



# **JANUARY 2022 NEWSLETTER**

## **DRILL OF THE MONTH**

Throughout 2022 we will be running a Drill of the Month in each edition of the newsletter. The goal is help motivate folks to get to the range and actually shoot their defensive weapons, and to have some fun in the process. Each month we'll post a drill or a short course of fire. You are encouraged to go to the range, shoot the drill, and then post your thoughts and a photo of your target on the Rangemaster Facebook page, <https://www.facebook.com/groups/rangemaster/> .

### **Quick and Dirty**

**Target-**

**RFTS-Q, scored 5,4,2**

**IALEFI-QP, scored 5,4,2**

**IDPA cardboard, scored 5,3,1**

**Deduct 5 points for any overtime shots.**

**3 yards Start holstered. On signal draw and fire 3 rds using the dominant hand only, switch hands, and fire 3 rds using the non-dominant hand only, all in 6 seconds**

**5 yards Start holstered. On signal draw and fire 3 rds to the body and then 1 rd to the head, all in 4 seconds. Do this 3 times.**

**7 yards Start at Ready, muzzle off target. Have 3 rounds ONLY in the gun. On signal, fire 3 rds, conduct an empty gun reload, and fire 3 more rds, all in 7 seconds.**

**15 yards Start holstered. On signal, draw and fire 3 rds from Standing, drop to a Kneeling position, and fire 3 rds from Kneeling, all in 12 seconds.**

**30 rounds total      Maximum possible score= 150**

## **THE RANGEMASTER BULLSEYE COURSE EXPLAINED**

by Tom Givens

Over my several decades long shooting career I have been privileged to shoot with many of the finest shots in the country. Whether the discipline involved was small bore rifle, PPC, IPSC, or IDPA all of the very top shots in that field shared one thing in common. To a man (or woman) they all relentlessly practiced the fundamental elements of marksmanship, and worked very hard to perfect the most basic skills. Then, no matter what challenge a match presented to them, they could focus on solving the problem, rather than on how to shoot. The same thing applied to several very experienced gunmen I have known, including the late, great Jim Cirillo. Cirillo spent thousands of rounds working on very basic skills, which he told me allowed him to concentrate and get hits even under fire in his many on the job shootings.

The second purpose of this course is to help those who have a lot of restrictions placed on their live fire practice by the range rules where they shoot. Many ranges don't allow work from the holster, or even silhouette targets. Fortunately, if you are stuck with such a training venue, you can perfect your presentation from the holster during dry practice at home. You can use a silhouette target at home with your dry practice, to ingrain getting a proper sight picture on a humanoid figure. You use this

course of fire at the range to perfect your actual shooting skill—the ability to hit what you wish to, on demand.

For this course, we use the NRA B-8 bullseye target. It has been a standard NRA bullseye pistol competition target for decades. It is scored as printed. The course is divided into five stages, fired at 25, 15, 10, 7 and 5 yards, in five round strings. Since all strings are five rounds each, you can even use this with a five-shot revolver. All strings begin with the pistol loaded, in both hands, at the low ready. Use a shot timer, or have a shooting partner time you with a stop-watch.

The first string is fired at 25 yards, and it is designed to test your maximum precision with the gun and ammunition you are using. On signal, fire 5 rounds in one minute. It is best to fire these one at a time, coming back down to ready to take a couple of breaths and get ready to go again. Think of these as five individual, precisely aimed shots.

