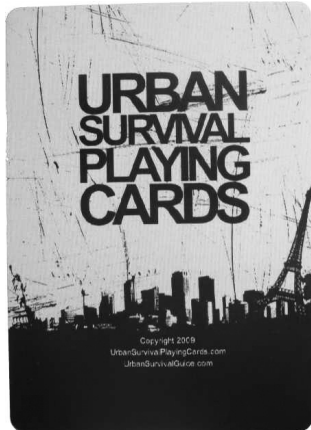




# Lamplighter Calendar and Resource Center



## Urban Survival Playing Cards

*These aren't simply playing cards... they're a powerful survival tool for you and your loved ones to use if you need to survive in an urban area.*



WWW.URBAN SURVIVAL PLAYING CARDS .COM

**Pull this deck of cards out at your next poker night and see where the conversation goes!**

## Survive in Place Training Course

[www.urban survival guide.com/survival-guide/urban-survival-secrets](http://www.urban survival guide.com/survival-guide/urban-survival-secrets)

12 Week Online Course That Will Teach You Easy Shortcuts To Prepare Your Family For Surviving Disasters

In The Real World, Most People Don't Have A Fully Stocked Retreat They Can Escape To. Even If You've Planned Ahead And You Do, There's No Guarantee That You'll Leave In Time Or That You'll Be Able To Make It There.

**Your First Plan Must Be To Survive In Place.**

## Welcome To The Lamplighter Report!

I wanted to take a moment to say thank you for your membership to The Lamplighter Report. This issue is packed with some powerful information that will help you to prepare you and your loved ones in the event of terrorist attack, natural disaster, economic collapse, or a pandemic.

### In Future Issues, "Lamplighter Report" readers will get....

- My ESSENTIAL Survival "How-To's" (3 - 5 EACH MONTH)
- New "Off-The-Grid" Books, Videos, and Sites I've discovered
- My Private "Intel Report" on Global, National and Local Situations I'm Monitoring
- Real Life "Case Studies" of How other Families are Preparing
- "What Went Wrong" - My Analysis of COMMON Mistakes That Most Preppers are Making and much, MUCH more...

# The Lamplighter Report



Holiday Issue

THE LAMPLIGHTER REPORT INVITES YOU TO JOIN OUR OFF-LINE MEMBERS

### THIS MONTH'S REPORT FEATURES:

**FIRE ARMS ACCURACY**  
Self Defense, Politics & Training  
p.1

**SPOTTING CONCEALED WEAPONS & PROFILING**  
p.7

**WORKSHEET OF THE MONTH:**  
Supplements and Consumables Strategic Reserves Worksheet.  
p.10

**A CALL TO ARMS!**  
Written by  
**Dr. Leonard M. Breure, PhD**  
with minor edits by  
**David Morris**  
p.11

**LAMPLIGHTER CALENDAR AND RESOURCE CENTER**  
p.16

IF YOU WANT TO KNOW MORE ABOUT THE SURVIVEINPLACE.COM URBAN SURVIVAL COURSE AND WHY YOU SHOULD GET SIGNED UP, PLEASE READ THE COURSE DESCRIPTION AT SURVIVEINPLACE.COM.

## Fire Arms Accuracy

### Self Defense, Politics and Training

Chances are good that you or someone you know doesn't get to shoot as much as they'd like. In fact, as the cost of ammo has gone up and people have become more reluctant to shoot, it's not unusual to talk with people who have spent more on new guns in the last 12 months than they've spent on the ammo they've run through them!

Put that way, it sounds kind of silly, doesn't it? It may be silly, but it IS understandable. Let's say that you go out and buy a nice Glock for \$400 and you buy 1200 rounds of ammo to run through it for another \$400. Spread that out over a year and it works out to 100 rounds a month...or just over \$30.



Not too bad, but most people who shoot will quickly tell you that this is not the only cost. To begin with, it's very difficult for most people who love shooting to ONLY shoot 100 rounds per month. You've also got to add in range fees, targets, cleaning supplies, gas, and

time. Time to drive to the range, time to shoot, time to drive home, and time to clean your firearm.

And I don't know about you, but every time I pull the trigger, there's a little cash register bell ringing in my head reminding me how much my outing is costing...and it rings a lot because I really enjoy shooting.

And, as I'm shooting and trying to keep my costs under control, I'm also trying to work on accuracy, my presentation, two handed, right hand, and left hand shooting, reloads, malfunctions, presentation from concealment, follow through, transitions between targets, stance, quickly acquiring my site picture, quickly reacquiring my site pic-

ture, short range shooting, long range shooting, one handed reloads, imagining scenarios, duck walking, cornering, low light, and more.

It's not easy to balance training 10-20 skills with the reality of time and money constraints, but that's exactly what we're going to talk about over the next few months. You see, I've mined through thousands of pages of research and interviewed some of the best firearms instructors in the country (some would say the world) to unearth proven techniques for improving my firearms skills as quickly as possible while spending as little money as possible. As I did more and more research and spoke with more and more "operators" and trainers, they finally got through to me that some of the most effective firearms training techniques available were inexpensive or even free.

