



# FEB. 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/>.

## SIDE HUSTLE

One silhouette target at 6 yards (the length of a large SUV). Target can be an IDPA cardboard, an IALEFI-Q, a Rangemaster RFTS-Q or any silhouette with an 8" circle correctly located in the chest. Only hits in the 8" circle count.

There will be a firing line 6 yards from the target (the length of a large SUV). Two firing points will be marked on this line, 3 yards apart. Call them A and B. See photo. The two blue barrels are the shooting points. Shooter starts at A, holstered, concealed. Shooter will be holding an empty 50 round 9mm cartridge box in both hands at sternum height until the signal to GO. (This simulates holding a cell phone.) On signal, the shooter will drop the box, draw and engage the

target with 4 rounds. Shooter will then sprint to B, stop and fire 4 more rounds.

A run only counts if all 8 rounds are inside the 8" chest circle. If all hits are there, the fastest time wins. Record the time from the GO signal to the last shot. I recently ran this as my cold drill to start a practice session. My time was 5.09 seconds- not bad after a month on the road.



# **The Training Junkie Fallacy**

## **Or How Presuming Everyone is a Young Athletic Male is Bad for the Self-defense Community**

**By Kjell Rosenberg MD**

**There is a tendency among those who train in martial arts whether it is an open-hand art such as Brazilian Jiu Jitsu or weapons-based training in firearms to assume that most, if not all, participants in self-defense will be dedicated, energetic, coordinated, and otherwise fit and talented young people. I call this the “Training Junkie Fallacy” or TJF. It occurs across all walks of life but I’m going to address it specifically in the way that it is detrimental to the self-defense community.**

**“You just have to...” is the new “Let them eat cake.”**

**How did this come to pass? We are currently living in a golden age of martial training. There are dojos aplenty and a high-quality firearms trainer is within easy reach of just about everyone these days. The availability of these programs has been a boon to self-defense training and created a cohort of people that have turned hobbies into lifestyles. We lovingly refer to ourselves as “training junkies.”**

**If you are a training junkie (TJ), you know a lot of the people that are also training junkies. If not personally, you have seen them at functions, engaged with them on social media, or at least recognize their names. It’s a pretty small community. It’s unusual for me to go to a course on the other side of the country and not run into a few people that I already know or who know the people I know. We are addicts. We can’t get enough. If we aren’t at a course or teaching a course, we are training, talking about training, creating media about training, or otherwise pursuing the training lifestyle.**

**Sure, there are some normal people in these classes and forums as well. But after a while, the community becomes self-selective. If you can keep up, you do. If the cost, or physical requirements, or skill level becomes too high to follow, you drop out.**

All of this results in the elite level trainers and their students becoming a fairly monolithic group of athletic, dedicated folks with time and/or money to burn on the lifestyle of training. The far end of the bell curve. The more expensive, the more time consuming, the more skill required for the class, the further the students are from the median and the mode. Just taking a full weekend class that requires travel and half a case of ammo probably puts you at least a couple standard deviations from the mean.

“But Kjell, what’s wrong with that?”

Absolutely nothing. That’s my family. I can’t wait to go to the next event I’m registered for and see my friends!

“Then what are you on about?”

What I’m concerned about is that the TJ community, in large part, is the counterweight to Fuddery. What the community becomes is the standard for legitimate training, trends, and gear.

“Still not following.... This is a bad thing?”

Not in itself. Not until we start to assume that rather than the far end of the curve, the average person who needs to defend themselves from a violent crime possesses the same strength, stamina, health, and resources that the average TJ has, and our recommendations become detrimental to those who are not us.

This manifests itself in many ways. One of the recent TJF I’ve seen going around is that Trigger Control doesn’t matter because “Grip” is everything. Since this article is not about the fundamentals of shooting, I don’t want to spend a lot of time discussing the various pros and cons of different fundamentals.

Suffice it to say that Grip is very important to fast, accurate shooting. But here is the rub. Karl Rehn has established data that tells us that there is a benefit to shooting derived from being able to use grip strengtheners up to 100lbs. After that, there is no noticeable benefit. What is the implication then on people who cannot grip up to 100lbs? Simple, they are not able to maintain the same degree of control over their pistol. As the strength of their hands decreases, the effects of recoil increase and the ability to use grip to hold the gun perfectly still while pressing the trigger decreases.

