

**KR TRAINING • PO Box 9644 • Austin, TX 78766-9644**  
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## **First Half 2000 Newsletter (March update)**

Inside this newsletter, you'll find our course descriptions and calendar for the first half of 2000. Thanks to your support, our training program continues to expand, and we've added some new, exciting classes to our program. We now have ten instructors teaching public and private classes at four different locations, and we continue to offer everything from the most basic gun safety classes to advanced armed and unarmed training for Texas carry permit holders. Our core philosophy remains the same: to offer quality firearms and self-defense training at a level, cost and schedule that's accessible to the average person. That means half, one and two day classes, held on weekends and evenings, taught by a team of subject matter experts.

In 1999 we offered many new programs, including the InSights Street and Vehicle Tactics course, Advanced Training III, Beyond the Basics: Rifle, Home Defense Tactics, the John Linebaugh Large Bore Revolver Seminar, and the Red's Indoor Range Summer Series. In 2000 we'll continue bringing you new courses and programs, such as InSights Defensive Folding Knife and Unarmed Self Defense courses, the new NRA Reloading course, Advanced Training courses, an AR15 rifle course, and some other events still in the planning stages for the 2<sup>nd</sup> half of the year. Once again we're sponsoring the excellent Space City Challenge IPSC match which will be in April in Houston, and the KR Training IPSC team will be shooting the Make A Wish Classic, Space City Challenge, Texas Paper and Iron, Carter Martin Classic, and other regional matches. Penny and I also plan to shoot the IPSC Millenium match and the Steel Challenge this year.

We have a KR Training email list that we use for letting you know about course updates, special events, and other information. To subscribe to the list, visit <http://home.ptb.org/mailman/listinfo/krtraining>.

We've changed the look of our web page, and added lots of new content, including photos from Advanced Training III and the Linebaugh seminar. We update the web site monthly with new photos, articles and class information. The web site now includes an online enrollment form so you can sign up for classes and subscribe to the email list more easily. Also on the web page: a complete list and photos of the items we have for sale, including KR Training hats, SureFire flashlights, Schaefer leather holsters, Spyderco knives (including a few hard-to-find pink Delicas), and ASP Sapphire personal lights.

A few personal notes: congratulations to instructors John Kochan and Kelli Mathiason, who have announced their wedding plans for October 7<sup>th</sup> 2000. The wedding will include a special IPSC match, held in Somerville on October 8th. Kelli, Penny and I were featured in a story on NRA instructor training written by Wendell Joost for the Jan/Feb 2000 *Women and Guns* magazine.

This version of the 1<sup>st</sup> half 2000 newsletter includes updated information about Advanced Training courses and an AR15 rifle course we've added to the schedule. We are both doing a lot of traveling this spring for our day jobs, and that has caused us to split the Advanced Training weekend into two one-day events, with AT-I/IA in March and AT-II in June. Students wanting to take the refresher versions of these courses are invited to attend at reduced rates. Paul Gomez will also be teaching additional folding knife skills and running knife-oriented scenarios for AT-II refresher students.

The schedule in this newsletter replaces the one from the previous edition. As always, check the web page or subscribe to the email list for the latest information.

As always, we look forward to training with you. If you have questions, feel free to contact us at the address, phone number and email addresses in the newsletter. See you in class!

## COURSE DESCRIPTIONS

### BASIC COURSES

**Defensive Living.** This one hour seminar is an introduction to the concepts and skills of unarmed and armed self defense training.

**Refuse to be a Victim.** This three-hour seminar is about awareness and prevention of criminal confrontations. Topics include home, automobile and personal safety, and how to integrate common-sense safety strategies into your own lifestyle.

**Home Firearm Safety.** This four-hour seminar teaches gun parts and operation, ammunition, safety, cleaning, storage, unloading procedures and how to educate your children about gun safety. This course does not include shooting instruction or live fire exercises.

**Defensive Living, Refuse to Be A Victim and Home Firearm Safety** are normally offered at a minimal cost to civic groups, neighborhood associations, and small groups of students upon request.

**Basic Pistol, Women's Pistol, Basic Rifle.** These four-hour courses are intended for people with little or no shooting experience. They cover basic safety, gun parts and operation, and fundamentals of marksmanship. Taught by William Quiles at the Austin Rifle Club, and by staff instructors for individuals and groups upon request. \$50, additional fees for gun rental and ammunition if needed.

