



Special interest:

- SCOTUS Rulings
- Lawrence Ammunition
- True Stories
- Handgun Review
- Pro Tips

Inside this issue:

Train at home	2
Group Training	3
Private Training	3
Self Defense	4
Legal Insurance	4
Ammunition	5
Drill of the Month	6

Issue #1

July 2022

2nd Amendment

June was a very important month for our 2nd Amendment Rights. The Supreme Court has ruled in a 6-3 decision in NY State Rifle and Pistol Assoc. vs. Bruen, that the state of New York's regulations that made it difficult to obtain a conceal carry license were unconstitutional. This ruling is very important to any state that requires an applicant to show proper cause to get the permit. As we know from Heller in 2008 and McDonald in 2010 the SCOTUS ruled that law abiding citizens have an Individual right to arms as well as having loaded firearms in the home for self defense. In Bruen, the SCOTUS ruled that the Right to self defense travels with us and therefore we have a right to be armed in public.

Equally important the court set the precedent that the two step method used by Courts of Appeal along with Intermediate scrutiny was wrong. The court



determined that a single approach with Strict scrutiny which looks at Text, History and Tradition is the proper method to apply to our Rights.

The court also sent several cases back to the lower courts to rehear the matter in light of

the decisions in Bruen. Meaning, the lower courts now must utilize the one step method and apply Strict scrutiny. This affects bans on magazine capacity and so-called assault weapons bans by California, New Jersey, Hawaii, and Maryland. Good news!

Sarah's PRO TIP: Don't forget to breathe!

It is worth noting that there are two organs in our body that use the most oxygen. That is our brain and our eyes. We use both of these organs every time we shoot.

Proper breathing puts needed oxygen into our blood to feed our muscles and organs.

Breathing also helps us to relax.

The next time you're at the range try this: Take two deep breaths to relax. Inhale and present your firearm. As you are aligning your sights onto your target slowly begin your exhale. When you are about 3/4 of the way through the exhale, slowly press the trigger in a very smooth and controlled movement. Hold that trigger

against the back of the trigger guard and try to stay on target. See your shot. Slowly release the trigger and feel the trigger reset. You will hear it as well. Move your finger to the safe position, return your firearm to low ready or high ready. Repeat the breathing process. You will see an improvement in your groupings.



Work out at home with these tools.

Vicki's Tip Of The Day

Holding a three pound loaded pistol in front of us to shoot at a target is a unique operation. There is nothing else we do in life that mimics the stance, the grip, and arm extension in front of us as we take aim. Ever wonder why your front sight moves around a little or gets wobbly? Guess what? There are a lot of muscles involved in shooting a handgun!

Our core, our lower back, our shoulders, our biceps, our forearms, and our hands all play a role in performing good con-

sistent shooting. That is a lot of muscles!

It makes sense that we exercise these muscles before heading out to the range. A full sized handgun with a loaded magazine weighs about 3 1/2 pounds. It doesn't seem like much until you suspend it two feet or so in front of you for a bit of time.

I've come up with a little exercise that I can do at home to improve my grip and stance. I started with a two pound barbell and now I am working with

a five pound barbell. Hold it as if it is your handgun and point at an object across the room. I usually use a light switch. If I get wiggly, I rest. Try sets of ten. Next I have a device to strengthen my grip. It is spring loaded and adjustable. I also use a small ball. The rubber band I put on my thumb and trigger finger and stretch outward. Use our breathing technique when you do this.

Bonus: Shooting will leave you dehydrated. Take lots of water with you to the range.

“Note: rimfire pistols and rifles should NOT be dry fired. It can damage components.”

