

TACTICS AND PREPAREDNESS

SKILLS AND SURVIVAL FOR ALL SITUATIONS

JANUARY 2014 ISSUE 3



An 8mm Yugoslav M53, a copy of the German MG42. Cyclic rate approaches 1600rpm.

WHY YOU SHOULD CONSIDER AN

NFA TRUST

WHAT IF YOU WANT TO PASS YOUR CLASS III WEAPONS DOWN TO YOUR CHILDREN? MESSY DIVORCE? HOW ABOUT IF YOUR FRIEND WANTS TO SHOOT YOUR SBR AT THE RANGE?

This month, I have a very valuable interview for you with one of my attorneys, David Goldman.

Over the last five years, David has helped thousands of gun owners legally own machine guns, silencers and short barreled rifles. There are several reasons that we'll cover in this article why I think all firearms owners should consider getting an NFA trust. In short, regardless of whether you're a career door-kicker or just a shooting enthusiast, there are several compelling benefits.

This is a very meaty interview that covers several topics. It's condensed down from the original two hours that David and I talked for this interview. In addition to condensing the

interview, I've also included a quick summary:

The National Firearms Act (NFA) is the act that was passed in 1934 that regulates fully automatic weapons, short barreled rifles, short barreled shotguns, suppressors, destructive devices (grenades) and a catch-all of "all other weapons" (AOW.) Items that fall under this act are often called Title II or Class III items/weapons.

Some of the many benefits of silencers/suppressors are that they preserve hearing while shooting, decrease felt recoil, and improve accuracy. They're considered by many to be the

polite way to shoot when you've got neighbors in close proximity. They're also a GREAT tool to use with new or apprehensive shooters. By cutting down on the sound and recoil associated with shooting, new shooters have more fun and success early on.

Short barreled rifles (SBR) are rifles that have barrels less than 16 inches in length. They have several benefits, including increased maneuverability in vehicles, better cornering in urban applications and faster transitioning between targets during competitions. This is particularly *continued on next page*

CONTENTS

- 01** WHY YOU SHOULD CONSIDER AN NFA TRUST
- 08** FITNESS AND MAXIMUM PREPAREDNESS
BY CHARLES STALEY
- 10** INSIGHT TO THE FRONT SIGHT: THE "GIP"
BY MATT SEIBERT AND SHERRIE SEIBERT
- 16** "JUNK" SILVER ... WHY I LOVE IT
- 17** HOT/COLD SHOWERS FOR THE FLU?
BY "OX"
- 18** ON LEADERSHIP: 15 DIMENSIONS
BY COL. S. RANDY WATT

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important when using a suppressor. An AR-15 with a 16 inch barrel and a suppressor will stretch out past 20 inches, but an SBR with a suppressor on it can be shorter than a 16 inch rifle.

The ONLY person who can use or have access to a Class III weapon is the person who is on the application with the ATF. That means technically you can't legally let friends or family shoot any of your toys at the range. It also means you can't let anyone (even a spouse) have the combination to your safe without breaking the law. An NFA Trust takes care of this issue so that friends and family can legally have access to, and use, your Class III items.

As an individual, you need your local sheriff to sign off on your ATF application for Class III weapons. Many sheriffs, even pro-Second Amendment ones, will no longer do this. As of this writing, the NFA Trust allows you to legally get around this roadblock.

There are a lot of rumors and guesses about future legislation concerning NFA trusts, but right now I'm really glad I have one. As I said, David is one of my attorneys and set up an NFA trust for me. You can read more about David and learn up-to-the-minute facts about NFA trusts at www.GunTrustLawyer.com.

On to the interview:

MORRIS: You have been, from what I understand, the trail blazer for creating NFA Trusts and may even have set up more—including mine—than any other attorney in the country.

GOLDMAN: Yes. There were some people using trusts for NFA purchases before I started working on this about eight years ago, but there really wasn't anybody that had done what we do, which is to have a very specific trust that is designed to deal with the unique issues of firearms ownership, transfer and possession.

A traditional trust is basically a rule book that says how you want your financial instruments managed. Your bank accounts, your stocks, your house, your cash, in the event that you're unable to take care of yourself and someone else has to step in and manage the assets for you. It's your rule book as to how you want things dealt with.

For any of us that own guns, it's pretty clear that you deal with a bank account differently than how you deal with a pistol or a rifle, and who they go to after you die is not the same either.

Even if items do go to the same people,

it's a very different set of thought processes. A normal trust would say, "Give the bank account to my child," or "wait till my child's 25 and then as long as a court hasn't declared them incompetent, give them the bank account."

With a gun trust what we do is wait until the child is 25, find out where they live, and if they can legally own firearms there. All of those things are relatively easy to do, so most importantly we want to know if that person is mature and responsible enough that you'd want to put a gun in their hands.

The last thing any of us wants is to put a family member in a position to either injure themselves or someone else.

Those are the types of changes that we made throughout the entire trust, so it ends up being completely rewritten to just deal with firearms. In addition, because it is a trust, if you're looking at NFA firearms: silencer, short barrel rifles, machine guns, destructive devices or AOWs, in most states you do not need a sheriff's permission to buy these things, and there are basically two routes to purchasing these items.

One is as an individual and one is as a business type entity, and business entities and trusts don't require the sheriff to sign off. More and more we're finding that the sheriffs around the country feel that it's politically incorrect to allow someone to buy silencers and machine guns or, generally they're things that they don't understand.

Even here in Jacksonville our sheriff is very pro-Second Amendment and is always sponsoring things like friends of the NRA. He won't even sign off for his own police officers, so we do quite a few trusts for police officers.

They're usually interested in short barrel rifles. They're allowed to use their own weapons on the job. With a short barrel rifle, if you're on a tactical team, the chance that the barrel is going to be on the other side of the person you're trying to protect yourself from is reduced with a short barrel. If you're coming around the corner it doesn't do any good if your barrel is a foot beyond the shoulder of the person you're engaging.

MORRIS: Right.

GOLDMAN: We also do a lot of the silencers and then there are a lot of people that collect machine guns also, and they tend to be all over the country.



Spike's Tactical SBR.

NONE OF YOUR OTHER FIREARMS ARE MENTIONED, SO YOU'RE NOT DISCLOSING ALL OF YOUR GUNS.

MORRIS: So with NFA trusts, you're saying that you put all firearms into it and not just Class III?

GOLDMAN: Our trust is designed for all firearms. There are a lot of problems with the traditional way a trust is designed in using it for your regular firearms if you're going to have NFA firearms. One of the biggest problems is most trusts use what's called a Schedule A, which is basically a list of inventoried items to tell what items are in the trust. If you write down the make, model, serial number of all your guns and then you go buy a silencer, you have to send a copy of your Schedule A to the ATF and **most people don't want to tell the ATF or any government official the make, model and serial number of all of their firearms, because it creates a de facto registration.** We all know what's happened in Europe—registration leads to confiscation. The way our trust is designed, we do it through a series of assignment sheets instead of a Schedule A, and so **with our NFA trusts, you're only telling ATF about the item they're going to know about from the paperwork you're filling out anyway.**

None of your other firearms are mentioned on that document, so you're not disclosing all of your guns.

There are a lot of benefits to a gun trust that people rarely consider and hopefully they never need to use, but one of the biggest came up recently with a client who

had multiple machine guns. I've been trying to convince them for a number of years to pay the extra \$200 fee and transfer them to a trust. They didn't really feel like they wanted to do that. Subsequently they went through a divorce and as many divorces do, involved allegations of spousal abuse and child abuse, in order to influence child support, custody and alimony. As a result of that, this person lost their gun rights.

They were able to transfer their normal firearms because you can just give those away. They didn't lose their gun collection there, but ended up losing about half a million dollars worth of machine guns because they couldn't transfer them quickly enough.

If the firearms had been in a trust, they could have just removed themselves as a trustee and appointed someone else, and then they would have been complying with the law and they wouldn't have been forfeited.

MORRIS: It seems like a lot of "gotchas" and gray zones with private ownership of Class III items. Things like, if you keep your class III items in a gun safe and your wife knows the combination and she has access to them while you're not home—technically, it could be a problem. Or, if you're shooting at a range with a friend and go to the bathroom, you're technically breaking the law. Is that all just urban legend, or is there any truth to that?

GOLDMAN: You know the chance that you're

arrested for something like that is probably slight, but the penalty is pretty severe. And just because you're not arrested for it doesn't mean it's legal to do it.

GOLDMAN: Some of these things are questions that people ask on a regular basis. The other thing that's kind of neat that we do is we created an NFA guide that answers pretty much all of the questions people ask, and the original version of this guide was written after I had done probably 1500 gun trusts, so it was done for two reasons. One was I was feeling like a broken record. Number two was I was finding that I was having the same discussions with clients: one, they were asking the same questions over and over again, but number two, it was important to communicate these answers and this information to other people who would be involved with a trust in the future. My initial phone conversation wasn't allowing that to happen, because the successor trustee or the other people that they add on later or the beneficiaries, they all have questions about what rights do I have as a beneficiary, and what rights do I have as a successor trustee? So we kind of outlined everything in the guide and it's a great tool to use. It's also probably something that should be included with any trust that deals with firearms.

GOLDMAN: I wrote an article on GunTrust-Lawyer.com called, "Can I let someone else shoot my silencer?" So I go through and I

actually, quote some of the definitions and the logic and the laws of why it's illegal.

Currently I don't think ATF is looking to necessarily go after this type of an issue. Even so, it's clearly illegal to do. With a trust it's something that's very easy to resolve. If I want to put my brother on my trust or you on my trust I just amend my trust and now you're an authorized user. As an individual you don't have that ability. You can't create an extra authorized user without a trust or corporate entity.

