

FIREARMS FOUNDATIONS

Womens beginner Dry
Training Course

BUILD

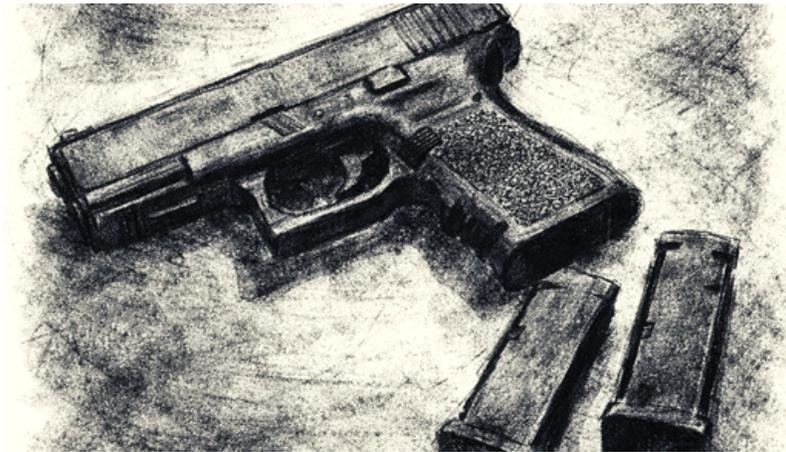
Safety
Familiarity
Confidence
Foundational Skill Development

NO AMMO DRY TRAINING CLASS

SHE SHOOTS

A “FIRST SHOTS” CLASS FOR WOMEN
BY MEAN GIRL SELF DEFENSE

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CLASS DISCLAIMER & LEGAL AWARENESS STATEMENT

The goal is not just to be armed — it is to be informed, responsible, and prepared. Knowledge protects more than skill ever will.

SHE SHOOTS LEGAL MINDSET

This class is designed to provide general education and training in firearm safety, handling, and foundational skills. It does not provide legal advice, nor does it replace the responsibility of each student to know and follow the laws that apply to them.

Firearm laws, carry laws, and use-of-force laws vary by state, county, and city, and can change over time. What is legal in one location may be illegal in another. Each student is solely responsible for understanding and complying with all applicable laws in their area.

This training emphasizes safety, avoidance, and responsible decision-making. The use of a firearm is always a last resort and carries serious legal, civil, and personal consequences.

By participating in this class, students acknowledge that:

- They are responsible for their own actions and decisions
- They will seek reliable legal information specific to their jurisdiction
- This class does not authorize or encourage unlawful behavior

When in doubt:

Do not carry. Do not act. Seek clarification from official sources.





SHE SHOOTS

FIRST SHOTS GUIDE

Welcome to She Shoots

This class is designed to introduce women to firearms in a safe, supportive, and confidence-building environment.

You do NOT need experience.
You do NOT need to own a firearm.
You DO deserve to understand your safety options.

This course focuses on:

- ✓ Safety
- ✓ Familiarity
- ✓ Confidence
- ✓ Foundational Skill Development

This is a NO AMMO / DRY TRAINING CLASS, allowing students to safely learn and build correct habits before live-fire training.

Universal Safety Rules

Before learning ANY shooting skill, safety is the foundation.

The Universal Safety Rules

1. **Always treat every firearm as if it is loaded.**
2. **Never aim at something you aren't willing to destroy.**
3. **Keep your finger straight and off the trigger until your sights are on target and you have made the decision to shoot.**
4. **Know your target and what is beyond it.** Up, down, forward/backward, side to side, 360 degrees.
5. *(bonus) **Never attempt to catch a firearm you have dropped.**

Establish Safe Direction

Safe direction means the firearm is pointed where an unintentional discharge would cause the least possible harm.

Students Learn To:

- Identify safe direction
- Maintain muzzle awareness
- Adjust body position to maintain safety





FIREARM FAMILIARIZATION

UNDERSTANDING YOUR FIREARM BUILDS CONFIDENCE AND PREVENTS ACCIDENTS.

How to Check if a Firearm is Loaded

Step-By-Step Process

1. Point firearm in safe direction
2. Remove magazine
3. Lock slide open
4. Visually inspect chamber
5. Physically inspect chamber

Slide Manipulation

Students Learn:

- How to lock slide open
- How to release slide safely
- When slide position indicates firearm status



Magazine Handling

Students Learn:

- Magazine removal
- Magazine insertion
- Confirming magazine is properly seated
- Using two magazines for drills

Grip Fundamentals

Grip controls accuracy, recoil, and firearm stability.

