



GIVE 'ER A SHOT

The Phoenix Police Athletic Club Shooting Team Newsletter

DEC.,
2006

BECOMING A WARRIOR

I MAY BE CLIMBING ONTO ON A SOAPBOX HERE BUT I WANT TO TALK ABOUT SOME THEORIES ON WHAT IT TAKES TO BE A WARRIOR.

DON'T TAKE THIS TO MEAN I BELIEVE I AM ONE, FOR I BELIEVE I LACK IN SOME OF THESE AREAS, BUT I READ A LOT AND THIS IS A COMPILATION OF INFORMATION FROM VARIOUS CREDIBLE SOURCES, INCLUDING WARRIORS.

MOST IMPORTANTLY, BEING A WARRIOR IS NOT ABOUT HAVING THE MINDSET OF WANTING TO FIND AND ENTER INTO BATTLE, FIGHT OTHERS, OR TO HURT OR TAKE LIVES. PEOPLE WITH THIS APPROACH ARE MORE WORRIED ABOUT PROVING SOMETHING TO THEM SELF, OR OTHERS, THAN BEING A TRUE WARRIOR — BIG DIFFERENCE. WE HAVE PSYCHOLOGICAL TESTING TO ATTEMPT TO WEED OUT APPLICANTS WITH THESE CHARACTERISTICS.

THE TRUE MODERN WARRIOR IS MORE CONCERNED ABOUT BETTERING THEMSELVES TO MEET AND EXCEL IN WHATEVER CHALLENGE IS THROWN THEIR DIRECTION AND THEY HAVE NO NEED TO PROVE ANYTHING TO THEM SELF OR TO ANYONE ELSE.

A QUOTE WE USE IN SOME OF OUR TRAINING COMES FROM A TRAINER NAMED Tygh Thompson who said, "Only a warrior can choose to be a pacifist...all others are condemned to it."

BUILDING SKILLS:

A WARRIOR IS CONCERNED ABOUT BUILDING THEIR SKILLS SO THEY CAN MEET CHALLENGES. THEY WORK ON THE SKILLS THEY BELIEVE MAY BE NECESSARY IN THEIR JOB OR IN THEIR LIFE.

FOR POLICE WORK, THOSE MAY INCLUDE THINGS SUCH AS SKILLS WITH A FIREARM, DEFENSE TACTICS, AND DRIVING. THEY WORKOUT (CARDIO AND STRENGTH TRAINING) SO THEY ARE PHYSICALLY PREPARED TO WIN.

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GETTING INVOLVED IN THE PPAC SHOOT TEAM

I said it several times in the newsletter but I still hear people asking and it sounds like there is a misconception on how to be on the shoot team, or what it involves.

If you have seen these lying around and been wondering about or considering trying out the shooting team we are incredibly user friendly.

You don't have to test for a spot on the shooting team, you don't have to qualify to be on it, and you don't even have to be good.

We don't have the shooting team to go out and show off our team or skills - we want to get more PPD personnel shooting and getting better with firearms. We figure the best way to accomplish this is to have a shooting environment that is fun yet a good place to learn and improve.

You don't have to sign up, it doesn't cost anything, and you don't have to be good.

What we **do** expect is that you 1) bring a gun, 2) plan on having fun, 3) want to practice, and 4) if you don't win, you realize that is not the point. The point is to practice, get better, learn and have fun.

Come on out and Give 'er a Shot, if you don't like it you don't have to come back, but you'll be back.

Upcoming Monthly Team Shoots

- **Saturday, January 13, 2007, from 0900-1200 hours** – This match is going to be a normal IPSC match with paper targets, steel targets, some reactionary targets and some props you may have not seen. We are going to try to fancy this one up for a big variety and a lot of fun, but with that comes some challenges.
- **Thursday, February 15, 2007 from 1600-1800 hours** – This one will be an all steel match because of the time of year it is dark earlier so we are going to have this set to run fast, but there will be plenty of trigger time.

SHOOTING TIP OF THE MONTH - "Where do I go to learn?"

To tie into the article on becoming a warrior, there are several ways we can learn more about our profession, the warriors mindset, and how to improve our skills.

We can attend as much department sponsored training as possible. But we have to realize the Department has a limited amount of resources in money and time to allow us to be gone for training, so we can seek outside instruction on our own time and dollar (there is a lot of unused blue card money, are you using yours?).

There are shooting schools we can attend and some schools that provide training on sound tactics. We can become involved in martial arts, firearms competition, and work on our own.

One option, to supplement all of this is reading books, magazines, and browse internet sites on the topics of interest.

Some great books are:
On Combat and *On Killing* by Lt. Col.

