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Firearms Training Services

MONTHLY NEWSLETTER

Introducing Ed Mireles

In the past 50 years, a few incidents have caused the firearms training community to stop, re-evaluate, and revamp longstanding doctrine. The Newhall Incident (1970), the Bank of America hold-up in North Hollywood (1997), and Columbine (1999) prompted huge changes in equipment, tactics, and procedures; but many of those lessons are more relevant to police than to armed private citizens.

However, the FBI firefight on April 11, 1986 in Miami offered valuable lessons for anyone who goes armed. The FBI Special Agents in this incident were in civilian clothing, riding in unmarked cars, wearing concealed handguns. Many facets of this furious gun battle parallel elements of a private citizen shooting in response to an armed robbery or car-jacking. In fact, this is the single incident with the most pertinent lessons for the armed citizen that I have ever found.

Retired Special Agent Ed Mireles was one of the FBI agents involved in that gun battle, and he was the agent who wound up killing both of the suspects, despite having been shot twice with a rifle. Ed recently published a book, *FBI Miami Firefight: Five Minutes That Changed the Bureau*. Over the years, Mireles has many times delivered an intensive lecture on this event at law enforcement academies and conferences. We are proud to announce that Ed will be conducting this exhaustive examination of this fight for an open enrollment audience on Saturday, December 1, 2018, at the Double Tree Hotel on W. Cypress Street in Tampa, Florida (just a few minutes from Tampa International Airport).

This event will begin at 11:30am with a social hour. Ed's lecture will run from 12:30pm to 5:30pm, followed by a book signing. Registration is only \$125.00 per person. To register, please see our Eventbrite page (click the logo). ■

www.Rangemaster.com

Eventbrite



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.

UPCOMING TRAINING

AUG 24-25

Intensive Pistol (2-Day)
Athens, GA

AUG 26

Defensive Shotgun (1-Day)
Athens, GA

SEP 15

Intensive Pistol (1-Day)
Longview, TX

SEP 16

Defensive Shotgun (1-Day)
Longview, TX

SEP 29-30

Combative Pistol
Hot Springs, AR

OCT 6-7

Dynamic Marksmanship
Austin, TX

OCT 12-14

Firearms Instructor
Development Course (Pistol)
Okeechobee, FL

Eventbrite

The Power of Visualization by Tom Givens

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. Often, 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 95% 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 awakened from a vivid dream and taken a few seconds to orient yourself? These are examples of that blurry line between reality and fantasy.

Airline pilots periodically receive training in a flight simulator, which is an enclosed box mounted on hydraulic jacks. In the simulator, the pilot is seated in a cockpit seat, a control panel is arrayed before him, and the “windshield” has a 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. Soon, 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

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a wise man learns from the mistakes of others.
- Otto von Bismarck

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 pilots are confronted with that actual emergency in a real aircraft, they will automatically respond, quickly and correctly, because their brains have learned that the correct action will save their lives.

You can do the same thing 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. See 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

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THE
FIRST

ASSAULT RIFLE

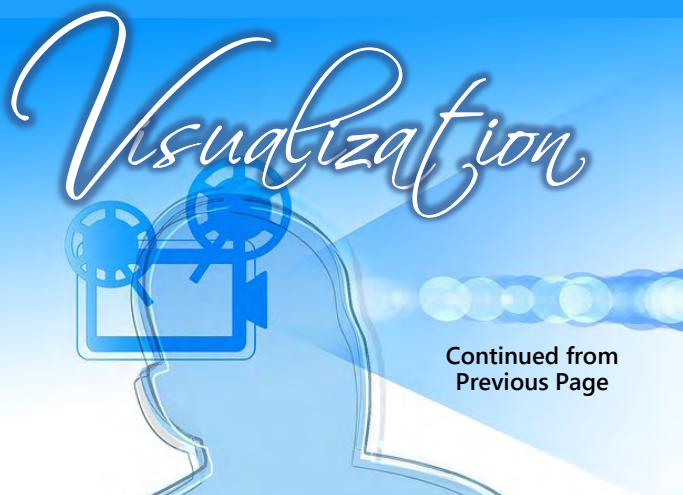
by
Tom Givens



The Winchester Model 1907 .351 SLR was produced from 1906 until 1958, a very long production run. The “SLR” was the abbreviation for Self Loading Rifle — “self loading” being the term used at the turn of the 20th century for a semiautomatic firearm. Please note that this semiautomatic, magazine-fed rifle entered production 112 years ago!

The Model 1907 has the distinction of being the first semiautomatic rifle to be used in warfare. At the onset of World War I, the French military and the Russian government bought huge quantities of these rifles and millions of rounds of ammunition for them. Just prior to WWI, the U.S. military bought some for use by aviators in General Pershing’s punitive expeditions in Mexico, in pursuit of Pancho Villa. The U.S. guns had 10-round

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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's 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 practice targets. 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 may 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. ■

The First Assault Rifle?