Just the flexibility that you get with a trust is a significant enhancement. Keep in mind that the ATF is not predictable. I've been talking about those for over the last year. A year ago when all the medical marijuana stuff was going on. Everybody came out and said, "Oh, we're not going to prosecute people as long as you comply with state laws." Obama essentially communicated the same thing. And then some poor guy got on TV and showed his 100 or his 1000 pot plants in California and ATF went out and arrested him, put him in jail and he's still there. He's complaining, but they decided to prosecute him anyhow. For the last year I've been saying, that they could decide to change their opinion at any time. I think it was three weeks ago they went out and arrested 100 people for the same thing.

You've got to keep in mind that the ATF chooses how to interpret and apply the law based upon the circumstances. It's not really fair, so what we do is take a worst case approach and say, if you do these things, you're not crossing the line.

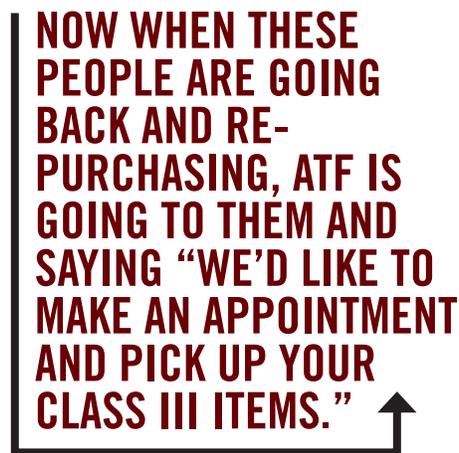
We all speed, but not very often are you arrested for speeding. Maybe everybody doesn't speed, but at times people drive over the speed limit. But, if you're caught speeding it's a \$50, \$100 or \$200 fine. If you're going really fast maybe you'll lose your license. If you transfer a silencer or are in possession of one without a tax stamp it could be \$10,000 or \$250,000 penalty, depending on whether it's a business or an individual. Ten years in jail and loss and confiscation of all your firearms and I'm sure that you know that you lose your firearms rights too.

The penalties are severe enough that it's worth doing it right and not making mistakes with it. If you read on the internet, I see all kinds of crazy stuff about it's okay to do. For example: "don't worry, my hand is always going to be on his left shoulder" or "it's going to be inside a fence, it's okay as long as

there's a fence around it" or whatever crazy interpretation people who are not trained to read the definitions and analyze law are putting out there. People read stuff on the internet and they just think it's true. It's dangerous.

Likewise we're starting to see a lot of gun stores and manufacturers provide some trusts to customers for free. There was a manufacturer of silencers in Arizona that provided thousands of trusts to clients or potential clients; they were just able to download them. The trusts were defective. There was no beneficiary designation in there, and so all these people bought stuff, got approval, then ATF changed their position and said you can't fill in the short version of a trust, you've got to send them the full version. Now when these people are going back and

NOW WHEN THESE PEOPLE ARE GOING BACK AND RE-PURCHASING, ATF IS GOING TO THEM AND SAYING "WE'D LIKE TO MAKE AN APPOINTMENT AND PICK UP YOUR CLASS III ITEMS."



re-purchasing, ATF is going to them and saying "We'd like to make an appointment and pick up your Class III items."

In several of these cases, we've been able to get in there and amend and restate those trusts and get them made legal before they get themselves into trouble.

I'm also concerned about the issues of the illegal practice of law. It's okay if somebody posts a non-copyrighted form and someone fills it out and does the right thing, but what we're seeing a lot of times is gun stores instructing people how to fill out these trusts.

They don't know the best way or the questions to ask, you know. Their objective is to sell the gun, not protect the family, so we really take time to analyze a person's family situation, their desires, what they're capable of doing and then try and merge that together to create a trust that offers them the greatest flexibility for the state purposes as well as usability.

MORRIS: Yes, that is great information to know. It's unfortunate that it's a necessity, but I'm glad there are guys like you who have figured it out.

The next thing I want to ask you about is an article that you wrote and have posted on GunTrustLawyer.com where you talk about how to use your NFA trust to both legally travel and move from state to state with a Class III item. To start with, do I understand correctly that your trust helps to avoid the \$200 per item re-registration tax?

GOLDMAN: There's no re-registration as far as a tax either for an individual or trust or a business. But you do have to update the National Firearms Act transfer registry registration and transfer record with an address change if you move out of state, or you're going to be traveling out of state. There's a form, a 5320.20 and if you want to take a look at it we have a web page on it (www.guntrustlawyer.com/form20.html), it will show you how to fill one of those out and you can use that same form for temporary transfer or a permanent change of address.

This is something that I can fill out for you, and you can fill it out for up to a year at a time for temporary transfers. Let's say you go to Colorado on a regular basis. You can fill it out with the address in Colorado starting January 1st 2014 and going through December 31st 2014. You could fill it out for an entire year. It doesn't have to be a calendar year; it could be March 1st to February 28th or whatever you want. For example, you could just do it from March to June if you don't travel the rest of the year.

If you travel to eight or ten places, once a year, you could have these forms and just save them on a pdf and just change the date and sign them and send it in. It takes about two weeks to get approval and then, if you want to go to Colorado or South Carolina or any place where it's legal to end up with these items, then you're free to do so. For people who travel in a motor home, they could have a whole list of states that they plan on going through.

The problem is that there are certain places where certain items aren't legal, so you've got to make sure that if you're going through those states it's okay. In general, you should be fine, but you can't detour too far.

Let's say you were in Washington and you were driving to Arizona. Technically, you could get a permit to take your silencer and

travel through California even though a silencer is illegal to have in California. But, if you go off and you went to Disney World on the way down there, you wouldn't be able to do that.

With a silencer, it's not required to get that documentation to travel. It's only required with a short barrel rifle and machine guns or the other items. But what we always tell people is, I would much rather have a Federal document in my hand that says it's legal to be in possession in this state with an item that most police officers probably don't think is legal anyway. Basically, the concept is, you want to be able to provide information to the police officer to keep him from detaining you or the firearm, while they determine if you're rightfully in possession. So, it's free to get. I fill them out for silencers, as well as other things, and I'd recommend that, even though it's not required for a silencer, people should get them anyway.

MORRIS: I want to ask something ... it's actually a question. I think I know the answer to this, but I'd really like to know if there is an actual answer to the question. You've mentioned how the opinion of the ATF can change from time to time and one thing that I've talked with a couple of ATF agents about is Tannerite. They both said that it's definitely illegal but that they are NOT pursuing it. Tannerite is technically legal in all 50 states, but the issue gets complicated by the fact that there are several knockoffs of Tannerite that are lumped together with Tannerite. Of course, laws and legal precedence determines legality more than an individual officer or agent's opinion, so I take what they said with a grain of salt. They suggested not putting videos on YouTube or blowing up cars and houses with it, but they have bigger fish to fry right now. All of that to ask, does Tannerite fall under destructive device or is that completely different?

GOLDMAN: I can't give you a definitive answer, but coincidentally, I've actually thought about that a few times over the last month.

I want to feel a little more comfortable about the legality of it before I make any recommendations. I'm not sure that I'd want to be the test case that the ATF decides to make an example of. Whether you are right or wrong, it's going to be financially devastating.

To that same extent, these places that rent machine guns; I don't think that's technically

legal, but ATF's letting people get away with it. Now there's a legal way to do it, but few, if any ranges are doing that. The legal way would be to form an NFA trust. We have done this for several gun stores where we create a special form where the customers become a trustee for the day and it expires at midnight. They're then legally able to use it and there's no transfer.

I think when a gun dealer hands somebody a machine gun, you probably have a transfer going on. Now gun ranges say that they've got videotape of the shooter and that they're under constant supervision or whatever they happen to be doing, and ATF doesn't seem to be caring today, but you never know.

GOLDMAN: On that same note, think about "brandishing" a silencer. A silencer is consid-

"I WOULD MUCH RATHER HAVE A FEDERAL DOCUMENT IN MY HAND THAT SAYS IT'S LEGAL TO BE IN POSSESSION IN THIS STATE WITH AN ITEM THAT MOST POLICE OFFICERS PROBABLY DON'T THINK IS LEGAL."

ered a weapon that most concealed weapons state laws deal with. Brandishing a firearm or a weapon covers knives and stun guns and all types of other stuff. But technically, if you pull a silencer out of your pocket to show a friend, you've brandished.

GOLDMAN: I don't know of anybody that's ever been arrested for it, and in fact, I don't know that the police would recognize that that's a crime. But somebody might some day, so you want to be careful with this stuff.

Some of the best benefits for silencers are for hearing loss prevention. And it's incredible to have someone's first shooting experience to be with a silencer—especially women and children. It reduces the recoil. Suppressed firearms tend to be more accurate and it helps keep people from developing flinch. Basically, suppressors help with all of the problems with beginning shooters.

You start to see some of the pistol competi-

tions are now allowing silencers to be used. You get less recoil on the wrist, less muzzle rise. So for a lot of reasons, shooting with a silencer makes people a lot more accurate.

If you're in your home, and you have to use a firearm in a hallway, you're likely to go deaf from it, but if you have a silencer on the end you may save your hearing. Think about it; you're not going to hear an intruder and quickly put on your ear muffs before you pull the trigger! Generally speaking, silencers tend to make shooting safe for your ears. They are not silent. What we see in the movies is not really accurate.

MORRIS: Fortunately, I spend a lot of time in a state where it's legal to hunt varmints with a suppressed firearm.

GOLDMAN: Yeah, we can do that here in Florida. There are some pretty severe restrictions on hunting with silencers, which generally come from anti-poaching legislation. That's where that was started, but the trend in the United States is, about 15 states now, that allow you to hunt with a silencer. And in Europe it's, considered a polite way to shoot.

MORRIS: And it is! Most definitely...

GOLDMAN: And it's neat going to the range with silencers. It always attracts quite a crowd, because most people think silencers are illegal, and they are pleasantly surprised when they find that they're not.

MORRIS: Alright David, for the people who are interested in getting an NFA trust, should they contact you directly or contact one of the attorneys in your network? I see that you've got more than 100 attorneys across the country.