Key Principles:

- ✓ Strong hand high on backstrap
- ✓ Support hand fills remaining grip space
- ✓ Thumbs forward
- ✓ Consistent grip pressure
- ✓ Locked wrist alignment

Student Check

- Strong hand placement
- Support hand placement
- Grip pressure balanced
- Wrist alignment stable

See more in the *Stance, Stability, & Grip* section.



FIREARM FAMILIARIZATION CONTINUED ...

Understanding your firearm builds confidence and prevents accidents.

Trigger Press

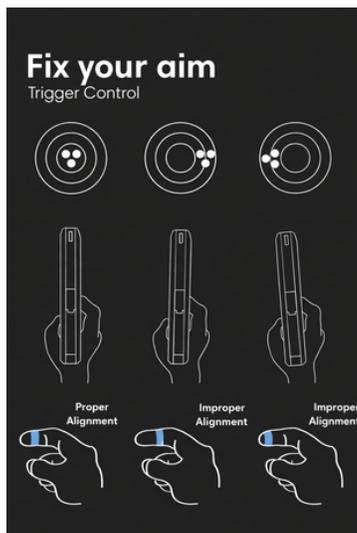
Trigger control directly impacts accuracy.

Students Learn:

- ✓ Trigger finger placement
- ✓ Smooth press straight to rear
- ✓ Avoid jerking, slapping, pulling, or squeezing trigger
- ✓ Maintain sight alignment during press

Student Check

- Finger placement correct
- Smooth press
- Maintain sights during press



Sight Alignment & Target Focus

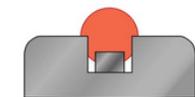
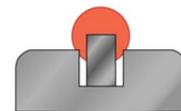
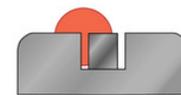
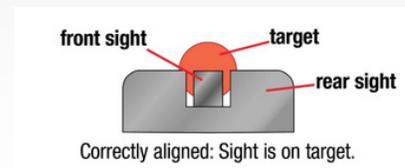
Accuracy begins with visual discipline.

Students Learn:

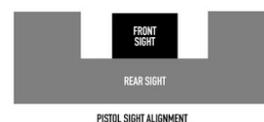
- ✓ Front sight focus
- ✓ Rear sight alignment
- ✓ Proper sight picture
- ✓ Target confirmation

Student Check

- Front sight focus
- Sight alignment correct
- Target confirmed



Equal Height Equal Light



FIREARM FAMILIARIZATION CONTINUED ...

Understanding your firearm builds confidence and prevents accidents.

Explanation of the 9mm Pistol Firing Cycle

1. Trigger Release

When the trigger is pressed, it releases the firing pin or striker which moves forward under spring tension.

2. Primer Ignition

The firing pin strikes the cartridge primer, causing it to explode and ignite the powder inside the casing.

3. Bullet Propulsion

The burning powder creates rapidly expanding gas that forces the bullet forward through the barrel and out the muzzle.

4. Slide Moves Rearward

The same gas pressure and recoil push the slide backward. This movement:

- Extracts the empty casing
- Cocks the firing system
- Compresses the recoil spring

5. Casing Ejection

As the slide moves back, the extractor pulls the casing from the chamber and the ejector pushes it out of the firearm.

6. Reloading the Next Round

The recoil spring pushes the slide forward, feeding a new round from the magazine into the chamber and preparing the pistol to fire again.



Dry Fire Training

Dry fire is one of the most effective ways to build skill.

What is Dry Fire?

Dry fire is practicing firearm manipulation and trigger control without live ammunition.

Benefits:

- ✓ Builds muscle memory
- ✓ Improves trigger control
- ✓ Improves safety awareness

Snap Caps & Training Pistols

Students Learn:

- Purpose of snap caps
- Safe magazine loading with training rounds
- Optional SIRT pistol use

Foundational Drill

Insert Magazine → Aim → Trigger Press → Magazine Release → Reset

✓ What Snap Caps Look Like

Most snap caps:

- Are shaped exactly like real ammunition
- Usually come in bright colors (orange, blue, neon, etc.) so they're easy to identify as training rounds
- Often have a rubber or spring-loaded "primer" area that absorbs firing pin impact

Snap caps are inert training cartridges designed to mimic the size and weight of live ammunition but contain no primer, powder, or projectile, making them safe for dry-fire and handling drills.

