

THE POWDER KEG

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Bryan Casinger 254-931-8181

Don Wyatt 254-780-2664

Rayford Brown 254-718-4910

William Boggs 724-328-5654

Membership

Zeb Pomeranke
tgcmembership@hotmail.com

Editor

Bryan Casinger
templegunclub@gmail.com

August 7th Meeting

- **Belton Goodwill Learning Center.**
- 6:00 pm New member applications and NRA membership.
- 6:45 pm New membership closes.
- **7:00 pm Club meeting.**

Programs

- August – Long range shooting.
- September – Human & sex trafficking

We can sure use your input for October and beyond. If you have suggestions &/or recommendations, please contact me at 254-698-0085 or dick@dwinellonline.com.

Membership Renewal Form Page 4. Deadline for dues is **AUG 31, 2017**. Submit \$100 along with proof of current NRA membership to:

PO BOX 2027, Temple TX 76503

West Tactical Bay Now Reserved 1st Saturdays

The west tactical bay is now reserved the first Saturday of each month from 8-12 for Shooting Saints.

Range Maintenance

Saturday, August 26th from 07:30 – 09:00. Please come out and help maintain your range. Remember that the Temple Gun Club is maintained by members for members. All routine maintenance at the range is by volunteer work from members like yourself.

The Difference Between Practice and Training

Aaron Marshal, Guncraft Training Academy

It's very common to hear someone say that they're heading to the range to “do some training”. You may have used some variation of this phrase yourself. Usually what they mean is that they are going to go to the range and shoot at a target for an hour or so. They'll shoot a smattering of random drills or exercises, firing somewhere between 1 and 10 rounds per second depending on how they are feeling at the moment. At the end, they look at the group on their target, shrug, and say “Not bad”. Maybe if they really took their time and drilled a ragged hole in the paper, they snap a selfie in front of their target for posting on Facebook.

What they are doing is not training. It's practice. You might think I'm playing a semantical game, but the difference between training and practice is an important one to understand if you are a student of the gun.

Training is a process. It involves acquiring knowledge, technical skill, and proficiency. The goal of training is, ideally, the development of a well-rounded and full-spectrum skill set that ensures you are prepared to use your firearm. In the context of defensive shooting, it means that you are ready to deploy your weapon at a moment's notice and use it effectively to protect an innocent life – yours or that of a loved one.

Practice, by contrast, is simply repetitive actions to achieve proficiency. It uses existing knowledge, and solidifies it in our subconsciousness or muscle memory. Practice is usually a part of training, although when done poorly, practice is no training at all.

Why is this distinction important? For the hobbyist shooter, that is the person who just enjoys shooting to relax and recreate, it's probably not. But for someone who expects that their life may some day depend on their ability to use their gun effectively, it's vital. It's vital because your approach to training will determine your results.

Training must precede practice, so that when you practice, you're practicing the right things. Whatever you practice, you will ingrain. If you practice crap, you become a crap master! As an instructor, I am very happy when a student tells me that they're brand new to shooting, because then I know they have no bad habits. Among the most challenging students I have are the ones who “know how to shoot” and bring 20 years of poor technique to the class. Getting proper training will ensure your practice sessions are beneficial, because you'll ingrain proper technique and good habits.

Once you are trained in a skill, then you are ready to practice it. Practice should be consistent. It generally takes about 300 to 500 repetitions of a motor skill to ingrain it. However, a repetition only counts towards that total when it is done consistently and correctly. If your practice becomes sloppy and inconsistent, you'll either ingrain bad habits or waste your time. This is one reason why proper training should include individual coaching with an instructor whose trained eye can identify and correct mistakes in your technique. Often, while building a skill we are unaware of our own mistakes and it takes a skilled coach to keep us on the right track.

A common mistake made by instructors and students alike is moving on to complex techniques too quickly. Once people are familiar with the fundamentals, they often want to jump straight to “run and gun” or “tactical” training. (“Tactical” is among the most abused words in the gun industry, but that's a topic for another day.) Unless such training continuously reinforces the fundamentals, you may be doing yourself a disservice. You can only concentrate on so many things at a time, so as you attempt to conquer advanced skills, your fundamentals will suffer unless you have trained them to a subconscious level. Here again, you are likely to ingrain bad habits. As an analogy, imagine the disaster that would result from a new driver who has made a few laps in the parking lot driving in rush hour traffic. Whether we're talking about driving or shooting, the fundamentals must be second nature to you before moving onto more complicated skills. *You can never practice the fundamentals too much.*

One more note: **YouTube is not training, folks!** In the information age, we often turn to Google to seek answers on how to do most anything, and you'll even find some quality information out there. But there are two major problems. First, it can be difficult to know the good information from the bad. Second, motor skills are not well-suited for learning from a video or article. Unless you are both a visual learner AND a kinesthetic learner, you usually will not replicate what you're seeing exactly right. Remember, whatever you practice is what you'll ingrain. Without a coach to assist with and correct your technique, chances are very high that you'll build at least a few bad habits, even if you're using good information.

If you keep or carry a gun for self-defense, you owe it to yourself to build a skill set that will serve you when lives are at stake. It is a very rare person indeed who can develop such skills merely by practicing on their own. Training must guide your practice to ensure that you are building proper habits. Once you've gotten proper training, practice enough to log 300 to 500 correct repetitions. This will set you up for success and, over time, allow you to develop a skill set that far surpasses the norm.



**Temple Gun Club
Annual Renewal Form**

2017

CHANGES TO YOU INFO? Circle one: YES / NO

Member Number: _____

Name: _____

Address: _____

City: _____ **ZIP:** _____

Email: _____

Do you want to receive the newsletter and club announcements electronically? Circle one: YES / NO

Phone No. _____

NRA Number _____

NRA Exp. Date ____/____
Must be current at the time of renewal.

Submit to: TGC, Inc PO BOX 2027, Temple TX 76503

- Check or Money Order for **\$100.00** payable to Temple Gun Club
- Submit Proof of current NRA membership. (NRA Membership needs to be current for the entire membership period.)
Include 1. Copy of NRA membership card or
2. Label from NRA magazine
- NRA Life Members (if we have your NRA Life member status on file you do not need to submit it again)
- **RENEWALS RECEIVED WITHOUT PROOF OF NRA MEMBERSHIP WILL NOT BE PROCESSED!!**

Send questions to: Templegunclub@gmail.com

DO NOT DELAY:
Renewals postmarked after **August 31** will **NOT** be accepted, **NO EXCEPTIONS**

NOTE TO MEMBERS

Be sure to keep us informed of your address and email address changes to ensure that we can keep you informed of club news and ensure that you receive your renewal notices on time.

Changes can be sent to templegunclub@gmail.com