Dry Fire Practice

There are other things we can do at home to become a better shooter. Dry fire practice is using your firearms, unloaded, and practicing all of your drills at home. Never do this with a loaded firearm. Note: rimfire pistols and rifles should NOT be dry fired. It can damage the components. Center fire firearms can be dry fired with nothing in the chamber (in battery). There are also some great laser training cartridges

to enhance your dry fire practice. We use these a lot at home. They are caliber specific to your handgun. There are several brands available on Amazon. Be sure not to confuse these with a bore sight laser. The training cartridge paired with a laser reactive target is very beneficial. Although the target and cartridge is about \$40 each, you will save a lot of money overall by not shooting live fire. Using these

tools at home will very much improve your marksmanship. All of the elements are the same without the recoil. Then, when you do go the range you will be amazed how much you have improved by practicing at home.



Training at home with laser products and your handgun

There are several products available to train at home. The greatest advantage is improving your marksmanship skills. The laser target on the left has a bullseye a little smaller than an M&M. If the laser hits it, it will light up the LED lights around it. Create games for yourself and everyone else in your home.

The laser cartridge is caliber specific so buy the right one for your handgun. Please note,

there are two O-rings that perfectly seat the cartridge. A little light oil will help it slip in and out. Also, it won't just fall out when you are finished. You can use a chopstick or anything else to push it out when you're done. If the O-Ring falls off in the barrel, just find it and slip it back on the cartridge. Doing this between visits to the range will greatly improve your live fire training.



Group Training

What can be more fun than training with people you already know? Or, training with a group of people that just may be your next friend? Group training can be a more cost effective method of getting started with your training plan.

Why train in the first place? Let's be practical and honest. If operated incorrectly, firearms can be very dangerous. Safety is the #1 priority. In every lesson we give, we emphasize four main rules of firearm safety. #1, Always point firearms

in a safe direction. #2, Always treat every firearm as if it is loaded until you PROVE it is not loaded. #3, Never put your finger on the trigger until you are ready to take that shot. #4, Know what is beyond your target.

Everyone should know these 4 rules by heart and practice them every time they pickup a firearm. How far will that bullet travel when it goes through a paper target or if you miss the steel target? If you are not shooting into a berm, that bul-

let will travel about 1 1/2 miles until it hits something. We want it to hit the target and/or dirt. To keep everyone safe we maintain a ratio of 5:1 for Beginner Shooter per Instructor. We can accommodate larger groups by adding more personnel. Check our website or contact us to schedule a group class.



Group training is so much fun!

Private Lessons

Private lessons provide a much more customized approach to firearms training. It helps keep your training plan on track and ensure your skills are improving at every outing. Whether you have never shot a firearm or you are an advanced competition shooter, a private lesson will always be beneficial. For the new shooter we will instill the fundamentals in a safe and effective manner. For the advanced shooter we will problem solve any troubled areas to

enhance those skills. Perhaps your shots are not going where you intended. Or, you're having difficulty coming from the holster smoothly and quickly. Maybe you want to get your conceal carry permit or you want to get into competitive shooting. A private lesson will definitely help get you where you wish to be!



“Everyone should know the four main Safety Rules for handling firearms.”

A day at the range can solve all sorts of problems.

So, you've invested your time and money in lessons and wonder, now what? Practice, practice, practice. Head to the range and really hone those new skills you've acquired. The more you do it, the more it will feel like second nature.

It also sets you up to take your skills to the next level. Practicing between lessons will make your journey to becoming an accomplished shooter that much shorter and more re-

warding.

Take a friend or family member with you. Knowing the skill level of family and friends is a very useful piece of information for our every day quest of situational awareness. It is so much more fun to train with someone. Be sure to stay hydrated and take snacks. Remember to take the proper gear. Comfortable shoes, but no open toed shoes. No vee neck tee shirts. We don't want

hot brass going down our top. Glasses, either sunglasses or safety glasses. If you wear prescription lenses or Readers, make sure to wear them at the range. They will help you focus on the front sight. Glasses will keep brass from hitting you in the eye. Hearing protection is a must. Your hearing can't get any better than what you have today so protect it!

Shooting is also good therapy!