If you cannot use grip to hold the gun perfectly still, what other vectors of force must be controlled to prevent the muzzle from moving off the desired point of impact (POI) before the ammunition primer is struck? The trigger. While grip can be used to minimize the importance of the trigger for the average TJ, the average grandparent is not likely to get so much value from theirs.

To say that Trigger Control doesn't exist because properly applied Grip can mitigate the force vectors that would push the muzzle off the desired POI when the trigger has pressure applied in a non-desired direction is like saying Syphilis doesn't exist because properly applied Penicillin prevents you from getting chancres. It is not valid logic.

This is a prime example of the TJF being used to extrapolate technique from TJ to the average person who cannot work a 100lb hand strengthener. What of the people with physical limitations of weakness or arthritis who must make sure the trigger is not upset because they lack the strength to mitigate it? What good are we doing telling them that Trigger control is not real because of GRIP!

“Rawr! We are strong! Sorry folks, you will just have to suck unless you can find a stronger and more coordinated body!”

A second TJF that has recently been making it's rounds through the community is the teaching that you can safely remove the “tap” from the traditional “tap, rack, roll” method of clearing a malfunction. This fallacy assumes that the reason you get a “click, no bang” is because you have an unloaded firearm or a misfire. While those are both common causes of stoppages, it completely ignores the possibility of a loose or unseated magazine.

True, removing the “tap” will work close to 100% of the time for experienced users, it is common in gateway classes to see loose magazine related malfunctions. They may be a result of not fully seating the magazine in the first place or accidentally pressing the magazine release during use. I have seen both of these magazine issues multiple times. Sometimes even in competitions and upper-level courses.

An experienced user can be reasonably sure they know the issue but sometimes they might not even recognize it. Once, in a Craig

Douglas course evolution with Simunitions, I had a “click no pew.” Knowing that Simunitions have a high rate of failure, I assumed it was a misfire and attempted to fix my stoppage with only a rack and roll. It turned out that the magazine was not fully seated even though it had appeared to be. Needless to say, simply racking the slide did not fix my malfunction.

Some people are teaching that you do not need to rack a firearm while clearing a double feed malfunction. This is another training junkie fallacy. Although, this is a different sort of problem. The mistaken idea that you will not have to rack the slide while clearing a double feed comes from training clearance of double feeds with dummy rounds that do not get stuck in the chamber like a real piece of brass will.

I include this as a TJF even though it doesn't result from superior capability, because a person who doesn't repeatedly train with dummy rounds would not have developed this misguided theory. It is directly the result of training and practice clearing a malfunction that is rare enough that most shooters with modern firearms have probably never had one. Its easy to see how fallacies of this type occur.

Another TJF that is pervasive in the self-defense community right now is that “My 60 year-old grandfather does brazilian jiu jitsu so you can too! And if you don't have open hand skills, you have no business doing firearms training.” No. Nope. Not so.

We can't all make our bodies do everything TJs can do. When I was younger, I really enjoyed BJJ. Both of my shoulders are so screwed up now; I can barely do a lot of the techniques. The amount of time I have to dedicate to training as an almost 50-year-old doctor working 80-90 hours a week in my day job is minimal. As my life progresses the utility of trying to stay on my martial arts “A Game” has diminishing returns. But even so, I am still closer to the training junkies than the average American in terms of ability. Every passing year, I am more likely to rely on tools vs. hands than I was the year before.

Firearms are an equalizer. They allow smaller and weaker people to defend themselves from larger, younger, stronger predatory criminals. Great-grandma doesn't need MMA. She needs a handgun

she can control and good enough technique to hit what she wants. Anything that requires strength is not going to be a good option for her. Of course, most people fall somewhere in between the TJ and an elderly self-defender. They will fall on a bell curve of ability, talent, strength, size etc. that will affect the realistic techniques and tools available to them.

**“But I’m not even using much technique!”**

That’s another thing I hear from those who espouse TJFs. The reality is they have developed the technique to a point that it is difficult to do poorly, and they forget how much work it took them to get to the point they are at now. Their technique is so good they don’t have to think about it because they have developed “unconscious competence.”

