



# **SEPTEMBER 2025 NEWSLETTER**

## **DRILL OF THE MONTH**

Throughout 2025 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/>

## **Justin Dyal's Double/Add One**

Justin is a retired Marine special operator and a very talented and thoughtful trainer. He has devised a number of low round count drills that really accelerate a student's learning with the handgun. These are typically 10 round

drills, fired on the typical B-8, B-8C, FBI-IP1 bullseye target. All of Justin's drills have a training theme, and for this one the theme is learning how to manage your pistol's trigger at different cadences, as the distance to the target increases. Every stage doubles the distance from the one before it, and adds one second to the time limit, hence the name, Double/Add One. This is an excellent drill. Give it a try. Possible score is 100.

## **Double – Add One**

**Developed by Justin Dyal**

**Target: B-8 repair center**

**Round count: 10**

**All starts from low ready; designed to test all three trigger methods (crash, roll, prep);**

**Doubles distance and adds one second at each distance.**

**Stage 1- 2.5 yards: two rounds in one second**

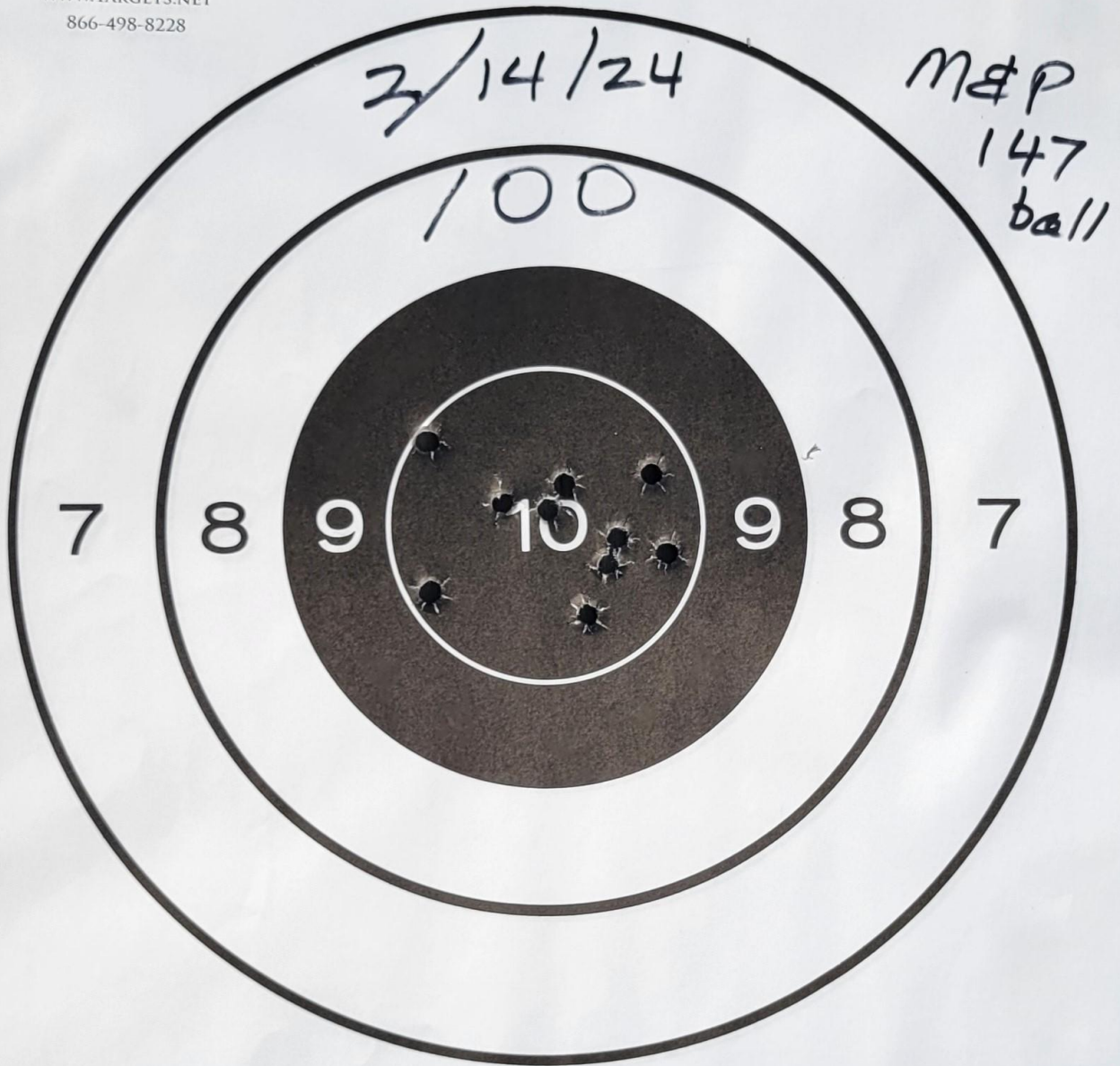
**Stage 2 – 5 yards: two rounds in two seconds**