Many are deliberately bright-colored to prevent confusion with real ammunition and improve visibility during drills



FIREARM FAMILIARIZATION CONTINUED ...

Understanding your firearm builds confidence and prevents accidents.

SIRT Training Pistols & Laser Training Pistols (Quick Guide)

What Is a SIRT Training Pistol?

A SIRT (Shot Indicating Resetting Trigger) pistol is a non-firing training handgun designed to safely practice firearm fundamentals without ammunition.

- ✓ No live fire capability
- ✓ No recoil
- ✓ No ammunition needed
- ✓ Laser indicates trigger press and shot placement

The trigger automatically resets, allowing repeated practice without racking a slide.

How Laser Training Works

When the trigger is pressed:

- ✓ A laser briefly activates
- ✓ The laser shows where the shot would land
- ✓ Students receive immediate visual feedback

This allows instructors and students to see:

- Trigger control issues
- Sight alignment errors
- Anticipation or movement during trigger press

SIRT and laser training pistols help students:

- ✓ Build confidence without live ammo
- ✓ Learn trigger press control
- ✓ Practice sight alignment
- ✓ Train safely indoors
- ✓ Reduce anxiety for new shooters

♥ She Shoots Safety Reminder

Even when using training pistols:

- ☞ **Treat all firearms as if they are loaded**
- ☞ **Maintain safe direction**
- ☞ **Practice trigger discipline**

Training tools build habits — good or bad.



SIRT vs Other Laser Trainers (Simple Comparison)

SIRT Training Pistol

- ✓ Dedicated training tool
- ✓ Resetting trigger
- ✓ No slide manipulation required
- ✓ Excellent for repetition drills

Laser Cartridge in Real Firearm

- ✓ Uses student's own firearm
- ✓ Requires racking slide between presses
- ✓ Good for familiarity with personal equipment



FIREARM MAINTENANCE

MAINTENANCE ENSURES RELIABILITY AND SAFETY.

Basic Field Stripping

Students Learn:

- ✓ Safe disassembly
- ✓ Safe reassembly
- ✓ Basic cleaning concepts
- ✓ Maintenance importance

Student Check

- Disassemble safely
- Reassemble safely
- Understand cleaning basics





FORM = STANCE, STABILITY, & GRIP

BODY MECHANICS AFFECT RECOIL CONTROL AND ACCURACY.

Standing Shooting Stance

A shooting stance is how you position your feet, hips, shoulders, and upper body to manage recoil, stay balanced, and keep the firearm stable.

There is no single “perfect” stance. Different stances exist because bodies, environments, and situations are different.

Students Learn:

- Balanced stance
- Upper body posture
- Recoil management principles

Student Check

- Balanced stance
- Stable posture
- Controlled firearm movement

Isosceles Stance

What it looks like:

- Feet shoulder-width apart
- Both arms extended equally
- Body squared toward the target

Why it's used:

- ✓ Easy to learn
- ✓ Natural and symmetrical
- ✓ Good balance and recoil control
- ✓ Works well under stress

Best for:

- New shooters
- Defensive training
- Movement and multiple targets

This is often the default stance taught in modern defensive shooting.

Modified Isosceles / Athletic Stance

What it looks like:

- Similar to Isosceles
- Slight forward lean at the hips
- Knees slightly bent

Why it's used:

- ✓ Better recoil management
- ✓ More stability
- ✓ Keeps weight forward

Best for:

- Defensive shooting
- Rapid follow-up shots
- Moving while shooting

Think “ready to move”, not standing straight up.

Weaver Stance

What it looks like:

- Support-side foot forward
- Shooting-side foot slightly back
- Arms bent, pulling slightly against each other

Why it's used:

- ✓ Offers strong recoil control for some shooters
- ✓ Can feel more stable for smaller frames

Best for:

- Shooters who prefer bladed positioning
- Slower, more deliberate shooting

Less common today but still useful depending on body type.

Bladed / Defensive Stance

What it looks like:

- Body angled away from target
- Shoulders not fully squared

Why it's used:

- ✓ Reduces target profile
- ✓ Useful when moving or using cover

Best for:

- Defensive scenarios
- Shooting around obstacles

Often situational rather than a default stance.