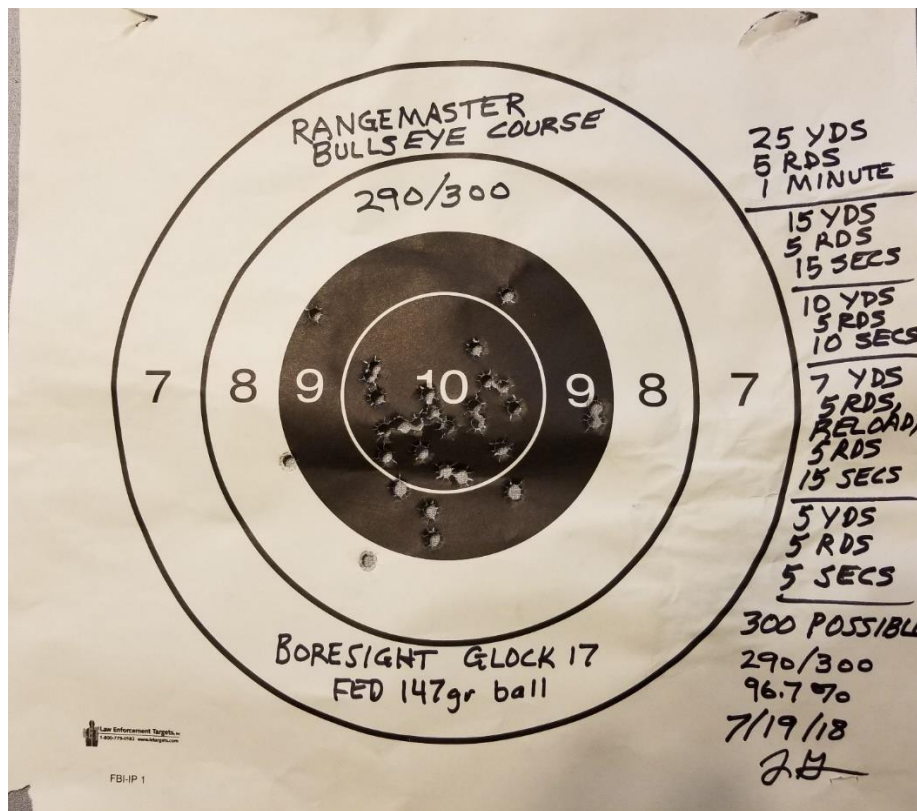
Next, move the target to 15 yards. On signal fire 5 rounds in 15 seconds. This is adequate time per shot to allow you to concentrate on getting a good sight picture and a smooth trigger press.

For the next string, move to the 10 yard line, and on signal fire 5 rounds in 10 seconds. Cutting the time limit forces you to work on immediate follow through and an appropriate cadence.

Now, move the target to 7 yards. Start with only 5 rounds in the pistol, and have a spare magazine, speedloader, speed strip or whatever you use for fast reloading on your person. On signal, fire 5 rounds, reload, and fire 5 more rounds, all in 15 seconds. This drill works on trigger control, follow through, proper cadence, and reloading skill, all in one string.

For the last string, move to 5 yards. On signal, fire 5 rounds in 5 seconds.

That's it. You have fired 30 rounds total, for a maximum possible score of 300 points. If you can consistently shoot 285 or better on this, under the time limits, you are a pretty darn good shot. You have also had a good work-out that covered sight alignment/sight picture, trigger control, follow through, recoil control/recovery, reloading under time pressure and appropriate cadences for different distances, all in less than one box of ammunition. If you wish to compare the "shootability" of a couple of handguns, this will make it readily apparent if one shoots better for you than the other. Work on this drill periodically, even if your range does allow drawing from the holster, silhouette targets and so forth. Regardless of your current skill level this will make you a better all-around shooter.



# Visualization, or Mental Imagery

Visualization, or imagery, is one of the most effective tools available to you for mental conditioning. This is vital to success in a fight. Under stress, your subconscious mind will immediately take over and direct your body to do whatever the subconscious has been programmed to do. If you have been programmed through training to respond correctly, you will. Panic is simply the lack of a pre-programmed response. Since your subconscious doesn't know what to do, it does nothing. (When in danger, or in doubt, run in circles, scream and shout!) Obviously, your odds of surviving improve drastically if you have pre-programmed the correct tactical responses before a crisis.

How do we program these correct responses until they become automated? There are three ways. First, you could engage in about a dozen gunfights. You would then be adept at making rapid, sound tactical decisions, *if you are still alive!* We don't recommend this method because the test comes first, the lesson afterward. This is a painful and expensive way to learn.

Bismarck said, "A smart man learns from his own mistakes, a wise man learns from the mistakes of others." This is especially true in this business, where mistakes can be fatal. The easiest way to learn from the mistakes of others is to read a big city newspaper each day as you eat your breakfast. Look in the local news and select two instances reporting the criminal victimization of some unfortunate person. Take five or ten minutes to read these two accounts and actually analyze them. Ask yourself two questions, and make yourself come up with an answer.