### INTERMEDIATE COURSES

**Beyond the Basics: Pistol.** This four-hour course is intended for handgun shooters who want to improve their performance. Techniques will be presented for improving on the basic grip and stance to reduce perceived recoil, and increase accuracy and speed on single and multiple targets. Students should bring their own handgun, a belt holster, eye and ear protection, and a minimum of 100 rounds of ammunition. Taught by Karl Rehn at Sanborn Shooters. \$50.

**Competition Pistol.** This six-hour course is intended for handgun shooters who are active competitors or interested in any of the action handgunning sports, including IPSC, IDPA, pin shoots, Steel Challenge, and NRA Action Pistol. Taught by Karl Rehn at Sanborn Shooters. \$75.

**Home Defense Tactics.** This four-hour course deals with self defense while at home. This class will be conducted with non-firing dummy guns in a residence, and students will participate in roleplaying exercises simulating various threats including some in low light conditions. Course will be taught by Michael McMillan. \$50.

**NRA Reloading.** This one day course is the new NRA course covering the basics of reloading. Course will be taught by John Kochan. Contact us for details.

**AR-15 Rifle.** This one day course is all about the AR15 family of rifles: shooting techniques, ballistics, accessories and more. Course will be taught by Michael McMillan. Contact us for more details.

### CONCEALED HANDGUN LICENSE TRAINING

Our CHL courses are offered monthly by Tom Schaefer at the Schaefer Training Academy. Courses include classroom, range, notary, photos, fingerprints, and all services required to prepare your packet for submission to DPS.

**Concealed Handgun License.** A one-day (10 hour) course meeting the state requirements for training for the Texas CHL. \$125.

**Concealed Handgun License Renewal.** A four-hour course meeting the state requirements for training for the Texas CHL. \$60.

### INSTRUCTOR CERTIFICATION

**NRA Instructor and Range Safety Officer Certification.** This training consists of a one day course that includes the basic NRA Instructor Training material and Home Firearm Safety instructor certification, followed by an additional day of specific instructor training for each discipline: Pistol, Personal Protection, Rifle, and Muzzleloading Pistol, Rifle and Shotgun. NRA Range Safety Officer training is available as a one-day course. \$100 per day.

### ADVANCED TRAINING

**Advanced Training weekend.** The AT courses were designed specifically for Texas CHL holders, and cover a wide range of topics including defensive shooting and tactics skills, alternate force options (martial arts, folding knife, and pepper spray), low light techniques, and interaction with witnesses, bystanders, police officers and the courts. Much of the training time in the AT courses is spent in scenario-based training that incorporates verbalization, movement and tactics combined with use of appropriate force. Classes will be run at Sanborn Shooters. The prerequisite for any of the AT classes is a valid CHL or instructor approval. Taught by Karl, Penny, Glenn Garvey and John Kochan. \$225 for AT-I, IA and II combined. \$125 for AT-I and AT-IA combined.

**Advanced Training I.** A one-day defensive shooting class teaching shooting on the move, rapid target acquisition, increasing shooting speed, drawing, speed reloading, use of cover, and developing proficiency with the handgun under stress. This course also includes sections on basic martial arts and folding knife techniques. You will need a centerfire handgun, belt holster, magazine carriers, spare magazines, and a minimum of 400 rounds. \$100 if taken separately.

**Advanced Training IA.** A three-hour introduction to night and low-light shooting. This will include an indoor low light simulation exercise using paintball marking cartridges. You will need equipment similar to that required for AT-I, plus a pushbutton flashlight and an additional 100 rounds of ammunition. \$50 if taken separately.

**Advanced Training II.** A one-day defensive tactics class incorporating mindset, martial arts, use of the folding knife, pepper spray, firearms, and verbal commands into a self defense system. Students will learn techniques for dealing with attackers, bystanders, arriving officers, and the legal and psychological aftermath of a shooting. The class includes many roleplaying exercises using paintball marking cartridges, inert pepper spray, and other safe props against live opponents. \$100 if taken separately.

**AT Refresher Courses.** Advanced Training graduates may return as refresher students at discounted rates. As part of this spring's AT-II, Paul Gomez will be offering a 3 hour short course on folding knife techniques and knife-oriented scenarios for refresher students. This short course will run in parallel with the morning tactics lecture and is only open to refresher students.