Practice makes perfect!



Soft primer strike

Malfunction Tip: It didn't go bang!

What do you do when you point your handgun at the target, press the trigger, and nothing happens?

First, lower your handgun so it is pointed in a safe direction. Wait at least 30 seconds in case it is a slow burn. Eject the magazine. Lock the slide back and see what the malfunction is. If the round is still in the chamber it may be an extraction issue. Safely use a small edge, such as a knife or small screwdriver, and gently remove the round for examination. If it

is a spent round, it just failed to extract. If it is an unfired round, look at the primer. Is there an indentation? It may be a soft strike or even a bad primer. Try the round again. Three soft strikes and it's out! Insert your magazine and continue. Revolvers are simpler with this type of malfunction. Rotate the cylinder and examine the round, as above. Eject as needed.

If you're doing a particular drill that requires some quick successive shooting such as a

Mozambique drill, double-tap, etc. then to the Tap-Rack operation. With the heel of your support hand, sharply Tap the bottom of the magazine to ensure it is properly seated. Next, quickly rack and release the slide. This will allow you to continue. If you ejected a perfectly normal round, you can pick it up after your drill. If this did not solve the issue, stop and perform the tasks previously mentioned.

**“You are the
First Defender.
The First
Responders will
be along
shortly...”**

This story comes from MichiganLive.com. A 68 year old Michigan man and his son met a stranger outside an apartment to sell a video game. The sale turned into a robbery when the buyer produced a handgun and demanded the property. The older man drew his own pistol and fired on the robber. Though the ensuing exchange of gunfire drove off the robber, the father was seriously injured in the hip and leg. Police were

still searching for the robber at press time.

Unlike Hollywood stories, in real life the average home invasion is 3-5 criminals and they are usually armed.

From the St. Louis MO Post Dispatch: An armed woman and three armed accomplices invaded a home in St. Louis. During the incident, a visitor took up a firearm and fatally

shot the armed woman intruder, causing her accomplices to flee. After reviewing the evidence, Investigators and Prosecutors declared the shooting to be self-defense and declined to file charges against the defender.

Note: Remember, you are the First Defender. The First Responders will be along shortly to ensure the situation is under control and make the Police report and investigate.

Do I need firearm insurance?

We highly recommend every firearm owner to have insurance. Here are some good reasons.

While you are away from home someone breaks into your home and manages to steal your firearm. Then they commit a crime. Are you liable and can you be sued? Every state is different. In the State of Florida, you are liable. Many questions will then ensue. Were your firearms locked up?

Were they in a safe? If so, how was it defeated? Did you take adequate steps?

During a home invasion you protect yourself and/or others and shoot the intruder(s). What happens next? The Police will confiscate your firearm as evidence. You may go to jail that night for an unknown duration. Will you have bail, if necessary? Even if the shooting is deemed justifiable, can the intruder's family then sue you?

Yes, they can. Everything you have worked for in your life is at risk and can go up in smoke.

However, if you have insurance through a company such as USCCA or LegalShield, they will immediately step in and represent you. They may get you out of jail before the evening is over. They will defend your legal battle going forward. They will protect you and your assets.



We are a dealer for Lawrence Ammunition

We recently became a dealer for Lawrence Ammunition. Boy are we excited! After several weeks of testing their ammunition we are happy to state that the quality is outstanding.

Not only is it made in America, it is made right here in Florida. The brass casings and projectiles are also made here in Florida.

At the end of May we were fortunate to get a tour of Lawrence Ammunitions. Their shop is amazing. It is as clean

as some laboratories! We were impressed with the equipment utilized to manufacture ammunition and the quality control process is exemplary.

We compared their ammunition to several of the major players and honestly feel theirs is as good if not better.

Currently they offer .380acp, 9mm, .223 Remington and .308 Winchester. Very soon they are adding .45acp and .300 Blackout. We will offer all of these calibers on our website.