**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**

DOUBLE, ADD 1

FBI-IP1



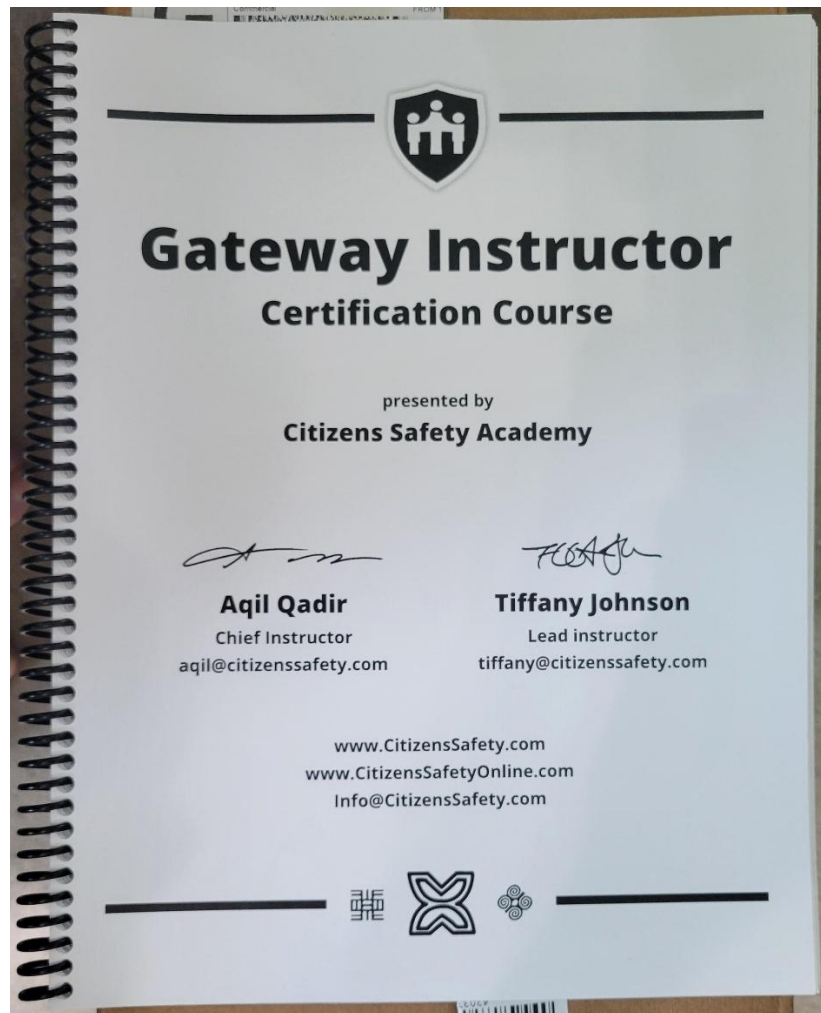
## **Citizen's Safety Academy, Gateway Instructor Course**

By Lynn Givens

In June I traveled to Tennessee to attend a Gateway Instructor Development Course taught by Aqil Qadir and Tiffany Johnson. I expected great things, and I was not disappointed. Anyone who has been around Rangemaster for long already knows Aqil and Tiffany as staff instructors. They also teach on their own as Citizen's Safety Academy, and do a great job of it. Their Gateway Instructor Course is not in competition with Rangemaster's Firearms Instructor Development Course. Instead, it dovetails perfectly and expands on a number of topics there is not time for in our program. The smart move is to attend both.