GOLDMAN: All of the trusts are done through our office. Basically, what we do is gather the information and then draft the trust to deal with the NFA, which is the more comprehensive part of the trust, and then we have local attorneys in each state that then make the minor modifications for state law. So we work together.

So you have an attorney that deals with the state issues, and then those are typically trust and estates attorneys or firearms attorneys, or in the local state, and then we deal with the NFA issues. Besides providing the guides, we allow people to ask questions forever,

free of charge. So it's kind of a neat thing that you have an unlimited resource. If the law changes or if some situation comes up and you're going to be out in the Gulf of Mexico in international waters with a short barrel rifle and you're concerned about piracy and you just want to know if you can do that? Can you bring it back? Many of those types of things are actually answered in the guide, but if they weren't you'd be able to ask them.

MORRIS: That's great, that's a huge benefit to getting an NFA trust through your network.

GOLDMAN: That's the level that we go to, in part because we deal with people all over the United States and actually many of our clients are international. We have trusts that are set up while somebody's still in Afghanistan and it's set up so that their mom or their brother or their wife or child or whoever, can go purchase the items so, for example, by the time they get back in February or March, they'll be able to pick up the items.

MORRIS: Would you say that your network of attorneys would be the same attorneys whose name people would want to keep in their pockets in the event that they were involved with a self-defense shooting?

GOLDMAN: I would say "no" to most of them. Most of them tend to be estate

planning attorneys that are pro-firearms. This is probably off-topic from your article, but an example of that is, if you make a 911 call its evidence that can be used against you.

MORRIS: Really?

GOLDMAN: Really. But if your neighbor or your friend makes a call that says, "I heard a shot. I think I heard a shot at this address. Send someone." Now that's hearsay.

MORRIS: That's a big difference.

GOLDMAN: You're not making a statement, "I shot so-and-so". You're probably going to get questioned when the police come out. If you have Castle Doctrine, you should have a prepared answer that follows the requirements of the Castle Doctrine: "I was in fear for my life; I defended myself until I was no longer in danger. I'd like to speak to an attorney." And that would comply with Florida's castle doctrine, which is probably similar to many of the other states, since they tend to be coordinated by someone or groups of people, but they do vary from state to state.

I definitely see the value in working with an attorney to have this type of information, what to do, what not to do and how to act to protect your liberties. I think that's the important thing that I haven't seen out there.

But we're hoping to expand our practice to

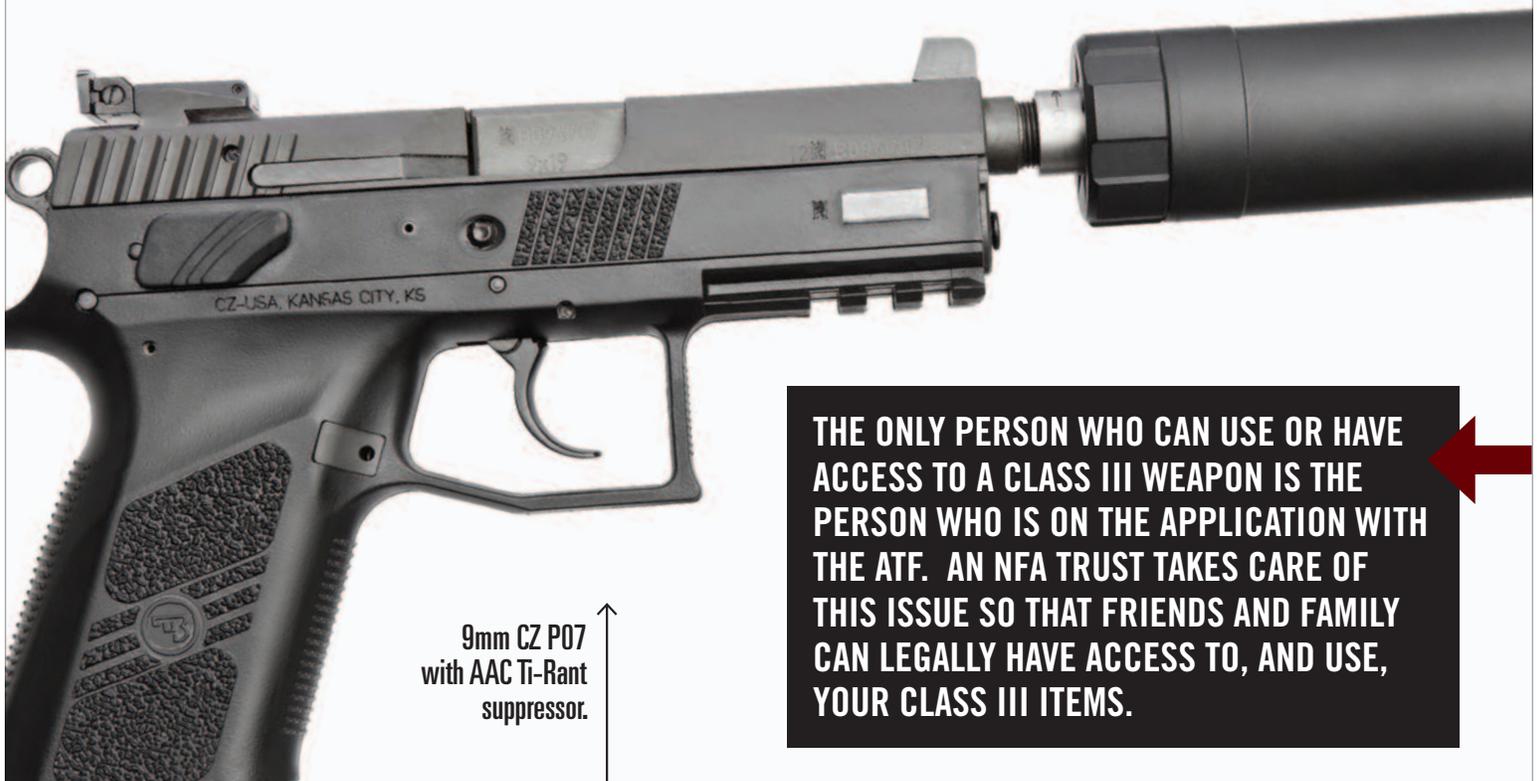
offer more gun rights type services. In addition, I'm currently working on a new gun trust that will be available at the beginning of the year which is a gun trust that also offers asset protection. They will look the same for almost, basically the same flexibility as the revocable trust.

MORRIS: I was going to ask you about that, if there was any asset protection since it is revocable.

GOLDMAN: With a revocable trust there is absolutely no asset protection, it's just like you own it personally. For people with larger gun collections, we're coming out with one that will offer asset protection and we're going to allow all our previous clients to upgrade and apply whatever they paid for it, to the new trust.

MORRIS: One of the things that we talked about before was that I wanted to have an NFA trust that I could offer my customers and the thing that we ran into was that if it was specific enough to be useful, it wouldn't work for very many people. If it was general enough that it would work for every situation, it wouldn't really do anyone any good. In the end, we decided we would be doing a disservice to post one.

GOLDMAN: Well, I mean, you could do one if everybody's situation was the same as yours,



9mm CZ P07
with AAC Ti-Rant
suppressor.

THE ONLY PERSON WHO CAN USE OR HAVE ACCESS TO A CLASS III WEAPON IS THE PERSON WHO IS ON THE APPLICATION WITH THE ATF. AN NFA TRUST TAKES CARE OF THIS ISSUE SO THAT FRIENDS AND FAMILY CAN LEGALLY HAVE ACCESS TO, AND USE, YOUR CLASS III ITEMS.

but, that's where the usefulness would end.

MORRIS: It would provide a false security.

GOLDMAN: You're right. As an example, let me just ask you a few questions. Are you married?

MORRIS: Yes.

GOLDMAN: Does your wife shoot or know the combination to your gun safe?

MORRIS: Yes.

GOLDMAN: If you were to die, would you want her to receive the items or someone else?

MORRIS: Her.

GOLDMAN: Okay, so in your case we would make her a co-settler. So she's a co-owner. That way if you passed away they're automatically hers, no transfer tax, nothing. Now are there other people besides her that you'd want to be able to use the items?

MORRIS: From time to time, yes.

GOLDMAN: Okay, so probably what I would suggest is give me the name of at least somebody that you know at some time you'd like to use and we'll make an amendment for that person's name. Then you can use that same form. If you want to do it on your own you can do that or you could send it back to us and we can do amendments for you. Some people want to know if they're going to be able to amend it on their own, and that really depends on your own competence, but, generally you're replacing a name, you're replacing the county and you're changing from the First Amendment to the Second Amendment to the Third Amendment, so it is pretty easy to do. We make it easy to do on your own, but not everybody necessarily feels comfortable doing it.

MORRIS: Right.

GOLDMAN: And then, if you and your wife were to pass away—do you have kids?

MORRIS: Yes. Little ones.

GOLDMAN: Okay. So most people say, oh no, I can't make them a beneficiary, but as I've just described to you earlier in our conversation,

it's okay to make them beneficiaries because we have enough controls in place to make sure it's appropriate when they do grow up.

MORRIS: Great!

GOLDMAN: Some parents let their kids shoot machine guns. I'm not really sure that that's right for my son until he's a little older. The other thing is you don't want to send the kid to school or to college with a machine gun. Now, I'm not saying that they don't have the right to, and that you shouldn't have the right to. I just am thinking of myself and other people I know when I was in college and most people in college are not mature enough all of the time.

MORRIS: I have to agree with you.

MANY SHERIFFS WILL NO LONGER SIGN OFF ON ATF CLASS III APPLICATIONS. AS OF THIS WRITING, THE NFA TRUST ALLOWS YOU TO LEGALLY GET AROUND THIS ROADBLOCK. ↑

GOLDMAN: So that's why we tend to set up the trusts to wait until 25 instead of 18. And then at 25 it's a question of, are they mature enough then? In our trust it's not a yes/no answer, it's a yes/no or "I think we need to wait a little longer." The thing is, you may be 50 and not mature, but you might have been mature at 30. People change in both directions, so the way our trust is written is you get that chance to evaluate it, no matter what the age is. The biggest problem is if you were there you'd know what the right decision is—assuming you're competent. But the problem is, when this is happening you're dead, and so somebody else has to be able to make that decision. And so that's why it's important to have the level of guidance and flexibility with the trust that you do. So, we're probably making kids the beneficiaries unless your wife has some objection to it.

