

ADVANCED TRAINING NEWS

This is a supplement to the KR Training newsletter covering issues of interest to graduates of Advanced Training, Defensive Shotgun, and the InSights courses.

CHANGES TO ADVANCED TRAINING COURSE SCHEDULE, SPRING 2000

Many exciting things are happening for Penny and I in our careers outside KR Training: Penny will be teaching a short course at the University of San Paulo, Brazil, in June, and I will be spending time on both coasts and the Persian Gulf doing sonar testing during March-July. The lab I work for has developed the next generation handheld sonar for the Navy, and I was selected to develop the user manual and instructor lesson plans and train Navy SEAL and EOD dive instructors in the use of the new sonar. The impact of all this travel is that we have made some changes to the AT courses for the spring. The March 19 AT-II course and May 13 AT-I refresher course have been cancelled and rescheduled into the courses below:

Saturday, March 18. AT-I and AT-IA. \$100/\$50 or \$125 combined for new students. Former students wanting to repeat these courses are welcome to attend for **\$50** (AT-I) and **\$25** (AT-IA). Refresher students wanting to skip the morning lecture and repeat only the live fire portion of the class should arrive by 11 a.m.

Saturday, June 10. AT-II. \$100 for new students. Refresher students can attend any portion of the course (morning lecture / afternoon scenarios) for **\$60**. For refresher students not interested in repeating the morning lecture, Paul Gomez will be offering a morning 3 hour folding knife clinic that will include skills and scenarios. Officer Gomez is a graduate of numerous courses from KR Training, InSights and other academies and has an extensive knowledge of knife techniques. He will also be assisting with the afternoon scenarios, some of which will require folding knife and unarmed skills.

MATCH SCHEDULE

Team KR Training will be competing in the Make A Wish match in San Antonio and the Space City Challenge in April. KR Training is a match sponsor for Space City and we are donating some auction items for Make a Wish. Starting in May we will be training to compete in the Texas Paper and Iron Championship (June), IPSC Millenium Match & Area 5 Championship (July) and Steel Challenge (August).

AR15 RIFLE CLASS

A number of students have expressed an interest in having Mick McMillan teach another AR15 rifle class. It would be a one day course that would include long range, slow fire drills as well as "urban rifle" type exercises. Please contact me if you are interested in the course and we will try to get it on the schedule sometime in March or April.

DEFENSIVE KNIFE & UNARMED SELF DEFENSE REFRESHER

Many of the students at the DFK and USD courses expressed an interest in getting together to practice the skills learned in those courses. Our travel schedule is going to prevent us from being directly involved with this, but if you are interested, please let us know. If there is interest we will try to organize this event and make our equipment available to whoever coordinates it.

INSIGHTS COURSES

We want to bring the InSights team back in late July 2000 to offer three days of training. As the core audience for this training we want to offer the courses you are most interested in. Please take a moment to look at the list below and let us know which courses you would be interested in attending. My personal picks are a one-day "short" impact weapons course and a 2-day Intensive Handgun Skills. The exact dates for the summer InSights visit will be determined based on what courses are most popular and which instructors are available. Folding Knife II is not on this list because it is already scheduled for October.

Impact Weapons Seminar. One day. "Long stick" (Baton/cane/walking stick) or "short/medium stick" (kubaton/flashlight/etc). The intent of this course is to give the student total confidence in the use of any baton type impact weapon. You will learn techniques "in the air" with soft weapons against a partner, with real weapons against striking bags and you will have the opportunity to experience the stress of defending yourself against a mock attacker in a padded protective suit. Course material will either focus on "long" or "short/medium" impact weapons depending on student interest.

Map, Compass & GPS. One day. Learn field navigation skills using these tools.

Unarmed Self Defense II. Two days. Prerequisite:USD I. This is a continuation of the self defense system taught to U.S. Army Special Forces (Green Berets). This second level course deals with defense against weapons, multiple attackers, and more extreme attacks both standing and on the ground. Each day will include over a dozen full force simulations against single and multiple attackers. Students should feel very comfortable with the level one material before taking this class as this course includes only the briefest of reviews. Most students take the level one course twice before progressing to the second level.