The training techniques that I'm going to share with you have been proven over several decades by elite units such as the US Navy Seals, Soviet and Russian Spetsnaz, GSG 9, British SAS, and US Army Special Forces, Detachment Delta, and Olympic gold medalists. They're used by professional and amateur competition shooters around the globe and, in many cases, they're the difference between first place and 5th or 6th place. Keep in mind that they don't use these techniques because of limited budgets—they use them because they're the absolute best training tools that they have available to them.

### SELF DEFENSE, POLITICS, AND TRAINING

One of the specific applications of the training in this series is going to be training to use a firearm for personal protection. That involves shooting while moving, around barriers, switching hands, and possibly drawing from concealment...actions that are frowned at on most ranges. I'll show you how you can still effectively train for these scenarios without having to go to great expense.

In addition, as our country continues on its anti-gun path, it's likely that it will become more and more

expensive and difficult to train to defend yourself and your family with a firearm. I'll show you how you can continue training, no matter how oppressive things get.

### Programming and Re-Programming Your Mind (MUSCLE MEMORY)

Working on the mental aspects of shooting isn't necessarily as fun as going out and blasting away at reactive targets, but it will help you become a better shooter in a shorter period of time.

In fact, it's important to realize that your firearm is not your real weapon. Your weapon is your mind.



Your firearm simply allows you to use your weapon (your mind) to focus your strike with more force and at a longer distance than you can strike with your hands or feet. Your mind is truly the foundation for a good shooter. Shooting with weak mental skills is like building a house of straw. Shooting with strong mental skills is like building a fortress on top of a mountain.

With that in mind, we're going to start with the mental aspects of shooting first.

A common saying among firearms trainers is that it takes 3000-5000 rounds to develop a new habit. Fortunately, this popular, often repeated number is specific enough that it's easy to find out where it came from. It comes from a textbook titled "Motor Learning and Performance" by Richard A. Schmidt that was published in 2004.

In it, what Schmidt actually says is that it takes 300-500 repetitions to develop a new motor skill and 3000-5000 repetitions to break a highly ingrained motor skill and replace it with a correct one. The good news is that if you have no ingrained skills or skills that have been practiced inconsistently, it will be easier to replace them with the skills you want to use when your life depends on it.

Just to be clear, most people shoot inconsistently, so

service at any time against heavily armed enemies. I will respond effectively.

I accept that I am a pariah among some of my countrymen, and a quaint anachronism to others. I will not hold their ignorance against them. I will win, or die trying.

I swear this creed before God, my family and my fellow citizens.

"Extremism in the defense of liberty is no vice. Moderation in the pursuit of justice is no virtue."

"Somewhere a True Believer is training to kill you. He is training with minimum food or water, in austere conditions, day and night.

The only thing clean on him is his weapon. He doesn't worry about what workout to do—his rucksack weighs what it weighs, and he runs until the enemy stops chasing him.

The True Believer doesn't care "how hard it is"; he knows he either wins or he dies. He doesn't go home at 1700; he is home. He knows only the Cause. Now, who wants to quit?"

"No free man shall ever be debarred the use of arms."  
— Thomas Jefferson

"The very atmosphere of firearms anywhere and everywhere restrains evil interference – they deserve a place of honor with all that's good."  
— George Washington

"Eternal vigilance is the price of liberty"  
— Thomas Jefferson

"Praise be to the Lord my Rock, who trains my hands for battle and my fingers for war!"  
Psalm 144:1

--A VERY SPECIAL THANKS TO  
DR. LEONARD M. BREURE, PHD

### The Defender's Creed – by John Farnam

I accept and understand that human predators exist. Criminal or terrorist, they take advantage of our civilized society to prey upon the weak. They represent evil and must be confronted and defeated.

I believe that self-defense is a moral imperative, and that illegitimate force and illegal violence must be met with righteous indignation and superior violence.

I will not rely on others for the security of myself, my family and my community.

I proudly proclaim that I run with a like-minded pack.

I do not amble through life with the mind-numbed herd.

I will train with my chosen weapons, maintain them and carry them in a condition of readiness at all times.

I will be mentally prepared and physically equipped to effectively respond to an attack or emergency.

I will constantly test myself against realistic standards to discover my strengths and weaknesses. I will turn weakness into strength.

I will seek to learn new skills and techniques, and then teach what I have learned to other members of the pack.

Be it with firearm or blade, empty hand or blunt object, I will hit my enemies hard, fast and true.

I will live a quiet and unobtrusive life, but I will develop and retain the capacity for swift and decisive violence.

I recognize that I am the modern equivalent of the traditional Minuteman, and that I may be called to



tranquility, provide for the common defense, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity, do ordain and establish this Constitution for the United States of America.”

“Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.”

“A well regulated militia, being necessary to the security of a free state, the right of the people to keep and bear arms, shall not be infringed.”

“The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no warrants shall issue, but upon probable cause, supported by oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized.”

“The powers not delegated to the United States by the Constitution, nor prohibited by it to the states, are reserved to the states respectively, or to the people.”

**9 Principles – by Glenn Beck** (Even if you hate the messenger, I think you’ll agree with the message)

### 1. America Is Good.

### 2. I believe in God and He is the Center of my Life.

God “The propitious smiles of Heaven can never be expected on a nation that disregards the external rules of order and right which Heaven itself has ordained.” from George Washington’s first Inaugural address.

