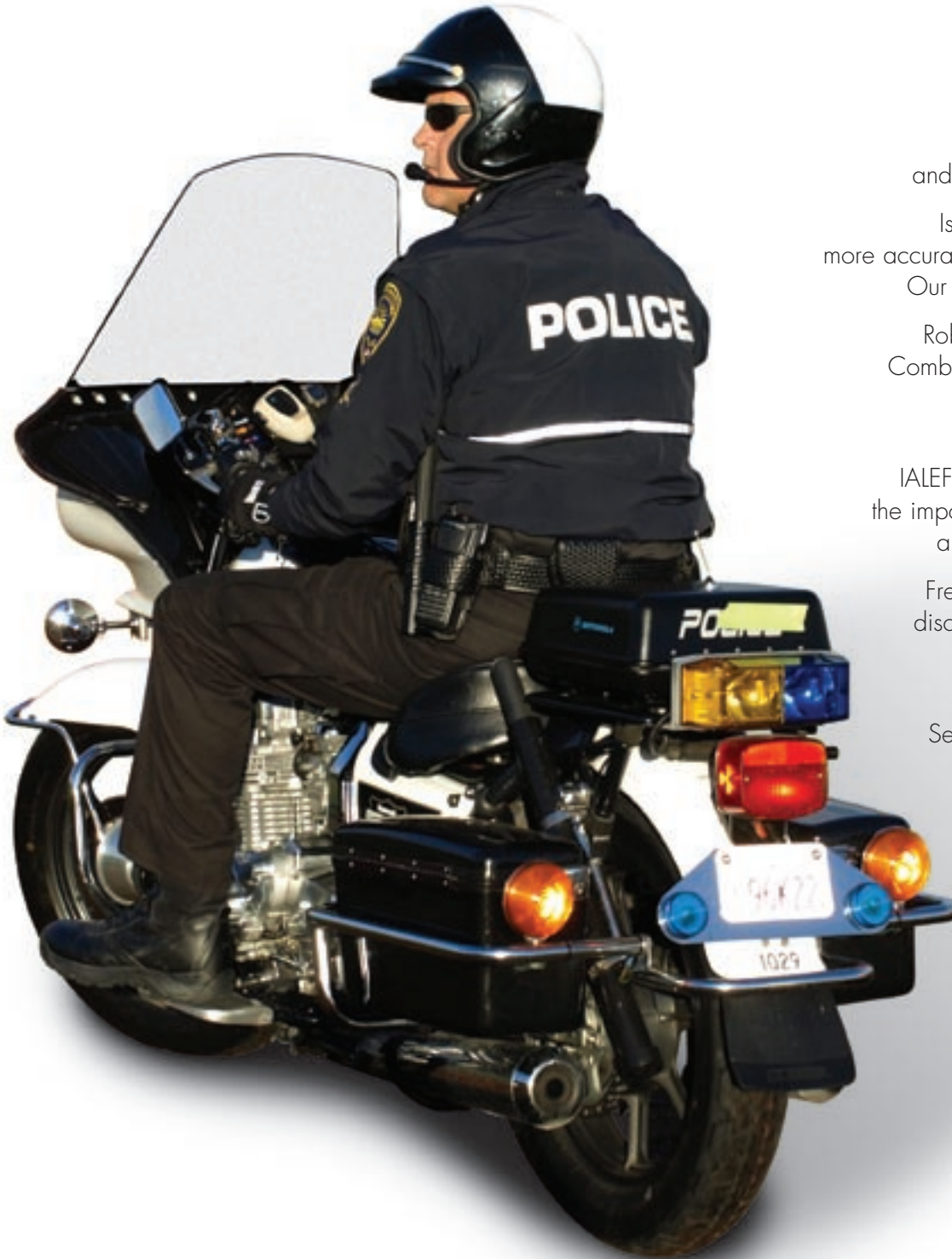


# THE FIREARMS INSTRUCTOR

The Official Publication of The International Association of Law Enforcement Firearms Instructors®



## INSIDE:

George Harris examines the "Self Preservation Response" and how it affects your accuracy.

Is single-handed point shooting more accurate than two-handed methods? Our own Layne Schultetus reports.

Robb Hamic continues his Israeli Combat Shooting series with Part II: *Fight Like an Israeli, Keep your Cool and Prevail.*

IALEFI's Lou Ann Hamblin discusses the importance of being prepared for a gunfight during a traffic stop.

Fred Leland presents an in-depth discussion about being observant and gives some great tips on interpreting body language.

Search and contact: How much faster is muzzle up than muzzle down? Lon Bartel has some surprising results.

### PLUS

Articles by Mike Beckley, Rainsford Deware, Ed Santos, and Doug Tomkill





# A Gunfight is CHAOS.

## Fight Like an Israeli, Keep Your Cool and Prevail

by Robb Hamic

America has some pretty tough neighborhoods. Recently, Hurricane Katrina taught U.S. law enforcement to be prepared for national disaster and violent, armed lawlessness from groups. It is no secret that some criminals want to kill cops and succeed. In contrast, Israel was the first country to realize that their enemy is from within. Since 1948, Israeli police have been fighting a determined, organized and well-armed enemy dedicated to destroying the people of Israel and its government. Although Israel has some of the best-trained law enforcement in the world, they too lose many cops each year.

