



TIGER VALLEY

TACTICAL INSTITUTE FOR GUN EDUCATION AND RESEARCH

Pistol Drills Video

The core of Tiger Valley basic pistol training is teaching students to complete a series of pistol drills as fast as possible while shooting at a no-miss pace. These drills represent the fundamental skills required to successfully use a pistol in any real-life situation. Watch a video of Tiger Valley students working their way through seven of our twelve drills [here](#).



Elm Fork Wednesday Night Classes

August 6 was Tiger Valley's first "Immediate Action Medical" class. Tiger Valley instructor T.J. Pilling and Dr. Greg Gardner conducted training on both the tactical and medical sides of dealing with injuries, including the use of the blow-out medical kit that was supplied to every student.



Our next "Immediate Action Medical" class is on September 3rd and is full. Those interested in attending a future class are encouraged to register now for our October 1st class.

We've been quickly filling up our medical classes, so sign up ASAP if you're interested in participating. This will also be the last time the class will be held this year. The fee is \$85, which includes the blow-out kit and the course runs from 6:30 PM to 9 PM.

On August 20th we ran a "Combat Match & Training" event.

In spite of a torrential downpour that hit Elm Fork just prior to the event itself, we had 22 shooters work their way through carbine and pistol stages, compete on a dueling tree, and receive some helpful training tips along the way.



Our next firearms-related night class is "Undercover Carry" on October 15th. Students will work on deploying and using their daily carry weapon. Arrive with your handgun, holster, 200 rounds of ammo, safety gear, and \$65 course fee. The course runs from 6:30 PM to 9 PM.

Tiger Valley Bug Out Drill

The third annual Bug Out Drill covers 15 miles and 30 challenges across rough, wooded terrain. Arrive with a long gun, pistol, pack, and gear to survive a real-life bug out event. Water will be available at multiple points, about 90 rounds each of rifle and pistol will be required if you don't miss, but no other equipment guidelines will be provided.

Participants compete on an individual basis and the event must be covered on foot, carrying all gear, with no bikes, 4-wheelers, donkeys, or hot air balloons allowed.

In last year's event, participants had to climb walls, cut wood, take apart bolts, bandage Tactical Ted, shoot, and purify water just to name a few of the challenges. Any stage can be bypassed if you lack the ability or gear to complete it, though with a time penalty. If you want a true test of you and your equipment with a chance to win great prizes, come and join the competition.

A great meal will be provided after the event.

Pre-registration is required and participants will receive a Tiger Valley "Bug Out Drill" t-shirt. Register [online](#) today!

Team Sniper Match Update & Sponsors

This September 20th and 21st will see 40 teams gather at our Waco facility to compete in our 2-day Team Sniper Match. Spectators are welcome to watch these teams, comprised of a precision-rifle equipped sniper and carbine equipped spotter, participate in scenarios that will run into the night on Saturday and mid afternoon on Sunday.

We have an excellent group of sponsors who have contributed to the prize table for this match. Please keep these companies in mind, as they have gone out of their way to contribute to the shooting sports.

The match is full and we are looking forward to a great event.

Match sponsors are:

[Black Hills Ammunition](#)

[Cheaper than Dirt](#)

[Chosen Tactical](#)

[Jet Suppressors](#)

[LaRue Tactical](#)

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Louque's Premium Firearms



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[US Optics](#)



Shooting Fitness

by Bruce Byars

We often hear the statement "I'm out of shape" from students who are required to run physical evolutions in a training class. This is typical of a level two course, where students are expected to be proficient enough to move into stress-based training. For example, many students are winded by the end of a barricade drill utilizing 9 different shooting positions. It is a simple drill, but the movement and out of position nature of the course physically stresses students. Add the prospect of being tagged by a remote control shoot-back paintball system and the stress level goes up even more.



Keep in mind that the level and type of fitness required for a USPSA competition shooter is different from that in the military and law enforcement communities. The common thread between them is that most task-oriented drills require a solid base in order to complete them successfully. It is one thing to have a workout program where you run, do sets of pull-ups, bench press, sit-ups, etc., but it is quite another thing to put that strength to practice in practical situations.

Therefore, a good solid foundation-based workout regimen should be a part of your training. This is not to say that you should be spending six days a week in the gym and on the track, but rather train for your activity, whatever that may be. Also, work with your physician to develop the right workout program for you. Nothing is worse than doing a workout regimen just because you see someone else doing it or you use too much weight and stress your muscles to the point of injury.

Whatever your workout, there are a few tips that you should consider. First, a good cardiovascular workout is essential to good performance. This does not necessarily mean running. Biking, rowing, walking and especially swimming are great

cardio tools as well. Second, exercises with dumbbells should definitely be a part of your strength routine. This is because dumbbells help you develop finer muscle dexterity since they work stabilizing muscles and help increase your range of movement. Third, don't disregard major muscle groups such as your back (pullups), chest (pushups), abdominals (situps/crunches) and neck/shoulders (dumbbell presses). Lastly, don't forget about nutrition. A good healthy diet is vital to a successful and effective workout routine. Along with diet, proper hydration is absolutely essential while you workout. It helps flush toxins from your muscles that result in excessive soreness. Remember, if you feel thirsty, you're already dehydrated.