### 3. I must always try to be a more honest person than I was yesterday.

Honesty “I hope that I shall always possess firmness and virtue enough to maintain what I consider to be the most enviable of all titles, the character of an honest man.” George Washington

### 4. The family is sacred. My spouse and I are the ultimate authority, not the government.

Marriage/Family “It is in the love of one’s family only that heartfelt happiness is known. By a law of our nature, we cannot be happy without the endearing connections of a family.” Thomas Jefferson

### 5. If you break the law you pay the penalty. Justice is blind and no one is above it.

Justice “I deem one of the essential principles of our government... equal and exact justice to all men of whatever state or persuasion, religious or political.” Thomas Jefferson

### 6. I have a right to life, liberty and pursuit of happiness, but there is no guarantee of equal results.

Life, Liberty, & The Pursuit of Happiness “Everyone has a natural right to choose that vocation in life which he thinks most likely to give him comfortable subsistence.” Thomas Jefferson

### 7. I work hard for what I have and I will share it with who I want to. Government cannot force me to be charitable.

Charity “It is not everyone who asketh that deserveth charity; all however, are worth of the inquiry or the deserving may suffer.” George Washington

### 8. It is not un-American for me to disagree with authority or to share my personal opinion.

On your right to disagree “In a free and republican government, you cannot restrain the voice of the multitude; every man will speak as he thinks, or more properly without thinking.” George Washington

### 9. The government works for me. I do not answer to them, they answer to me.

Who works for whom? “I consider the people who constitute a society or a nation as the source of all authority in that nation.” Thomas Jefferson

you’ll PROBABLY be much closer to the 300-500 range than the 3000-5000 range—even if you’ve been shooting regularly for years.

The other side of this high repetition argument comes from Ed Head at Gunsite. There is common belief that shooting is a perishable skill that you need to continually train or risk losing it. Ed is a world class instructor and has a different take on shooting being a perishable skill. He maintains that you can turn a perishable skill like shooting into a locked-in reflex after approximately 3000-5000 rounds of training.

If you carry that logic out, you’d want to run through 5000 rounds with your primary hand, secondary hand, and with both hands with perfect form as quickly as possible. You’d also want to do it with your sidearm, long gun, and shotgun for an ammo count somewhere north of 35,000 rounds. It SOUNDS intimidating, but it doesn’t have to be.

SO, WHAT’S THE TRICK TO BREAKING OLD HABITS AND LOCKING IN NEW ONES SO THAT THEY WILL BE YOUR DEFAULT RESPONSE WHEN YOUR LIFE DEPENDS ON IT WITHOUT BREAKING THE BANK?

#### OPTION 1:

Join a SWAT unit or a Special Operations unit that gets paid to have LOTS of trigger time and free ammo.

#### OPTION 2:

Become a professional shooter and get free ammo from your sponsor.

#### OPTION 3:

“Cheat” by doing the majority of your training using low cost and free proven tactics that I’m going to share with you and use your range time to reinforce and lock in your skills. This shortcut method is not only the fastest possible way for you to become an expert shot with a firearm, it will also save you thousands of dollars and years of time in the process.

### SO LET’S GET STARTED.

We’re going to quickly cover some fundamentals and then we’ll move into the actual strategies. I will be primarily using pistols for the examples, but it will work with pistols, revolvers, rifles, and shotguns. The techniques will also work with whatever particular shooting style you have learned.

That being said, you’d better be VERY confident that your technique is the one that you want to learn, because after going through this series, that technique will be imprinted deeply in your subconscious mind and it will become your new “default” when you need to operate under stress.

THERE ARE 5 FACTORS that will determine just how quickly your skill improves and how locked in the skill becomes:

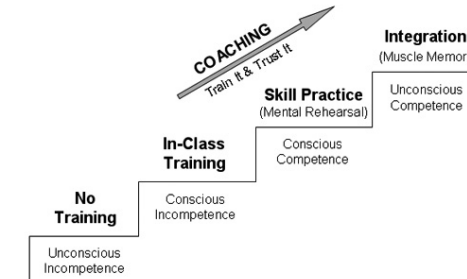
#### 1. THE QUALITY OF THE TECHNIQUE YOU PRACTICE.

The old saying, “Garbage In Garbage Out” applies. If you practice bad technique enough times, you’ll revert to it when you’re under stress. If, on the other hand, you focus on practicing good technique, your default response under stress will be much better.

#### 2. THE CONSISTENCY OF THE TECHNIQUE.

I’m going to refer to this example frequently, so you might want to read it twice. I want you to envision two quarterbacks throwing 100 passes. The first quarterback focuses on speed and how fast he can get through his 100 throws. He ends up changing something with every throw...his stance, his balance, his grip, what he does with his off hand, the angle of his body to the target, his release, and his follow-through, etc. In looking at his 100 passes, you see that he threw 100 different ways...but he did it really fast. Impressively fast.

The second quarterback takes his time and focuses on doing absolutely everything the same with every throw so that, at the end of 100 passes, the video looks like



the same footage spliced end-to-end 100 times. (or 99 times for you fellow geeks reading this)

At the end of the 100 throws, whose mind do you think has a more ingrained image of what a perfect throw feels like? Who do you think has developed more consistent muscle memory? Which one of them has a more solid base to unconsciously revert to under stress when there's barely enough time to react? This second quarterback is the model that we want to copy by deciding on proper technique and using it every single time you practice. When the first quarterback's mind gets under stress and tries to throw a pass, it's going to be confused and it won't know which muscle sequence to fire.