#### **COURSES TAUGHT BY ADJUNCT INSTRUCTORS**

The courses below will be offered by KR Training adjunct instructors in the 1<sup>st</sup> half of 2000. Consult our web site for information about other courses available through traveling trainers, such as **Street and Vehicle Tactics.**

**Defensive Shotgun I.** A one-day defensive shotgun class. Includes standing and kneeling positions, right- and left-handed shooting, shooting from behind cover, shooting at multiple targets, shotgun malfunction drills and generally developing proficiency with the shotgun under stress. You will need a shotgun (pump or semiauto, 12 or 20 Ga, sling recommended), 150 rounds of target load birdshot, 25 rounds of buck shot (#4 or OO) and 25 slugs. A centerfire handgun and 100 rounds of ammunition, belt holster, magazine carriers, spare magazines, and a push button flashlight are also recommended. Tuition includes a copy of Massad Ayoob's Stressfire II book. This course will be taught by Wendell Joost at Sanborn Shooters. \$100.

**Advanced Training III.** A one-day course focusing on one handed and "wounded shooter" drills. AT-I or similar training is a prerequisite for this course. Taught by Wendell Joost at Sanborn Shooters. \$100.

**Defensive Folding Knife I.** A one-day course. The Spyderco Delica or similarly styled pocket knife is an excellent companion to firearms, pepper spray, and other defensive tools in your personal protection plan. Most small pocket knives can be carried in any state, on airplanes, and in most foreign countries. This course is highly suggested for women and teenagers, who are the most likely group to

encounter grabs, chokes, and holds with the greatest disparity of force during violent assaults.

Topics include: safety considerations during training and during lethal encounters, equipment selection, carry techniques, rapid deployment from carry positions, grip of the knife, types of slashes and stabs, vital and nonvital points of the anatomy, basic counterattacks, counterattack combinations, escapes from holds, defenses when downed, ground fighting and grappling with the knife; legalities associated with knife carry, and the use of deadly force. This course integrates defensive knife skills with your defensive handgun skills, so bring your carry gear and "red gun" (if you have one). Taught by Greg Hamilton of InSights Training. \$150.

**Defensive Folding Knife II.** A two-day course. This course will include review of level I groundwork, with additional groundfighting skills. The majority of this course will deal with using the knife to counter a deadly force threat, either because of a disparity of force due to size, strength, or skill; or when facing armed opponents or multiple attackers. Exercises will include solo drills, drills with dummy knives against opponents and live blade work against cutting dummies. Taught by Greg Hamilton of InSights Training. \$300.

**Unarmed Self Defense I.** A two-day course. This is the self defense system taught to U.S. Army Special Forces (Green Berets). This is a coherent system of techniques selected for their simplicity, effectiveness, and ease of learning. At the end of this course you will be able to stun and disable an attacker of greater size and strength than yourself and escape to safety. This simple system will give you fight stopping techniques that will work regardless of your size, strength or physical condition.

Topics include: Physical and psychological stress reactions. Incident avoidance and prevention. legal considerations. Combat mindset. Natural body weapons. Striking principles. Vital target selection. Control of space, time, and distance. Defense against punches and kicks. Defenses against hold, grabs, arm bars. and bear hugs. Also included are ground fighting and defense against multiple attackers. Students will progress from doing techniques "in the air", against striking bags, to doing them against a fully padded attacker. Course will be taught by John Holschen of InSights Training. \$300.

KR Training will also be offering other InSights courses in 2000 and 2001, including Intensive Handgun Skills, Street and Vehicle Tactics, Handgun Retention and Disarm Skills, Unarmed Self Defense II, and Impact Weapons. Consult the InSights Training web page for more information for these courses. <http://www.insightstraining.com>

## ABOUT OUR INSTRUCTORS

**Karl Rehn** is an NRA Training Counselor for Pistol, Personal Protection, and Rifle, NRA Chief Range Safety Officer, Texas CHL instructor, IPSC Chief Range Officer and Safe Handgun Competitor instructor, Simunition instructor, and associate member of the American Society of Law Enforcement Trainers. He is an active practical shooting competitor at the state and national level, with a Master class ranking from the US Practical Shooting Association, and was top Staff competitor at the 1999 USPSA Limited Nationals. He has trained with Lethal Force Institute, Thunder Ranch, Ron Avery, Firearms Academy of Seattle, InSights, Tactical Defense Institute, Austin Cha Yon Ryu, Erik Remmen and others. He has also taught firearms and roleplaying courses for local SWAT teams. Email Karl at [rehn@krtraining.com](mailto:rehn@krtraining.com).

