



AUGUST 2023 NEWSLETTER

DRILL OF THE MONTH

Throughout 2023 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/>.

Double-Add One

Justin Dyal is a retired Marine special operator, a high level trainer, and a deep thinker. I highly recommend training with him.

I am always on the look-out for low round count drills that allow us to work on a specific skill with a minimal amount of time and ammunition. This one from Justin fills that bill nicely. This drill really drives home the trigger management needed at different engagement speeds, driven by changes in distance. I think a reasonable goal here is 95% or better.

Use a B8-C, an FBI-IP1, or the bullseye on an LTT-1 target. Try to keep everything inside the 10 ring under the time limits. All strings begin at The Ready, muzzle below the target, finger in register.

Stage 1- 2.5 yards: two rounds in one second

Stage 2 – 5 yards: two rounds in two seconds

Stage 3 – 10 yards: two rounds in three seconds; repeat for total of four rounds at 10 yards

Stage 4 – 20 yards: two rounds in four seconds

10 rounds total 100 points possible

You can run 5 iterations of this drill in one 50 round box of ammunition. That would really help develop a feel for the amount of trigger control needed at each distance. Here is my first run at this drill, shot cold with my M&P 2.0 aluminum. I shot the 20 yard stage too quickly, hence the dropped points.



Location, location....

Many years ago there were “safe” parts of cities, and places to avoid. That has all changed. Modern society is completely mobile, and thugs can be encountered anywhere, at any time.

I am tired of big cities, so a few years ago Lynn and I moved to a small, agricultural town 25 miles from the nearest large city. Our town’s population is 39,000 and the police department has 110 officers.

Recently the city police had the 4th fatal officer involved shooting in the past 3 years. Our officers are well trained and won all four encounters, with no gunshot injury to officers. That’s a good record.

This just proves that even small, semi-rural communities can be the setting for extreme violence, at any time. Regardless of location, keep your head up and pay attention.



IMPROVED TARGETS FOR IMPROVED PERFORMANCE

One of the things our training/practice must address is the ability to hit an anatomical feature inside a target without visible scoring rings or other indicators.

One way to do this is very simple. Use a die cut cardboard silhouette, like the excellent ones available from Shoot Steel targets. Turn the blank side toward you. Shoot the desired drill or course of fire, aiming where you think you should. When finished, retrieve the target and score the exit holes on the printed side.

This simple expedient forces one to learn to shoot for an anatomically vital area under more realistic conditions.



Here is another way to enhance the realism of your training/practice.

Use a die cut silhouette target, preferably the excellent ones from Shoot Steel targets (shootsteel.com) . Use a worn out shirt to clothe the target. A printed face completes the picture. We now have a target that looks a lot like a human adversary. In addition, the scoring areas are covered, and cannot be seen. Shoot your desired drill or course of fire, then simply unbutton the shirt to score and paste. This gives you a visual representation of a real attacker, while requiring proper shot placement from you.



Violent Offenders

Here is a summary of an interesting new study from the Bureau of Justice Statistics. Most violent crime is committed by the same hard-core, long term offenders. If we could actually keep them locked up, there would be far fewer victims of violent crime.

Recidivism of Females Released from State Prison, 2012–2017

Based on a BJS recidivism study on persons released from state prison across 34 states, this report compares females and males by their commitment offenses and recidivism patterns. During the 5 years after their release in 2012, more than half of females (55%, compared to 66% of males) who were serving time for a violent offense were arrested for another offense, while more than a third (38%, compared to 49% of males) had a new conviction for any offense, and about a fourth (27%, compared to 43% of males) were returned to prison.

Knowing What You Need to Know

By Gabe White, (who is a respected national trainer- Tom)

Epistemology is the branch of philosophy that deals with the study of mechanisms of knowing, and ascertaining the validity of those methods. Epistemology seeks to differentiate between poorly-founded belief and actual knowledge (or as close to actual knowledge as we can get.)

If you've been in the shooting world for very long, you may have heard the phrase 'see what you need to see to make the hit.' That statement refers to the fact that a shooter can use various different visual or other references in order to align the gun with the target. But aiming is about more than just getting the gun aligned with the target - it is also about the shooter's **certainty** of that gun-target alignment. Aiming is epistemology in shooting. The different ways we aim are different epistemological answers to the question, "How do we know the gun is aligned with the target?"

Knowing by seeing is generally better than **knowing by feeling** because it is more precise and certain. The gun gets more closely aligned with the target using vision rather than feel. Also of critical importance is that the shooter will be far more **certain** that the gun is sufficiently aligned with the target.