(Continued)

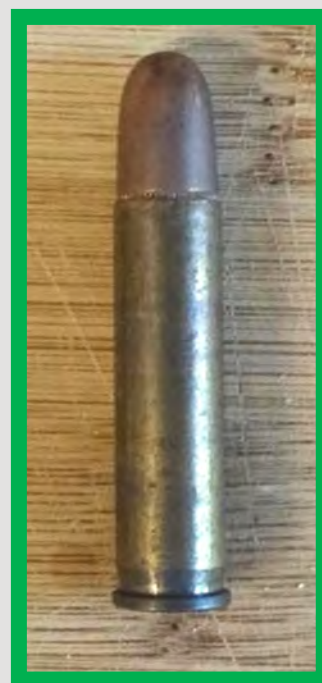
detachable magazines, while the French guns used 15- and 20-round magazines, with the guns converted to full-auto, making them the first true assault rifles.

The .351 was very popular in the US with lawmen — particularly the FBI and the Border Patrol, who used them in great numbers, especially in the Southwest. The Memphis Police Department's Emergency Squad, a forerunner of SWAT, carried .351s in their cars into the 1970s. Model 1907 .351s figured prominently in several of the historic police shoot-outs of the 1930s gangster era and served that purpose very well.

The .351 cartridge is a straight case, rimless round designed specifically for the semiautomatic carbine. In factory loadings, it launched a .35-caliber 180-grain bullet at around 1900 feet per second, in either soft point or full metal jacket configuration. The Model 1907 weighs eight pounds, so recoil is mild and fast follow-up shots are easy. The 10-round single column magazines are flat and compact, making carrying spares easy. I have an '07 built in the 1930s and it shoots and handles very well. Pictured below are a .30 carbine round and a .351 SLR round side by side. Within 100 yards, the .351 is quite adequate for deer, hogs, and black bears, and has an enviable reputation as a fight ender.

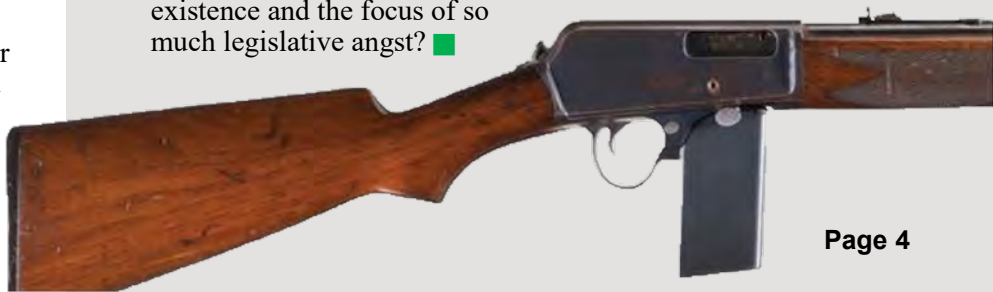


.30 Carbine



.351 Winchester SLR

This semiautomatic, magazine-fed, center-fire rifle has been around for over 100 years. Isn't it odd that magazine-fed semiautomatic rifles are suddenly the bane of gun-grabbers' existence and the focus of so much legislative angst? ■



Lifelong Learning

The Rangemaster Way

Eventbrite

We believe that professional firearms instructors must continue to take training and enhance their education throughout their teaching careers. Doctors, attorneys, police officers- all of these professions require continuing education credits (CE) each year just to keep their licenses. The defensive firearms instructor is literally dealing with life and death issues, and CE for him is a critical component of professionalism.



In 2017, we held an instructor conference for Rangemaster certified firearms instructors. This event was held in Shawnee, OK, attended by 54 instructors, and was a great success. This June we held a similar event in Athens, GA, and 30 Rangemaster certified instructors from all over the country attended. We had live-fire training on the range and some outstanding classroom presentations by Tiffany Johnson, John Hearne, John Murphy, Lee Weems, John Correia, and Tom Givens. We'll be holding a similar event with new topics and challenging shooting drills on May 4-5, 2019, at Karl Rehn's excellent facility, KR Training. KR Training is located in Lincoln, Texas (between Austin and Houston) and has a modern classroom, indoor plumbing, and well-maintained outdoor range facilities. This is a Saturday-Sunday event, with 18 hours of CE, plus a great networking opportunity with fellow trainers. Entry is strictly limited to Rangemaster certified instructors, and space is limited. Visit our Eventbrite page and register early to avoid disappointment. ■

Eventbrite

It's time to get registered for the premiere training event of the year, the annual **Tactical Conference**. 2019 will mark the 21st year of this important training opportunity, and this time we'll be convening on a very nice new range facility just outside New Orleans. There is a restaurant on site and plenty of activities for family members who don't wish to attend the conference. This event always fills far in advance, so don't procrastinate!



New Orleans, LA • March 15-17, 2019
rangemaster.com/2019-tactical-conference



POP QUIZ

Be the first to post the answer in Tom's newsletter thread on the Rangemaster's Facebook page, and this month's crown of awesomeness will be all yours!

Tac-Con Trivia

The Tactical Conference takes place in late March every year, but it always sells out well in advance. When did the 2018 Tactical Conference fill to capacity?

- A. January 2018
- B. December 2017
- C. November 2017
- D. October 2017

