



Training Minute - Rollover Prone

Rollover prone and its variants is a critical skill in being able to shoot under obstacles. Watch lead Tiger Valley instructor T.J. Pilling demonstrate the basics of rollover prone [here](#).



Elm Fork Wednesday Night Classes

The month of June saw two more Tiger Valley evening classes at Elm Fork. We get a wide range of shooters for these classes, including many who have never had formal firearms instruction before. It's an excellent chance to test the waters and see what Tiger Valley is all about.

On July 9th we are offering an "AK Operator's" class. The AK differs from the AR in many respects, especially in reloading and safely working the weapon system. The class will touch on carbine fundamentals and spend much of its time on AK-specific skills.



On July 23 is the "Advanced CQB Pistol". The focus will be on using the pistol as a CQB weapon, with weapons retention, ground fighting, and push-off drills.

Beginner to advanced students will all take away something from these classes. Bring your weapon, 200 rounds of ammunition, and safety gear. AK students will also need two magazine pouches. The cost is \$65, runs from 6:30 PM to 9 PM, and pre-registration is not required, just show up and shoot.

On August 6, we are offering our first "Immediate Action Medical" class. A Tiger Valley instructor will explain the tactical side of dealing with such situations and an ER Doctor will brief students on the basics of stabilizing the victim. The course includes a blow-out medical kit that all students will take from the class. The course is \$85, including the medical kit, and runs from 6:30 PM to 9 PM. For this class, pre-registration is absolutely required. Drop off your check to Tiger Valley's address listed at the bottom of this newsletter or pay [online](#) to



reserve your spot in the class. Space is limited.

Tiger Valley at the National SWAT Championships

by T.J. Pilling

The additional instructors brought by the growth and success of Tiger Valley has provided me the opportunity to travel off site to conduct training at various ranges and events. One such event was the National SWAT Championships, conducted at the Highland Ranch Law Enforcement Center near Denver, Colorado. This event started on May 19th with two days of classes, followed by a vendor day, and ending with two days of competition.

Thirty teams competed this year, with a Canadian teaming winning the honors. The team that traveled the furthest to participate came from Portugal, the Maritima National SWAT team.

Tiger Valley taught two 1-day classes at the SWAT Championships on pistol tactics. We had 18 or so shooters in both classes. We harped on second sight picture and worked off the timer on moving and shooting, singles, doubles, target to target, transition drills, drawing from the holster and most of all the reloads.

When first put to the timer reloads were in the 5-6 second times with a few who shot very quickly. I explained that during a competition, reloads were going to separate the teams more then anything. We demonstrated that split times between the fastest shooters and the slowest were only hundredths of a second apart. If you looked at the speed that reload times were being shot, it could be 3-4 seconds difference. Add three reloads during a stage and that could mean 12 seconds.

We had everyone start in slow motion and corrected as many flaws as we could with the time allowed. Good down angle with the magazine release, if the slide went home when the magazine was bumped, not to shuck live round on the ground were a few of the basics. We pressed to keep the weapon up and in front of your body and not lose sight of the targets and take the time to look at the magazine well and get the reload on the first stab.

As always, the same tactics that we teach in the normal pistol classes are the same that we were teaching to the likes of the Maritima National SWAT team and they seemed to pull some good things from it.

They had a ton of vendors present: LaRue, POF, H&K, Mike Gibson of MGM targets to name of few. It was a great event, professionally done with great care on all levels. My hat is off to the organizers of the National SWAT Championships, who worked so hard to bring



quality training and competition to the Denver area.

Fundamentals - Not Those Again!

by Wayne Dobbs

We're going to spend some time over the next few newsletters discussing some important fundamentals whose proper execution are required to be a successful pistol shooter. All of them are important at some level in guaranteeing good shooting results, but I'm going to take a risk here and rank them as "important", "very important" and "critical". These prioritizations will be based on my near 30 years of experience and knowledge in delivering firearms training and in the operational use of service weapons. It's not my intention to start a dispute with anybody over how I rank these areas, but if that happens, it means that somebody is paying attention. If the dispute is based on objectivity and solid experience from another then we'll all benefit and learn from that discussion.