MORRIS: Absolutely not.

GOLDMAN: And then we'd want a successor

trustee—someone that if something happened to both you and your wife either that prohibited you from being in possession while you're alive or after you passed away—who would also make that decision as far as where and if it's appropriate for the kids. Sometimes we start off with the parents, but obviously long term, if the parent passes away before you, you have to amend it at some point down the road. Sometimes it's a sibling or a good friend or something like that. It could be the same person as you want to make a co-trustee.

Those are basically the pieces of information that we go through. We have a questionnaire that we use overseas, but we find that it's much quicker and easier to have an actual conversation with someone and hear concerns and address them and not answer all the questions which are irrelevant. For example, I don't need to get into questions about your wife if you're not married; things like that. The other issues are, if you have a gun safe, who else has access to it? If it's just going to be silencers it's possible to put them in a separate locked container inside the safe to prevent others from having access to it, but if your dad knows the combination to your gun safe we should add him on as a trustee, just to protect against potential constructive possession.

MORRIS: Yes, that makes sense. Thank you very much for your time today, and especially your work that you've done on behalf of firearms owners over the last several years. You know as well as anyone that bureaucratic systems have become so complex that it's almost impossible for people who want to be law abiding to avoid breaking obscure laws without help from experts like you.

GOLDMAN: Thank you very much.

MORRIS: One other thing that David and I talked about; he's willing to offer a \$50 discount to anyone who gets an NFA Trust through his office, regardless of whether it's a first time NFA Trust or you need to update or fix a current one. ✓

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(PART 1)

FITNESS AND MAXIMUM PREPAREDNESS

BY CHARLES STALEY

When David initially asked me to make a contribution to this newsletter, I was intrigued because I've really not had any meaningful contact with the "survivalist" community up to this point, but at the same time, I've found myself becoming more and more interested in the subject in recent months.

In fact, even prior to David seeking me out, it had already occurred to me that anyone interested in preparing themselves against external threats should have a very natural interest in fitness; but in order to understand why, you need to know what "fitness" really means, so let's start there, shall we?

WHAT IS FITNESS, ANYWAY?

Contrary to generally accepted lay definitions of the word, fitness really has little to do with visual, aesthetic characteristics such as having a so-called six-pack or nicely peaked biceps. In fact, some of the fittest people in the world aren't particularly lean or aesthetically appealing at all. That's because being fit doesn't have anything to do with being beautiful. It means being ready or, to put it in a way that I suspect might catch your attention even more effectively, fitness means preparedness. In fact, people who do what I do for a living are called

"physical preparation specialists."

Are you feeling like we've got some common ground here now? Good! Me too.

Here's what I consider to be the most accurate and meaningful definition of fitness. It comes from the International Sports Sciences Association (ISSA), which is one of the most well-respected fitness certification agencies in the World:

"Fitness is the ability to meet the exigencies of your lifestyle with ease, and with room to spare for life's little emergencies."

There are a whole lot of implications to be drawn from this definition, but perhaps the most obvious is that fitness is context-dependent. In other words, before we can deem a person to be "fit," we first must know what he or she needs to be fit for.

A second, less obvious implication is that threats to our safety and well-being can be both external and internal. An example of an

external threat might be the need to pull a drowning adult to safety without incurring serious injury or death while doing so. On the other hand, an example of what I would call an internal threat would be the ability to stave off and/or reverse normal age-related declines in strength, speed, agility, bone density, cardio-respiratory function and joint mobility. Needless to say, if you're expending a significant amount of energy battling with internal threats, you won't have much left for external ones, will you? Which brings me to my next point:

WHAT'S YOUR PERSONAL "STATE OF THE ECONOMY"?

People are sometimes surprised to find that I'm very empathetic toward my less-fit friends, colleagues and clients. While it's true that many personal trainers have a tendency to use their finely tuned physiques as a way

of establishing themselves as superior to the unwashed masses, I don't quite see it that way.

The truth is, human beings are like one-man economies: we're all trying to do the best we can with limited resources. Have you ever been the victim of a mandatory corporate slideshow where the presenter used the example of a spoked wheel? Each spoke represents an important area of life, such as financial, spiritual, physical and so on. The predictable admonition is that you must devote equal attention to each spoke, because (after all) a short spoke will impair the wheel's ability to roll.

Well guess what? Your yawn-inducing corporate lecturer is entirely right, but the disappointing truth is, I've rarely met anyone who managed to fashion a life that looks like a perfectly round wheel. Maybe you've built a highly successful company, but you rarely see your own kids; or perhaps you have a jaw-dropping physique, but you're always a paycheck away from being homeless; or maybe you're in your early 50s, a respected beacon of your community, but your health is failing due to poor eating habits and physical neglect. Ain't life a bitch?

As you might imagine, I'm an enthusiastic proponent of the fitness spoke, but I'm just as much a proponent of a concept called "training economy;" the idea that we should accomplish as much as possible with the smallest possible expenditure of resources. By "resources," I don't only mean time and energy, but also things like money, orthopedic health, time and energy diverted from other areas of your life, and so on.

DO THE OPPOSITE

In perhaps the finest television reference to the science of personal success, Seinfeld's George Costanza comes to the realization that his life has been a waste and that he's incredibly unhappy with how things have turned out. He asks Jerry and Elaine where it all went wrong and Jerry suggests that perhaps George should simply do everything exactly the opposite to his natural instincts.

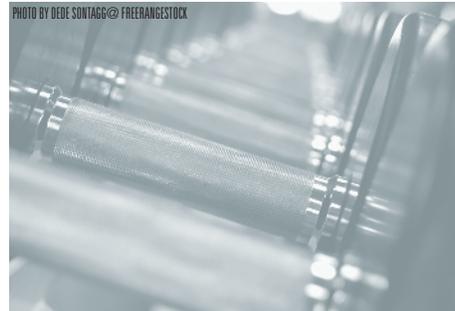
So, after abandoning his usual lunch order (ordering the opposite of "tuna on toast") he catches a cute woman looking at him from across the coffee shop. Normally, George would avoid talking to women, as "bald men with no jobs and no money who live with their parents don't approach strange women."

Then Jerry suggests: "Here's your chance to try the opposite, instead of tuna salad and be-

ing intimidated by women, chicken salad and going right up to her ... If every instinct you've had is wrong, then the opposite must be right!"

George immediately recognizes the wisdom of Jerry's observation and steels himself as he approaches the attractive woman. "My name is George, I'm unemployed and live with my parents."

Instantly, George's life improves; he gets a date with this woman and even lands a job with the New York Yankees after telling George Steinbrenner how much he despises how the team is being run. George does the



FITNESS REALLY HAS LITTLE TO DO WITH VISUAL, AESTHETIC CHARACTERISTICS SUCH AS HAVING A SO-CALLED SIX-PACK OR NICELY PEAKED BICEPS.

exact opposite of everything his instincts tell him—and it works.

HOW "DO THE OPPOSITE" CAN BE APPLIED TO YOUR FITNESS ENDEAVORS

If you look to the government for nutrition advice, you get the USDA Food Pyramid, which recommends 6-11 servings a day of bread, cereal, rice and pasta, even though it's long been known that none of those foods are necessary for healthy functioning. Don't get me wrong; these carbs aren't unhealthy in the proper dosages, it's just that they are not necessary; they are basically entertainment, not nutrition.

On the other hand, at the top of the USDA pyramid you will see fats and proteins, which the USDA recommends only sparingly. Since fats and proteins are absolutely necessary not only for good health, but also for survival, it's remarkable that the USDA recommends that you only eat them sparingly. My pet theory on this is that you can't easily feed the population if everyone eats at least 1 gram of protein per pound of bodyweight per day as I recommend. Getting most of your calories from

grains is far cheaper, but over the long term, they victimize your health.

Thankfully, the U.S. government hasn't completely taken over the fitness industry yet, but it's inevitable of course, and when that happens, the official fitness pyramid will be exactly what you shouldn't do. As the late economist Milton Friedman famously said: "Many people want the government to protect the consumer. A much more urgent problem is to protect the consumer from the government."

In my next installment, I'll share my own fitness pyramid of sorts; the best way to improve your physical preparedness when time and energy are at a premium. As a quick preview, I won't be asking any of you to go out for a jog, get down on the floor for a set of crunches or humiliate yourself by jumping around in front of the TV with a popular fitness DVD featuring a former comedian posing as a fitness expert. I hope you'll keep your eyes peeled because I've got some hidden knowledge that will quickly put you on the fast track to the kind of physicality you will need to weather the coming storm. ✓

ABOUT THE AUTHOR:

"One of the signs of a great teacher is the ability to make the subject matter seem simple. Charles Staley is one of these rare teachers. After listening and talking to him, you suddenly achieve a new awareness of training. You go to the gym and, suddenly, everything makes sense, and you wonder why you haven't been doing it his way since day one."

- Muscle Media 2000 magazine August, 1999

Charles is known as a visionary, an iconoclast and a rule-breaker. Prominent in both the United States and across the globe, Charles is recognized as an insightful coach and innovator in the field of human performance. His knowledge, skills and reputation have led to appearances on NBC's The TODAY Show and The CBS Early Show, along with numerous radio and podcast appearances.

He has authored more than a thousand articles for leading fitness publications and websites, and has lectured to eager audiences around the World.

Charles is not only a thinker, but also a doer: At age 54, he competes in the sport of raw powerlifting, and is a two-time World Champion (220 and 198-pound weight classes). Find Charles online at www.TargetFocusFitness.com

If you feel it is important for your students to see their front sight to make a precision shot with a pistol, then you need to know about the “Gip.”