### 3. NUMBER OF REPETITIONS

This is simple. Practice makes Perfect.

### 4. FREQUENCY OF TRAINING:

If you have the option of doing 5000 repetitions over one month or one year, you'll lock in the technique better if you do the repetitions in as little time as possible without sacrificing quality. While it's important to get the repetitions done quickly, the goal isn't to blast through them...the goal is to imprint perfect technique into your subconscious mind.

### 5. SPEED OF TRAINING:

One of the experts that I consulted for this, Tim Larkin, had a career in Naval Intelligence and went through BUD/S (SEAL) training. Near the end of the training, he had a catastrophic eardrum rupture that prevented him from wearing the Trident. He told me about how SEALs were taught high speed firearms skills.

Surprisingly, they weren't given live ammo for the first two weeks. All they did was draw an empty firearm from their holster, aim it at their target, and squeeze until they heard the gun go "click." Then, they'd rack the slide, re-holster, and repeat. And repeat. And repeat. As Tim said, he'd been shooting all of his life, and felt like he was being treated like a child rather than the expert that he already was.

To make it worse, they made him go S L O W. And

they made him do it perfectly every time. By the time they actually gave him ammo, he'd dry fired thousands of times...and he'd ingrained perfect technique deeply into his mind. His mind knew the exact sequence of micro movements necessary to perform a perfect shot and his mind was able to fire the sequence at any speed...slow OR fast.

This is the interesting part about how the training played out. Since the mind remembers the specific sequence of muscles to fire without remembering the speed. Saying it in a slightly different way, that means that once the technique is locked in by training at slow speed, it can be used at high speed under stress.

Back to the football example, if he would have trained fast, he would have had dozens, perhaps hundreds of sequences that his brain could have played back, leading to inconsistent results. But since he went slowly and focused on consistency, the sequence that he played back was the same every time. Quality, Consistency, Volume, Frequency & Speed. Remember them. They're going to be the keys to the kingdom of firearms accuracy.

## A quick word on safety.

No article, book, or course on firearms training would be complete without the attorney mandated warning not to do stupid things that hurt people. Specifically,

### 1. ALWAYS keep your firearm pointed in a safe direction.

### 2. ALWAYS keep your finger off the trigger until you're ready to shoot.

### 3. ALWAYS keep your firearm unloaded until ready to use.

KEEP IN MIND THAT THESE APPLY WHETHER YOU'RE USING A FIREARM THAT SHOOTS BULLETS, BBS, LASERS, OR ANYTHING ELSE.

"A rigid economy of the public contributions and absolute interdiction of all useless expenses will go far towards keeping the government honest and unoppressive."

- Thomas Jefferson.

"But with respect to future debt; would it not be wise and just for that nation to declare in the constitution they are forming that neither the legislature, nor the nation itself can validly contract more debt, than they may pay within their own age, or within the term of 19 years."

- Thomas Jefferson.

"Can the liberties of a nation be sure when we remove their only firm basis, a conviction in the minds of the people, that these liberties are a gift from God?"

- Thomas Jefferson

"The Constitution is not an instrument for the government to restrain the people; it is an instrument for the people to restrain the government."

- Patrick Henry

"Resistance to tyrants is obedience to God."

- Thomas Jefferson

"The balance of power is the scale of peace. The same balance would be preserved were all the world not destitute of arms, for all would be alike; but since some will not, others dare not lay them aside ... Horrid mischief would ensue were one half the world deprived of the use of them ... the weak will become prey to the strong."

- Thomas Paine.

What would they think of our Government today?

Third, we need to begin by making the needed changes in our own families. Start with yourself. How can you fight against greed, corruption and lies in Washington if you have these same things in your own life? Are you the best husband, father, mother, wife, etc. that you can be? We MUST lay the foundation for real change in our own families first!

Then we need to expand that change to our local communities. Are you involved in your local government? How about your kid's school board? Do you even vote in your local elections? Next we need to work on changes in our County and State governments. Contact your elected representatives. Discuss issues. Hold them accountable for how they vote. If they are not doing their jobs, vote them OUT.

Finally, we need to do everything legally in our power to bring about a major paradigm shift in Washington. The entire House of Representatives just got an extreme wakeup call. Many who violated their oath to uphold and defend the Constitution were voted out.

Here are some things for you to think about as you work on making these changes in your own life.

These are the principles that me and my family try to live by. I hope you find them helpful.

## Basic Fundamentals

"I Pledge Allegiance to the flag of the United States of America and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all."

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights that among these are Life, Liberty and the Pursuit of Happiness. That to secure these rights, governments are instituted among men, deriving their just powers from the consent of the governed, that whenever any form of government becomes destructive of these ends, it is the right of the people to alter or to abolish it, and to institute new government, laying its foundation on such principles, and organizing its powers in such form, as to them shall seem most likely to affect their safety and happiness."

"We the people of the United States, in order to form a more perfect union, establish justice, insure domestic



ence to God from the country—even though it is still etched in stone in our nation's capital.

