

VIRGINIA 4-H SHOOTING EDUCATION PROJECT PORTFOLIO
PISTOL (revised April 2007)

Name of Member:	Date	Instructor Initial
1. Demonstrate knowledge of pistol safety, including the following:	_____	_____
a. Three basic rules of gun safety.		
b. Range rules.		
c. Use of appropriate ammunition.		
d. Range operations.		
e. Eye & ear protection.		
2. Demonstrate knowledge of pistol equipment, including:	_____	_____
a. Pistol types.		
b. Parts of the pistol.		
c. Ammunition types and components.		
d. Pistol operation.		
3. Explain and demonstrate proper pistol shooting form:	_____	_____
a. Eye dominance		
b. Position/stance		
c. Sight alignment/sight picture.		
d. Trigger control.		
e. Follow-through.		
4. Demonstrate the ability to shoot a group. (Standard set by leader.)	_____	_____

Completion Date _____

Instructor Signature

4-H Member Signature

To qualify to participate in pistol shooting events at the State 4-H Shoot and the National 4-H Invitational, the 4-H member must complete the above listed tasks with the pistol being used for the competition. In addition, the 4-H member must shoot a complete course of fire following the same rules, targets and range standards that are outlined in the State 4-H Shoot Program.

Instructor, please sign next to any events that the 4-H member has qualified for.

	Date	Instructor Initial
AIR PISTOL SLOW FIRE –BULLSEYE	_____	_____
AIR PISTOL TIMED FIRE/RAPID FIRE COMBO	_____	_____
AIR PISTOL SILHOUETTE	_____	_____
PROGRESSIVE PISTOL PROGRAM	_____	_____
.22 CAMP PERRY ROUND (modified)	_____	_____
.22 SLOW-FIRE BULLSEYE	_____	_____
SMALLBORE HUNTER PISTOL SILHOUETTE	_____	_____