CDI NEWS

The Official Newsletter of Capital Defense Instruction, LLC

www.CapitalDefenseInstruction.com

Upcoming Courses

Utah Multi-State Concealed Firearm Permit Course:

- Sept. 13, Springfield, VA in morning; Arlington in evening.
- Sept. 25, Arlington, VA
- Oct. 2, Arlington, VA
- Oct. 4, NRA Range
- Oct. 7, Arlington, VA
- Oct. 11, Springfield, VA
- Oct. 14, NRA Range
- Oct. 16, Arlington, VA
- For additional course dates, see website.

NRA First Steps Pistol Course:

- September 18, NRA Range (Classroom)
- October 23, NRA Range (Classroom)

NRA Certified Pistol Instructor Course:

- October 13, 14, & 18 (see website for details)



The above target was shot by a 65 year old woman, that is taking weekly shooting lessons with Jody *(CDI's Women's Training Division Manager)*. The client was shooting a .38 caliber revolver with a left two-handed grip at an inch and a half target at 7 yards.

Train for things to go wrong

Capital Defense Instruction is known for their commitment to training people to be fully ambidextrous and proficient with their firearms. That means training people to shoot with a right two-handed grip, left two-handed grip, right one-handed grip, and left one-handed grip.

So, why do you need to train with your non-dominant hand or need to be ambidextrous? Simply put, you may not be fortunate in a gun fight, to defend yourself shooting your firearm with your dominant two-handed grip.



Shooting Lessons for New or Experienced Firearms Owners

Let the CDI team of Instructors help you take your pistol, rifle, or shotgun training to the next level.

Whether you're a "newbie" or you've been handling firearms for years, *Capital Defense* specializes in helping clients:

- shooting with a high percentage of accuracy.
- safely draw the firearm from the holster or concealment and effectively shoot with increased speed.
- shoot firearms at long distances with greater confidence.

TargetMasters Meetup Group *-A great way to meet others in the firearms community*

Did you know that Capital Defense Instruction, LLC has an affiliate meetup group of over 500 firearm enthusiasts?

Visit **www.meetup.com/Target-Masters** for more information.

Ambidextrous training ... a forgotten skill-set

Most people don't approach their firearms training as if things could possibly go wrong as they try to defend themselves with their firearm, and many naively don't consider that they could potentially lose in a gun fight. If you watch old episodes of any of the classic western movies, you'll notice that many of the people that took their gunfighting skills seriously, wore "two pistols", one on the left side and one on the right side. They didn't wear two pistols because it was "tactical cool". They wore two pistols out of necessity. The need and ability to defend oneself and loved-ones facilitated the cultivation of ambidextrous firearms training ...and with single-action revolvers. Now that's amazing! We can't help but think that a lot of todays' training would be considered insufficient for many of those folks from the"western era", if it only focused on the ability to shoot a firearm from a person's dominant hand.



Question: What goals should I set for my range practice sessions?

1. ACCURACY -train with intentionality, train to be ambidextrous and accurate with your shot placement.
2. SPEED -train to increase your speed (presenting, shooting, and reloading your firearm).
3. DISTANCE -increase the distance of your targets incrementally once you are consistently accurate at closer distances.
4. DRAW FROM HOLSTER /CONCEALMENT -train and practice safely drawing your firearm from concealment.

Need Shooting Lessons? Visit the "Private Lessons" or "I Train With A Gun Series" page of **www.CapitalDefenseInstruction.com**