Fundamentals are not sexy and they're not exciting, but they are essential for success, whether your goals are to effectively use a pistol (or revolver for us old guys!) for self-defense, competition, hunting or other recreational shooting. I spend quite a bit of time shooting at various venues and it's my opinion, based on thousands of observations at those places, that the overwhelming majority of "shooters" out there are either completely ignorant of proper fundamentals or are too lazy to employ them. Some of that is the shooters' fault and some; perhaps most of it is due to the incompetence of their so-called "instructors". You can watch those folks blasting away at their targets and see that lack of knowledge very clearly, since they are missing monster-sized targets at close range and thinking that their 12" groups at seven yards are a truly heroic feat! In reality, they are wasting time, ammunition and money (although the commercial ranges and ammo companies are happy to have them around!). I think I just dissed a bunch of cops with that observation! Oh well, that's OK since I retired from that job after 25 years and know more ugly little secrets about cops, guns and police training than the law should allow!

Larry Vickers is a retired US Army Delta operator, firearms trainer, gunsmith and industry consultant whom I've been able to train with and he blew me away with a remark during a recent class. He said, "Shooting a pistol is simple...but it's NOT easy". That's 100% accurate. It is simple in that all we do is a) find the target, b) align the pistol on the target and c) keep the pistol aligned on the target while we deliver the shot. The difficulty rears up when we discover that executing those three steps requires levels of mental and physical energy and focus that most folks don't have on demand. If you want that mental and physical capacity you can



have it, but it will take LOTS of continuing work on your part. It's my intention to show you what those fundamentals are in a concise manner and help you to recognize how to achieve them.

If you're a rifle shooter you may be saying that you already know what you need to know and no pistol shooter or instructor has anything to teach you. I'll respond to that bit of arrogant thinking by saying that ANY excellent motor skills "operator" has something we can learn from, be they a shooter, golfer, baseball hitter, race car driver, mountain climber or whatever else they may be skilled at! All of the foregoing practitioners require excellent skills execution at a subconscious level under extreme duress of some type to achieve excellence in their field. Therefore, we can learn from them about how to hold a metal (or polymer) "rock" and under pressure, deliver shots from it to save our lives, win a contest, impress our friends, take a game animal or whatever else the situation requires. Besides, I've seen that learning to shoot a pistol WELL will make shooting a rifle a piece of cake. I've also seen more than a few really good precision rifle shooters really stink up the place when you asked them to perform with a pistol.

We're going to cover stances, grips, sight usage, trigger control and follow through over the next few newsletters. Hopefully, you're going to have some "light bulb moments" about these skills and I'm going to have a blast passing the information on. Feel free to contact me and give me feedback as we go along. I will know that we're achieving success when I see that I'm learning as much or more than you guys are!

Next time: Stance (an "important" fundamental)

Honorable Mention - "Citizen/Soldier"

The rock 'n roll industry is pretty consistent in its "I Hate America" messaging. Standing apart from this monotonous crowd is a fine group of guys from Mississippi who make up the band 3 Doors Down.

Their self-titled and most recent album contains "[Citizen/Soldier](#)", a proud tribute to all of those who serve in the National Guard. Our hats are off to 3 Doors Down.

Previous Newsletters Available Online!

Check out our previous newsletters for fantastic training videos, equipment reviews, and special articles. Find them [here](#).



Upcoming Events

June

28-29 [Advanced Precision Rifle \(Waco\)](#)

July

9 [AK Operator \(Elm Fork\)](#)

19-20 [Beat the Heat Precision Rifle Match \(Waco\)](#)

23 [Advanced COB Handgun Techniques \(Elm Fork\)](#)

26 [Basic Rappelling \(Waco\)](#)

27 [Basic Tracking Techniques \(Waco\)](#)

August

6 [Immediate Action Medical \(Elm Fork\)](#)

11-29 State Department Contractor

September

12-14 [Level 1 Precision Rifle \(Waco\)](#)

15-19 Rifle Instructor (Waco)

20-21 [Team Sniper Match \(Sponsored\)](#)

22-26 SWAT School (Waco)

27-28 [Level 1 Pistol \(Elm Fork\)](#)

October

19-20 [Bug Out Drill](#)

13-17 [Level 1 Precision Rifle \(Waco\)](#)

18-19 [Level 2 Carbine \(Waco\)](#)

24-26 FCSA Regional Match (Waco)



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