from our structured courses or looking to develop new skills, these tailored sessions provide focused attention from our expert instructors.

Training Can Include:

- Marksmanship fundamentals
- Defensive shooting techniques
- Gun handling and manipulation
- Holster draw and re-holstering
- Reloading and malfunction drills
- Situational awareness and mindset
- **Any** other area you want to improve



Details:

- Training by appointment.
- All skill levels welcome - from beginners to advanced shooters.

Work at your own pace, on your own goals.

This dedicated training is available by appointment, **7 days per week.**

Schedule your private session today!

\$75 / Hour



Medical Training

BE READY. TAKE ACTION. SAVE LIVES.



In moments of crisis, hesitation can cost lives — but decisive action can save them. True preparedness means more than just knowledge; it's about being ready to respond when it matters most. Our training equips you not only with the skills, but the confidence to act. Because when the time comes, you won't just be there — you'll be ready to make a difference.

\$25

Heart Saver CPR



The Heartsaver CPR AED course trains participants to give CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner. Reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC).

\$50

Basic Life Support



The AHA's BLS course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED. Reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC).

\$25

Stop The Bleed



The person next to a bleeding victim may very well be the one who's most likely to save him or her from bleeding to death. By learning how to control bleeding, you'll gain the ability to recognize life-threatening bleeding and act quickly and effectively to control bleeding once you learn three quick techniques. Take the *Stop the Bleed* training course and become empowered to make a life-or-death difference when a bleeding emergency happens.

We offer flexible options for medical training courses to meet your needs:

- **On-site Training:** We can conduct courses at your business location within the Twin Cities Metro area.
- **In-House Training:** Courses are also available at our training room located at the Best Defense facility in Forest Lake.

Please note that minimum and maximum student requirements apply to each course.

Contact us today for more information or to schedule your training session.



BEST DEFENSE & PROACTIVE TRAINING ACADEMY: EMPOWERING ALL AGES

Best Defense & Proactive Training Academy have teamed up to expand our course offerings and better serve our community. We believe that safe skills start early — and we're proud to provide comprehensive youth training programs, all under one roof. As a younger learner, our hands-on approach ensures that what you learn here can be applied confidently at home, in the field, or wherever life takes you.

\$35

Juvenile Firearm Safety - Ages 10 to 17

This comprehensive course is designed to educate youth on the fundamentals of firearm safety, responsibility, and proper handling. Tailored for juveniles aged 10-17, the class emphasizes the importance of respect for firearms, understanding firearm function, and making safe decisions at home, in the field, and in social settings.

Through a combination of instructor-led presentations, hands-on demonstrations, and interactive discussions, participants will learn:

- Basic firearm types and how they function
- The Four Primary Rules of Firearm Safety
- Safe storage practices at home
- How to respond appropriately if they encounter a firearm
- Legal responsibilities and consequences surrounding firearm misuse
- Conflict resolution and the importance of personal accountability

The course is taught by certified instructors and follows all state and local safety regulations. While this class *does not include live-fire training, it serves as a vital foundation for future firearms education and responsible citizenship.

Duration: 2 Hours

Requirements: Parental consent is required for all participants

*Private, 1:1 instructor-led training is available for juveniles to experience live-fire shooting under direct supervision, with parental attendance and written consent required. This optional training offers students the opportunity to apply safety skills in a controlled and secure environment.



Safe. Responsible. Confident.

Firearm ownership is a serious responsibility — and a fundamental right. At Best Defense & Proactive Training Academy, we believe that safety and confidence begin with knowledge.

Contact us today to start your journey and gain the skills you need to be a safe, responsible, and effective firearm owner. Embrace your God-given right to protect yourself and others — with wisdom, training, and purpose.



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SIGN UP TODAY