In the introduction, their manual says, "This is not a shooting course. Instructor candidates are expected to already have mastered the fundamentals of defensive marksmanship. Instead, this course offers useful tips, tools, techniques, and skill development for experienced shooters who are interested in teaching entry-level defensive handgun skills to beginners- especially students who have overcome boundaries, obstacles, social disincentives, or other adverse odds to optimize their

personal safety”. There is an emphasis that this is not a shooting course, it is a teaching course.



In this two-day course we spent about 75% of the time in the classroom and 25% on the range. The classroom work got deeply into the mechanics of teaching; everything from communication styles, development of power points and hand-outs, written test structure, to managing time and students. There was guidance on digital, on-line training and how to integrate that with in person training.





If you are involved in teaching real beginners, I highly recommend this course. The value of this class is worth every penny.

[www.CitizensSafety.com](http://www.CitizensSafety.com) [www.CitizensSafetyOnline.com](http://www.CitizensSafetyOnline.com)

Addendum, by Tom Givens-

In July I taught a Thursday through Saturday class in Ohio. Tiffany and Aqil were teaching the above described class 40 miles away on Saturday-Sunday, so on Sunday I drove over and audited a couple of hours of the classroom work. I am so impressed by the program these two have put together. They “tag team” the material seamlessly and their audience was just enthralled. Good stuff! Highly recommended.

## Composure Under Fire

### Tim Kelly - Apache Solutions LLC



I recently came across a reel of a pilot in distress—his aircraft was in a spin, rapidly losing altitude. You could hear the panic in his voice as he repeatedly called out “Mayday,” seemingly moments away from disaster. In that moment, he wasn’t a pilot anymore—he was a man screaming for help, overwhelmed by fear and the chaos unfolding around him. But then something changed. A calm voice came over the radio and walked him through two basic control inputs. Just two. The moment he heard clear, simple instructions, he began to regain his composure, and soon after, control of the aircraft.

That reel reminded me—painfully—of the tragic dashcam footage of Officer Kyle Dinkheller. For those unfamiliar, Dinkheller was a young deputy who lost his life during a traffic stop in 1998. The footage is horrifying. Kyle is heard screaming, panicking as the suspect retrieves a rifle and begins firing. In his final moments, Dinkheller is shouting in terror, unable to regain control of a situation that had spiraled far beyond what he was trained for. No calm voice came through the radio. No one talked him through it. And unlike the pilot, Kyle didn't survive.

I want to tread lightly here, out of deep respect for Officer Dinkheller and his family. This is not about criticism—it's about recognition. Recognition that under extreme stress, our training can vanish unless it's ingrained at a level that allows us to function through panic. Both the pilot and the officer were trained professionals. Both faced life-or-death situations. And both lost composure in moments where composure was their most valuable asset.

The difference? The pilot had someone to guide him back to the basics when he needed it most. Dinkheller was alone.

This comparison isn't meant to reduce either situation to a training lesson or social media content—it's meant to spark thought. We don't rise to the occasion—we fall to the level of our training. And when our training is shallow,



sporadic, or outdated, panic can take the wheel. Secondly, it is important for us to realize that **no one is coming to save us**. It is up to me to save my own life just like it was up to that pilot and Officer Kyle Dinkheller to save their own lives.

This is why consistent, pressure-tested training is so vital—whether you're behind the wheel of a patrol car, the stick of an aircraft, walking into a grocery store or walking into a classroom to teach others how to protect themselves and others. We must not only train the techniques—we must train our minds to access those techniques under pressure.

Composure isn't a switch you flip. It's a skill you build. And sometimes, it's as simple as hearing a calm voice remind you of what you already know. But you have to be ready to hear it, and that voice has to be your own.

