

HONG KONG POLICE
WEAPONS TRAINING DIVISION
NOTES FOR APPLICANTS OF ARMS INSTRUCTOR

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NOTES FOR APPLICANTS OF ARMS INSTRUCTOR

ARMS INSTRUCTOR

When an applicant applies to the Commissioner of Police to be appointed as an authorized arms instructor, the applicant must be able to show that he/she has the knowledge to instruct another person on a specified type of firearm and is competent to conduct live firing practices on a specified type of range.

2. The applicant should possess a good knowledge of firearms and be able to instruct shooters on different types of firearms knowledge and shooting skills. He/She should be able to identify any problems shooters may have and provide assistance and remedial training.

Firearms characteristics

3. An arms instructor must know the important characteristics of firearms and provide such information to shooters:

- a) Model
- b) Caliber (type of ammunition used)
- c) Name of major functional parts
 - i) Safety
 - ii) Sights
 - iii) Trigger
 - iv) Magazine release catch and slide stop, etc.
 - v) Other parts
- d) Loading capacity
- e) How to aim (Sighting)
- f) Firing action
- g) Pattern/Spread

Marksmanship Principles

4. In order to assist shooters to complete firing practices successfully, arms instructors are to teach shooters on the correct marksmanship principles;

- a) Stance - Providing a comfortable and balanced support without physical constraint.
- b) Grip - Firm but not strained hold to control a firearm. Pressure is applied from front to rear without side pressure. For a two handed grip with a handgun, the weak hand enforces the strong hand grip rather than only supporting the weight of the gun.
- c) Aim - Correct alignment of the sights, a correct sight picture with correct point of aim and the focus is on the front sight.
- d) Trigger Operation - Position of trigger finger; trigger control; breathing control and follow through.

Test on Arms Skills

5. Before actual firing practice, there are certain areas to be tested so as to ascertain whether a person is capable of handling a firearm safely:

- a) Theories of Safety Precautions;
- b) Application of Safety Precautions;
- c) Handling (including check arm) of firearms concerned;
- d) Loading and unloading of firearms with dummy round;
- e) Knowledge on characteristics including safety device/catch and operation of the firearms concerned;
- f) Knowledge of marksmanship principles;
- g) Dry firing test before live firing.

Coaching Techniques

6. A competent arms instructors should have the ability to assist problem shooters to improve their shooting techniques or skills. He/she should be:-

- a) Able to identify the causes of poor shooting;
- b) Able to rectify the errors by providing suitable remedial training;
- c) Able to rectify incorrect shooting stance, grip, sight alignment and trigger control;
- d) Able to build up the shooter's confidence in applying the marksmanship principles;
- e) Able to provide suitable dry practices.

Remedial Shooting Training

7. To assist problem shooters, remedial training is considered useful to rectify the causes of poor shooting. Arms instructors may advise the shooter to identify and use the strong eye to aim. He/She should also identify other eyesight problems and take appropriate remedial action.

8. Other remedial training includes:

- a) Dry practice;
- b) Trigger operation exercise (e.g. with a dummy round placed on the top of a handgun);
- c) Using ball and dummy drill to rectify improper trigger operation and to improve "follow through";
- d) Allow shooting from a shorter distance to build up the shooter's confidence;
- e) Conduct shooting muscle assessments to ascertain muscle strength and ways of improving it.