FORM = STANCE, STABILITY, & GRIP CONT ...

BODY MECHANICS AFFECT RECOIL CONTROL AND ACCURACY.

Stance cont ...

What Matters More Than the Stance Name

No matter the stance, these fundamentals matter most:

- ✓ Balance
- ✓ Weight slightly forward
- ✓ Knees unlocked
- ✓ Upper body engaged
- ✓ Ability to move if needed

She Shoots Takeaway

Your stance should support your safety and control — not lock you in place.

A good stance:

- Keeps you balanced
- Manages recoil
- Allows movement
- Feels natural to your body

“Stable, balanced, and ready to move beats ‘perfect’ every time.”

Proper Pistol Grip

Why It Matters & How to Do It Right

Your grip controls recoil, accuracy, and consistency. A good grip keeps the gun stable so the sights stay aligned before, during, and after the shot.

Grip doesn't stop recoil — it manages it.

Strong Hand (Firing Hand) Grip Key Points;

- ✓ Hand high on the backstrap
- ✓ Web of the hand tight under the slide
- ✓ Middle, ring, and pinky fingers wrap firmly
- ✓ Trigger finger straight and relaxed until ready to shoot

Why This Matters

- A high grip reduces muzzle rise
- Better control during recoil
- Faster follow-up shots

Common mistake: Holding too low on the grip → more muzzle flip and loss of control.

Support Hand Grip (The Power Hand) Key Points;

- ✓ Support hand fills the open space on the grip
- ✓ Fingers wrap over the firing hand fingers
- ✓ Thumbs point forward, not crossed
- ✓ Heel of support hand presses into grip panel

Why This Matters

- Support hand provides most of the grip pressure
- Stabilizes the gun left/right
- Helps keep sights level during trigger press

“Support hand does the work. Strong hand steers.”

Thumb Placement

Proper Thumb Position

- ✓ Both thumbs forward along the frame
- ✓ Thumbs relaxed, not squeezing
- ✓ Avoid pressing on slide or controls

Why This Matters

- Prevents interference with slide
- Improves recoil tracking
- Keeps grip consistent shot-to-shot

COMMON GRIP MISTAKES (AND FIXES)

- ✗ Limp wrists →
- ✓ Lock wrists forward
- ✗ Thumbs crossed →
- ✓ Thumbs forward
- ✗ Too much trigger finger →
- ✓ Use pad of finger
- ✗ Crushing grip →
- ✓ Relax firing hand, firm support hand

Grip Pressure (This Is Huge)

The Rule of Thumb

- Support hand: ~60–70% pressure
- Strong hand: ~30–40% pressure

Too tight = shaking, jerking the trigger

Too loose = loss of control

Why This Matters

- Allows smooth trigger press
- Reduces anticipation
- Improves accuracy

“Firm, not frantic.”

Wrist Alignment & Lockout Key Points;

- ✓ Wrists locked forward
- ✓ No limp wrists
- ✓ Forearms aligned behind the gun

Why This Matters

- Prevents malfunctions
- Improves recoil control
- Keeps sights tracking predictably



TARGET TRANSITIONS & MOVEMENT

MULTIPLE THREATS REQUIRE VISUAL AND MECHANICAL CONTROL. REAL-WORLD DEFENSE INCLUDES MOVEMENT AND ENVIRONMENT AWARENESS.

Target Transitions

Students Learn:

- ✓ Move eyes first
- ✓ Move firearm second
- ✓ Maintain muzzle discipline
- ✓ Control speed

Target Transitions are the skill of moving your focus and firearm smoothly from one target to another while maintaining control and safety. The eyes move first to the next target, then the firearm follows, keeping the sights aligned throughout the transition. Proper target transitions help maintain accuracy, prevent over-swinging, and allow faster, more controlled follow-up shots—especially when engaging multiple targets. The goal is smooth and deliberate movement, not speed, with safety and awareness always coming first.

Movement & Awareness

Students Learn:

- ✓ Shooting while stationary
- ✓ Target transitions while stationary
- ✓ Movement between targets
- ✓ Awareness of surroundings
- ✓ Civilian safety concepts

Movement and awareness focus on staying balanced, controlled, and alert while changing position with a firearm. As you move, your body stays athletic and stable, your muzzle remains in a safe direction, and your eyes continuously scan your environment for threats, obstacles, and bystanders. Effective movement allows you to create distance, use cover, and avoid unnecessary risk while maintaining control and safety at all times.