Here are the links for the two videos

[Pilot Loses Control of Aircraft](#)

[Officer Dinkheller Murder](#)

# **Rangemaster Featured in American Handgunner Magazine**

Earlier this year Massad Ayoob attended our Instructor and Advanced Instructor courses. He wrote about the instructor course in the following review.

American Handgunner is about the only print gun magazine worth subscribing to any more. They have actual experts write on various topics in which they actually have some expertise.

See <https://americanhandgunner.com/newsletters/>

See next page for the actual article.

# DEADLYFORCE

MASSAD AYOUB

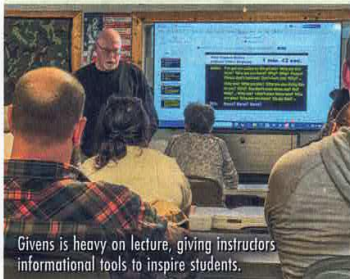
## LESSONS FROM TOM GIVENS

A MODERN LEGEND IN DEFENSIVE FIREARMS TRAINING PASSES ALONG VITAL TIPS

In the world of modern firearms self-defense training, Tom Givens is a name to conjure with. A firearms instructor for more than half a century, Tom trained thousands of armed citizens at his Range-Master facility in crime-ridden Memphis before he went on the road as a traveling instructor. Seventy-four of his graduates (that he knows of) have been in shootings. Seventy-one of them won. None lost. There were three “forfeits”: people who died because, on that day, they had chosen not to be armed. Givens says, “You don’t get a vote unless you bring your own ballot.”

I had known Tom for many years and taken many useful lectures from him, but hadn’t trained live fire with him. I took his three-day Instructor Development Course at the Tall Pines range in Lakeland, Fla. I had expected a lot and was not disappointed.

Givens doesn’t just teach shooters. He excels in showing instructors how to teach, coach and diagnose. He doesn’t neglect the instructor’s duty to inspire the student to be always armed and ready, and shares why generally published crime figures far understate the reality of the problem.



Givens is heavy on lecture, giving instructors informational tools to inspire students.

### TIPS FROM TOM

When loading or unloading in a hotel room, use the air conditioner as the backstop. It’s the one thing in the room most likely to safely stop a bullet,” Tom points out.

For beginning students, Tom advises, “Tell them to watch the trigger,” since they may not be familiar with our terminology. The pistol is unloaded and triple-checked, and turned over 90°, pointed at the backstop. The student looks down at the gun and particularly the trigger as they go through Tom’s mantra of “contact, (take up the) slack, press, reset.” The eyes are helping to tell the hand and the trigger finger what they should be feeling. Developed by Tom’s lovely wife, Lynn, this is called a Sensory Trigger Drill.

The instructor’s emergency medical plans should not be limited to gunshot wounds. A heart attack or heat stroke may be more likely. Include an automatic electronic defibrillator in your emergency gear.

Tom’s rule is that you must hit with every shot. He quotes the legendary Alaska super-trooper Jeff Hall: “On the street, there are no misses, only unintended hits.”

Tom wants the pad of your trigger finger on the trigger face; he wants you to feel the sear’s reset; and like a growing

number of today’s best instructors, he wants you to use a very hard grasp. How hard? “All you’ve got.” He wants the firing hand applying pressure front to back and the support hand, side by side.

He says, “Don’t ride the gun, drive the gun. Think of the front sight or the dot as a green light, and the trigger as a gas pedal.”

Givens says, “When a student is jerking their trigger, don’t tell them to slow down. They’ll just wait longer between trigger jerks. Tell them instead to be more careful.”

For transitioning between easy targets and tough ones, he says instructors don’t need to array the targets at different distances. He has found it much more time-efficient to use what he calls a parrot target. One silhouette has a big circle in the chest, a small one in the head, and two very small ones just above the silhouette like parrots on a pirate’s shoulders.

Givens emphasizes rewarding excellence and encouraging competition. He advises that the student should earn his or her certificate, not buy it. He demands a 90% score on the final, challenging (4- to 25-yard) qualification, and 90% on the extensive written exam as well. He told us about 15% of the Instructor Development students don’t make it, and that was true in our class of 15. (Student: “But I almost shot a qualifying score!” Givens: “Yes, and you almost earned a certificate.”)