The proper use of the Gip during Firearms Training will virtually guarantee that your students will be able to see their front sight with perfect focal acuity. As you know, the more clearly you see the front sight, the more accurate your shot will be.

Insight Firearms Training’s Gip becomes an “eye magnet” to direct the eye to focus specifically and exclusively on the front sight. We use a “magnet metaphor” in combination with hypnotic suggestions that attracts the eye to the front sight and forces the pursuit movement to the Gip. If you don’t have a Gip on your front sight, then you need to create one.

In this article, we are assuming that your students (i) already know how to create a neuro pathway which isolates the trigger finger from the rest of their hand, (ii) have mastered the skill of trigger compression, and (iii) know how to enter the required emotional trance-state of “Detachment” to produce machine-like precision.

HOW THE EYE FOCUSES

The ciliary body is a muscle which holds the lens of the eye in place by means of tiny filaments attached to the edge of the lens. When you “converge” your focus from the target to the front sight, the ciliary muscles contract around the lens of the eye. The tension on the ligaments holds the lens in place as the lens springs into a more convex shape (becomes thicker). This increases the refraction of the light rays, thus allowing the eye to focus the image of the front sight onto the retina.

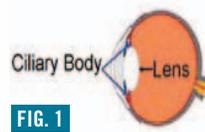


FIG. 1

The reverse process occurs when you look at a distant object such as a target. As the muscles in the ciliary body relax, the lens becomes flatter. This “diverges” the focus from the sights to the distant target. The alteration in the shape of the lens acts as a focusing mechanism much like the lens of a camera. (FIGURE 1)

When the eye performs the process of fo-

cus on an object it is called “accommodation.” Since this active process requires muscular effort, the ciliary muscle can become fatigued. The ciliary muscle is one of the most frequently used muscles in the body. When you repeatedly shift your focus from the target to the front sight, or when you try to focus on the front sight for prolonged periods of time, the ciliary muscle can become fatigued causing a blurred image which allows the front sight to slip out of focus. This does not occur when looking at distant objects, because in this condition the muscles remain relaxed.

MOVEMENTS OF THE EYE

There are two important movements of the eye required for precision accuracy:

1. Saccade Movement
2. Pursuit Movement

Saccade Movement

Saccade movements take place when the eye

INSIGHT TO THE FRONT SIGHT: THE “GIP”

BY: MATT SEIBERT & SHERRIE SEIBERT

ACUITY ON THE FRONT SIGHT

KEY: Get on the GIP

- Look for something specific:
 - defect
 - serrations
 - scratch
 - peculiarity



The "Gip" is the Trigger to Go Deeper!

FIG. 2A

THE GIP CAN BE ANYTHING SPECIFIC THAT FORCES THE EYE TO MAKE THE PURSUIT MOVEMENT OF THE EYE.



FIG. 2B

The Gip on this front sight is the "speck of black" in the center of the white dot on the front sight.



FIG. 3B

This is what the shooter will see if their concentrated focus is only on the Gip.



FIG. 3A

Most shooters see this picture when they shoot. They are looking through their sights.

moves from point to point. It is a function of the peripheral field for locating direction, speed and distance. It helps you identify your sights when you converge your focus from the target back to the front sight. It verifies that your sights are in alignment. Most shooters stop at this point and assume that they are seeing the front sight. They may see their sights, but in actuality they are still looking "through" their sights because the point of focus is not specifically on the front sight.

Pursuit Movement

Once the sight alignment is located and established, you need to make a pursuit movement which will direct the image onto the macula area of the eye to center and achieve acuity on the Gip. This pursuit movement is the "Missing Link" to precision accuracy. This is how you change your vision from "seeing" to "fine focus." It is this movement that enables peak performance.

Both these movements working together are required to complete the visual process, which is critical to precision-shooting. We estimate that 95% of pistol shooters have never been taught to make the pursuit movement. Because of this missing link, these shooters have never been able to maximize their performance and shoot tight groups.

Both components are separate, independent movements. Each is controlled by a different part of the brain through separate nerve patterns to distinct areas of the eye. Each requires a different process. It is important to know that vision and sight are not automatic. They are learned skills that must be taught just like many other motor skills. This also means that the visual skills for shooting

must be taught to the unconscious part of the brain in a very special way if maximum accuracy is to be achieved.

OK, WHAT IS A GIP?

The "Gip" is a scratch, a serration, a defect.

This principle of contrast is the foundation of the shooting process. In the past you were told to shoot at the "center of mass." Based on this instruction, your brain defined the field of focus using the head and the groin, and from shoulder to shoulder. By doing so, the mind is programmed to accept peripheral shots generated by gross motor movements in your presentation of the gun to the target.

Contrast the "center of mass" technique to shooting for a specific spot on the chest, for instance the second button down from the collar on the target's shirt by making a pursuit movement to that exact spot. This specific point of focus produces a much finer motor movement in the presentation of the gun to that spot, and will yield a significantly more precise shot. (FIGURE 4) Then by making a saccade movement to verify the sight alignment, followed by a pursuit movement of the eye to the Gip, you dramatically increase the amount of exerted concentration to produce the ocular movement needed to obtain a surgical precision shot and achieve peak performance. Accuracy is proportionate to the amount of concentrated focal acuity on the Gip that is exerted by the shooter. (FIGURE 5A & 5B)

THE LOOKIE-LOU

A "Lookie-Lou" can often occur in two stages of the shooting process. (i) It occurs when you "peek" at the target either during trigger

Focus on the Exact Spot You Want the Bullet to Impact



FIG. 4

Making a Pursuit Movement of the eye to the exact spot you want the bullet to impact will yield finer motor movement to that spot during a shooter's presentation of the gun to the target, thus producing finer accuracy.

FOCUS & ACCURACY RELATIONSHIP

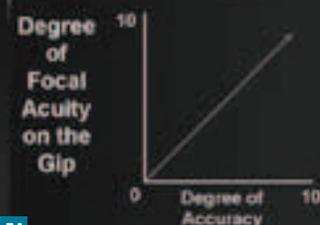


FIG. 5A

The relationship between the degree of focus on the Gip and the degree of precision accuracy a shooter will achieve is proportionate.



FIG. 5B

Focusing deeply on the Gip requires concentrated fixation that puts the shooter in the "Zone" of peak performance.

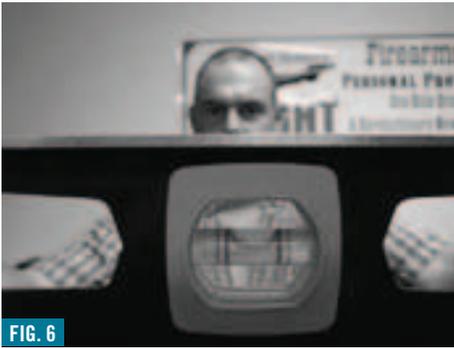


FIG. 6

THE MORE YOU CONCENTRATE ON THE BUBBLE, THE MORE CENTERED THE BUBBLE BECOMES.

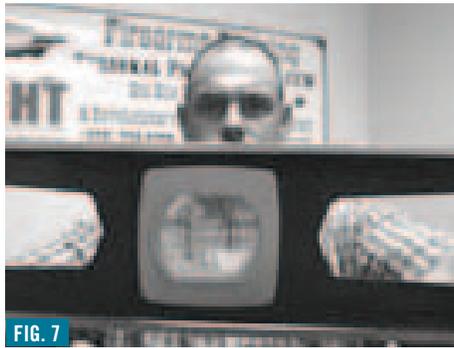


FIG. 7

WHEN YOU ALLOW YOUR FOCUS TO SHIFT ONTO A DISTANT OBJECT, THE BUBBLE LOOSES THE QUALITY OF ITS CENTEREDNESS.

compression and/or (ii) immediately after the firing process.

Pre-Shot Lookie-Lou

This happens when the shooter changes their focus from their sights during trigger compression to the target to see if the sights have remained centered in the bullseye. This oscillation of focus causes the eye to fatigue. The shot results in being released without the shooter's focus exclusively on the GIP. This means that there is a good chance that the sights were not in perfect alignment when the shot was released, causing inaccuracy. The relationship between the amount of concentrated focus on the GIP and accuracy are directly proportionate.

Post-Shot Lookie-Lou

After firing a shot, most shooters want to immediately see where the bullet hit the target. The Lookie-Lou destroys the proper technique for visual follow through (i.e., continuing to direct their focus on the sights throughout the firing process until the sights return back into alignment. This is achieved as a result of intentionally anticipating their focus to remain on the GIP.) Lookie-Lou shooters are looking for "instant gratification" of seeing where they hit on the target.

It is important to stress to your students that any disruption of focus from the GIP causes missed shots. It also increases the fatigue rate of the ciliary muscle thus degrading accuracy for the next shot. Figure 1. The ciliary body is made up of muscles that control the shape of the lens of the eye.

HOW TO DEMONSTRATE THAT FOCUSING ON THE GIP WORKS

Have a student hold a carpenter's level with

arms extended straight out in front of them. Then ask the student to tell you when the carpenter's level is level. Once the student indicates that it is level, then ask the student: "What are you looking at that indicates the level is level?" The student usually responds: "the bubble." Make the connection that your front sight is like the bubble in the level. The finer the focus and concentration is on the bubble the more centered the bubble becomes and remains. (FIGURE 6)

Then ask the student as they hold the level out in front of them to diverge their focus to a clock or to an object in the back of the room. Now ask the student if the bubble is still centered. 99 times out of 100, the bubble will have moved. This vividly demonstrates that when the point of focus diverges to the target, the sights will move off of center. (FIGURE 7)

In class, we use a fully animated PowerPoint Presentation containing video clips of the visual process transitioning from the peripheral vision to the saccade movement then to the pursuit movement of the eye onto the GIP. The PowerPoint presentation also demonstrates the principle that an angle increases proportionally with the distance. Most shooters are unaware that if the sights become misaligned by only 1/8 of an inch with a 4 inch barrel gun at 20 ft., it will create a 7-1/2 inch error on the target. (FIGURE 8) If the sights become misaligned 1/8 of an inch with a 2 inch barrel pistol when shooting at a target that is at a distance of 20 ft., this results in a 15 inch error on the target. Because an angle increases proportionally with distance, if the shooter is shooting at a target that is 40 feet away with a 2 inch barreled pistol and the sights were misaligned by a 1/8 of an inch, this



FIG. 8

As the error of the alignment of the sights increases, the error on the target increases proportionately with the distance from the target.