Point shooting is the primary or complete use of kinesthetic awareness to establish gun-target alignment (aiming by feel and general awareness of body positioning, rather than by the use of vision.) Point shooting has a bad reputation, and overall, it should. However, there is at least one context where it is entirely appropriate. Shooting from retention, and thus aiming by feel, is a necessity if the threat is physically proximate enough that the gun can easily be grabbed. Training, practice, and the appropriate circumstance – an extremely close threat – is why this very coarse method of aiming has a place. It is a necessity for a well-rounded practitioner of defensive shooting.

As the gun enters the shooter's cone of vision, alignment by seeing becomes possible. The less extended the gun is, the more awareness of gun-target alignment will be driven by feel/kinesthetic awareness. The more extended the gun is, the more awareness of gun-target alignment will be possible by use of vision. At or very near full extension at eye level, the most

precise and certain awareness of gun-target alignment becomes available by using the sights or red dot.

There are lesser levels of visual awareness that can be used for aiming from full extension, such as seeing the back of the slide/hands superimposed over the target area. Those are worth some familiarization, at least so that the shooter has an understanding of what kind of problem they can and cannot reliably address that way, and may be appropriate if the shooter is in an intermediary position where the gun is further out than a pure retention position, but not yet at/near full extension where the sights or dot can be seen, or equipment fails at the worst time and the front sight comes off the gun and isn't available to be seen.

However, in general, if there is enough distance from the threat that the gun can safely be brought to full extension at eye level, it is best to use the sights or dot. Precision and certainty in aiming will thus be maximized. One of the arguments against sighted fire is that it can take longer. It may well require a lot of work to reach this point, but it doesn't have to take longer to aim well using the sights or dot, than to just stick the gun out there and shoot without aiming at all. Extensive practice at sighted fire can cultivate great speed at seeing and being aware of the sights or dot.

Aiming with iron sights can further subdivide into sight-focused (front sight sharp and clear, rear sight and target blurry), and target-focused (front and rear sights blurry, target sharp and clear) shooting. Both of those methods are in the category of visually verified sighted fire. Equipment can be a consideration as well. A person who experiences difficulty in seeing the front sight clearly may especially benefit from a brightly colored front sight that is highly visible even when blurry, or a red dot.

The greater the visual awareness of the aiming process, the more precisely the gun will be aligned with the target, and the more certain the shooter will be about that alignment. This is a truly critical point to translate shooting in training and practice on the range, into real world application. A sufficient level of certainty facilitates ongoing decision making and thus is key to unhesitating and correct action. The importance of managing certainty is crucial. The consequences of using deadly force, as well as the limited time available in emergencies, both demand it.

It pays to practice with a handful of aiming methods. Retention shooting and sighted fire are both necessities. Intermediate levels of extension and awareness should also be addressed. Amazing levels of speed can be cultivated with sighted-focused shooting. Amazing levels of precision can be cultivated with target-focused shooting. What both have in common is that the gun is brought to full extension at eye level, and **vision** is used to establish the finest level of gun-target alignment that is practical under the circumstances, and create sufficient and well-founded confidence, enabling the responsible application of force when it's necessary.

Here are some neat advertisements from American gun companies in the 1930's and one from the 1950's. We were a different country then.



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Catalogue No. 85 mailed free. It's full of interest.

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UPCOMING TRAINING EVENTS

White Hall, AR Aug 12-13 Instr Reunion/Conference

<https://www.eventbrite.com/e/annual-instructor-reunionconference-tickets-450527238097>

McCloud, OK Aug 18-20 Defensive Shotgun Instructor

<https://www.eventbrite.com/e/three-day-defensive-shotgun-instructor-development-course-tickets-291814323497>

Cincinnati, Ohio Sept 9-10 Combative Pistol (Aqil Qadir)

<https://www.eventbrite.com/e/combative-pistol-skills-tickets-475332481247>

XENIA, OH Sept 22-23 Advanced Instructor

<https://www.eventbrite.com/e/advanced-firearms-instructor-course-tickets-405956987277>

Dallas, Texas Sept 23-24 Combative Pistol (Aqil Qadir)

<https://www.eventbrite.com/e/combative-pistol-skills-tickets-465453954307>

White Hall, AR Oct 14-18 Protective Pistolcraft Instructor, 5 day (sold out)

<https://www.eventbrite.com/e/protective-pistolcraft-instructor-development-course-5-days-tickets-291828445737> (sold out)

Nashville, TN Nov 10-12 Instructor,pistol (indoors)

<https://www.eventbrite.com/e/three-day-firearms-instructor-development-course-tickets-291812929327>

