



South Mountain Defense

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Women's Day Firearms Fundamentals Course

A one day course covering the fundamental philosophy of firearms ownership and use for and about women. This course helps address questions and/or concerns from women, along with the fundamentals of firearms use for women of any experience level, from complete novice to the experienced shooter.

Course Cost and Location

Course Location: North End Rod & Gun Club, 7211 Herber Rd., New Tripoli PA. 18966

Course cost: \$160.00. Cash, credit cards, Venmo accepted. **Pre-registration is required.**

Group rates for non-members of two or more. Please contact us by phone or email to register.

Course Time: 8AM – Approx. 3PM. Light snacks and water available. Please make arrangements for lunch.

Topics include:

- Philosophy of firearms ownership and use.
- Universal Safety Rules for Firearms.
- The basics of how a firearm works.
- Selection of a firearm.
- Basic ammunition considerations.
- Overview of situational awareness, defense escalation, and legal responsibilities.
- Safe storage of a firearm and ammunition.
- Care and cleaning of a firearm along with its breakdown (“field stripping”).

Each student will receive a pistol cleaning kit to take home.

- Firearms shooting basics: grip-breathing-stance-sights-trigger control.
- Basic accessories and Non-Lethal alternatives.
- Defensive shooting and defense considerations.
- **Private question and answer session with our female instructor.**
- *Each student will receive a copy of the book “The Cornered Cat: A Woman’s Guide to Concealed Carry” by Kathy Jackson.*



RANGE – Live Fire (Optional: Not a requirement for course completion)

- Safety review.
- Three (3) courses of fire total at ten and fifteen (15) feet. One hundred rounds required. Students Can bring their own handgun and ammunition or we can supply either at an additional cost.
- Please bring your own eye and hearing protection if possible. Corrective lenses do count as eye protection.

**** Training For Today's World ****