FIG. 9

The shorter the length of the barrel, the greater the error will be magnified on the target.



FIG. 10

Even if you misjudge the placement of the sights on the target by 2 inches when you establish "Sight Picture," if your sights are properly aligned and your concentrated focus is only on the GIP, the error will only be 2 inches even when the target is further away.

translates into a 30 inch error. (FIGURE 9)

Emphasize: If the sights were in "perfect alignment" at the time the gun was fired and the estimation of Sight Picture (the sights in relation to the target) was off by 2 inches, the error on the target would only be 2 inches. This illustrates "why" it is more important to look at the GIP, than it is to see where the sights are in relationship to the target once sight picture has been established. (FIGURE 10)

PRECISION ACCURACY ON MOVING TARGETS

Try this exercise: Find a light switch or other object on which to focus across the room. Now, bring your thumb onto that spot so you see your thumb in relationship to the switch. You've just achieved sight picture (peripheral vision).

Now change your focus and look at your thumb. You may need to close one eye completely; if it helps you achieve a stable sighting plane or eliminate the pseudo image. When you see your thumb clearly, and the target object becomes blurred, you've completed the saccade movement.

Now look for a piece of dirt underneath your thumbnail or a scratch or line on your thumbnail. You've just made a pursuit movement of the eye. You just focused on a "Gip" on your thumbnail! (FIGURE 11)

A skeptical student will ask; "What happens if the target is moving?" This is an excellent question. Have your students repeat the above exercise by having them bring their thumb onto a spot in the very center of your chest, then direct their focus to their thumb and then to the Gip. After the students have made the pursuit movement to the imperfection on their thumbnail (i.e., the "Gip"), ask them to keep the imperfection in focus as you move left to right in front of the class. Share with your students that their unconscious mind is able to track movement and keep their thumb centered on your chest as you move. They'll be amazed at how the un-

conscious mind will keep their thumb centered as they maintain fine focal acuity on the Gip on their thumbnail. This process will transfer on the range in live fire exercises or on the street and provide the officer with the accuracy for a precision shot even with moving targets.

"THE GAP"

What happens if you are in low light or the light source is stronger in front of you and your sights are silhouetted? Again, we use our PowerPoint Presentation to demonstrate that if you can't see the Gip, you focus on the "Gap," i.e., the light coming through the space between the front sight and notch of the rear sight. This facilitates a pursuit movement and gives you precision accuracy. So if you can't see the Gip, focus on the Gap! (FIGURE 12)

The Gap is also a great technique for a student who is presbyopic, or a student whose spatial intelligence is not fully developed or is impaired. There are students who have problems focusing on the front sight. In these cases, the Gap can be used as a great technique to compensate for this condition.

TESTING FOR ACUITY ON THE FRONT SIGHT

After establishing the shooter's eye dominance, the next step is to test their ability to achieve focal acuity (i.e. a clear focus) on the Gip. We do this by having the student take a proper 2-handed grip on the gun using a stable stance of their preference. Then we

have them bring the gun up to the eye and we position one of our "Insight" business cards on the top of their front sight. We then ask them to read the bottom line on the card. (FIGURE 13)

If they are unable to read the bottom line, then we know their accuracy will be compromised due to their inability to achieve focal acuity at the distance from the eye to the front sight. (This testing method only works with an "Insight" business card...Just kidding.) The bottom line of our business card is printed in a 6 point font. If the shooter is unable to read the bottom line, then we ask: "Do you normally use reading glasses when you read?" If they respond "yes," then we have them put on their reading glasses. If they are able to see the Gip with their reading glasses, we have them shoot using their reading glasses as a temporary fix.

Now I know many of you may be saying, "You don't have time to put on your reading glasses in a gun fight." You are right, but you're not in a gunfight. You're trying to teach the foundation of marksmanship and develop the skills to shoot with precision accuracy. Once you master the skills at the unconscious level under optimal conditions and gain the confidence and belief that you can do it, then your pyramidal pathways (muscle memory) will already be in place and the skill has a greater chance of transferring to less than desirable conditions. The fact is, once you master: controlling your

IF YOU CAN'T SEE THE GIP, FOCUS ON THE GAP!



FIG. 11

This 3-Step exercise will help your students understand what it feels and looks like when they make a Pursuit Movement of the eye. 1. Peripheral: Thumb on Target 2. Saccade: Look at Thumb 3. Pursuit: Really Focus on a Peculiarity

THE GAP IS A GREAT TECHNIQUE TO ACHIEVE PRECISION ACCURACY WHEN YOU CAN'T SEE A GIP.

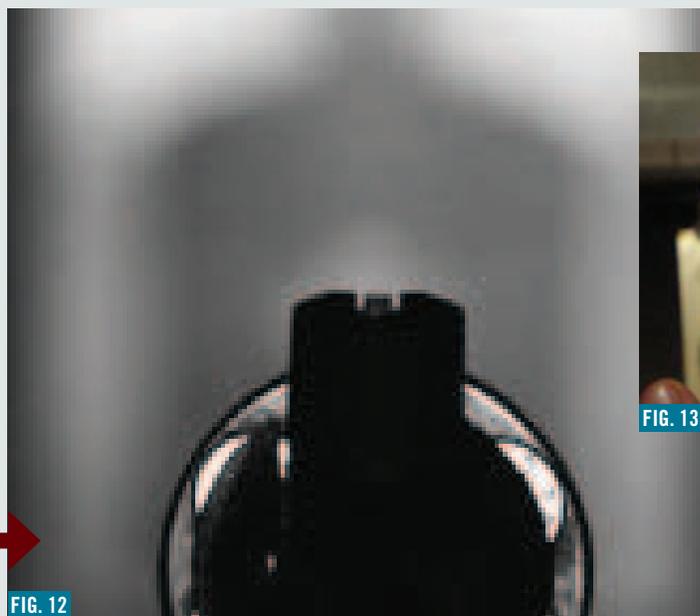


FIG. 12



FIG. 13

Testing for acuity at the front sight is one of the most important diagnostic tools you can use to assure your student has the visual ability to achieve peak performance.



FIG. 14A

When this shooter looked at the front sight through the center of the lens of his glasses he was unable to see his Gip.



FIG. 14B

Once this shooter was instructed to use his bifocal to achieve acuity on the Gip, he immediately started shooting one-hole groups.



FIG. 15

A QUICK FIX FOR A SHOOTER WHO DOES NOT HAVE THE VISUAL ABILITY TO SEE THEIR GIP CAN BE ACHIEVED BY USING “STICK ON MAGNIFYING LENSES” IN ORDER TO HELP THEM DEVELOP THEIR SKILLS.

emotional state, develop a clean presentation and gentle compression on the trigger; the lack of focal acuity on the front sight will unconsciously shift to the Gap and you will still be able to shoot with precision accuracy.

If your student wears bifocals or progressive lenses, then they will have to make an upward head movement in order to utilize the proper strength lens so they can see the Gip. If they are using bifocals, they may experience an optical jump from the line in the bifocal. If they are using progressive lenses, then they will have to experiment to find the ideal head position to achieve fine focal acuity on the Gip. This takes a little practice and can usually be fully integrated in the first hour on the range. (FIGURE 14A & 14B)

CAUTION: You need to be aware that if you are working with a student whose learning style is auditory, or if the student has an auditory aversion to gunfire, the upward movement of the head opens the auditory canal and can increase sensitivity to sound by 10%. In those cases, using ear plugs in conjunction with electronic ear muffs will alleviate the discomfort and minimize the effect.

PROBLEMS ENCOUNTERED BY MANY SHOOTERS

PRESBYOPIA

In many shooters over the age of 40, the lenses of their eyes progressively lose their elasticity and resiliency. This makes it more difficult to achieve fine focal acuity on the Gip. This problem is called presbyopia, and requires visual correction to achieve fine focus on the Gip. This can be accomplished by using reading glasses, bifocals, progressive lenses, contacts, or having surgery to create a clear focus on the Gip of the front sight.

MONO-VISION

Mono-vision is often prescribed by opticians. They set the patient’s vision of one eye for distance vision and the other eye for near vision. Ken Tapp, a senior Master Class Shooter, once shared with me that this was his secret. He had an optician who was familiar with Sports Vision set the diopter of the lens for his dominant eye so he could see his front sight with perfect clarity. His non-dominant eye was set for distance. He was able to win the Second Chance Bowling Pin Match in 1994 using the vision correction method of mono-vision when he was in his late 50’s.

We have two Doctors of Optometry in Prescott, Arizona; Dr. Todd Geiler, who was on the National Shooting Team, and his father Tom Geiler who was on the Board of Directors for the National Rifle Association. They allow patients to bring their pistols into their office. After doing a thorough eye examination, they have the student bring out their gun so they can set the diopter (strength of the lens) for the distance from the patient’s dominant eye to the front sight of their gun so they can see the Gip with perfect focus. The lens of the other eye will be set for distance.

Another quick temporary fix for your presbyopic students is to use the vinyl sticky lenses you can purchase at most drug stores. They are called “Stick-On Optx 20/20 Magnifying Lenses.” (FIGURE 15) The student can stick them on non-prescription shooting glasses on the lens of the dominant eye and create instant mono-vision.

