



**NRA MQP**

Marksmanship Qualification Program



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# NRA MARKSMANSHIP QUALIFICATION PROGRAM

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The NRA Marksmanship Qualification Program is a skill development program. It has been the flagship of NRA's training development programs since 1903. The program can be administered by parents, club leaders, coaches or instructors. Individuals who are not involved in an organized club can also participate in the program using the courses of fire as a development tool. Qualification shooting can be conducted on any appropriate range, even a home range where applicable and courses of fire are open to everyone—men, women, and youth.

From a young shooter's first BB gun to sophisticated air rifles, shotguns, muzzleloaders, pistols and rifles, the NRA Marksmanship Qualification Program offers shooters a self-paced training platform to develop their shooting skills. It's a drill. We set the standards and you meet the challenge! Progression is self-paced and scores are challenging but attainable. Performance is measured against established par scores and any participant who meets or exceeds those scores is entitled to the corresponding recognition awards for that rating.

Take your shooting skills to the next level and challenge yourself in the NRA Marksmanship Qualification Program today!

By the time a shooter completes the Distinguished Expert rating in rifle, pistol, shotgun and multi-gun, they have attained a proficiency level paralleling that of a competitively classified Sharpshooter.

Based on the honor system, participants acquire the large discipline patch at the onset of the program and, as each rating is earned, they are entitled to all of the corresponding awards for that rating. Each rating level has a skill rocker, medal, pin and certificates award that recognizes and highlights the achievement.

## NRA BASIC COURSES

- » People new to the shooting sports are recommended to attend an NRA Basic Firearms Course. The NRA basic classes are fun, informative, and provide a good foundation of knowledge that can be applied to shooting activities in this guide book. To find an NRA Basic Course in your area please visit: [www.nrainstructors.org](http://www.nrainstructors.org)

## QUALIFICATION RULES AND GUIDELINES

- » Ratings must be earned in sequence from the beginning level. A record of the date when each rating was achieved and scores for each rating should be kept by the participant or their administrator.
- » Official NRA Rule Books: [competitions.nra.org](http://competitions.nra.org)

## SCORES

- » In all cases, scores fired for qualification must be applied to the rating on which the shooter is currently working. Scores may not be held and used for higher ratings. In most cases, each skill level requires that you achieve a score a particular number of times to complete the level. However, they do not have to be fired consecutively or in the same session. Scores fired in practice sessions, leagues, or matches may all be applied toward qualification ratings.

## DISTINGUISHED EXPERT RATING

- » **Witness Requirement**
  - *All firing for the Distinguished Expert must be witnessed by a current NRA member, or an NRA Instructor or Coach. However, participants who fire scores in formal competition may use the tournament results bulletin from the required number of matches as validation. Shotgun shooters must save their shooting receipt and score record from each round to be counted. Participants may qualify for special Double and Triple Distinguished Expert ratings by completing the top rating in two or three of the disciplines of rifle, pistol and shotgun. NRA members who have completed all the lower ratings and the requirements for Distinguished Expert should contact the National Rifle Association for special recognition.*

# NRA RECOGNITION FOR DISTINGUISHED EXPERT

NRA Headquarters Recognition for Distinguished Expert is a member benefit providing Distinguished Experts with the Award packet free of charge and making them eligible for the rating of Double and Triple Distinguished.

The NRA provides national recognition for all members who reach this prestigious level of accomplishment provided they:

- » Have fired the required scores
- » Have acquired awards at the lower ratings
- » Provide a current NRA member ID number
- » Firing of the Distinguished Expert must be witnessed by an NRA member (with current ID or an NRA Instructor or coach (with current ID number)

NRA members who have completed all the lower ratings and the requirements for Distinguished Expert should complete the Distinguished Expert Recognition Report Form: [mqp.nra.org](http://mqp.nra.org) and send it to the address provided on the form. NRA, ATTN: Marksmanship Coordinator, 11250 Waples Mill Rd., Fairfax, VA 22030. Please allow 60 days for processing.

Non-members can order the Distinguished Expert awards packet from our materials center as they did the lower level awards: [materials.nrahq.org/qualificationawards/distinguished-expert-packet.html](http://materials.nrahq.org/qualificationawards/distinguished-expert-packet.html)

## Awards

- » Skill level awards such as patches, certificates, pins and medals are available from the NRA material center for each qualification level that is earned. [materials.nrahq.org](http://materials.nrahq.org)
- » A record of date when each rating was achieved and the awards that were acquired should be kept by the participant or the program administrator.

## Firearm Safety Rules

- » When firing for qualification ratings follow the NRA safe gun handling rules:
  - ALWAYS *keep the gun pointed in a safe direction*
  - ALWAYS *keep your finger off the trigger until ready to shoot*
  - ALWAYS *keep the gun unloaded until ready to use*

## Eligibility

- » Qualification Courses of fire are open to everyone — men and women, adults and youth. NRA members or non-members.

