



# Storm Mountain Times



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## New partnerships developed.

SM is proud and very excited to announce partnering agreements with four strong GSA, Training and retail organizations.



The Cavalry Security Group (CSG) is the parent company for a group of U.S. companies providing equipment sales, security consulting and specialized training in support of military, law enforcement and homeland security professionals worldwide. CSG also manages and coordinates complete turnkey projects over a wide range of technical and operational specialties. For more information on the capabilities of USCav, go to: <http://www.cavalrysecuritygroup.com/>



Triple Canopy, an integrated security solutions company, mitigates risk and develops comprehensive security programs for government agencies, private corporations and non-governmental organizations working in high-risk environments across the globe.

They provide customized, cost-effective security solutions to help you create and sustain a secure environment to grow your business. We want to make sure you have the guidance and tools necessary to make security a top priority. For more information about Triple Canopy, go to: <http://www.triplecanopy.com/triplecanopy/en/home/>



Polaris Defense develops and produces a family of Militarized Ultra Light Tactical Vehicles leveraging the large annual production of Polaris proven commercial, off-road, all-terrain, all-weather vehicles.

Polaris Defense is dedicated to supporting a wide variety of US Military and allies needs and provides the warfighter a capability that includes vehicles, accessories, parts, training, and technical support. For more information on Polaris and their products, go to: <http://www.polarisindustries.com/en-us/PolarisDefense/Pages/Home.aspx>



Signal 13 Training LLC is dedicated to providing innovative surveillance, investigative, and officer survival training to law enforcement personnel. Our instructors are all current law enforcement officers and investigators who have extensive training and experience in several specialized areas. We are committed to raising the bar when it comes to law enforcement training and will provide you with only the highest quality training. We guarantee that our training courses will improve the safety and operational effectiveness of individual officers, or entire units. For more info, check out: <http://www.signal13training.com/index.htm>



## Handgun Shooting Tips - Stance and Grip

### Stance

A major factor impacting survivability in a life-threatening situation will be your ability to quickly assume a stance and grip that will provide you with the control and accuracy needed to eliminate a threat. Although individual differences in body type will affect how the stance and grip are assumed, control, stability, and natural alignment to the target are the key features which apply to a proper shooting stance and grip. By continued practice and training, the ability to assume the proper stance and grip with the handgun will become automatic.

An aggressive stance is a key factor in providing the shooter with maximum control of his weapon. Because there may be differences with regard to a shooter's position/barricade and type of threat, not one particular stance will be effective for every situation. Therefore, each shooter must tailor his stance to provide the optimum stability and control for shooting. A proper shooting stance has several basic requirements which all shooters must establish:

- 1) Balance, Stability, and Control. A proper shooting stance provides proper support for the body without placing excessive strain on the muscles. Muscle fatigue will result in a loss of stability and control of the weapon.
- 2) Head Position. The head should be kept erect and positioned to properly acquire the front sight.
- 3) Natural Body Alignment. Proper body alignment allows the weapon to be presented so that it points naturally toward the target without affecting or altering the basic stance.

Types of Stances. There are three basic stances that can be utilized to meet the individual requirements of the shooter. It is important that the shooter acquire a stance which is the most natural and comfortable for him and that provides proper stability and control during firing.

1) Weaver Stance. Many shooters find this stance easy to assume and very effective. To assume this stance:

- a) The feet are placed approximately shoulder width apart with the strong side leg placed 4-6 inches back. The weight should be placed slightly forward on the weak side so that the weak side foot supports more weight than the strong side foot.
- b) The legs are slightly bent but not locked at the knee.
- c) The body is angled 45-60 degrees to the target with the back straight and the shoulders level and at an angle to the target. The head is erect.
- d) The strong arm is slightly bent . The weak arm is bent so that the elbow is pointing toward the deck.

2) Chapman/Modified Weaver Stance. The shooter assumes this stance in the same manner as the Weaver stance, except that the strong arm is locked out into position instead of bent. This stance helps control the weapon through the positioning of the strong arm.

3) Isosceles Stance. This stance is different from the Weaver in that the shooter stands square to the target.

a) Advantages.