As a final parting note just remember... being in good physical shape not only makes for better performance, but makes for a healthier lifestyle as well.

Oh, Say Can You See... The Sights?

by *Wayne Dobbs*

This issue's fundamental topic is going to be a controversial one for some folks out there as it relates to defensive shooting. Many trees have died and much bandwidth has been wasted on the topic of using the sights in combat with a pistol. We'll cover some insights on sights (pun intended) and try to get some ideas out there for you to use and think upon this month. And, in case you were wondering about how I rank the importance of this fundamental, sight usage is "very important" from my viewpoint.

First of all, some fundamentals about the fundamental! There are actually two traditional fundamentals involved in this topic and they are sight alignment and sight picture. Sight alignment is simply the relationship of the front sight to the rear sight and nothing else. There is no target involved and the alignment may be perfect, very good, OK or it may be really awful. All we are dealing with is the relationship of two points in space, which, if you recall from high school geometry, defines a line. Perfect sight alignment is when, as you view the sights from the rear (and through the notch of the rear sight), you see the post of the front sight perfectly centered in the notch of the rear sight, with equal bands of light around the front blade and the top edges of both sights are in a perfect horizontal line. To steal an old saying describing perfect sight alignment: "Equal height, equal light"

Perfect sight alignment is important because if you can



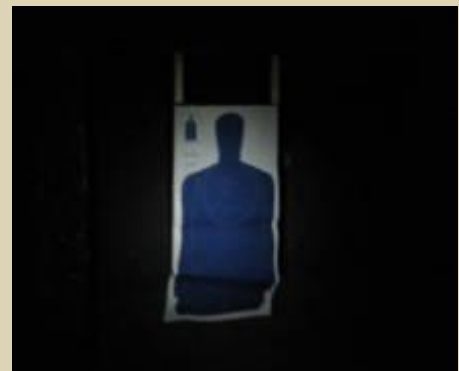
achieve it and maintain it somewhere on the critical zone of a target throughout the shot delivery, you WILL get a good hit. As I stated above, you are creating a dependable linear orientation of the weapon when you align the sights well and that's a great confidence and competence builder.

Most shooters and "trainers" use the terms "sight picture" and "sight alignment" interchangeably and that is totally incorrect. You now know what sight alignment is and it doesn't involve a target. Sight picture is the relationship of the sight alignment to the target. When I teach a class, I usually don't try to confuse folks with the terminology (unless it's an instructor or advanced class) and simply teach what I call "sight usage", which encompasses both topics.



So, if everything is perfect in our little shooting world, we will have our master eye, rear sight, front sight and a desired impact point on our target in a four-point line. If we could maintain that perfection as we pressed the trigger and delivered the shot, we would have a perfect center hit. Unfortunately, perfection exists only in the mind of God and we ain't Him! The reality is that we cannot maintain such a perfect linear relationship because we wobble and sway and get blown around or we are moving around to avoid being the recipient of the other guy's efforts on us at the same time! All of these factors and many others combine to make it impossible to maintain perfect sight alignment and sight picture with complete immobility, although I've seen some shooters get pretty close! So what do we do about this reality? We attempt to be as steady as possible through solid stance, grip and more stable positioning (such as kneeling or prone, if viable) and we spend more energy on sight alignment than sight picture. Additionally, we learn to accept our "wobble zone" and apply excellent trigger control technique as the gun moves about on the target.

I said earlier that it's more important to maintain good sight alignment than it is to worry about sight picture. That is because as long as the sights are well aligned somewhere on the desired impact zone of the target we will achieve a good hit, assuming a good trigger press, as any error will be minimized by keeping the sights parallel on the target as we fire. If we allow the sights to get significantly misaligned, our error at the target will compound geometrically and can start making us miss, sometimes very badly. This is the difference in parallel error versus angular error. You do not want to have the second one happening when the shot is important.



If we combine poor alignment with poor trigger control (a frequent occurrence in fights involving badly trained or poorly disciplined shooters), we start seeing misses in the 80-90% range, even at very close quarters. This is the average police agency street shooting performance level in the US and it's inexcusable, because it can be addressed effectively. Nobody said it was easy or fair to fight for your life with a pistol and doing it well requires quite a bit of hard work and discipline on your part. Part of that discipline is to make certain that the weapon is adequately aligned on the target that you are engaging before you fire, and the sights are the dependable and defensible way to accomplish that goal.