WHAT TO EXPECT AT THE RANGE

A GUIDE FOR FIRST-TIME WOMEN SHOOTERS

Walking into a shooting range for the first time can feel intimidating. Loud noises. New equipment. People who seem experienced.

Here's what to expect — and how to feel prepared.

It Will Be Loud

Even with ear protection, gunfire is sharp and sudden. That's normal.

- ✓ You will wear hearing protection
- ✓ You will wear eye protection
- ✓ Startled reactions are completely normal at first

After a few shots, your body adjusts.

You'll Have Your Own Lane

Most indoor ranges assign a lane with:

- A shooting bench
- A target carrier
- Clear boundaries between shooters

Stay in your lane unless instructed otherwise

The Most Important Range Rules

These are universal at almost every range:

- ✓ Always point the firearm downrange
- ✓ Keep your finger off the trigger until ready to shoot
- ✓ Keep the firearm unloaded until instructed
- ✓ Follow all range officer instructions immediately

If a range officer says "Cease Fire":

- ✚ Stop immediately
- ✚ Remove your finger from the trigger
- ✚ Keep the firearm pointed downrange

No questions — just stop.

You'll Start Slow

For beginners, expect:

- One round at a time
- Close distances
- Focus on safety and fundamentals
- Coaching on grip and stance

Speed comes later. Confidence comes first.

You May Feel...

Totally normal first-time reactions:

- Nervous
- Hyper-focused
- Startled
- Excited
- Overstimulated

All of it is normal. Every experienced shooter started exactly where you are.

Range Etiquette Basics

- ✓ No handling firearms behind the firing line
- ✓ No turning around with a firearm in hand
- ✓ No distractions while someone is shooting
- ✓ Ask questions — don't guess

Mindset at the Range

You are not there to impress anyone. You are there to learn.

You do not need to:

- Shoot perfectly
- Go fast
- Prove anything

You only need to:

- ✓ Stay safe
- ✓ Follow instructions
- ✓ Be open to learning

She Shoots Reminder

The range is not about being fearless. It's about building skill in a controlled environment.

Confidence grows with repetition.

Slow is safe. Safe becomes confident. Confident becomes capable.



CCW PROCESS

STATE NEUTRAL OVERVIEW NO MATTER WHERE YOU LIVE.

Concealed Carry (CCW) Process — General Overview

A Concealed Carry Weapon (CCW) permit allows a qualified individual to legally carry a concealed handgun in public. While laws vary by state, the overall process follows a similar structure nationwide.

General Eligibility Requirements

Most states require applicants to:

- Be at least 21 years old (some states allow younger with exceptions)
- Be legally allowed to possess firearms
- Be a resident of the issuing state (or qualify for a non-resident permit)
- Have no disqualifying criminal history
- Meet mental health and legal eligibility standards

Typical Application Process

- Apply through the issuing authority
- Usually the county sheriff, state police, or local law enforcement agency
- Background check
- Criminal history review
- Fingerprinting (often required)
- Training requirement (varies by state)
- Classroom instruction (laws, use of force, safety)
- Live-fire qualification or skills assessment
- Some states require no training; others require extensive training
- Application review
- Issuing agency reviews eligibility and documentation
- Permit issuance
- If approved, the permit is issued
- Validity ranges from 1–5 years, depending on state

Firearm Qualification (Where Required)

In states that require qualification:

- Applicants may need to qualify with one or more handguns
- Some permits list specific firearms; others do not
- Qualification demonstrates safe handling and basic proficiency

Renewals

- Permits must be renewed before expiration
- Renewal training may be required
- Continued background eligibility is reviewed

Important Things Students Should Know

- Laws vary widely by state — always check local rules

- Carry locations are restricted even with a permit
- Use-of-force laws are separate from carry laws
- Reciprocity (permits recognized by other states) varies
- Some states allow permitless (constitutional) carry, others do not

A CCW permit is a responsibility, not a guarantee.

Regardless of state, carrying legally requires understanding the law, training responsibly, and staying informed.



IMPORTANT DISCLAIMER

This training provides general legal awareness, not legal advice. Students are responsible for knowing and complying with all applicable laws.