I want to buy a handgun, but I don't know what I should get

We get this question a lot. What is the best handgun for me? The simple answer is, the best gun for you is the one that you shoot best. However, you need to figure out what that is. We bring several handguns to our lessons and our students are always free to give them a try. The best approach however is to try them. Like test driving your next car, you need to test drive your next handgun. The easiest way to do that is go to a range that has

rentals available. Most indoor ranges, such as Shooters World, have a nice variety of rentals to try out and it isn't expensive. Even some outdoor ranges, such as Ares Training Facility, our home range, has a huge variety you may shoot. Try as many as you can. Your hand is unique to yourself. You want it to be comfortable in your hand. What is your purpose? Is it a fun plinker such as a .22LR that you want to shoot targets with

and not break the bank? Is it for self defense? Then there is recoil. What can you handle? The 9mm round, one of the most popular, in a small compact pistol can be very snappy on the wrist. Are you okay with that? If it's for concealment, then size matters. What do you need for capacity? Do you want a revolver, or a semi-automatic? There are so many questions that can only be answered by shooting as many as you can.

“What's the best handgun for me?”

Handgun Review: S&W M&P Shield Plus

The Smith & Wesson, M&P Shield Plus is a very popular choice for conceal carry and home defense. It is available with a 10 round or 13 round magazine. The light weight polymer frame brings the handgun down to 20.2 oz. It has a 3.1 inch barrel, with a 3 dot sighting system. This striker fired handgun includes a manual thumb safety to add confidence when carrying a round already chambered. Featuring an 18 degree grip angle for a more

natural point of aim and better recoil management allows for better finger placement for accurate, comfortable shooting and smooth draw strokes. This 9mm handgun is slim and light-weight making it a comfortable handgun for concealment and carrying all day long. We have put thousands of rounds down range with this handgun and recommend it with confidence.



Our monthly newsletter

US WOMENS
SHOOTING
ACADEMY

Stay safe

We are happy to launch our new newsletter. Each month we will bring the latest news and shooting information. We will provide tips and product reviews. Invite your friends to be on our emailing list. Lastly, contact us for your training needs as well as product or gear needs.



Drill of the Month

We have many drills that we like to use to improve our shooting skills. Each month we will feature a different drill for you to try. Some will require specific targets that can be purchased online. Eventually we plan to offer targets for sale also. If you can't find the specific target then improvise and do your best.

Some of our drills are very purpose driven. For example, to manage recoil, increase speed, improve draw stroke, produce quick follow up shots, etc. Some drills are for fun. Some drills are all business. Some drills will challenge you. Let's see which are your favorite.

July Drill of the Month.

We call it the Dr. Feelgood Drill. At the end of your training session we think its important to end on a positive note. This drill will combine all of your fundamentals.

From 5 yards using an NRA B-16 target, begin with a full magazine.

With a slow even cadence shoot one full magazine with your dominant hand in a two handed grip. Aim at the bullseye and try to make it disappear. Insert another full magazine and perform the drill again with your support hand in a two handed grip.

The goal is to apply your fundamentals is a slow controlled session with as small of a grouping as possible. When

you're finished, take a photo so you can compare it to future sessions. The B-16 target is 10" x 12", just a little bigger than a standard piece of paper.

At the end of the newsletter we've provided the target for you. You can print it out on standard sized paper and accomplish the same drill.

We would love to see your results. If you shoot a target that you're particularly proud of be sure to email it to Sarah and perhaps we will feature your target in our next newsletter.