**Penny Riggs** is an NRA Training Counselor for Pistol, Personal Protection, Rifle, and the Muzzleloading disciplines, NRA Chief Range Safety Officer, NRA Refuse To Be A Victim instructor, Texas CHL instructor, and IPSC Range Officer. She is an active practical shooting competitor at the state and national level, placing in the top 10 in the Women's category at the 1999 USPSA Limited Nationals. She is also a graduate of Thunder Ranch, InSights Training and Tactical Defense Institute. Email Penny at [penny@krtraining.com](mailto:penny@krtraining.com).

**Tom Schaefer** recently retired after 26 years with the Austin Police as a detective, patrol officer, and academy instructor in firearms and defensive tactics. He has degrees in both psychology and criminal justice, competed on the Austin police pistol team, and is a Texas CHL instructor and NRA Certified Instructor. Tom can be reached at (512)-601-2057 or at [tom@krtraining.com](mailto:tom@krtraining.com).

**Michael McMillan** is an Austin SWAT team member. He has attended courses at Gunsite, Combative Concepts, and has extensive experience in tactical rifle, building search, low light confrontations, and team tactics. Email Mick at [mick2275@texas.net](mailto:mick2275@texas.net).

**William Quiles** is an NRA member as well as an NRA Certified Pistol, Rifle, Personal Protection, and Home Firearms Safety Instructor. William is also holds a 1st Dan Black Belt in Tae Kwon Do. Email William at [wquiles@cisco.com](mailto:wquiles@cisco.com).

**Glenn Garvey** is a black belt in the Cha Yon Ryu martial arts system, and assisted John Blankenship in teaching the martial arts self-defense course for the Texas Union Informal Classes. He is an NRA Home Firearm Safety, Pistol, Personal Protection, and Refuse to be a Victim Instructor and a graduate of many KR Training courses. Email Glenn at [glenn@krtraining.com](mailto:glenn@krtraining.com).

**John Kochan** is an NRA Home Firearm Safety, Pistol, Personal Protection, Rifle, Reloading and Refuse To Be A Victim Instructor, NRA and IPSC Range Officer, and graduate of courses from InSights and KR Training. He is an active IPSC Limited class competitor and certified EMT.

**Kelli Mathiason** is an NRA Home Firearm Safety, Pistol, Personal Protection, and Refuse To Be A Victim Instructor. Email John and Kelli at [john@krtraining.com](mailto:john@krtraining.com).

**David and Tim Gahagan** are NRA Home Firearm Safety, Pistol, Personal Protection, and Rifle Instructors, NRA Range Safety Officers, and graduates of many courses from InSights and KR Training. Email David at [david@gahagan.org](mailto:david@gahagan.org) and Tim at [tim@gahagan.org](mailto:tim@gahagan.org)

## ADJUNCT INSTRUCTORS

**Greg Hamilton** is the Chief Instructor for InSights Training of Seattle, WA. He is also an Adjunct Instructor with Gunsite Training Center. Greg is a veteran of the United States Army Rangers and Special Forces. He has taught for John Shaw's Mid-Institute of Self-Defense Shooting and John Farnam's Defense Training International. He has trained with Jeff Cooper, Massad Ayoob, Ray Chapman, Clint Smith, Louis Awerbuck and others. Greg's current military assignment is as a reserve instructor at the J.F.K. Special Warfare Center's Anti-Terrorism Branch. Greg was the fourth place finisher at the 1996 and 1997 National Tactical Invitational and won in 1998. Email Greg at [gregh@insightstraining.com](mailto:gregh@insightstraining.com).