A COMMON PROBLEM WITH LASER & RK SURGERY OR CONTACTS

We are having more and more shooters coming to class who have elected to have surgery in hopes of correcting their vision but unfortunately end-up cross wired due to the doc-

tor’s lack of knowledge regarding “eye dominance.” The doctor unknowingly corrects the vision of the dominant eye for distance and the non-dominant eye for close-up. This has disastrous implications for a shooter! When the gun is brought into the sighting plane, the dominant eye (which is the origin of the line of sight) fails to achieve focal acuity on the front sight. This results in releasing the shot without obtaining clear focus on the front sight or they cross-fire due to this unstable condition.

A student who is considering having surgery to correct vision should be given a full 9 point dominance test. (A 7 point test is sufficient if only shooting a pistol, but if shooting a long gun, then a 9 point test is required to fully understand the stability of the dominance of the shooter’s eyes.) (Refer to the article “Insight to Eye Dominance” IALEFI Firearms Instructor Magazine Issue 44 for more information on Eye Dominance)

Another problem with refractive surgery is that when you surgically alter the cornea, there are a series of problems that can affect acuity. This effect can be slight at first, and then more dramatic as time goes on. Not every patient is affected in the same way, but there can be side effects. There can be sensitivity to light, dry eye symptoms and glare issues, all which can affect the shooters ability to see the Gip with perfect focus.

SUMMARY

The Gip becomes an “eye magnet” to direct the eye to focus specifically and exclusively on the front sight. We use a “magnet metaphor” in combination with hypnotic suggestions that attracts the eye to the front sight and forces the pursuit movement to the Gip. If you don’t have a Gip on your front sight, then you need to create one. One of the first things the Military Special Ops that come to



FIG. 16

A dab of “White Out” on a black front sight can act a temporary Gip, until a more permanent Gip can be applied.

us for training at Insight Firearms Training Development in Prescott Arizona do when they arrive on the range is to take out their knife and deface government property. That’s right; they intentionally make a scratch on their front sight. This scratch becomes their Gip. When you are training a person who comes to class with a \$1,200.00 customized gun, they may prefer that you use a dab of “White-out,” (FIGURE 16) or if they

EVERY STUDENT WILL "INSTANTLY" SHOOT ONE-HOLE GROUPS IF THEY CREATE A CLEAR NEURO PATHWAY TO THE TRIGGER FINGER, IF THEY ENTER A TRANCE-STATE OF DETACHMENT, AND FOCUSES EXCLUSIVELY ON THE GIP.

are shooting a Glock with standard sights, a small black dot with a Sharpie Magic Marker in the center of the white insert on the front sight works well. (REFER BACK TO FIGURE 2B)

KEY: The student must focus on a very specific spot on the front sight (the "Gip") to shoot with precision accuracy.

As you shift your focus from verifying the alignment of your sights to the front sight, don't just "look at the front sight." Direct your focus to the Gip! (A scratch, a serration, a defect or a peculiarity.) It is only when you make the pursuit movement to the Gip on your front sight that you will make the ocular movement required for precision accuracy; that is one of the "secrets" to shooting one-hole groups! When you teach your students to combine the Gip method along with how to create a clear neural pathway to the trigger finger for proper trigger compression, and techniques to enter the trance-state of detachment for managing their emotional state, then your students will be shooting one-hole groups instantly. Guaranteed! ✓

ACKNOWLEDGEMENT:

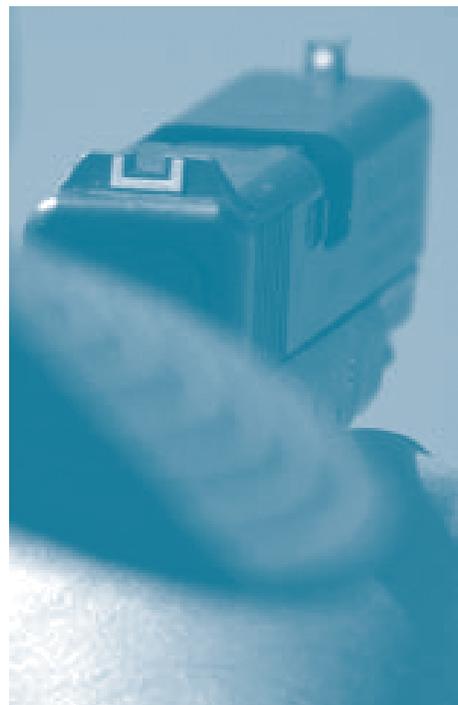
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ABOUT THE AUTHORS

A former law enforcement officer, Matt Seibert has been training law enforcement in the use of firearms since 1976. A former Instructor and General Manager for Gunsite Training Academy, he is currently the President of Insight Firearms Training Development in Prescott Arizona. A former member of the International Academy of Sports Vision, he spent the last 15 years researching the visual skills and neuro psychology required to achieve peak performance in the

use of the pistol and carbine. He has developed training curriculums and PowerPoint Programs for Teaching the Concepts of Precision Marksmanship and firearms instructor development.

Sherrie Seibert is also a firearms instructor and training specialist. Matt and Sherrie are trained Hypnologists who specialize in developing and conducting advanced firearms instructor development programs for Law Enforcement and Military Special Operations forces. They developed an accelerated training methodology which programs the shooting process to the unconscious and "enhances" accuracy and speed with a pistol or carbine under extreme conditions.



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“JUNK” SILVER ... WHY I LOVE IT.

If you've been following me for more than a few hours, you probably realize what a fan I am of tangible assets instead of currency, especially precious metals.

One of the reasons why I like precious metals so much is because precious metals were the first tangible asset that I was able to afford.

There's a misconception that you have to be rich to invest in precious metals, but the truth is that you don't. You can buy collectable numismatic coins for hundreds of thousands of dollars or one ounce gold rounds for \$1,500-\$2,000, but you can also buy pre-1965 US coinage that is made of 90% silver (specifically dimes, quarters, and half-dollars) for a few bucks apiece.

These coins were conveniently minted so that the quarters weigh 2.5 times what a dime weighs and the half dollar weighs twice what the quarter weighs. The pre-1965 versions of these coins were minted with 90% silver, so it becomes a straightforward equation to figure out how much the coins are worth based on their silver content.

Collectively, US coinage that contains silver is called “Junk” silver, but there's nothing junk-like about them.

One of the things that I particularly like about junk silver is the fact that the edges are ridged and the denominations are small. There are a few reasons why this is important:

1. In ancient and not so ancient times, some merchants would take some time at the end of the day and shave off silver from the coins they'd received for the day. Ridges on the edge of the coin make it immediately evident if someone has been shaving.
2. Counterfeiting is BIG business, especially out of China, where 10% of the GDP comes from counterfeiting goods of various sorts. In fact, this is one of the tools of unconventional warfare that is talked about in the book, “Unrestricted Warfare.”

3. Some counterfeiters go after high dollar items, like collectable rare coins, but buyers of these coins tend to be more sophisticated, so they can be harder to pass inspection.

One Chinese counterfeiter has decided to specialize in US Silver Dollars and is supposedly counterfeiting 100,000 per year. My understanding is that these are mostly semi-collectable silver dollars from the late 1800s and I'm not worried about my “junk” coins being fakes.

I've summarized the value of 90% dimes, quarters, half-dollars and dollars below based on silver prices at \$5 increments, as well as the weights and diameters. You'll notice that dollar coins weigh more than twice as much as a half dollar and make things somewhat more complicated for quick calculations.

The “Troy oz. Silver” row shows how many troy ounces of silver each type of coin contains.

The “Multiple times face” column gives a quick shortcut to go directly from the price of silver to the price of a coin without needing to know the silver content of each coin.

Note: the dollar doesn't have twice as much silver as the half-dollar. It actually diverges 7% from the multiple times face and contains MORE than twice as much silver as the half dollar. You want to keep this in mind as you're buying, selling and bartering. I've had a particular coin dealer through the years who has sold me dollar coins at the normal multiple times face, which works out to a 7% discount and you may be able to find a similar situation. In short, you want to minimize the difference when you're getting silver dollars and pay attention to it when you're paying for goods with silver dollars.

		DIME	QUARTER	HALF DOLLAR	DOLLAR
PRE-1965 US COINAGE	Troy oz silver	0.0723	0.1808	0.3617	0.7735
	Thickness		1.75	2.15	varies
	Diameter (mm)	17.91	24.3	30.6	varies
	Weight (gms)	2.5	6.25	12.5	varies
PRICE PER OUNCE	MULTIPLE TIMES FACE	DIME	QUARTER	HALF DOLLAR	DOLLAR
\$20.00	15	\$1.45	\$3.62	\$7.23	\$15.47
\$25.00	18	\$1.81	\$4.52	\$9.04	\$19.34
\$30.00	22	\$2.17	\$5.42	\$10.85	\$23.21
\$35.00	25	\$2.53	\$6.33	\$12.66	\$27.07
\$40.00	29	\$2.89	\$7.23	\$14.47	\$30.94
\$45.00	33	\$3.25	\$8.14	\$16.28	\$34.81
\$50.00	36	\$3.62	\$9.04	\$18.09	\$38.68
\$55.00	40	\$3.98	\$9.94	\$19.89	\$42.54
\$60.00	43	\$4.34	\$10.85	\$21.70	\$46.41
\$65.00	47	\$4.70	\$11.75	\$23.51	\$50.28
\$70.00	51	\$5.06	\$12.66	\$25.32	\$54.15
\$75.00	54	\$5.42	\$13.56	\$27.13	\$58.01
\$80.00	58	\$5.78	\$14.46	\$28.94	\$61.88
\$85.00	61	\$6.15	\$15.37	\$30.74	\$65.75
\$90.00	65	\$6.51	\$16.27	\$32.55	\$69.62
\$95.00	69	\$6.87	\$17.18	\$34.36	\$73.48
\$100.00	72	\$7.23	\$18.08	\$36.17	\$77.35

“Junk” dimes, quarters and half-dollars that aren't collectables don't have near as much temptation for forgers to counterfeit. With junk coins, it's less likely that you'll find forgeries, and if you happen to get one, your exposure will be much less than with a more expensive coin or bar. Small denominations make it easier to buy smaller, everyday products in a post-disaster currency collapse situation. While it's easier to transport wealth with a gold coin, a diamond or collectable, junk silver is much easier for regular life.