## Adaptive Participants

### (Participants With Physical Disabilities)

- » Persons with physical disabilities can make changes to positions to allow them ability to participate in the Marksmanship Qualification Program. For example if a participant who uses a wheelchair wants to shoot the Defensive Pistol II course of fire he/she may do so from the chair. By doing so that person is adjusting the position to meet their needs.
- » For more information:
  - Website: [adaptiveshooting.nra.org](http://adaptiveshooting.nra.org)
  - Email: [adaptiveshooting@nrahq.org](mailto:adaptiveshooting@nrahq.org)
  - Phone: 703.267.1491

## Targets

- » Targets are available at sporting goods stores. If you cannot find them locally, contact one of the NRA's licensed manufacturers.
  - *Alco Target Company, California (888) 258-4814*
  - *National Target Company, Maryland (800) 827-7060*
  - *U.S. Target Company, Michigan (800) 746-6836*



# PISTOL QUALIFICATION

In this course of fire you will develop accuracy, dexterity, precision and speed, the skill required for personal protection. An NRA Basic Pistol class will provide an excellent foundation of knowledge to build upon.

## Pistols and Revolvers

Any semi-automatic pistol or revolver with any type of sights may be used. All calibers.

## Sights

Any sights may be used.

## Targets

Paper with 4 ½" circle drawn on it. (Hint, use an old CD to draw your circle). D-1 or D-2 Targets.

## Timers

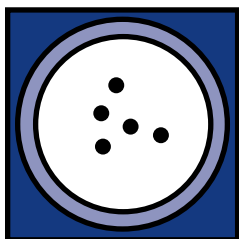
When time restrictions are specified, shooters should have another individual act as timekeeper, or play a recorded timing sequence with start/stop signals.

## Awards

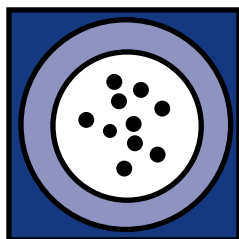
- » Pistol Qualification Patch
- » For complete qualification awards information, reference page 53.



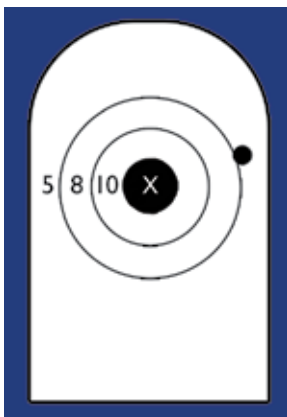
RATING	POSITION	TARGET	DISTANCE	COURSE OF FIRE	
Pro-Marksman	2-Handed Benchrest	Paper plates or paper disk (9- inch diameter)	15 feet	Phase 1: 5 shots each at 10 targets.	Phase 2: 10 shots strong side and 10 shots weak side. All shots must be within the circle.
Marksman	2-Handed Standing	Paper plates or paper disk (9- inch diameter) D-1 or D-2	15 feet	10 shots strong side and 10 shots weak side with 6 minutes to shoot each pair. All shots have to be 1" from the edge of the target. Repeat 4 times. Each pair has to be shot the same day but you do not need to shoot all pairs on the same day. Repeat on D-1 or D-2 target.	
			D-2 15 Feet D-1 30 Feet		
Sharpshooter	2-Handed Standing	D-2 or D-1	D-2 (15 feet) or D-1 (30 feet)	10 shots per target. 10 targets total. 5 shots strong side in 20 seconds and 5 shots weak side in 20 seconds. Out of a possible score of 100 you must achieve a score of 60 or better on five targets and 65 or better on 5 targets.	
Expert	Standing, Ready One	D-2 or D-1	D-2 (15 feet) or D-1 (30 feet)	5 shots strong side in 3 minutes and 5 shots in 10 seconds. 5 shots weak side in 3 minutes and 5 shots in 10 seconds. You must shoot the course twice, achieving a score of 130 or better and shoot the course 3 more times, achieving a score of 150 or better.	
Distinguished Expert Must be *witnessed by NRA instructor or Member	Standing Ready	D-2 or D-1	D-2 (15 feet) or D-1 (30 feet)	Conducted in 4 stages which must be completed in the same session to qualify. Stage 1: 5 shots strong side, 2-handed in 10 sec Stage 2: 5 shots strong side, 1-handed in 10 sec Stage 3: 5 shots weak side, 2-handed in 10 sec Stage 4: 5 shots weak side, 1-handed in 10 sec You must shoot the course 6 times but these do not need to be shot on the same day. Must achieve a minimum score of 145 three times and minimum score of 170 three times.	



Inside 1/2" margin  
on plate.



Inside 1 1/2" margin  
on plate.