Handgun Retention and Disarm. Two days. This course combines techniques from InSights Training Center's Unarmed Self-Defense Course. The Unarmed Self-Defense Course is not a prerequisite but it is suggested. You will learn to apply this unarmed combat system into an integrated firearms combat system. The course will make extensive use of striking bags and protective padded suits (FIST gear) and you be striking "opponents" with every thing you have in combat simulations. You will learn: How to stun or disable your opponent while using or protecting your handgun. How to fight your way out of a contact distance confrontation. How to use both lethal and nonlethal handgun retention techniques. What to do if you are knocked down, retaining your gun from there, and how to fight your way back up. How to disarm an opponent of their handgun from almost any position with one technique.

Tactical First Aid. Two days. This course is designed to give you the knowledge and skill necessary to save your life or the life of a loved one who may be injured during a violent attack. You will learn: The nature (kinematics) and effects (pathophysiology) of human vs. human trauma. To quickly and accurately determine the relative seriousness of the injury and how that will affect your tactical treatment plan. The priorities of "Care Under Fire." How and why "Care Under Fire" differs from any other medical emergency. How to extract a person from a tactically unsecure location. Basic airway and ventilation assessment and management. Assessment and management of bleeding and shock. Assessment and management of penetrating and blunt trauma. How to prepare a first aid kit that will dramatically increase your treatment capabilities.

The courses below may be available in a two day format if we limit enrollment to graduates of AT-I and AT-II or similar training.

Intensive Handgun Skills. Three days. Prerequisite: AT-I. This is a shooters course with maximum range time. The course stresses accuracy and speed but not speed at the expense of accuracy. The course will include equal amounts of paper and steel shooting. The principles of economy of motion and economy of time will be stresses throughout. Then on the third day the student will be put under stress through the use of time constraints and man on man competition. Also included are longer range exercises, barricade drills, movement, shooting while moving, and moving targets. A perfect course for the shooter who wants to maximize their use of the handgun for self-defense or the competitive shooter who could use fine tuning of their technique. Ammunition requirements: 2500 rounds.

Street / Vehicle Tactics. Three days. Prerequisite: G.D.H. This course deals with self defense while at work, in your automobile, when traveling, and while in public settings (restaurants, shopping, theaters, etc.). The course deals with the tactics that prevent confrontations (verbal skills, body language, and tactical positioning, minimizing target indicators) and with those necessary to win if it comes to physical violence (use of cover, maneuver, knowledge of danger areas). The vehicle portion of the course includes drills to counter both road blocking type situations and "car jacking". All situations will deal with post-crisis management: security and containment, witnesses, responding emergency personnel, and investigating Officers.

This course has previously only been offered as preparation for the National Tactical Invitational. It may be possible for graduates of AT-I & II and Unarmed Self Defense to attend this course in a 3 day format.

Close Quarters Confrontations. Five days. This course combines unarmed skills with shooting skills into a system of close quarters fighting that will allow the student to win the most dangerous of fights. The course will deal with weapons retention and close quarters shooting techniques. The weapons retention portion will place a high emphasis on keeping the opponent away from the gun and winning the fight before the assailant can grab the weapon. If the weapon is grabbed the student will learn both lethal and non-lethal methods of regaining control of their weapon. The close quarters shooting portion will deal with the techniques and tactics necessary to win a lethal confrontation at six feet and under. The students will be split into two groups and will spend half days live firing the techniques and half days working the techniques full force against an opponent. Ammunition requirements: 800 rounds.

INSIGHTS T-SHIRTS

Many of you expressed an interest in purchasing InSights T-shirts. As of this writing I have not heard back from InSights regarding availability of all the various designs. However – if you are interested in any of the designs below, let me know and I will forward that information to InSights. If the shirts are available they will contact you about an order. All shirts are black with InSights logo on the front and the slogan on the back unless otherwise noted.

- (1) Pain is Weakness Leaving Your Body, (2) Ayn Rand quote on self defense, (3) Patton quote
- (4) Steinbeck quote “The mind is the primary weapon”, (5) Happiness is Being High on the food chain
- (6) If you Die we Split up your Gear, (7) InSights logo (long sleeve, white)

THANK YOU

As always, thanks for your support of our efforts to bring quality training to the Central Texas area!

Karl