

VIRGINIA 4-H SHOOTING EDUCATION PROJECT PORFOLIO  
**PISTOL - Level I**

Name of Member: \_\_\_\_\_ Date \_\_\_\_\_ Instructor Initial \_\_\_\_\_

1. Demonstrate knowledge of pistol safety, including safety considerations pertaining to: \_\_\_\_\_

- Three basic rules of gun safety
- Range rules
- Equipment
- Use of appropriate ammunition
- Range operations
- Eye & ear protection

2. Demonstrate knowledge of pistol equipment, including: \_\_\_\_\_

- Pistol types
- Parts of the pistol
- Ammunition (types, components, functions)
- Pistol operation

3. Demonstrate proper pistol shooting form, including: \_\_\_\_\_

- Eye Dominance
- Stance (1 handed & 2 handed)
- Sight alignment/sight picture
- Trigger control
- Follow through

4. Demonstrate ability to shoot a tight group (standard set by leader) with either/or both: \_\_\_\_\_

Supported position	2-handed position
Air pistol - 10 meters	Air pistol - 10 meters
22 pistol - 50 or 75 ft.	22 pistol - 50 or 75 ft.

5. Shoot 10 shots and record your score:  
 (Standard at discretion of instructor)  
 Air pistol (B-40 target @ 10 meters)  
 22 pistol (B-2 or B-3 @ 50 ft. or B-6 @ 75 ft.)

Shot #	Distance	Score
1.		_____ of a perfect _____
2.		_____ of a perfect _____
3.		_____ of a perfect _____
4.		_____ of a perfect _____
5.		_____ of a perfect _____
6.		_____ of a perfect _____
7.		_____ of a perfect _____
8.		_____ of a perfect _____
9.		_____ of a perfect _____
10.		_____ of a perfect _____

Completion Date \_\_\_\_\_

\_\_\_\_\_  
 Instructor Signature

\_\_\_\_\_  
 Member Signature