

PAST SESSION TOPICS

Shooting Skills & Equipment

- Range Etiquette and Check-in Procedures
- Shooting Fundamentals
- Precision Fundamentals
- Mag Change Magic
- Dynamic and Safe Movement with a Handgun
- Drills to Skills
- Iron Sights, Red Dots and Lasers, Oh My! (Aiming options)
- Pistol Mounted Optics (Red Dots)
- Choosing/Buying a Gun
- Handgun Cleaning
- Malfunctions
- Revolvers
- Intro to Boomsticks (Shotguns)
- Rifles and Zombies! (Rfiles)

Concealment & Carry

- Concealment Principles
- Drawing from a Holster
- Holster Certification

Safety & Self-Defense

- Situational Awareness
- Recognizing Suspicious Behavior
- Layers of Self Defense
- What is Justified? Legal Use of Defensive Force.
- Hand-to-Hand Striking

- Gracie Women's Self Defense Workshop (Jiu Jitsu self defense)
- Tabletop Scenario Discussions

Medical

- Medical - Building a Trauma Kit
- Basic and Improvised Tourniquet Application

Mindset & Personal Growth

- Confidence and Assertive Communication
- Goal Setting
- Buddy System
- Yoga

Community & Competition

- Getting into Competition - IDPA
- Ask the Instructor
- Lady Sentinel Shooting Matches
- Social Events - Breakfasts and Happy Hour