- (1) This stance provides greater upper body mobility to the left and right and allows for better peripheral vision.
- 2) This stance exploits the natural behavior of the individual when faced with a threat because, in a confrontation, an individual's natural response is to face the threat squarely and place both hands straight out in front of him for protection.
- (3) It is an aggressive stance with the shooter leaning forward, the majority of his weight (80%) on the balls of his feet.

\*\*Note: SMTC, Inc. highly encourages the use of the isosceles stance for their students. The advantages in grip and trigger control make this position superior to the Weaver and Chapman positions for multiple shots and low-light shooting.



b) Assuming the Position. The position is assumed in the following manner:

- (1) The feet are placed shoulder width apart.
- (2) The weapon is brought to eye level and both arms are locked out. The shoulders and head are forward, elbows locked, and wrists locked to reduce muzzle rise when the pistol is fired.

Once a stance has been established, the ability to fire the pistol accurately will depend on the grip the shooter has with the weapon. As with the stance, a proper grip will provide control and stability and enable the shooter to recover his sights quickly after each shot is fired.

## Grip

A proper grip provides maximum control of the weapon and helps the shooter maintain proper sight alignment. The grip must be firm enough to keep the front and rear sights aligned on target and allow quick recovery of the sights from the recoil of the weapon. The grip also provides a foundation for the movement of the trigger finger. The trigger finger should apply positive pressure to the trigger as an independent action, completely free of the other muscles of the gripping hand.

a. Assuming the Grip. As the grip is established, certain fundamental objectives must be achieved:

- 1) The web of the shooting hand should be in firm contact with the backstrap of the pistol.
- 2) The hand should be high into the tang of the pistol.
- 3) The palm should be in firm contact with the side of the pistol frame.
- 4) The bottom three fingers of the shooting hand should wrap around the front of the pistol and firmly grasp the weapon.
- 5) The thumb should lay naturally alongside the pistol; it must provide enough resistance to ensure a secure grip, but should not exert excessive pressure against the pistol, which could adversely affect sight alignment and trigger control.
- 6) Overall, the grip pressure should be firm and natural. A grip that is too tight could cause muscle tremors that degrade both sight alignment and trigger



control. A suggested guideline to follow is to use a grip pressure similar to a hearty handshake.

b. Utilizing the Grip. While the fundamentals for assuming the grip remain the same, the grip is altered when firing from different shooting positions.

- 1) The thumbs are locked when firing from the Weaver or Modified Weaver stance.
- 2) The thumbs are straight and pointing directly toward the target when firing from the Isosceles stance. This position locks the weak wrist to provide maximum control of the weapon required for fast multiple shots on target and extreme accuracy in shooting.

c. Carrying Positions for the Pistol. In conjunction with a proper stance and grip, the way the pistol is carried affects the accuracy and quickness of target engagement. The pistol may be carried in two positions: Ready and hunt (alert).

1) High Ready Position. In the ready position, the pistol is held in the two-handed firing grip at the strong side nipple level. The pistol is pointed downrange at the target. The trigger finger is straight along the slide. The ready position is used when contact with a threat is probable.

2) Hunt (Alert) Position. The hunt (alert) position is that position which is between the presentation and actual firing of the weapon. The hunt (alert) position is used when contact with a threat is imminent.

- a) The pistol is dropped down just far enough to enable the shooter to see over the front sight and get a clear view of the area.
- b) Eyes are focused on the target or scanning the area for possible threats. The muzzle of the weapon tracks along with the eyes.
- c) The shooting arm is straight and a proper grip is maintained.
- d) The trigger finger is on the trigger but the slack has not been taken up.

Establishing a proper stance and grip will provide the shooter with the control and stability needed to engage targets accurately. It is important to remember that the stance can be modified to compensate for individual differences in body configuration. However, the basic requirements for control, alignment, and head placement are standard for any variation of the stance and are the keys to a proper stance. Additional control and accuracy of fire is obtained with a proper grip. The grip should provide the shooter with control and allow him to quickly recover his sights and engage additional targets. Through practice and repetition, each shooter can assume a stance and grip that will enable him to effectively engage targets in a crisis situation and he will be able to do this automatically to respond quickly to any threat.