But the majority of people learning to shoot are still in one of the early stages of competency: unconscious incompetence, conscious incompetence, or conscious competence. It’s still important in those stages to pay attention to the trigger. They don’t automatically do it correctly like we do. Even if we do it fast or hard so that we are “slapping,” the detrimental vectors we put on the trigger are still a magnitude lower than the less skilled shooters will even while trying not to “slap.”

John Hearne refers to this phenomenon as “over-learning” or having “automaticity.” It means that once you have developed a certain skill, say trigger press, to a certain level, you do it without thinking about it. You are now at the far corner of the bell curve. You have ingrained neuro-muscular pathways. The fact that you don’t have to worry about it doesn’t mean that no one else does or that trigger control doesn’t exist.

There are a number of other specific fallacies, and I won’t list them all. My goal is to create awareness in those TJs who are putting out materials for consumption and/or instructors who see such material while trying to teach gateway courses to the average person.

Look at the person you are. Look at the person you would teach. Do an honest assessment of what you and they could realistically do. Strength matters. Coordination matters. Find the balance of strength and technique that gives you results. Find the mix of physical self-defense vs. tool-based self-defense that would realistically deter an



attacker who is likely to select you because they are bigger or stronger than you are. There is a reason that fighting sports have weight classes.

Training junkies, don't tell your listeners, readers, students to eat cake. They aren't you. They don't have cake.



## **Shotgun Patterning, Why & How?**

Due to the way shotgun barrels are manufactured, each individual barrel is quite different from the one that came off the line before it. There is also quite a bit of slop in the specifications for shotgun barrels. For instance, the NIJ standard for the 12 gauge police shotgun is a bore diameter not less than .725" or more than .745". That is a huge disparity! This means that you will have to pattern your own gun with the ammunition you intend to use in it to make sure the combination is satisfactory.



“Patterning” a shotgun consists of firing a selected loading at a paper target at a specified distance in order to see if the pattern of pellet impacts is suitable for the task at hand. When selecting a buckshot loading for defensive use, we are looking for:

Pattern size- this determines the gun’s useful maximum range.

Pattern concentricity- ideally, we want an even distribution of pellets over the impacted area.

Coincidence of point of aim/point of impact. We want the shot charge to hit where you aim it.

Obviously, the first thing we need to do is identify what we want. I’ll use my own circumstances as an example. Because of the layout of my home, the longest indoor shot I can expect is about 15 yards, with most much closer. However, I want to be able to engage targets outside my home to a reasonable distance without endangering neighbors. If 1 or more home invaders have been dealt with inside the home, but 1 or more of their associates are outside shooting into the home, I would like to be able to engage them with buckshot. Therefore, I want to be able to dominate a 180 degree space from either my front or rear door to a distance of about 20 yards. Bearing that in mind, I recently shot some popular buckshot loads in my trusty Beretta 1301T at 20 yards. The results are shown here.

First, I tried my go-to load, Federal low recoil, 8 pellet, 00 buck with Flite Control wad. As you can see, at 20 yards, I get a pattern I can cover with an outstretched hand. This is the performance I seek, and this is what my house howitzers are loaded with.



The next load was the same type Federal load, but with 9 pellets of 00 Buck. As you can see, even with the Flite Control wad, we tend to get a "ninth pellet flyer", and this target clearly has one.

At a few yards further away, that lone pellet may be off the target. Stray pellets = stray bullets. Bad ju-ju!



I then tried the Federal Flite Control low recoil #1 Buck loading, with 15 pellets. As you can see, the pattern with this stuff is

pretty tight, except for two outliers. Those worry me, as they may be like the 9<sup>th</sup> pellet flyer issue. Personally, I would rather have to account for 8 00 pellets than 15 #1 pellets, especially since I have neighbors.



I also tried Speer Lawman low recoil 8 pellet 00 Buck. This load has un-plated pellets, which sometimes have been known to clump together. It appears that happened in this instance. I relegate this stuff to practice, as a result.



Fortunately for me, the Beretta's chrome lined, high quality barrel patterns well with just about everything I have ever put through it. Here is a composite pattern of 4 rounds of Fiocchi mid-power (1250 fps) 00 from a previous session.