The first question is, "What did the victim do to put himself in this situation?" Once you learn a bit about criminal behavior, you realize that above all, criminals are opportunists. They capitalize on circumstances created by inattentive, complacent, lazy, and unobservant victims. Very soon you will learn to recognize the behavior or activity on the part of the victim that facilitated or even precipitated the crime. This will hold true in probably 90% of the cases you study. Once you have identified the specific victim behavior that caused the attack, you are reinforcing in your

subconscious that this is negative, or harmful behavior. Day after day, by doing this, you are programming your subconscious to avoid that type of behavior. If you don't present the opportunity, the criminal cannot take advantage of it.

The next question is, "Alright, I was careless and got into this mess, how do I get myself out of it?" Make yourself think up a solution to the tactical situation. In this manner, you are getting practice every single day in making tactical decisions. If you make tactical decisions every day of your life, they will come easily to you if you find yourself in dangerous circumstances. If you have never practiced this decision making process, how do you expect to do it well under extreme stress?

The last technique in imagery we will discuss has to do with mentally rehearsing confrontations, to prepare beforehand for a confrontation. In your mind, as a normal, healthy person, there is a very fine line between reality and fantasy. A psychopath no longer has this distinction in his mind, and his fantasies become his reality. A normal mind blurs this distinction under several circumstances. If you are an avid reader, for instance, you "see" the action of a good novel or historical account unfolding in your mind as you read. You form mental images of the characters and events, as if you had seen them yourself. How many times have you wakened from a vivid dream and took a few seconds to orient yourself? These are examples of that blurred distinction between reality and fantasy.

Airline pilots periodically receive training in a flight simulator, which is an enclosed box mounted on hydraulic jacks. Upon entering the simulator, the pilot is seated in a cockpit seat, a control panel is arrayed before him, and the "windshield" has a back projected image on it, just like the view from a plane. As the pilot applies control movements to the stick and so forth, the "plane" responds with motion. Within a few moments, the pilot's brain is fully convinced that he is flying a plane, although intellectually he knows he is bolted to the floor of the training building. At some point, the control panel will advise him of an emergency, and the "plane" will simulate the movement involved, as in a sudden dive. The pilot must immediately take corrective action to keep from "crashing". Although they are in no real danger, these guys come out of the simulator white knuckled and sweating,

because the mind blurred the distinction between reality and fantasy. If, at some future date, the pilot is confronted with that actual emergency in a real aircraft, he will automatically respond, quickly and correctly, because his brain has learned that the correct action will save its life.

You can do the same thing with your mind in a self-defense context by using visualization exercises. Go to a quiet room and sit in an easy chair. Relax, and clear your mind of all thought (easy for some of us!). Now, in your mind vividly imagine a tactical scenario. Think of it as a daydream, if you like, but get into it and project yourself into the action. For every imagined action by the bad guy, direct yourself through a proper reaction. "If he does this, I'll do that." Always direct the action to a successful outcome.

Let me give you a couple of examples. If you work in a retail environment, ask yourself, "What am I going to do when they stick this place up?" Visualize your workstation, and the surroundings. Where is cover? What direction could you fire in without endangering coworkers? Is there an escape route available? Don't wait until a hold-up man is standing across the counter from you to think about this. If you are a boss, ask yourself, "What am I going to do if a disgruntled employee comes plodding down the hall with a shotgun?" Is there any other way out of your office? Is there any real cover available? Where is the secretary? You might find you want to rearrange your office. Find out now, not while under fire!

There are really only a dozen or so ways for a thug to criminally victimize you. White-collar crime has endless opportunities for innovation, but street crime is pretty straightforward. Over a period of time, you can visualize your way through just about all of the likely forms of street crime, and have pre-programmed responses filed away in the back of your mind (the subconscious) ready for deployment if faced with a similar circumstance.

One last area to address is that of targets used in practice. Beware of doing all your shooting practice on bullseye targets or only vaguely humanoid targets that look more like a milk bottle than an attacker. Do some of your work on targets that look like a real, live, armed, threatening human being. Your subconscious needs to be accustomed to seeing your sights

superimposed on such an image, otherwise you may lock up the first time you put your sights on a real assailant.

