



## B-rdy Pistol Handling System (BPHS) methodology overview

### Section 1: Movement means life

#### **Lesson 1**

- Weapon safety, equipment preparation, target evaluation and projectile trajectory
- Checking and unloading the gun, loading the gun and the basics of ammo-management
- B-rdy Shooting Basics Tetragon (BSBT):
  - Posture – Stance, footwork and weight distribution
  - Weapon grip - weapon hold, two-handed grip
  - Eye work - pinning and aiming
  - Trigger and reset trigger and precise repeat shot
- A strong and support hand, remodeling
- Post-shot routine – looking at the target, checking the weapon, checking the surroundings
- B-rdy Performance Oriented approach to shooting

#### **Lesson 2** - Review of previous skills +

- Drawing a weapon while moving from the killzone
- Multiple Targets Engagement
- Positions: Standby, SUL, low/high ready
- Tactical reloading as the preferred method of replenishing weapon capacity

#### **Lesson 3** - Review of previous skills +

- Carrying out the step into the stance from the movement in different directions
- Moves in different directions – left, right, forward/backward.
- Complex movement and stance building in different directions (short/long-forward/back/left/right)
- Differences between sports and in a real environment
- Movement basics in a team

#### **Lesson 4** - Review of previous skills +

- Drawing from the holster and shooting one-handed - strong hand
- Drawing from the holster and shooting one-handed - support hand
- Performing a one-handed tactical reload

#### **Lesson 5** - Review of previous skills +

- Shooting drills and methods of increasing shooting performance - thorough repetition
- Shooting at contact distance – escaping the killzone and shooting in motion while taking a stable stance
- FX scenarios

### Section 2: Weapon handling

#### **Lesson 6** - Review of previous skills +

- Movement and identification of the malfunction
- Malfunctions part 1– empty magazine (emergency reload), misfire (tap-rack), speedreload
- FX scenarios

#### **Lesson 7** - Review of previous skills +

- Malfunctions part 2 - Stoppages and its types + doublefeeds
- Complex dynamic exercises including unexpected malfunctions and solutions

#### **Lesson 8** - Review of previous skills +

- Management of Massive Upper Extremity Bleeding and One-Handed Shooting - Cover and Relative Safety, MB Identification, TQ selfapplication
- One-Handed Malfunctions - Strong Hand, Support Hand – Empty mag, Misfire, Stoppages

#### **Lesson 9**

- B-rdy Performance Training – complex repetition of fundamentals – precision building of stance, weapon handling, trigger work, eye work
- Competitive approach to the shooting performance
- Fixing UNEXPECTED malfunctions following shooting and moving in different directions

### Section 3: Shooting in a real environment

#### **Lesson 10** - Review of previous skills +

- Shooting during the movement - forward, backward, sideways, incoming and outgoing targets
- Shooting at a moving target
- Drawing in non-standard positions (sitting, prone) + weapon on the table - both hands, one-handed
- Drawing a gun in the vehicle - belts, holsters

#### **Lesson 11** - Review of previous skills +

- Shooting after changing position (kneeling, crouching, prone)
- Use of cover – Cover vs concealment, material, ammunition; Types of covers; Distance from target and use of support; Stepping in the cover - distance from the cover; The position of the weapon on the cover; Leaning (head position and center of gravity); Right vs. left cover
  - Moving to cover: forward, backward
  - Vertical change of position (kneeling, lying, sitting)
  - Horizontal cover - transitioning for close and longer range
  - Slicing the pie – limited penetration (LP)– footwork
  - Search Fire
  - Malfunctions
- Moving between covers and an overview of space

### Section 4: Defensive shooting

#### **Lesson 12** - Review of previous skills +

- Self-Defense Shooting - Concealed carry draw with sideways movement - Theory of conflict, Response to attack (Triggers), Defensive response, Defeating the garment, drawing from the holster, Continued movement, Step-in and Post-Shot routine
- FX scenarios
- Live fire scenarios

### Section 5: Darkness is a friend; light is an enemy.

#### **Lesson 13** - Working with a flashlight – low light conditions, drawing, positions

#### **Lesson 14** – Low light complex work with covers