# Range and Facilities Upgrades

## Administrative Building

- Staff offices, maintenance and storage
- 30' x 50' classroom, 40 seat capacity
- 30' x 25' classroom, 20 seat capacity (can be converted to Defensive Tactics training area with full protective matting/padding)
- Computer aided presentations with large screen projection system
- Wet boards
- Male and female restroom facilities
- Firearms and ammunition storage facility IAW AR 190-11
- Centrally heated and air conditioned



## Bunking Area

- Open bay bunk beds for up to 16 users
- Food prep area, microwave, toaster oven, refrigerator, cabinets and all eating utensils)
- TV room (large screen TV w/portable DVD and gaming systems)
- 30' x 30' covered porch area
- Restroom/shower facilities for up to 16 users

## KD Range

- 800m Known Distance Rifle
- 20 Firing points
- Firing berms at 100, 200, 300, 400, 500, 600, 700 and 800 yards
- Manual up/down Butts type target systems
- Mechanical moving targets
- .50 cal and smaller.
- Magnums allowed.



## Turning Target Qualification Range

- 16 Firing points
- Paper Turning Targets
- 125 x 100 feet
- Handguns, Carbines, Shotguns and SMGs.
- Magnums allowed.

## Off-Road Driving Areas

We have just completed construction of a highly specialized Off-Road Training Facility. This facility provides classroom and hands-on driving instruction on an all-terrain course, which accurately simulates adverse off-road driving conditions of all types. Students are fully trained in ATV, UTV, and 4-wheel drive vehicles on handling characteristics, proper gear selection, center of gravity shifts, and winching and recovery techniques. The facility provides opportunities for instruction and practice in the proper methods of traversing obstacles such as logs, ditches, water, mud, sand, inclines and other terrain conditions. This one of a kind facility provides challenging, all-inclusive 4-wheel off-road training specifically designed to prepare drivers for off-road contingencies or operations in undeveloped or strife-torn countries.



## CQB/Active Shooter Facility

The 10+ acre facility in Ridgeley, WV is located 25 miles from Storm Mountain Training Center, Inc. HQ, 2 miles south of Interstate 68 (from Cumberland, MD). It is within 3 minutes of the Cumberland, MD Regional Airport, which is capable of handling most aircraft. Driving time from Washington, DC is approximately 2.5 hours.

- 43,000 total Sq. Ft.
- Full bleachers
- Male and female locker rooms w/showers
- Sports fields are HLZ capable
- CQB /Hostage Rescue Training areas
- Active Shooter Training areas
- Interior and exterior sniper capable
- K9 training capable
- Simunition, Blank and Blue SERTA Ammunition only
- Multiple breachable entry points
- Approach by air, main road or boat (Potomac River)



## Scenario Facility

The 250+ acre facility is located in Carpendale, WV, 2 miles from the above listed CQB facility.

- Two scenario buildings
- Brick and concrete construction
- Bldg #1 is 100' x 200' single story
- Bldg #2 is 55' x 100' Multi story
- 31,000 sf total floor space
- 40 Rooms
- 6- Stair wells
- CQB /Hostage Rescue Training areas
- Interior and exterior sniper capable
- K9 training capable
- Live Fire, AirSoft, Simunition, Blank and Blue SERTA ammunition capable
- Roofs are assault capable
- Multiple breachable entry points
- Approach by air (up to CH-47), off-road vehicle or boat only





## Upcoming Events

### Special Olympics Torch Run Firearms Competition.

October 10th -9am until finished.

10 challenging competitive stages of handgun, carbine or both weapons.

- Civilian Category (1<sup>st</sup> through 3<sup>rd</sup> place trophies)
- Professional Category for Law Enforcement, Military and Security (1<sup>st</sup> through 3<sup>rd</sup> place trophies)
- Industry Provided Door Prizes by drawings all day long.
- Side Matches (\$10. each stage) for Special Prizes
- Free T-Shirt with entry fee of \$75. per shooter.
- Please register in advance (304) 446-5526



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