

# **NRA Personal Protection in the Home Course**

## **Rochester Rifle Club**

### **Date: May 2, 2026**

The Rochester Rifle Club is offering the NRA Personal Protection in the Home Course on Saturday, May 2, 2026 from 8:00 AM until about 6:00 PM. Students should arrive at 7:45 AM. The course will include both classroom instruction and live fire exercises. Classroom topics will include:

- Firearms safety
- Securing your home
- Developing a defensive plan
- The defensive mindset
- States of awareness
- Choosing a firearm and what other equipment should you have
- Selecting ammunition
- Confronting intruders
- Psychological and physiological responses to stressful encounters
- After the shooting
- Greeting the police

Live fire exercises include:

- Flash sight picture
- Shooting controlled pairs
- Two handed and single handed shooting
- Reloading
- Malfunction clearances
- Use of cover/concealment
- Shooting from squatting and kneeling positions<sup>1</sup>
- Low light<sup>1</sup>

At the end of the class, there will be a test.

Bring your lunch and refreshments. Over the lunch period we will be conducting a discussion of the NYS law regarding the use of force and deadly force when in your home.

**NOTE: This is an advanced NRA course.** Students are expected to have prior basic firearms training, as evidenced by have successfully completed a course such as the NRA/RRC Home Firearms Safety/Safe Firearms Handling course, NRA Basic Pistol, basic course such as those taught by the Sig Academy or Gunsite Academy, or permission from the instructor.

---

<sup>1</sup> Shooting from these positions is not normally allowed at the RRC, but will be permitted for this course only.

Students should bring:

- A handgun suitable for defensive use using a caliber allowed by the RRC<sup>2</sup>
- At least 150 rounds of ammunition
- At least two magazines for your semiautomatic handgun or
- At least two speed loaders if you plan to use a revolver
- Hearing and eye protection
- A small but bright flashlight

It is also recommended that you bring:

- An open chamber indicator for your firearm(s)
- Several empty casings for your firearm
- Dummy rounds if you have them

**All firearms must be unloaded and cased prior to entering the RRC. No live ammunition is permitted in the classroom.** Students must be able to legally possess a handgun in New York State.

The cost of the Personal Protection in the Home course is \$160. Student can register at <https://www.nrainstructors.org/CourseDetails.aspx?Courseid=907618>. Payment in full and registration are both due by April 1, 2024. Registration checks should be made out and sent to me at Don Rimai, PO Box 505, Webster, NY 14580. If you have any questions, please feel free to contact me at [donrimai@gmail.com](mailto:donrimai@gmail.com).

---

<sup>2</sup> We recognize that ammunition is in short supply and expensive. Students are encouraged to bring at least one handgun that they would use in a personal protection in the home scenario. However, owing to the ammunition shortage, they may also opt for a second handgun using a different caliber such as .22 long rifle for some of the exercises. For safety reasons, the use of magnum ammunition is not permitted at the RRC.