Method: Theoretical and practical classes, live-fire shooting with combat ammunition

Topics: Principles of safe handling of firearms. Safety conditions applicable during shooting training. Review and improvement of skills acquired during the previous training. Discussion of the main principles applicable in situational shooting. Zones and aiming points in situational shooting. Different aiming methods. Initial and final weapon checks. Rhythmic fire. Shooting while moving. Emergency magazine change vs. tactical magazine change. Disassembly, cleaning, maintenance, and reassembly of the weapon.

Organization: The training typically begins with a lecture, followed by the manual handling portion, and then live-fire shooting with combat ammunition. The organization of the classes is adjusted each time based on the number of participants and the number of available firing positions. Theoretical topics may be covered in full at the beginning of the session or immediately before the activities they relate to. The instructor has the right to adapt the method and form of conducting the classes according to the type and infrastructure of the shooting range, the individual abilities of the participants, and weather conditions.

Duration: 5-6 hours (training duration depends on the number of participants)

Weapons: AKMS carbines (modified/customized), caliber 7.62 x 39 mm, and Mossberg smoothbore shotgun, caliber 12/70. Each weapon used during the training will be equipped with mechanical sights, a single-point sling, and will feature polymer/composite grips, handguard, and a stock with an adjustable buttstock (selected carbines will be additionally equipped with an optoelectronic sight).

Ammunition: 130 rounds (120 rounds for the carbine + 10 rounds for the smoothbore shotgun)

Shooting distance: Up to 20 m

Location: The start of the classes, theoretical part, and manual exercises take place at the headquarters of GROM GROUP Sp. z o.o., ul. Wspólna 2C lok. 2-4, Warsaw-Wesoła. Live-fire shooting is conducted at an indoor or outdoor shooting range located in Warsaw or its vicinity. Information about the exact location of the range will be sent to training participants via email 2-3 days before the training.

Participants: Age 16 and above (minors only with written consent of a parent/legal guardian). Persons who have participated in the GST long-gun shooting training, at least at the BASIC level, organized by GROM GROUP. Persons who have completed practical long-gun shooting training at another center (not GROM GROUP), at least at the basic level, and who present a document confirming participation in that training. Persons with no medical contraindications to physical exercise.

Number of participants: 4-10
Instructors/Staff: Classes will be conducted by experienced GROM SHOOTING TRAINING instructors

Attire: Clothing that does not restrict movement, appropriate for weather conditions and the season, sports or trekking footwear, a cap with a visor is recommended

Equipment provided: Each participant will receive from the organizer, for the duration of the training, a tactical belt and magazine pouch for the carbine, as well as hearing protection and safety glasses

Insurance: The organizer provides basic accident insurance (NNW)

Certificate: Confirming participation in the training

Giveaways: Commemorative T-shirt in the color dedicated to the given level

Travel: At participant's own expense

Accommodation: One-day training; any accommodation is arranged by the participant at their own expense

Catering: During the lecture, the organizer provides coffee, tea, and sweets

Explanations: ADVANCED 1 WORKSHOPS: This type of training includes only manual handling practice and live-fire shooting with combat ammunition. The workshops are intended for persons who have already completed the ADVANCED 1 level long-gun shooting course (basic training) and wish to improve their shooting skills before moving on to the next, higher level. The WORKSHOPS are also dedicated to persons who have had a break from shooting longer than 2-3 months. The duration of the WORKSHOPS is shorter than the basic training by about 2 hours, due to the exclusion of the theoretical part and the part concerning weapon disassembly and maintenance. Participants of the WORKSHOPS start the training one hour later than the start time of the basic training and finish the WORKSHOPS one hour earlier than the participants of the basic training. The training starting location remains unchanged.

Notes:
• Persons participating in the ADVANCED 1 WORKSHOPS may receive a commemorative T-shirt after paying an additional fee on the day of the training; T-shirt price 40 PLN
• In unforeseen circumstances beyond the organizer's control, the use of a different type of weapon than those listed above is permitted
• Persons who will participate in the training with their own weapon (i.e., their own carbine) are required to bring their own ammunition in the quantity described above and must have a minimum of 3 magazines for their carbine
• Every participant using their own weapon and ammunition must present appropriate documents confirming the right to possess (use) the weapon used during the training before the start of the training
• Every participant, upon arrival at the training starting location, must confirm their identity by presenting an ID card or passport