Dave Grossman
Training at the Speed of Life by Ken Murray

Sharpening the Warriors Edge by Bruce Siddle

The Art of War by Sun Tzu (several versions available)

The Book of Five Rings by Miyamoto Musashi (several versions available)

The Gift of Fear by Gavin DeBecker
Practical Shooting: Beyond the

Fundamentals by Brian Enos
Shooting from Within by J. Michael Plaxco

There are literally hundreds of other good books and options to choose from, including leadership books for supervisors. Not all are going to be great but even questionable books have something good in them.

Other options are to subscribe to magazines and join organizations that hold annual seminars and put out publications.

A lot of people believe that if the Department wanted them to go to a school, attend training, or even get physically fit, the Department would pay for it, and to an extremely limited extent this is true.

However we must all realize that our own personal development is an individual journey where most of the work and effort will be done on our own (this last point was stolen from Ken Murray's book *Training at the speed of Life*).

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Results of December Team Shoot

December 18 & 19, 2006

Duty Gear Class:

Mike Burns.....102.43
Billy Hardy.....123.41

Challenge Class:

John Harma.....71.74
Bret Draughn.....76.28

Gamer Class:

John Harma.....65.24
Jack Villa.....93.54

Stage Winners:

Speed Can Kill:

Duty Gear Class – Mike Burns (16.42)
Challenge Class – Rich Hartson (12.70)
Gamer Class – John Harma (11.32)

Up, Down, Up, Down:

Duty Gear Class – Mike Burns (20.91)
Challenge Class – John Harma (14.62)
Gamer Class – John Harma (11.32)

Stay Focused:

Duty Gear Class – Rick Sue (6)
Challenge Class – 4 tied at 0
Gamer Class – 2 tied at 7

Over and Through:

Duty Gear Class – Billy Hardy (21.60)
Challenge Class – RV Hartson (15.42)
Gamer Class – John Harma (13.04)

Bill Drill x3:

Duty Gear Class – Mike Burns (24.83)
Challenge Class – John Harma (19.34)
Gamer Class – John Harma (16.25)

Becoming a Warrior (from Page 1)

They are constantly improving their knowledge and use of tactics and are not afraid to admit when they have made a mistake because they know this is the only way they can learn from their mistakes and improve.

Study the Rules that Govern

Warriors study and know policies, procedures, laws, and case law that govern their actions. They do this so that in a time of crisis they do not have to stop and contemplate what they can or cannot do. They know this hesitation will cause them costly delays in their actions.

Intangibles:

Although they may have and use the modern tools of their trade they realize these are only tools and their best weapon is the mind that is to be kept sharp at all times (compared to those who see equipment as an indispensable weapon of survival).

They realize fear is not a negative emotion but a survival signal that is to be appreciated for what it is, but they do not allow it consume them. On the other hand they understand that untutored courage is as dangerous as being unprepared

As a warrior they have a professional switch that will allow them to provide professional and courteous service at all times, displaying the utmost profession of their organization and chosen career. Yet they can flip their professional switch and respond properly and aggressively at a moments notice.

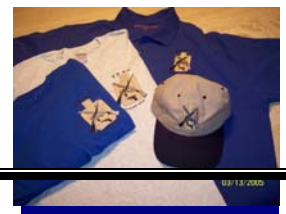
They are ever diligent, realizing there are no routine calls or situations, yet are not overcome with paranoia.

They do not put themselves on a warriors pedestal; they do their job everyday and do not let others do their work.

This is far from an all inclusive list, it is just a few of the traits found in a modern warrior.

WE HAVE EXTRA TEAM T-SHIRTS AND HATS FOR SALE

We have extra Shooting Team T-shirts and hats and they are for sale. They come in long-sleeve and



short-sleeve and in blue and gray. Some shirts come with a silk-screened logo while others are embroidered, and the blue shirts are only for those who have shot with the Shooting Team, while the gray shirts and the hats are for anyone.

Silk-screened shirts are \$8.00 each, while hats and embroidered shirts are \$10.00 each.

If interested contact Bret Draughn or Rich Hartson down at the Armory, or you come shoot a monthly match and we can take care of any purchases after the match.

Quote of the Month:

"To fight and conquer in all your battles is not supreme excellence; supreme excellence consists in breaking the enemy's resistance without fighting."
Sun Tzu, the Art of War

Join the PPAC

Although we don't require it, and I don't want to really pressure anyone, it would be cool to see everyone who is coming to our Shooting Team Matches join the PPAC. It would benefit the Shooting Team for when we ask for some money (like when they fronted the money for our team uniforms, and have not come close to recovering those costs) because they see us putting into the PPAC. But, it is a good organization.

They will reimburse you for going to things like the Police Games, they hold picnics and other things for their members and their families, and if you take full advantage of it, you will actually come out ahead. It's only \$2.00 per check and you can get out more than what you put in.

Contact Bret at the Armory for forms to sign up.