

Questions to Ask a Firearms Instructor

How to find the right teacher and avoid the wrong one

Not all firearms instructors are created equal — especially for women. The right instructor makes learning empowering; the wrong one can set you back. Use these questions to find someone who will actually help you succeed.

Before You Book

Background & Logistics

- ☐ What certifications do you hold? (NRA, USCCA, state-specific, etc.)
- ☐ What percentage of your students are women?
- ☐ Do you have experience teaching complete beginners?
- ☐ Do you provide firearms and ammunition for training?
- ☐ Where do you teach? (range, private facility, etc.)

A good instructor will welcome these questions. If they seem annoyed or dismissive, that tells you something.

Teaching Style Questions

- ☐ Do you explain the 'why' behind techniques, or just the 'how'?
- ☐ How do you handle students who are nervous or have had bad experiences?
- ☐ What's your approach to correcting mistakes?
- ☐ Will I get hands-on practice, or is it mostly lecture?

Red Flags to Watch For

- ☐ Makes you feel stupid for asking questions
- ☐ Physical contact that feels inappropriate, invasive, or controlling (note: gentle, supportive touch from a skilled instructor is normal — but you should never feel invaded or uncomfortable)
- ☐ Uses military/tactical jargon without explaining it
- ☐ Dismisses your concerns about recoil, noise, or nervousness
- ☐ Insists there's only "one right way" to do things

Build your complete protection system

join.fierana.com

- ☐ Pushes you to advance before you feel ready
- ☐ Makes comments about your appearance or gender
- ☐ Recommends a specific gun without asking about your needs
- ☐ Claims you don't need much training — "it's not complicated"

If you experience any of these, you're allowed to leave. Find someone who treats you with respect.

Green Flags — Signs of a Great Instructor

- ☐ Asks about YOUR goals before making recommendations
- ☐ Explains everything before doing it
- ☐ Celebrates small wins and progress
- ☐ Creates a judgment-free environment
- ☐ Encourages questions at any time
- ☐ Focuses on safety without using fear tactics
- ☐ Has positive reviews from other women students

After Your First Lesson

- ☐ Did I feel respected and heard?
- ☐ Did I learn something I can actually use?
- ☐ Did the pace feel right for me?
- ☐ Do I want to go back?

Trust your gut. The best technical instructor in the world isn't worth it if they make you dread showing up.

Build your complete protection system

join.fierana.com