**John Holschen** is the Senior Combatives Instructor for InSights, and has attended multiple course from InSights, Defense Training International, and Lethal Force Institute. He has over twenty years experience in Martial Arts and is an Instructor in Daito Ryu Aiki Budo, Shorin Ken Karate Do, and Shotokan Karate. He has attended multiple Military Close Quarters Combat Courses and is an Armed Forces Martial Arts Association Instructor. John is a qualified Special Forces Weapons Sergeant and Medic, Nationally Registered E.M.T. Paramedic, and served as the Senior Hand to Hand Combat Instructor and Master Instructor for 1<sup>st</sup> Special Forces Group. John was the first place finisher at the 1996 National Tactical Invitational. He is currently an Instructor at the J.F.K. Special Warfare Center at Ft. Bragg N.C. Email John at [gregh@insightstraining.com](mailto:gregh@insightstraining.com).

**Wendell Joost** is a former Marine Corps Armorer and NRA Training Counselor Trainer for Home Firearm Safety, Pistol, Personal Protection, and Rifle. He was certified by Massad Ayoob as a Stressfire Pistol and Shotgun instructor and is an NRA and IPSC Chief Range Officer. He has trained with Firearms Academy of Seattle, Lethal Force Institute, InSights, Jim Cirillo, Dane Burns and others. He has assisted the NRA with development of their web pages and with the new Personal Protection curriculum. Email Wendell at [wendellj@oz.net](mailto:wendellj@oz.net).

## CLASS SCHEDULE

**CHL (new permit) –Mar 11, Apr 8, May 13, Jun 10, 2000.** Tom Schaefer, Schaefer Training Academy, \$125.

**CHL (renewal) –Mar 25, Apr 29, May 20, Jun 24, 2000.** Tom Schaefer, Schaefer Training Academy, \$60.

**Refuse to Be A Victim –March 9, April 13, May 18, Jun 27.** Penny Riggs, various locations, \$10.

**NRA Reloading Course – March.** John Kochan, contact us for date, time, and cost.

**AR15 Rifle Course – March or April.** Michael McMillan. Contact us for date, time and cost.

**Advanced Training I – Mar 18.** Rehn/Riggs/Garvey, Sanborn Shooters, \$100. \$50 for refresher students.

**Advanced Training IA – Mar 18.** Rehn/Riggs/Garvey, Sanborn Shooters, \$50. \$25 for refresher students.

**\*\*\*\* sign up for entire AT weekend for \$225 or AT-I/IA combined for \$125.**

**Basic Pistol – Apr 1.** William Quiles, Austin Rifle Club, \$50.

**Beyond the Basics – Apr 15.** Karl Rehn/Penny Riggs, Sanborn Shooters, \$50.

**Basic Pistol – May 6.** William Quiles, Austin Rifle Club, \$50.

**Advanced Training II – Jun 10.** Rehn/Riggs/Kochan/Gomez, Sanborn Shooters, \$100, \$60 for refresher students.

**2<sup>nd</sup> half 2000:** Competition Pistol, Home Defense Tactics, AT weekend, Defensive Shotgun, NRA Shotgun instructor and more!

**InSights Training** will return in July to teach Intensive Handgun Skills, and return October 20-22 to offer Defensive Folding Knife I and II. Check the web site, email list or contact us for more details. The 2<sup>nd</sup> half newsletter will contain more details.

## ENROLLMENT INFORMATION

To enroll in a KR Training class: fill out this application form and mail it to us at: PO Box 9644, Austin, TX 78766-9644. You may also call us at 512-453-5532, email us at [info@krtraining.com](mailto:info@krtraining.com), use the online form, or fax us at 512-377-5147 with your information. You will receive confirmation and required information upon payment or deposit. The minimum deposit is half tuition. Payment in full is required on or before class day.

Cancellation policy: if we cancel a class due to inclement weather or lack of a minimum number of students, full refunds will be available for those students who cannot attend the rescheduled class. Classes offered by traveling adjunct instructors typically cannot be rescheduled, so we will make every effort to conduct class even if the weather is less than ideal. Deposits paid to KR Training are non-refundable. If you pay a deposit and cannot attend that class, KR Training will transfer that deposit to any other KR Training course.

Traveling from out of the Central Texas area? We can assist you with finding lodging. Sanborn Shooters' bed and breakfast cabin sleeps 4 and is usually reserved for students during KR Training class weekends. There are also new hotels in the Bastrop area.

### ENROLLMENT FORM

Course & Date: \_\_\_\_\_

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

Fax/Email: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Tuition Enclosed: \_\_\_\_\_