Sarah@
USWomensShootingAcademy.com

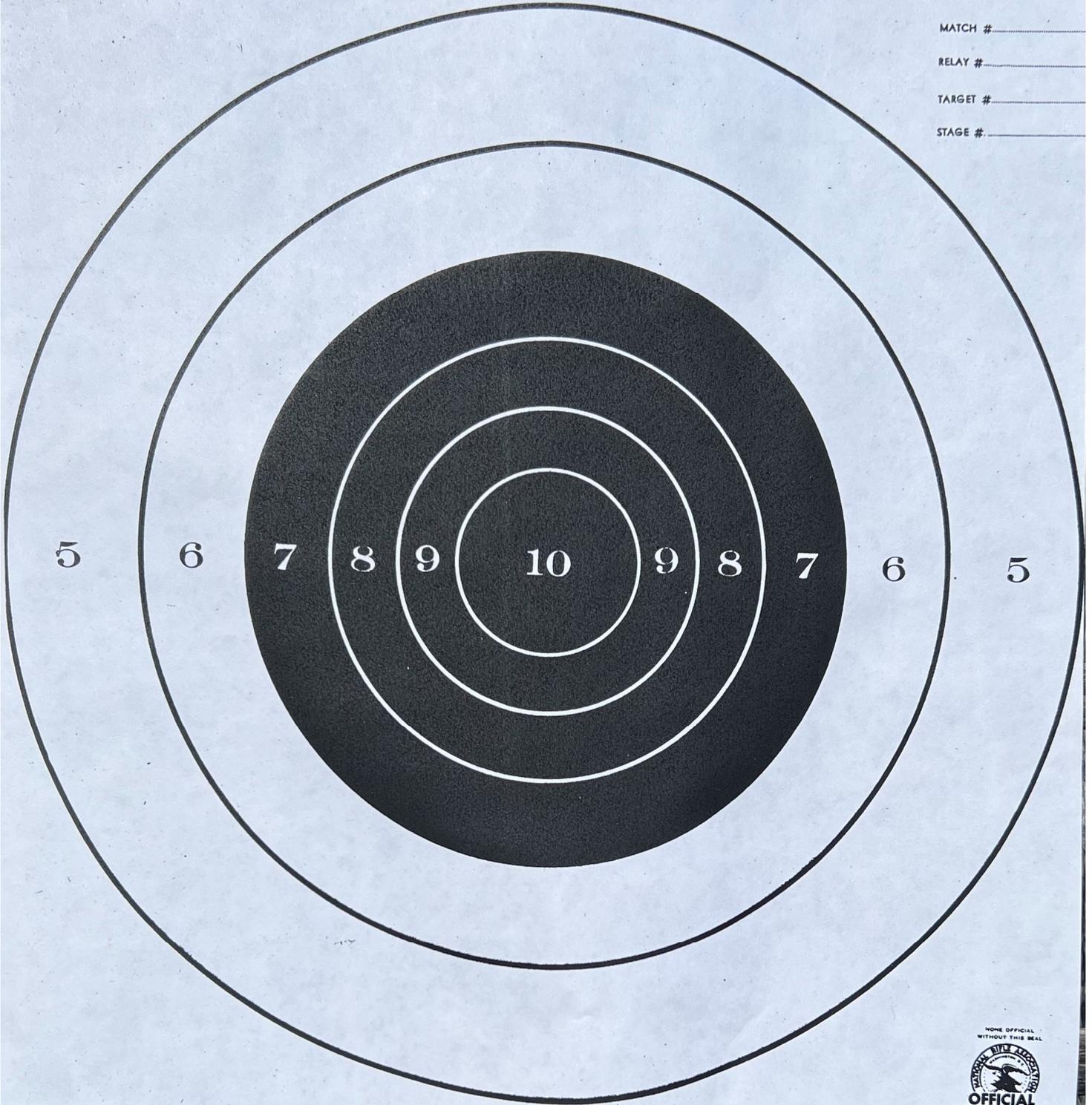




NATIONAL RIFLE ASSOCIATION
OFFICIAL 25 YD. SLOW FIRE PISTOL TARGET
 (STANDARD AMERICAN TYPE)



MATCH # _____
 RELAY # _____
 TARGET # _____
 STAGE # _____



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P-16