Is it too late to save this great Nation? Sometimes I think it might be. However, I am convinced that it is not, yet. If the “silent majority” no longer remains silent, we can turn this Nation around before it is truly too late. Look at the rallies, protests, and elections already happening. With the growth of the Libertarian Party and the Tea Party movement, we see the Republican party adopting a more limited government platform and more and more Americans saying “enough”!

But this is only the beginning. Our elected representatives have once again proved that they don't really care what we think with the passage of the National Health Care Legislation when only 14% of Americans approved of it. They continue to throw the Constitution to the wind. They trample on our rights. They rush head long toward Socialism. I believe that America is not longer a democratic republic, but a socialist republic. We need to act together NOW before it's too late!

While not hopeless, I believe that things are going to get much, much worse before they get better. I encourage each of you to prepare for the coming “battle” to save this nation from total collapse.

I believe that we must start by dusting off our Bibles and renewing our faith in God. He is the only hope for America. The Bible reminds us that “faith without works is dead”. I believe that we need to begin with our families and prepare for the coming conflict. We need to “put on the whole armor of God”.

Secondly, I encourage you to physically prepare to provide for your families. If we don't heed the writing on the wall, we will be caught short when the collapse comes. Much has been written on how to prepare, so I won't belabor you with suggestions. I will however, stress one point.

While I DO NOT advocate ANY unlawful activity or the use of ANY violence against our government, I hold dearly the God given right to protect myself and my family.

### **Here are just a couple of quotes from our Founding Fathers:**

“A free people ought to be armed.”  
– George Washington

“The Constitution of most of our states (and of the United States) assert that all power is inherent in the people; that they may exercise it by themselves; that it is their right and duty to be at all times armed.”  
– Thomas Jefferson

“Americans have the right and advantage of being armed, unlike the people of other countries, whose leaders are afraid to trust them with arms.”  
– James Madison

“To preserve liberty, it is essential that the whole body of the people always possess arms, and be taught alike, especially when young, how to use them.”  
– Richard Henry Lee

“Guard with jealous attention the public liberty. Suspect everyone who approaches that jewel. Unfortunately, nothing will preserve it but downright force. Whenever you give up that force, you are ruined.... The great object is that every man be armed. Everyone who is able might have a gun.”  
– Patrick Henry

Free men bear arms, subjects don't. The second amendment isn't about hunting or target shooting. It was written to guarantee the people a means to defend themselves from an unlawful, out of control government. We are NOT there yet. But we are not that far off either! Prepare while you still can!

### **Here is what the Founding Fathers envisioned:**

“Government is instituted for the common good; for the protection, safety, prosperity, and happiness of the people; and not for profit, honor, or private interest of any one man, family, or class of men; therefore, the people alone have an incontestable, unalienable, and indefeasible right to institute government; and to reform, alter, or totally change the same, when their protection, safety, prosperity, and happiness require it.”  
– John Adams.

### **TWO FORCE MULTIPLIERS THAT WILL SHORTEN YOUR TRAINING CYCLE EVEN MORE.**

In one of my interviews with Colonel Randy Watt of the 19th Special Forces Group, we discussed a study that was done by The University of Miami at Ohio. In it, they attempted to identify things that they could test on people to predict how well they would be able to perform with a firearm.

Two of the biggest factors that they identified were GRIP STRENGTH and OVERALL FITNESS. Above a certain point, grip strength does not continue to improve firearms accuracy, but if you have weak grip strength, strengthening it to where you have average to above average grip strength will have a dramatic positive effect on your accuracy.

Overall fitness is particularly important for people who carry their excess weight above the belt. The reason is simple physics. A proper shooting stance is an aggressive stance with the upper body slanted towards the direction of fire. Any extra belly weight ends up being out in front of the hips, pulling against the spine, either causing lower back fatigue or lower back pain when the muscles can no longer compensate for the weight.

This is one reason why it's normal to see overweight shooters standing straight up at the range and then leaning backwards as they slowly lose the battle against recoil on multiple shot drills.

This doesn't mean that you can't improve your firearms speed and accuracy if you have a weak grip and are overweight. I've been outshot by guys who are literally twice as heavy as I am in competition because they have made tremendous efforts to compensate for their weight. But for most people who are serious about improving their shooting; fitness and grip strength are force multipliers that can't be ignored. It's similar to hikers who will trim the laces on their shoes, cut all of the labels off of their gear, and cut their toothbrushes in half to cut weight but carry an

extra 10-15 pounds around the waist. All of those little steps WILL help some, but making the fundamental step of losing the extra weight can cause a quantum leap in performance.

### **HOW TO DEVELOP HIGH QUALITY SPEED.**

Speed is important in firearms training. Whether it is clearing a cover garment, getting a consistent grip, clearing the holster, acquiring the sights, or squeezing off the first and subsequent rounds, speed is crucial. But there are different qualities of speed. I touched on this earlier with the story of the two quarterbacks and with Tim's BUD/S training, but the key to developing high quality speed is to repeatedly practice a given technique exactly the same way.