What this all means is that with silver around \$20 per ounce, you can start accumulating physical silver in increments as small as \$1.45. That lowers the bar considerably so that almost anyone can start buying silver.

The “Multiple times face” term throws some people for a loop, but here are two ways to look at it:

1. It's an indication of inflation since 1965. A silver dime was worth 10 cents in 1965. With silver at \$20 per ounce, a silver dime is worth \$1.45, which means the silver in the

dime is worth 14.5 times more dollars today than it was in 1965. The other way you could look at it is that the dollar buys 7% as much silver as it did in 1965 ($1/14.5 = .069$) or that we've lost 93% of the purchasing power of the dollar since 1965 at an average inflation rate of just under 7%.

2. It's a way to buy items both now with people who appreciate the value of tangible assets and after a possible economic collapse where paper currency falls out of favor. In a situation like this, you might see gas selling for "50c face per gallon." This would mean that it would take 50 cents of pre-1965 silver coinage or something of equal value to buy a gallon of gas. At \$20 per ounce, that would be \$7.23.

If you want to buy junk silver, I'd suggest doing a search online or looking in your phone book for "coin dealers" in your area. Call a few, if they are near you, and ask them what they're selling "junk" silver for. They'll usually say something like, "20 times face" or something similar based on the current price. Next, ask them what spot price they're basing that on. Once you've got a couple of quotes from a couple of dealers, you'll be able to decide which one is offering the best prices that day.

Next, figure out how much you want to buy in "face" value. If you want to spend \$100, divide it by the "times face" amount. So if the dealer says that they're selling at 20x face, you'd divide $\$100/15 = \6.67 . I would ask them if they'd sell me \$6.70 face for \$100, and then they'll usually come back with \$6.45 or \$6.50.

If you use a smartphone, there's an app called "RRBI Silver Wallet" that automatically updates the prices of junk silver based on the current market price (with a slight delay) that can help you with the math.

Once you've got your junk silver, keep it separate from your regular coins so that nobody (including you) will spend them as if they're only worth face value.

Got any "junk" silver tips or stories? Please share them with me by emailing me at:

David@SurviveInPlace.com. ✓



HOT/COLD SHOWERS FOR THE FLU?

BY: "OX"

[David's note: Ox has been the man behind most of my marketing for the last 7 years. In addition, he has written/co-written several of the articles that have come out under my name and was core to Tactical Firearms Training Secrets and Dry Fire Training Cards. This is his first article he's released under his own name.]

Like David, I've been on the road for almost the entire month so far.

I've been eating (somewhat poorly) in restaurants, spending time in airports, on planes, on public transportation, in cabs and in doubtfully sterilized hotel rooms, etc.

This week, I was in meetings and working in San Diego and Coronado and my immune system finally got challenged beyond what it was able to bear. Several people around me had either stomach viruses or the upper respiratory version of the flu and I was fortunate that I only got the upper respiratory bug.

Even so, I hit the wall with complete exhaustion and barely enough energy to do anything but sleep.

But my meetings weren't going to stop, just because I was checked-out mentally and physically, so I threw a bunch of "cures" on the wall to see if I could make anything stick.

I used pills, potions, lotions, oils, juices, and more. I was desperate...and I had a health food store nearby.

I'm quite confident that some of those solutions have been effective in the past, but the thing that shocked me this week was the speed and effectiveness of a simple shower. I'm a lifelong brain/body/system hacker and absolutely love to figure out high leverage ways to make my average body perform at extreme levels, and this was one of those finds.

It has only been working 6-12 hours at a time, but I've had a 100% success rate so far with hopping into the shower and alternating back and forth between water as hot as I can take and water that's as cold as I can take. I do about 20-30 seconds apiece for 5-10 cycles.

The results? In the most dramatic example, I went from calling my wife and telling her (in the middle of the afternoon) that I had a headache, sore throat, dry cough, and barely enough energy to talk on the phone and that I'd talk to her the next day because I was going to try sleeping it off over the next next 18 hours! Instead, I took a hot/cold shower and IMMEDIATELY felt 110%, and had a series of very productive meetings over the next six hours.

It's worked every time I've tried it. I wish I could say that it's a permanent fix, but I haven't figured out that tweak yet.

I could make something up and tell you why it works. Mick Dodge (from "The Legend of Mick Dodge") says the cold water squeezes lymph nodes. Dr. Weil says alternating between hot and cold improves blood flow. Lots of well meaning people say it doesn't work. Frankly, if it's all in my head, I'm still fine with it. An extra shower won't hurt me, it's a better pick-me-up than a cup of coffee, I'm happy with the end result and I can just look at it as proof of how strong my mind is.

There are some risks to this if you've got high or low blood pressure, so check with your doctor before trying it.

On another note, my wife and I have used a similar trick for years after a long day of running or skiing...we'll hop in the ocean, a snow melt creek or an ice bath immediately after an extreme workout for 15 minutes to minimize inflammation and muscle damage. The result? No DOMS (delayed onset muscle soreness) and a LOT quicker soft tissue recovery time.

Like that hack? Stick around—it's only the beginning. ✓

15 DIMENSIONS

BY: COLONEL S. RANDY WATT, FORMER COMMANDER, US ARMY 19TH SPECIAL FORCES GROUP

Those who are skilled in leadership demonstrate capabilities which set them apart from their organizational peers. I often ask those who attend the leadership classes that I present what percentage of the leaders they have served would they consider to have been good or great in their leadership performance. The average has been, and continues to be, in the area of 15-20 percent. That means that approximately eight out of ten of their past leaders have been duds. While sad, this helps to reiterate the point that good leaders are not born, they are created. That creation requires a mix of education and experience: Education to expand the knowledge of what good leadership consists of and experience to solidify that knowledge in actual performance. An educated leader without experience is much like most university professors, only half-skilled.

The United States Army, in my opinion, has developed the best leadership development program. That does not mean that they always produce the best leaders, history is replete with examples of the failings of some Army officers and NCOs. However, on average, they do produce substantially more good leaders than any other industry or organization. This is because they have a defined, career-long, leadership development program with defined, multi-tiered goals and objectives and resulting assessments of actual performance. Thereby are personnel provided with the opportunity to become good leaders.

In this leadership development program, the Army has identified fifteen core competencies necessary to be an effective leader. These competencies must be learned and maintained. They are not innate. In our development as leaders, these competencies provide a framework for continued successful performance. Developing leaders should use these as a guide for some introspection. A careful evaluation of our current skills, weighed against these competencies, should reveal strengths to be maintained and defi-

ciencies to be corrected. These competencies, referred to as the 15 Dimensions of Leadership, are as follows:

1. ORAL COMMUNICATIONS SKILL

The ability to express oneself effectively in individual or group situations; includes gestures and other non-verbal communication.

2. ORAL PRESENTATION SKILL

The ability to present ideas or tasks to an individual or to a group when given time for preparation; includes gestures and other non-verbal communication.

3. WRITTEN COMMUNICATION SKILLS

The skill required to express ideas clearly in writing, using good grammatical form.

4. PROBLEM ANALYSIS

The skill required to identify a problem, secure information relevant to the problem, relate problem data from different sources and determine possible causes of problems.

5. JUDGMENT

The ability to develop alternative courses of action and make decisions based on logical assumptions that reflect factual communication.

6. DECISIVENESS

The readiness to make decisions, render judgments, take action or commit oneself.

7. PHYSICAL STAMINA

The ability to accomplish required tasks while in a leadership position; to lead by example and set the pace in physical tasks and to maintain the pace of the group in physical activity while a follower.

8. TECHNICAL COMPETENCE

A level of understanding and ability to use technical or professional information. The application of skills or techniques acquired during formal instruction.

9. MISSION ACCOMPLISHMENT

The ability to complete assigned tasks according to a specified standard and within established time allotments.

10. FOLLOWERSHIP

Willingness to cooperate in the accomplishment of the mission and exhibit a high degree of teamwork/cohesion.

11. SENSITIVITY

Those actions which indicate a consideration for the feelings and needs of others.

12. INITIATIVE

The discipline that requires attempting to influence events to achieve goals beyond those called for in originating action; self-starting rather than passive acceptance.

13. PLANNING AND ORGANIZING

The ability to establish a course of action for self or others to accomplish a specific goal; planning proper assignments of personnel and appropriate allocation of resources.

14. DELEGATION

The ability to use subordinates effectively; the allocation of decision-making and other responsibilities to the appropriate subordinates.

15. ADMINISTRATIVE CONTROL

The ability to establish procedures for monitoring and regulating processes, tasks or activities of subordinates and job activities; the responsibility to actively monitor the results of delegated assignments or projects.

Weigh yourself and your performance against these competencies. Determine which of these are current strengths and ensure that you maintain them. Determine which are weaknesses or are lacking in your performance, and develop them. You will then have a much greater likelihood of being in the 2-out-of-10 than the 8-out-of-10. ✓

Randy was gracious enough to allow me to print a series of short pieces that he wrote on leadership. Whether you are in a leadership position or not, it's important to understand the many traits, qualities, and behaviors associated with great leaders. If you're a leader, you need to do this to identify your strengths and weaknesses and decide whether to work on your weaknesses or find a co-leader who is strong where you are weak. As a leader, you can be a true force multiplier everyday, in a tactical situation, and/or in a survival situation. If you're in a support role, it's important to identify your leader's strengths, accept the fact that they have weaknesses, and help them compensate. And, if you're in a support role or simply a follower, it's important to be able to quantify leadership qualities and traits so that you can effectively evaluate leaders and potential leaders and decide who to hook your wagon to. This is an important skill to have on a daily basis, but in the organizational vacuum that oftentimes happens after a major disaster, it's critical to understand leadership...regardless of whether you're leading, following, or getting out of the way.