

# OUTLINE OF THE MODERN TECHNIQUE OF THE PISTOL

(David Yamane, [www.gunculture2point0.com](http://www.gunculture2point0.com))

## 1. Mindset

- a. Color Codes of Personal Awareness
  - i. White: unaware and unprepared
  - ii. Yellow: relaxed awareness
  - iii. Orange: specific alert, full attention
  - iv. Red: mental trigger, fight or flight
- b. Principles of Personal Defense
  - i. Alertness
  - ii. Decisiveness
  - iii. Aggressiveness
  - iv. Speed
  - v. Coolness
  - vi. Ruthlessness
  - vii. Surprise

## 2. Gunhandling

- a. Universal Gunhandling Safety Rules
  - i. All guns are always loaded
  - ii. Never let the muzzle cover anything you are not willing to destroy
  - iii. Keep your finger off the trigger until your sights are on the target
  - iv. Be sure of your target
- b. Conditions of Readiness (Carry) for Self-Loading Pistols
  - i. Zero: round in chamber, hammer cocked, safety disengaged
  - ii. One: “cocked and locked” = hammer cocked, round in chamber, safety engaged
  - iii. Two: hammer down and round in chamber
  - iv. Three: magazine loaded but no round in chamber
  - v. Four: magazine separate from gun and no round in chamber

## 3. Marksmanship

- a. Proper balance of principles (DVC)
  - i. *Diligentia* = Accuracy
  - ii. *Vis* = Power
  - iii. *Celeritas* = Speed
- b. Elements required to achieve balance of DVC
  - i. Weaver Stance
  - ii. Flash Sight-picture
  - iii. Compressed Surprise-break
  - iv. Presentation
  - v. Heavy-duty Self-loading Pistol