Another mental picture is using a cable saw to cut through a log. If you reposition your saw after every stroke, you will end up with lots of shallow cuts on the log, but no progress towards cutting through it. Running the cable saw over the exact same spot as few as a dozen times, on the other hand, will work a permanent groove into the log and eventually cut through it. It's probably pretty evident by now that repeatedly working the exact same groove with the cable saw is the same as working the exact same technique with your firearm. It will help you get the results you're looking for MUCH faster than inconsistent technique. The trick is to repeatedly perform a technique EXACTLY the same way

The most powerful trick for practicing consistent technique is to do the technique slowly. Frankly, I don't like slow. I like FAST. I like doing things quickly, learning quickly, and blasting through obstacles quickly. Ironically, training slowly is going to increase your default speed quicker than training fast! I remember going shooting with my brother after he'd just gotten back from leading a SF team in Afghanistan. I started shooting and I was trying to get off double taps from concealment as quickly as possible. When he started shooting, he looked like a turtle



crawling through molasses. But he had absolutely no wasted movement and every shot was identical. As he sped up, he kept the same efficiency and consistency, and was quickly shooting faster and more accurately than me.

You've heard the saying, "SLOW IS SMOOTH AND SMOOTH IS FAST" and there's a reason for that:

- **Smooth movement is efficient and doesn't waste motion.**
- **If you repeat smooth movement consistently in slow motion, it will wear a groove in the brain and your default movement will be smooth and efficient.**
- **Just like the shortest distance between two points is a straight line, the fastest technique is the one that is the smoothest and wastes the least motion.**
- **When you are under stress and acting quickly, your brain will quickly playback whatever groove is worn the deepest. If that groove happens to be a smooth, efficient technique, than you will perform smooth and efficiently under stress.**

When you are training techniques, especially initially, you want your technique to look the same as a competition shooter looks at ½ or ¼ speed. Said another way, if you were to videotape yourself, you should be able to play it back at 2x or 4x speed and have it look like a competition shooter...perfect, smooth, and free of wasted motion.

#### Where does recoil make you pivot?

This may seem like an odd question, but it's vital to consistent firearms performance...especially when firing multiple shots.

When someone fires a handgun with a loose wrist, it's called limp wristing and it can cause a failure to feed the next round. This is because the recoil is causing a rotation at the wrist. If you tighten the wrist, the next joint where you can rotate is the elbow. Tighten the elbow and the next joint to rotate is the shoulder. An example of rotating around the shoulder is when

a shooter shoots a handgun, only to have it end up pointing straight up in the air when they're done.

Once you tighten the shoulder, the next joint to rotate is the waist. It's common to see new shooters with their hips thrown forwards and their shoulders thrown back a little bit further after every shot if they don't know that they should have a forward leaning, aggressive stance...kind of like a fighter in mid punch.

But if you tighten your wrist, elbow, shoulder, and waist and have a fighting stance with your spine bent slightly forward, you end up rotating around your front foot and your back foot acts like a break, stabilizing you and helping you keep a solid shooting platform so you can get off subsequent shots without having to make major aiming adjustments.

One of the big reasons that this works so well is that when your wrist, elbow, shoulder, and waist are flexed, the recoil of the shot gets absorbed by the mass of your entire body, rather than just your hand, arm, or upper body.

I'll get into detail on specific techniques and strategies in next month's issue, but for right now, let's talk about some concrete steps that you can take over the next few days & weeks to put this information to use.

**1. Pick one firearm to start practicing these skills with. "Muscle confusion" is a sexy technique for fitness, but not something that you want to do with firearms training.**

**2. Take at least half of your dry fire and range time this month and spend it trying to do everything at 10-20 percent of full speed. Focus on removing any unnecessary movement from your draw stroke and make sure that you are using the exact same technique every time.**

**3. As you're returning your firearm to your holster, don't think of it as holstering your firearm. Think of it as drawing your firearm in reverse and try to do everything in the exact opposite order that you did when you drew your firearm. (You're going to have to determine if you can do this safely at the range.)**

months that you want to have on hand in column 2, and the number of bottles/containers you'll need to have on hand to last that many months.

Some items, like occasional pain medicine or supplements that you only take when you're sick won't have anything in the "months" column.

Now comes the powerful part...using it. When you need to order something, put a horizontal line in the bottom of one of the boxes on your graph paper.

When it's been ordered, put a circle above the line. When you get it, complete a square around the circle. When you open it and start using it, put a dot in the middle. And, when you finish it, put an X through the box/circle and add another \_\_\_ further to the right so you know you should order/buy more.

There's no magic to the particular symbols we use, or the order that we use them. It's just a system that works for us. In fact, if you come up with something better or that works better for you, please send a picture. Different minds work differently and I'd love to provide multiple solutions for this issue. But one key is to follow the KISS protocol and Keep It Simple Stupid.

So, if you look at the row for "Multi Vitamin," you can see that I have one open, 4 unopened, and I have another bottle on order for a total of 6.

For Vitamin C, I have one finished, one open, one in reserve, and one that I need to order, but haven't yet. Another trick that we have come up with is to use the CanSolidator Pantry food rotator from Shelf Reliance. It allows you to put new bottles in on top and the oldest ones rotate out on the bottom. It's made for canned



## A Call To Arms!

Written by Dr. Leonard M. Breure, PhD

WITH MINOR EDITS BY DAVID MORRIS

If you are anything like me, you're just as fed up with all our politicians and the games they play as I am. I've had enough. It's time that we get off our butts and do something about this mess in Washington. Thomas Campbell said, "The patriot's blood is the seed of Freedom's tree." I truly believe that those great men and women that founded this Nation, would be turning over in their graves if they could see what America has become.