I learned ICS from Mike Lee Kanarek, a former Israeli special forces commando, who founded the system of HaganaH. He personally trains many of our military Special Forces, elite federal law enforcement and large department SWAT teams. HaganaH is the evolution of Israeli martial arts and incorporates hand-to-hand skills, ground survival, tactical knife fighting and combat shooting into the system. This is a reality-based system that proves true to what we, as law enforcement trainers teach our students. "Always go home." I became a certified instructor and sought out Mr. Kanarek and his system because there was no other program that brought all of the



Be sure to read Part 1 of Mr. Hamic's article in issue 45 of *Firearms Instructor* magazine issue 45, page 31.

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necessary skills together in one package. No other system brings the reality of the streets to classroom. Unlike most law enforcement training, this system is rooted in stress to the trainee.

## ICS 1000

Israeli Combat Shooting (ICS) is a programmed method of weapons deployment that has been very successful in Israel for the last few decades. It is designed for close-quarter action and teaches the shooter to “draw, cock and shoot” a violent offender in one second or less. If your mindset is weak, you will lose the engagement. The shooter must be taught to be aware, and if confronted with a violent encounter, make the decision to engage in a direct manner. Violence can only be overcome with a greater degree of violence. Of course, the shooter must have a perfect intention in order to commit under pressure.

## Draw, Cock and Shoot

Step 1 is dry practice and deployed in sets of 7. The footwork is executed by moving the non-gun foot to the side and forward ½ a step. After 7 repetitions you add the body position of bending down fifteen degrees forward. In addition, the off hand comes up with the elbow parallel to the floor and in front of the shooter’s neck/mouth. After 7



repetitions you add gripping the gun in the holster for 7 repetitions. We call this step “dribbling.” The shooter must get a good grip by pushing down and indexing his finger across the holster.

Step 2 is executed by drawing the gun and raising it to just below eye-level to meet the off hand and keeping it close to the body. The off-hand grasps the rear of the slide with the thumb up and index finger down. Now both elbows must be parallel to the floor and the trigger finger must be pointing at the target. Repeat this for 7.

Step 3 is cocking. The strong hand rams the gun forward, turning it clockwise to straighten it out. A round is racked into the

chamber and the pointed trigger finger is merged into the barrel of the gun, pointing at the target. This merger is very important and the forward motion of ramming the gun forward places the shooter into the fight. HaganaH techniques almost always move the practitioner into the fight by attacking the attacker. This is repeated for 7.

*“Smooth is fast.”*

Step 4 is shooting. The decision has been made and the shooter pulls the slack out of the trigger before firing. Repeat this for 7.

Technical adjustments can be made if a shooter is missing their mark. The footwork is important. If the shooter stepped too far forward then he is missing to the right. The opposite is true if he doesn’t step far enough forward. If the shooter is missing to the off-hand side and his footwork is correct then maybe he is not pulling the slack out of the trigger before firing. “Slapping the trigger” is common because of the elevated stress levels.

## Range work

It is important to conduct dry practice through all of the steps for a 2 count prior to shooting. This instills proper muscle memory and creates a pyramid of repetition. It is important that all loading be done by an administrative load from this point on. Load

the magazine with the gun holstered only. After shooting the slide will lock back and the shooter will release the slide and pull the trigger (pointing down-range) after each repetition. Note: all head shots are aimed at the forehead.

*“Remember- this is point shooting and the objective is to deploy the weapon, shoot and hit the target as fast as possible.”*

New shooters need to be acclimated to the technique. They will need only one magazine. On your command, they load one round into the magazine. On your command, execute the technique and deploy one round to the center of the target (body).

Repeat this 50 times.

Now it is time to work with three rounds only. This drill is called the “Mozambique drill” and completed from the bottom to top. Execute the training by instructing the shooters, on your command, to deploy three rounds, one to the body and two to the head. Repeat 30 times on the bottom. Next is the middle. He shoots one round to the body and two to the head. Repeat this 30 times. The top is shooting all three rounds to the head. Repeat this 30 times. Note: place a 9” paper plate on the head of the target.

Stress is a vital part of training. It starts with the “elephant drill.” Place two paper plates on each side of the head and number them 1 and 2. The shooter is ready and you call out the number. The shooter deploys three rounds to the plate of the number that you call out. This is a set up to the basic “hostage drill” and the shooter must not shoot the hostage. Repeat this 30 times. Standing behind the shooter and giving them a light push as they deploy their gun can add more stress. This can be done with a traditional “hostage” target.

Use the “33 drill” to score the shooter. There are a total of 99 rounds deployed in 11 sets of 3 rounds. A helper is needed to hand the shooter new magazines, as this is a dynamic drill. A new plate target is set up in the head. One is the command of fire. You mix it up with calling other numbers or words and the shooter must not shoot unless he hears “1.” Each time you call 1 he deploys his gun and fires three to the head. The helper gives him a new magazine and it is loaded into the gun. You score this drill by giving 3 points to each “hit” on the plate and 85 is an adequate score. **TFI**

## ABOUT THE AUTHOR

Robb Hamic is an IALEFI® member since 2003, former Sheriff’s Deputy, Detective and Desert Storm U.S. Army Veteran. He is a Certified Law Enforcement Trainer (CLET) and is a state and nationally accredited firearms instructor for handgun, shotgun, rifle, patrol rifle and tactics. He is a Certified Instructor for the HaganaH FIGHT program, ICS, Israeli Tactical Knife Fighting and Ground Survival. He teaches all disciplines within the use of force continuum including Taser. He resides in Austin Texas and can be reached at [robb@callsummit.com](mailto:robb@callsummit.com) for comment or if you wish to purchase DVD’s of ICS. Mr. Hamic will provide complementary training to U.S. military units and National Guard. Contact him for an appointment.