When in doubt:

- ☛ **Do not carry.**
- ☛ **Seek clarification from official state or local resources.**

LEGAL AWARENESS & RESPONSIBILITY

**TRAINING BUILDS SKILL.
LEGAL AWARENESS PROTECTS YOUR FREEDOM**

Legal Awareness & Responsibility

Carrying a firearm - concealed or otherwise - comes with legal responsibilities that vary by state county and even city. Laws can change, and it is the individual's responsibility to know and follow the laws that apply where they live and where they travel.

Training builds skill, Legal awareness protects your freedom.

Carry Laws Vary by Location

Firearm laws differ widely depending on:

- State
- County
- City
- Specific locations

What is legal in one place may be illegal just a few miles away.

Restricted & Prohibited Locations

Even with a CCW permit, firearms are commonly restricted or prohibited in certain places, which may include:

- Schools and school grounds
- Government buildings
- Courthouses
- Federal buildings
- Post offices
- Certain public events
- Private businesses that prohibit firearms

Always look for posted signage and verify local rules.

Carrying vs. Using a Firearm

Having the legal right to carry a firearm does not automatically grant the legal right to use it.

Use-of-force laws typically require that:

- You face an immediate and unlawful threat
- Force used is proportional to the threat
- You reasonably believe serious harm or death is imminent

These standards are interpreted after the fact by law enforcement and courts.

Decision-Making Matters

Your actions before, during, and after an incident matter.

This includes:

- Avoidance and de-escalation
- When you choose to draw a firearm
- How you interact with law enforcement afterward
- Statements you make following an incident

Training should emphasize avoidance first, awareness always, and force only as a last resort.

Traveling & Reciprocity

If you travel with a firearm:

- Some states honor permits from other states
- Some do not
- Transportation laws may differ from carry laws

Always verify reciprocity and transport requirements before crossing state lines.

Ongoing Responsibility

Legal awareness is not a one-time task.

Students should:

- Regularly review state and local laws
- Stay informed of legal changes
- Seek reputable legal education
- Understand renewal and permit requirements



SACRAMENTO CCW

Who Issues CCW Permits

In Sacramento County, the Sacramento County Sheriff's Office is the authority that issues Concealed Weapon Permits (CCW). Only residents of Sacramento County can apply to the Sheriff's Office for a county CCW permit.

Basic Requirements

To qualify for a Sacramento County CCW:

- ✓ Be at least 21 years old.
- ✓ Not be a person legally prohibited from possessing or owning firearms under California or federal law (e.g., felony convictions, restraining orders, etc.).
- ✓ Provide proof of residency in Sacramento County (e.g., two recent utility bills, etc.).
- ✓ Complete the required training and qualification course.

Note:

- ✓ CCW permits issued in California are generally only valid within California.
- ✓ Sacramento County has specific policies and allowable firearm lists set by the Sheriff's Office.

Required Training

Initial CCW training (16 hours):

- Includes firearm safety, handling, law related to use, and range qualification.
- Must be taught by a DOJ-certified CCW instructor.

You must qualify on each firearm you want listed on your permit (maximum three firearms)

Qualification Course of Fire

Applicants typically must complete a range qualification demonstrating proficiency with each firearm they want on the permit. A common course of fire used in Sacramento county CCW training includes firing multiple strings at distances from close to farther (e.g., 1.5, 3, 5, 7, 10 yards) with an 80% score required to pass.

Firearms not allowed on Sacramento CCW permits generally include rifle calibers (e.g., AR or AK style) and certain cartridges outside handgun calibers

Application Process

1. Apply online through the Sacramento Sheriff's CCW portal and schedule an interview appointment. A non-refundable initial fee is required.
2. Attend the interview with the Sheriff's CCW unit.
3. After initial approval, complete Live Scan fingerprinting for DOJ & FBI background checks.
4. Complete your CCW training and qualification course as directed.
5. Submit training/qualification documents online as instructed.
6. If approved, pick up your CCW permit from the Sheriff's Office when notified.

Fees & Processing

- A non-refundable initial application fee (e.g., around \$288) is collected when applying, with the remainder due upon issuance.
- Additional costs include DOJ Live Scan fingerprint processing fees.
- Processing times typically range from a few weeks to several months depending on background checks and appointment availability.

Renewals & Modifications

- CCW permits are generally valid for 2 years.
- Renewals require an 8-hour refresher training plus qualification with the firearms listed on the permit.
- You can modify your permit (e.g., add/remove firearms) but must qualify with any new firearm you want on the permit.