## Patterning



- 4 rounds
- Fiocchi 9 -pellet 00 Buck
- 3 Gun load, 1250 fps
- 15 yards
- Berretta 1301

You may not be so lucky, however. Only actual shooting will tell you how your gun performs. Consider these photos:

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# Patterning



The IPSC cardboard silhouette on the left was shot with a single round of Remington buckshot at just 15 yards, fired from a Remington 870 pump gun. This is a truly horrible pattern. On the right, the upper part of this target was shot **with the same gun** at the same distance, but the gunner switched to Federal Flite Control ammo. This is proper performance. However, the same Flite Control ammo, same distance, performed much less well when fired from a Mossberg 590 pump with Vang Comp barrel work. That is a less concentric, thus less desirable pattern. This is an excellent illustration of why patterning **YOUR GUN with YOUR AMMO** is so critical.

(Keep scrolling, more to come)

## Quality 9mm Ball at a Great Price!

My long time friend and colleague, Allan McBee, is involved in importing a large quantity of ammunition in 9mm and .223.

Recently, I got a chance to fire 1,000 rounds of the 124 grain 9mm ball in several range trips. It was excellent stuff. Muzzle velocity is right about 1,100 feet per second, function was 100%, and the cases were clean and bright after firing. I shot the Rangemaster Bullseye Course with the stuff and scored 294 out of 300, so it is plenty accurate.

For more information or to order, see

<https://www.omusha-ammo.com/> . A 1,000 round case is a little over \$300 right now, which is an excellent price. It is packaged in very convenient, compact 25 round boxes.

Fun fact—in World War II this factory produced 45% of the .303 ammo used by British Imperial forces, totaling 768 million rounds produced during the war.



## **Follow Through and Recovery**

The often-neglected fundamentals.

Among the skills I see the most problems with in training classes, follow through and recovery issues are two of the most common. Many shooters don't realize the need for either, much less understand the distinction.

I believe the root of the problem lies in watching television and movies. On the screen, an attacker hit with a single pistol bullet is propelled over the balcony, or through the plate glass. In reality, it often takes several well placed, rapidly delivered hits to stop a drugged up, psychotic, or just plain angry assailant. No pistol bullet can be relied on to drop such an attacker with one shot unless the upper central nervous system is struck, something very difficult to do with one shot under gunfight conditions. For this reason, we often have to fire several accurate shots in rapid succession, and this requires an understanding of follow through and recovery.

Follow through refers to keeping the gun on target, and as stable as possible while the bullet gets out of the gun and en route to the target. There is actually quite a delay between your decision to shoot and the bullet's exit from the muzzle, and you can move the gun during this interim, spoiling the shot. Once your brain sends the impulse to fire, the message has to travel down the spinal cord and through nerves to your finger, which then has to contract, moving the trigger as much as a half inch from its resting position. The sear has to release the hammer or striker, which must move forward to strike the primer. The primer detonates, sending fire through the flash-hole to the powder charge, which must burn, building up gas pressure. This gas pressure must overcome the bullet's inertia and get it started accelerating down the barrel, and out the muzzle. All of these actions, occurring in sequence, take several micro-seconds to complete. Without follow through, your muzzle can move off the target before the bullet is actually clear of the gun's muzzle.

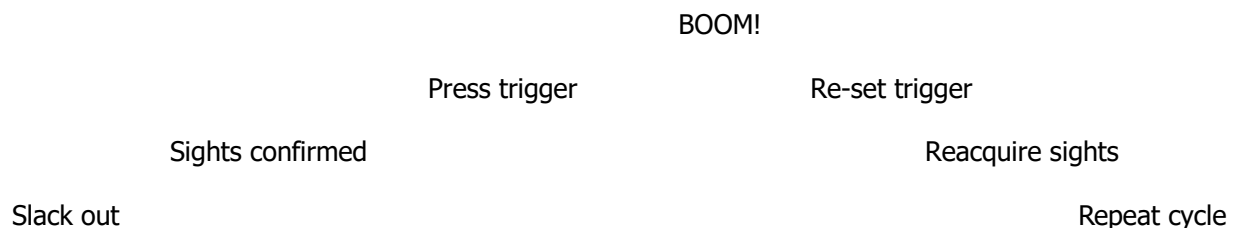
As soon as you see the front sight start to lift, you can be assured that the bullet has left the gun. High speed photography shows that the slide

doesn't start moving, nor the front sight start lifting, until the bullet has exited the barrel. So, once you see the front sight lift in recoil, you can shift from follow through to recovery.