This Nation was founded as a republic (it's not a democracy by the way) based on strong state governments and a weak national government. It was also established based on a faith in God. The Founders rightly believed that our rights come from God, not government. When they put quill and ink to parchment, the rights they wrote of already existed.

Many had fled religious persecution in Europe and came here seeking the freedom to worship as they pleased. The founders enumerated the right of freedom of religion and made it very clear that there should not be any state sponsored religion. Today, this has been turned inside out leaving many to think this means freedom from religion. They couldn't be more wrong!

We have long been a nation of many faiths, but this country was founded by Christians who believed in the Holy Bible, its God and His omnipotent power. While they believe that other faiths should be allowed to flourish, they also believe that is Nation couldn't survive apart from God's blessing. The Bible clearly states "Blessed is the Nation whose God is the Lord". Unfortunately, many have tried to force any refer-

When someone approaches you, quickly observe their hands for weapons, their waist area for bulges or signs of concealed weapons and their body language for signs of weapons or bad intentions. If you're more than 3 feet away, you can do this with your peripheral vision without taking your eyes off of their face.

Keep distance between you and anyone you consider

suspicious. Be prepared to use cover. Know your options and decide in advance how you will handle any problem.

Don't just look, observe. Watch for body language and facial cues. Bad guys usually aren't too bright and they almost always tell you in advance what they are up to, you just have to know how to read the signs.



## Worksheet Of The Month:

SUPPLEMENTS AND CONSUMABLES STRATEGIC RESERVES WORKSHEET.

Many people want to build up their long term food storage using either bulk foods, like rice, beans, oatmeal and wheat or by using pre-packaged, freeze dried meals. Those are both great options, and we use them both, but a lot of our food storage is made up of food that we use on a regular basis.

This is both good and bad.

Building up your food storage with food is very powerful and changes your food from something that you have to find a place to store into strategic reserves that you are constantly using and rotating. You have the comfort of KNOWING that you'll be able to eat your emergency food when the time comes and you know it'll still be good if you've been rotating it.

One more important point on this. When I explained this to a friend of mine, he said, "So you basically decided to live on bland survival food now?" That's not it at all. What we've done is figured out all of the foods that we already eat and enjoy that have a long shelf life and stocked up on them.

The bad part is that it's really easy to use up your strategic reserves without replacing them unless you have a system for keeping track of your inventory.

Now, I've got an engineering background, so one of

my faults is that I sometimes think up unnecessarily complicated solutions to problems. Rube Goldberg machines, if you will.

But, fortunately for you and my wife, I'm not real good at actually USING complicated solutions. This forces me to come up with solutions that are simple enough that I'll actually use them.

And this worksheet is one of them. We originally started using it for our vitamins and supplements, but quickly realized that it is also VERY powerful for keeping track of every consumable item in our house. If you're a baseball fan, and ever kept stats during a game, the system will be somewhat familiar.

We use a simple sheet of graph paper to keep track of it...no computer necessary. We use the sheets horizontally rather than vertically, but you can do it either way. Since we use the same basic system to keep track of supplements, food, paper products, and personal care products, we have multiple sheets and keep them in a 3 ring binder. We also go into a little more detail on names, brands, prices, sizes, and stores, but that's not necessary.

Simply copy the legend shown here to the top of your page (or the front of your binder), put the items that you want to keep track of in column 1, the number of

**This is not necessarily the best way to re-holster your firearm. It is simply a way to "work the groove" of your muscle memory in both directions.**

**4. During your dry fire time, practice drawing your firearm while facing a mirror. If you have a video camera available, record yourself a few times, watch, analyze, fix, and repeat. Focus on getting rid of inefficiencies and smoothness. If possible, try watching the video at 2x or even 4x speed and see how it looks—it should look the way you want to perform under stress.**

In the coming lessons, we'll go over specific techniques and tools that you can use to make your learning curve almost vertical, as well as training sequences and exercises.

Are you a firearms instructor? Let me know your thoughts. These lessons are coming from a book that I'll be releasing in 2011 and I'd love to get some first hand stories of rapid improvement from instructors around the country. If there's enough demand for it, I'll be turning it into a course textbook that instructors will be able to use for their classes. Students LOVE to have a book with a summary of the course and practical exercises to follow when they get done with a course.



## Spotting Concealed Weapons & Profiling

Staying alert includes being able to spot a person who is or may be carrying a concealed weapon.

As you observe people there are certain things you should be looking for that may indicate the presence of a weapon.

For example: As a person walks only one of his arms swings. His coat is left open in cold weather. A shirt is buttoned only at the top and the tail is hanging loose over his waistband. A person sees you, looks down toward his hip, then avoids eye contact.

According to Robert Gallagher, a former NYPD detective who studied over 1,000 arrests by New York City cops, people who try to conceal guns develop special behavioral characteristics.

Some of these traits are now taught to the U.S. Secret Service agents for crowd assessment during presidential and dignitary protection assignments.

According to Sgt. Robert Stash, a gang specialist with

Chicago PD, most people are right-handed and when they greet other people they use their right hands.

Let's say you see a bunch of gangbangers hanging around and someone walks up and greets them using his left hand. It could signal the presence of a weapon.