# DEFENSIVE PISTOL I QUALIFICATION

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Participants should complete the Pistol Qualification course prior to starting Defensive Pistol I. Defensive Pistol I Qualification is designed to complement Personal Protection in the Home Courses, while Defensive Pistol II is designed to complement Personal Protection Outside the Home. These two Qualification courses help participants become familiar with the pistol/revolver, and enhance their ability to react in any defensive situation that might arise. Participants should complete the Pistol Qualification course prior to starting Defensive Pistol I.

## Pistols and Revolvers

Any semi-automatic pistol or revolver.

## Sights

Any type of sights may be used.

## Positions

All shooting will be done from the standing, two handed position. Each rating will have additional requirements. Participants will search and assess after firing each repetition. To search and assess, lower the firearm slightly to allow the eyes to shift slightly from side to side to scan the area, while not losing sight of the target.

## Target, Distances and Score

D-1 or equivalent at 21 feet with all shots scoring 8s or better.

## Reference Material

*NRA's Guide to Personal Protection in the Home*



## Awards

- » Pistol Qualification Patch
- » Defensive Pistol Rocker I
- » For complete qualification awards information, reference page 53.

## Defensive Pistol I

RATING	POSITION	TARGET	DISTANCE	COURSE OF FIRE	REPETITIONS
Pro-Marksman	2-Handed Standing	D-1	21 feet	Gun is unloaded on the bench. Safely pick up gun, load and shoot 5 shots in 30 seconds	4
Marksman	2-Handed Standing	D-1	21 feet	Gun is unloaded on the bench. Safely pick up gun, load and shoot 5 shots in 15 seconds.	4
Sharpshooter	2-Handed Standing	D-1	21 feet	Gun is unloaded on the bench. Safely pick up gun, load and shoot 5 shots in 15 seconds.	4
Expert	2-Handed Standing	D-1	21 feet	Gun is unloaded on the bench. Safely pick up gun, load and move to cover. Shoot 5 shots in 15 seconds on right side of cover. Reload new magazine, safely move to cover and shoot 5 shots from left side of cover.	4
Distinguished Expert	2-Handed Kneeling and Standing	D-1	21 feet	Gun is unloaded on the bench. Safely pick up gun, load and move to cover and give verbal challenge. Shoot 5 shots kneeling and shots standing in 25 seconds.	8

# DEFENSIVE PISTOL II QUALIFICATION

Participants will search and assess after firing each repetition. To search and assess, lower the firearm slightly to allow the eyes to shift slightly from side to side to scan the area, while not losing sight of the target.

## Pistols and Revolvers

And semi-automatic or revolver may be used.

## Positions

All shooting will be done from the standing two-handed position. Each level will have additional requirements. Participants will search and assess after firing each repetition. To search and assess, lower the firearm slightly to allow the eyes to shift slightly from side to side to scan the area, while not losing sight of the target.

## Target, Distance and Score

D-1 or equivalent at 21 feet with all shots scoring 8s or better.

## Reference Material

*NRA's Guide to Personal Protection Outside the Home*

## Awards

- » Pistol Qualification Patch
- » Defensive Pistol Rocker II
- » For complete qualification awards information, reference page 53.



RATING	POSITION	TARGET	DISTANCE	COURSE OF FIRE	REPETITIONS
Pro-Marksman	2 Handed Standing	D-1	21 feet	Using the NRA method of drawing from a holster, draw from strong side holster and shoot 1 shot in 15 seconds.	20
Marksman	2 Handed Standing	D-1	21 feet	Using the NRA method of drawing from a holster, draw from strong side holster and shoot 2 shots in 6 seconds.	20
Sharpshooter	2 Handed Standing	D-1	21 feet	Using the NRA method of drawing from a holster, draw from strong side holster and shoot 3 shots in 10 seconds.	10
Expert	2 Handed Standing	D-1	21 feet	Using the NRA method of drawing from a holster, execute a 90 degree right or left turn, then draw from the holster and shoot 2 shots in 9 seconds.	10
Distinguished Expert *Must be witnessed by NRA member or NRA instructor	2 Handed Kneeling and Standing	D-1	21 feet	Using the NRA method of drawing from a holster, execute a 180 degree right or left turn, then draw from the holster and shoot 2 shots in 12 seconds.	20

## Drawing from a Holster

The NRA method of drawing from a holster uses the following steps:



1. ACCESS the gun



2. GRIP the gun. (finger off trigger)



3. PULL the gun from the holster or holster purse



4. ROTATE the gun toward the target (finger may now go to the trigger)



5. JOIN the weak hand to the strong hand



6. EXTEND the gun toward the target



7. FIRE the gun



8. LOWER and scan for additional threats



9. REHOLSTER (engage safety or decock and move finger straight along the side of the receiver)