Recovery entails getting the gun back on target and ready to launch the next bullet. As soon as you see the front sight lift, let the trigger re-set. Keep your visual focus on the front sight. As it settles back into the rear sight notch, you are back on target and ready to launch the next round. If the target is still there in your sight picture, you probably need to shoot again!

Resist the temptation to "eye sprint". This refers to running your visual focus from the front sight to the target and back between shots. This just eats up time and usually results in sloppy hits. Stay on the front sight until shooting is no longer required.

The illustration shows how the act of firing shots is actually a cycle, that is simply repeated until a desired result is achieved. Work on your follow through and recovery and I believe you will see a dramatic increase in your ability to deliver fast, accurate shots.



(next page)

## Reloading: Significant or unnecessary? By Dave Spaulding

Dave is a friend and highly respected trainer. Pay heed.

Opinions on reloading, especially when running a semi-automatic pistol, vary greatly, even among the instructional community. Depending on your background or desired application, reloading is everything from critical to useless..."something that seldom happens" except in competition where it is often times forced on the shooter. So, what is the reality of the reload in combat? Do we ignore it or do we emphasize it? Remember what they say about opinions and those stink! Also consider an opinion is NOT fact, even if you do read it on line from a "famous" person...

Based on my many interviews and life long study of armed conflict (something many claim to have done) I will offer this: reloading in a pistol fight does not happen often...but it HAS happened and when it does there is a need to reload very, very quickly! Based on my many years of training law enforcement officers, legally armed citizens and some military folks, most do not reload very well. They are slow, look clunky and uncoordinated, are imprecise or carry their spare magazine in a piece of crap magazine pouch (LE issues the worst!), having given NO thought to what they bought other than price. A properly fitted magazine pouch should cover no more than half of the magazine body so the shooter can get a proper grip on it. Proper grip is important if you wish to do it well! A magazine pouch made for a Glock 17 is

not a good choice for the 26, regardless of what the gun store clerk told you.

Others do it so well it is all they want to do! Go on You Tube and watch all of the homemade videos of people attempting a one second speed reload. Many are quite good, but what does it mean? Bragging rights mostly, as performing a reload that fast, unless you are expecting it (like in a competition) is unlikely. **FACT: IT IS NOT THE DURATION OF THE RELOAD THAT WILL GET YOU HURT OR KILLED! IT IS THE LAG TIME BETWEEN THE GUN STOPPING AND YOU RECOGNIZING WHAT YOU NEED TO DO! A ONE SECOND RELOAD WILL BE USELESS IF IT TOOK YOU 3-4 SECONDS TO SORT OUT THE PROBLEM!** Load when you want to, not when you have to? Most do not have the concentration capability. Even when there is no duress, like during a range session, most will not reload until their gun runs dry.

Even keeping the gun “topped off” seldom happens. I emphasize in my classes to keep the gun topped off. “There is no reason to start a three round drill with one round in your gun”, I say time and again, yet students continue to ignore my words. “I wanted to have a slide lock reload to force myself through it” I am told. Why would you do that? I know its bullshit and the student knows I know, but saying it is a way for them to save face. An armed professional always knows the status of their gear...something that can be accomplished with a bit of discipline. There is a time to reload under pressure, but a three round drill that is emphasizing some other skill set is NOT the time to do it! I



want the student to concentrate on the skill being taught, not doing an unnecessary reload, which divides said concentration. And let's be honest, most adults have only so much concentration capability, so I do not want to waste what they have on unnecessary actions!

So, when do we practice the reload? Some say we do not practice it at all, claiming that when the gun needs reloading during other training activities it will be enough. Sounds good, but will it? In my four decades of experience, this depends on the training regimen. If running the gun empty seldom happens in your routine, then it will probably not be enough. In addition, watch people when they do practice. The gun will go empty, they will look at it for a few seconds and they will reload it at some lackadaisical pace, as they do not want to "damage" their magazine by dropping it or don't want to bend over to pick it up. If it is not "reload practice", then it is not what will be emphasized. Lack of discipline, you say? Yep! It is...but saying this will not change it...its human nature, pure and simple. In my classes I constantly yell, "do not waste the unexpected reload or stoppage!" meaning when you need to reload or clear a stoppage do it like you are in a fight! But most won't unless I ride them; they will fall back into just getting the task accomplished.