The “Watch the Trigger” drill is done dry-fire, as shown.

### WHEN YOU TAKE THE CLASS

Go to Tom’s website, Rangemaster.com. It will tell you everything you need. Believe it. I took his advice and brought a spare stock GLOCK 19 Gen5 to back up the Langdon Tactical version I shot, as well as 850 rounds of MagTech 9mm FMJ. No problems whatsoever. Some others weren’t so lucky. Our three days ran nine hours minimum. And, be advised: Givens’ breaks run exactly 10 minutes. He has even more advanced classes, for which this one is a non-negotiable prerequisite.

Take good notes. Have a notebook with you on the firing line: It is there that some of the most valuable nuggets are revealed. Be at the top of your shooting game when you arrive and be absolutely scrupulous about your safety habits. He’ll give you a huge workbook and assignments. Do them!

No matter how many instructor certifications you have, you will cherish this one ... but you’ll have to work for it. Strongly recommended!



## **Technology for Shooters, Part 1, Chronographs**

The velocity, or speed, of a moving object is expressed in different terms, depending on what type of moving object we are discussing. For automobiles, for instance, we use the term “miles per hour”. Pistol bullets, on the other hand, do not travel for miles nor for hours, so traditionally we have used the term “feet per second”. How is this measured? With a chronograph.

Most modern chronographs work by detecting the shadow of a bullet as it passes over one screen then the other screen. The device measures the amount of time it took the bullet to travel across that known space, and calculates the speed of the bullet. More expensive types use radar, similar to that in a cop’s radar gun.

Why do you need one? Well, if you are a reloader/handloader this is a vital piece of your load development and quality control process. As a user of commercial ammo, you need to be able to check



manufacturer's claims and check their quality control. Here are a couple of examples.

Some years ago I got a batch of premium 9mm carry ammo from a well known smaller manufacturer. I chronographed 5 rounds and got readings from 1050 feet per second to 1300 fps, and everything in between. Don't want to carry that. In testing a new .38 Special snubby, I tried several wadcutter loads to see which brand shot best and closest to point of aim. The Fiocchi load seemed very light, so I chronographed it and found the muzzle velocity was 550 fps. Federal Gold Medal Match wadcutters clocked 705 fps in the same gun. Important info.

Chronographs come in many levels of complexity and cost. They are available on Amazon for under \$100 to \$550. Personally, I use a pretty simple Shooter's Chrony unit, which serves me well.





## The First IDPA Match, 1997

The International Defensive Pistol Association (IDPA) was founded in 1997. My member number is A0008, and I was on the Board of Directors in the first couple of years of its existence. Although I no longer shoot competitively, I believe shooting in competition is a great way to stress test gear and technique, to get accustomed to shooting under stress, and to build skill. The very first IDPA Match was The IDPA Invitational, held in Columbia, Missouri in 1997. Here is a video of that match. Toward the end of the video, you get to see a much younger me shooting a robbery scenario, and then interviewed by the videographer. A bit of history for you.

<https://youtu.be/ohAj8c0IJv4?si=gJ073RBo8W-Euj54&t=4050>

## **Detailed Report, Nashville Church/School Shooting**

The Nashville Police Department has released it's 48 page report on the Covenant Church/School shooting of two years ago. A summary is posted here, plus a link to the entire report.

If you are involved in church or school security this report will give you several important insights about fire alarms, student drills, and other topics.

<https://www.nashville.gov/departments/police/news/mnpd-concludes-covenant-school-mass-murder-investigation>

## **Dark Star Ammunition Holders**

Dark Star is one of those rare companies run by people who actually train and use concealed carry gear. Tom Kelly is quite skillful with weapons, and that training and experience guide him in the manufacture of Dark Star's products. They have several excellent holster designs, but they also offer two accessories that I believe have a lot of merit.

If you are in a high threat environment and keep a shotgun handy, it's always nice to have an extra couple of rounds available. A prudent shotgunner will have some means of

carrying some extra ammo on the gun, via a side saddle or butt cuff. Dark Star offers a nifty, low profile way to have 2 more shotshells on your person, discretely concealed.