People who hide an illegal gun in their pocket tend to hold on to it to prevent its outline showing through the clothing. Someone with a gun in his waistband tends to keep a hand in the nearest pocket to hold the gun and keep it from falling below the waistband.

People who carry an illegal handgun tend not to use a holster. If they have to drop the gun and run, they don't want to be caught with and have to explain an empty holster.

**COMMON METHODS OF CARRY INCLUDE:**

- A right-front pocket or the appendix area of the waist-band. Over 80% of armed suspects carry their guns in this location, according to Gallagher.

- A right-rear pocket or the waistband between the right hip and the small of the back.

- The left hip waistband (cross-draw position) is the least popular.

Shoulder, ankle or other exotic holsters are seldom used by street gangsters.

When looking for concealed weapons, look for things that don't look right.

Look for a jacket that doesn't hang naturally. An uneven hemline may indicate the presence of gun in the coat pocket. When an armed person moves, the heavy object will swing. Being aware of this, a subject may hold onto the hem near where the gun is to keep it steady.

I have this problem with my SigTac coat because the holster is on the chest. A buddy of mine sews holsters into his coats under the armpit and it allows the coats to hang evenly, even when unzipped.

A mode of dress inconsistent with the weather - a coat, jacket or vest on a hot day. Or a coat left open on a cold, windy day may provide quick access to a gun.

A shirt draped over dress slacks may offer concealment to a handgun. Un-natural bulges, a jacket carried over the arm, a hat being carried instead of worn, all suggest the possibility of a weapon.

Body language signals to watch for.

We tend to use our elbow or forearm to press, touch or make contact with the weapon to confirm its presence.

We tend to hold a pocket where the gun is from the outside. We tend to pull up pants or adjust our

clothing repeatedly to counteract the weight of a gun and its effects on clothing.

A gun strapped to an ankle or stuffed in a boot may cause the person to favor that leg so as not to jostle the gun more than necessary. When we walk, we may allow the non-gun arm to swing naturally and restrain the other arm to steady the gun or hide any tell-tale bulge.

We may walk with our gun arm held away from the body, to avoid banging into the gun and possibly dislodging it.



If you carry weapons, you'll pick up some tells just because you're being hyper-critical of yourself.

Personally, I find that I pull down or even out my shirt tails when I get out of my car to make sure that my in-waist-band holster is covered.

I am also careful to only reach up to high shelves with my left hand and to bend down at the knees instead of at the waist so that the butt of my firearm doesn't print on my shirt.

Another tell that I have is that when it's really windy and I'm wearing a shirt that flaps too much in the wind, I find that I hold my arm somewhat awkwardly do keep my firearm from showing.

When I'm carrying in a compression shirt holster, with my firearm under my armpit, I find that I push my arm out from my body to move it backwards.

With knives, if I don't see a clip sticking out of a pocket, I look for worn pocket corners and a tell-tale bulge in the pocket.

Since I am a big fan of neck knives, I look for cordage or non-decorative chain around the neck.

## Don't be afraid to profile.

Profiling isn't foolproof, but it does tip the odds in your favor. A few things to look for:

### Face, neck, and hand tattoos.

Especially tear drops or "mean" looking tattoos. Keep in mind that they're permanent, so the tattoos could be a reminder from a former lifestyle. I have known several very gentle men through the years who still have gang and prison tats from their younger years.

### "I'm a badass" look and swagger.

Oftentimes it's a false front, but it can also be a tool to get psyched up.

### Red or blue bandana.

Specifically on the head, on the arm, or hanging out of a waistband or pocket. Keep in mind that bandanas are great survival tools and lots of people carry them.

### Age, sex, and dress.

The fact is that most violent criminals are young males who dress like street thugs. It's important to note that after the collapse of the peso in Argentina, middle aged muggers regularly dressed in suits and hit targets in the banking & business districts.

### "Aware" vs. "Unaware."

Criminals, law enforcement, military, and Lamp-lighters all have the trait of being more aware of what's going on around them than the average person. If you spot someone who is obviously aware of what's going on around them, there's a pretty good chance that they're either a potential ally or potential enemy and worth further examination.

## Response to authority.

When uniformed law enforcement enters a crowded room, try to look at the facial expressions of others in the room. You'll quickly notice what a polarizing effect they have.

## Counter-profiling.

One of the things that I try to do is appear as if I'm not as aware as I actually am so that people won't profile me as being switched on. If I am with other people and can sit facing a wall that has a mirror on it, I will. I use my peripheral vision to profile

people. I smile a lot and try not to look serious. I try to wear clothes that are more hiking/camping rather than tactical.

And then there are certain facial expressions to be aware of.

Bad guys with guns and bad intentions often avoid eye contact until they are ready to strike. They believe that by avoiding eye contact you will be less likely to pay any attention to them. They also believe that by avoiding eye contact you will be less likely to identify them at a later time.



Bad guys planning their attack may tend to sneak a quick glance at you, then look away. They want to know if you've noticed them and are showing any signs of heightened awareness.

The bottom line is this: You should assume everyone you come in contact with is armed, until you're satisfied they are not. Anyone exhibiting any of the cues described above is considered a possible threat until you are comfortable they are not.

This doesn't mean you need to be paranoid, worried, or that you have to give everyone a thorough examination to look for weapons. It just means that you accept the fact that everyone you meet may have a weapon... whether for good purposes or bad purposes.