Yep...lackadaisical...I sometimes wish I could just threaten my student's lives just a little bit...make them understand what is at stake...but I just don't want to go to jail at this late stage of my life. In the end, its up to them...

This is why I teach the reload and I make people practice it. Should we discuss the “controversy” of how to drop the slide? Shooting hand thumb, support hand thumb, over hand (saddle) grip, “pull on a rope” grip? You have no idea how much I do not give a shit how you release the slide! As long as you get it done as quickly as possible, that’s all I care about. For more on this, go to the Handgun Combatives YouTube channel where I address this subject in one of my videos.

How fast should a reload be? As I previously stated, if a shooter does have to reload in a fight, it needs to be fast as the history of pistol fighting over several centuries has shown us they are over quickly...seconds not minutes. Just like the draw from the holster, I think you should be able to perform a shot to shot reload in around two to two and a half seconds with a pistol, regardless of the situation faced. No, this is not hard to do standing still with no stress on the square range, but can you do it on the move in the middle of a fight? Sitting behind the steering wheel of your car? Hunkered down behind low cover? Something to consider. A revolver reload will be slower...no way around this even with speed loaders, but we have known for a long time that the primary advantage of a pistol over a revolver is capacity (not firepower...and AC-130 has firepower) and speed/ease of reload.

Should I just “look” the magazine into the magazine well? Sounds inviting, but from personal experience...and the experience of the many people I have interviewed...you will

have a hard time taking your eyes off of the person who is trying to kill you. And if you are behind cover, you will probably want to track where they are so they don't flank you. "It is only a brief second" you say? Then go ahead and believe it /do it...I don't care... I'm just telling you what will happen when someone is trying to take your life. If you do look, do so just long enough to get the magazine in the well and the get your head back up!

In order to reload...or any crisis-level skill, really... to a level of motor skill "automaticity" you will have to practice it. PRACTICE is the key to any skill development and anchorage and anyone who disputes this does not understand proven motor learning skill development. How often should you practice? It depends on how much you suck at the particular skill! If you struggle with reloading, you will have to focus on it. I would suggest you practice reloading in a dry fire environment...don't waste expensive ammo practicing to reload. If you can walk out on the range and perform a 2-2.5 second emergency reload cold, go practice something else! So, did I change your opinions on reloading? Probably not...but if I have gotten you to think about it, consider what you do or how your practice, then I did my job. Did I step on what your guru thinks? Yeah...don't care. What I do and teach I know works in the street over many years. It doesn't mean other techniques don't work; I just have confidence in mine.

Stay safe, thanks for checking in!

## UPCOMING TRAINING EVENTS

**Apr 1            Defensive Shotgun, Bandera, TX**

<https://www.eventbrite.com/e/one-day-defensive-shotgun-course-tickets-151327991095>

**Apr 2-3        Advanced Firearms Instructor, Bandera, TX**

<https://www.eventbrite.com/e/advanced-firearms-instructor-development-course-tickets-151327172647>

**Apr 4            Defensive Revolver, Bandera, Texas**

<https://www.eventbrite.com/e/defensive-revolver-course-one-day-tickets-151327852681>

**April 22-24    Defensive Shotgun Instructor, Homestead, FL**

**This is the only shotgun instructor course in 2022.**

<https://www.eventbrite.com/e/rangemaster-defensive-shotgun-instructor-development-course-tickets-158241876713>

**May 14-15     Intensive Pistol Skills, Echo Valley, WV**

<https://www.eventbrite.com/e/intensive-pistol-skills-tickets-139271445643>

**May 20-22     Pistol Instructor Course, Yadkinville, NC**

<https://www.eventbrite.com/e/three-day-firearms-instructor-development-course-tickets-139017879219>

**June 1           One Day Practical/Tactical, KR Training**

<https://www.eventbrite.com/e/one-day-practicaltactical-handgun-course-tickets-158243603879>

**June 2-4      Instructor Course, KR Training**

<https://www.eventbrite.com/e/three-day-firearms-instructor-development-course-tickets-158243774389>

**June 5-6      Advanced Instructor, KR Training**

<https://www.eventbrite.com/e/rangemaster-advanced-firearms-instructor-development-course-tickets-158244107385>

**June 7      Historical Handgun, KR Training**

<https://www.eventbrite.com/e/historical-handgun-tickets-201923216777>

### **Last shotgun class at Bandera, Texas**