The Immediate Action Carrier gets its name from Immediate Action Combatives, a training organization owned by Cecil Burch. Cecil is well known and highly respected in the training community, both for jiu jitsu and close quarter handgun techniques. He came up with the idea and Tom Kelly ran with the ball.

The 12 gauge version holds 2 shotshells, securely attached to your belt. The ingenious belt loop keeps the shells tight to your body, very concealable. The .38 revolver version holds two .38 Special or .357 Magnum rounds. If you want more ammo, put on more carriers. You can also have ammo in different places on your belt easily, for access with either hand. For more details, see <https://darkstargear.com/product-category/accessories/> .



## Technology for Shooters, Part 2, Trigger Pull Gauge

For best handgun shooting, a smooth trigger pull with a weight in the 4.5 to 5 pound range seems to work best. Lighter than that is a safety and liability issue. Heavier than that creates practical accuracy problems with a fairly light carry handgun. My carry guns tend to weigh around 30 to 35 ounces when fully loaded. My best shooting is done with a trigger pull weight about double the weight of the handgun.  $35 \times 2 = 70$  ounces, which equals 4.4 pounds. So, my trigger pulls are all set at around 4.5 pounds.

It's nice to be able to measure the trigger pull weight on a new pistol; to check one after maintenance/parts replacement; and over time as parts wear. To do this, you need a trigger pull gauge. The older types have a calibrated spring and a marked gauge. Newer types have a digital display. I use the older type, which can be found on Amazon for \$15-20. Of course, you can spend more if you like.





## Technology for Shooters, Part 3, Micrometers

A micrometer allows one to measure small items precisely. There are older analog micrometers and more modern digital micrometers- buy whichever you prefer.

The primary use for mine is accurately measuring front sights. I want my front sights to be about .125". More narrow than that is hard for me to pick up at speed. Wider than that covers too much target at 50 yards. So, .125" is a good compromise for me. Most better iron sight manufacturers offer front sights in different heights, as well. This allows one to zero a fixed sight pistol precisely. You need to be able to measure the height of your front sight to determine what height you need to bring your point of impact where you want it on your target. If you hand-load, the micrometer can be used to check actual bullet diameter and overall cartridge length, both vital for accuracy and function.



## UPCOMING TRAINING EVENTS

Sept 13-14, 2025 Combative Pistol (John Hearne, instr)  
Fairless Hills, PA (Philadelphia area)

<https://rangemaster.corsizio.com/event/6777085e99d74784f7df59cd> FULL

Sept 19-21, 2025 Instructor Development Course  
Pittsburgh, PA (Givens)

<https://rangemaster.corsizio.com/event/668d8e34e4e7e7f3ba1a0828>

Sept 27-28, 2025 Dynamic Pistolcraft (Aqil Qadir)  
Eastaboga, AL Patriot Training Center

<https://rangemaster.corsizio.com/event/679ba8b0d1b26676577b3127>

Oct 9-11, 2025 (Givens)  
Instructor Development KR Training, Lincoln, TX

<https://rangemaster.corsizio.com/event/668d7009e4e7e7f3ba10bab3>

Oct 12-13, 2025 (Givens)  
Advanced Instructor KR Training Lincoln, TX

<https://rangemaster.corsizio.com/event/668d7c27e4e7e7f3ba143242>

Oct 17-19, 2025 (Givens)  
Instructor Development Slidell, LA Bill Long, host  
<https://rangemaster.corsizio.com/event/668f3d14e4e7e7f3ba8f0198>

Oct 18-19, 2025 Combative Pistol (Aqil, instructor)  
Dallas Pistol Club, Carrollton, Texas  
<https://rangemaster.corsizio.com/event/66eb2c4f36fb002cd7505920>

Oct 25-26, 2025 Combative Pistol (Aqil, Instructor)  
Cohuuta Pines, Cisco, Georgia  
<https://rangemaster.corsizio.com/event/677d7acb99d74784f741159c>