If you are faced with a life-threatening crisis in a form you have never seriously considered or given any thought to, you will likely hesitate just long enough to lose. If, on the other hand, you take a little time to practice these “simulations”, you can program ready responses and be able to retain control of yourself and your actions. Your mind needs to know that there is a way out, and that you know what it is. This avoids panic, and allows you to act decisively, which is your salvation.

Training and practice build skill. Skill builds confidence. Confidence prevents panic. This is how you win fights.

## **50 yard buckshot tests by Brass Fetcher**

<b>Load</b>	<b>Muzzle Velocity</b>	<b>vel @ 50 yds</b>	<b>penetration*</b>
<b>000</b>	<b>1320 fps</b>	<b>920 fps</b>	<b>16.3”</b>
<b>00 full charge</b>	<b>1239 fps</b>	<b>920 fps</b>	<b>16.2”</b>
<b>00 reduced recoil</b>	<b>1150 fps</b>	<b>862 fps</b>	<b>14.2”</b>
<b>#4 full charge</b>	<b>1318 fps</b>	<b>840 fps</b>	<b>9.0”</b>

\*calibrated 10% ordnance gelatin at 41 degrees

The FBI ammunition protocols and other reliable sources call for penetration in the 12-14 inch range for maximum effectiveness. Either full charge or reduced recoil 00 loads give this performance, even at 50 yards. Use whichever patterns best in your shotgun.

## **Brenneke Tactical Home Defense Slug**

Although I hate the name, this is one of my favorite loads in 12 gauge. Its muzzle velocity is in between that of typical low recoil loads and the full charge, full power slugs, which have excessive recoil. This slug is very accurate in all of my



shotguns, has a flat trajectory, and is an excellent shape for tissue damage and penetration.

1 oz sharp shouldered slug

Velocity

MV            1378 fps

50 yds        1066 fps

75 yds        968 fps

For a 50 yard zero, slug should impact ½” high at 25 yards.

25 yds    +.5”

50 yds    zero

75 yds    -.4”

100 yds -2.9”

As you can see, a 50 yard zero with this load means you can just hold dead on, anywhere from 5 to 100 yards. Easy!



# **UPCOMING TRAINING EVENTS**

**Jan 27-28**     Advanced Instructor, Homestead, FL

<https://www.eventbrite.com/e/advanced-firearms-instructor-development-course-tickets-158239523675>

**Jan 29-31**     Master Instructor, Homestead, FL

<https://www.eventbrite.com/e/master-firearms-instructor-development-course-tickets-158239738317>

**Feb 18-20**     Instructor Course, Buford, GA (indoors)

<https://www.eventbrite.com/e/three-day-firearms-instructor-development-course-tickets-144505007367>

**Feb 26-27**     Combative Pistol, Ruskin, FL

<https://www.eventbrite.com/e/rangemaster-combative-pistol-tickets-158241463477>     **sold out**

## **Shoot Your EDC Ammo Periodically**

**A lot of malfunctions attributed to handguns are actually ammunition malfunctions. Carrying ammo for too long is false economy, as it may fail you when you need it. When carrying ammo in your pistol or in spare magazines, it is subjected to drastic changes in temperature and humidity, and every time you chamber a round it gets a real beating as it is fed from the magazine, up the feed ramp, and into the chamber. Repeated chamberings can cause bullet set-back, or break up the primer, either of which is a very bad thing (VBT). Ammo kept in factory boxes and stored in a cool, dry place has an indefinite shelf life, but that is not the case with the stuff you carry around with you.**

**With that in mind, I decided to shoot up my carry loads today and replace them with fresh cartridges. I carry 9mm Federal HST 124 grain +P hollow points, a load I have full confidence in. I decided to start a shooting session cold by shooting the Baseline Assessment Drill with the rounds in my EDC Glock 17. I managed a 196 out of 200, which ain't bad cold.**

**Next time you go to the range, shoot a scored drill cold with the ammo you've been carrying for a while. This will give you a chance to check its point of impact, and remind yourself of the amount of flash, blast and recoil real carry ammo has, compared to typical practice ball ammo.**