OK, we've established that we need good alignment and trigger control and we have to accept a wobble zone as we deliver the shot. We also know that we need to deal with three points of rear sight, front sight and the desired impact point on the target (NOT the whole target). We know that our Mk I Mod 0 eyeball can only focus on one point in space at a time. So, where do we ideally focus? The point shooting folks will say "the target!" and start saying that the eyeball won't focus on a close point under extreme stress. That baloney was written by a prominent trainer of point shooting years ago and like anything that made it into print, some folks said it must be true. It may be the case for some folks but it's not true for all. That's based on personal experience and that of some other folks out there that I know well. I have seen front sights in sharp focus under extreme stress on the streets (with pistols and rifles), in IPSC and IDPA competition and in handgun and rifle hunting experiences. Jim Cirillo, a magnificent gunfighter from NYPD's Stakeout Unit, related that in his first fight he saw the serrations on his S&W Model 10's front sight in brilliant focus as he delivered three hits for three shots on three armed robbers, including shooting around a bystander on one of them and a 25-yard head shot on another! It is completely possible to focus on the front sight, if you've trained yourself to do so and made that a performance expectation.



Some folks with their brain engaged may be asking WHY do we focus on the front sight? That's one of the most important questions and BS detection issues you can raise in training and you should explore it. There are two solid reasons for focusing on the front sight:

- It's the last point of the weapon at which we can still

influence the path of the bullet to the target. The front sight and the muzzle are basically in the same location.

- When attempting to align three points in space, it's easier to focus on the middle point to achieve that alignment (credit to Larry Vickers for this one)

I'm sure that we could come up with other reasons for using the front sight as our focal point, but those two should cover it well for any practical purposes.

Now that we've covered the technical aspects and fundamental reasons regarding sight usage, let's get down to some real world realities and techniques that will allow you to place accurate shots on your target at speed.

First, I want you to create a belief in your mind that you can and will see your sights at speed during any use of a pistol in a fight that is outside of arm's reach. I don't suggest that you extend the pistol far enough to use sights when an attacker is so close you can touch him or they can touch you. That's asking for a disarming disaster. If, however, they are outside that distance you can accomplish this goal if you will consider what I have to say for the rest of this article.

Next, you must do enough serious range work with a handgun system that works for you. Much of the use of sights is driven by good ergonomics, solid grip and lots of repetition with the system so that for lack of a better term, you wear a "groove" in your mental pathways just like you do a golf swing, a baseball swing, a fishing rod cast or any other physical movement that you know at a subconscious level. If you are a member of the "Gun of the Week" club and never learn to shoot fundamentally well with a single, preferred platform, you will likely struggle when your big moment comes.

Once you've developed that subconscious skill with your chosen pistol, you should find that the sights arrive on target in good alignment from your grip and stance and the "groove" you developed from repetitive training and practice. At this point in your learning journey, the sights are simply like a road sign as you travel down the highway. You don't really stop and gaze at those road signs, but you do notice them and they give you a quick confirmation that you're traveling the right route. In the same fashion, you see the sights in sufficient alignment to achieve your shooting requirements once your competence has developed to the



level required for good performance under stress. I stress to always keep on working on sighted fire in training, because I know that even if you don't look for or at the sights during a fight, you are aligning the weapon between your eyes and the target and all that work on the range is subconsciously aligning those sights whether you consciously are or are not!

There are also methods of verifying sight alignment by use of such names as the "flash sight picture", "sight alignment by feel", "weapons silhouette alignment", "stress point index" and many other terms. All of them have some merit and in your learning journey with the combative handgun you may find value in learning more of them. I will caution you to be very careful about going totally into the "point shooting" area that works off visual feedback from bullet impacts on anything to make your adjustments. It's lots of fun and quite valuable to test ergonomic interface between tool and man, but I feel it's a limited method for real world encounters.



Next time, we're going to talk about something "critical": trigger control.

Feel free to email me at detwd114@yahoo.com with your feedback on these topics!

(Editor's note. Click on the article titles if you missed Wayne's previous two handgun articles, "[Fundamentals - Not Those Again!](#)" and "[What's Your Stance](#)").

Previous Newsletters Available Online!

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

Upcoming Events

September

- 3 [Immediate Action Medical \(Elm Fork\)](#)
- 12-14 [Level 1 Precision Rifle \(Waco\)](#)
- 15-19 [Rifle Instructor \(Waco\)](#)
- 17 Undercover Carry (Elm Fork)
- 20-21 [Team Sniper Match \(Sponsored\)](#)
- 22-26 SWAT School (Waco)
- 27-28 [Level 1 Pistol \(Elm Fork\)](#)
- 27-28 [Level 1 Carbine \(Waco\)](#)



October

- 1 [Immediate Action Medical \(Elm Fork\)](#)

- 11 [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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Tiger Valley LLC.
Range Address: Hwy 84 at Joe Russell Rd. | Prairie Hill, TX 76678
Mailing Address: 6309 Scottsboro Ln. | Garland, TX 75044
Cell: (972)977-9512