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Retired Officer Self-Defense Insurance Now Available *Off-duty officer coverage also available*

**BY GLEN HOYER
DIRECTOR,
NRA LAW ENFORCEMENT DIVISION**

When President Bush signed the Law Enforcement Officers Safety Act into law in 2004, it was welcomed by retired and active duty officers alike. Retired officers could now carry nationwide and protect themselves from the criminal element they previously put in jail. Additionally, active-duty officers no longer had confusion over whether or not they could carry on or off-duty out of their jurisdiction, or out of state.

It didn't take long for retired officers to realize they had no liability protection, and, although the likelihood of a deadly force encounter is reduced when retired, it's still present. Would a deadly force encounter when retired be covered by your home owners insurance? Would you have any insurance protection?

What about active-duty officers who are out of their jurisdiction on vacation and are forced to defend themselves, will their agencies liability coverage extend to them?

Until recently, if you could find coverage it was generally prohibitively expensive, or had law enforcement exclusions.

Problem Solved

With hundreds of thousands of retired public law enforcement officers around the country and over 800,000 active-duty public law enforcement officers, it was obvious there was a need to provide a special self-defense insurance policy for them. With the training and experience these law enforcement officers have, shouldn't they be given good coverage at a reduced price?

The NRA Endorsed Insurance Program has answered the call with a special program for public law enforcement officers who are NRA members. The Retired Law Enforcement Officer Self-Defense Insurance policy not only covers retired officers, it also covers active-duty officers when they are in an off-duty capacity, and the premiums couldn't be better:

\$25,000 limit is \$50 annually

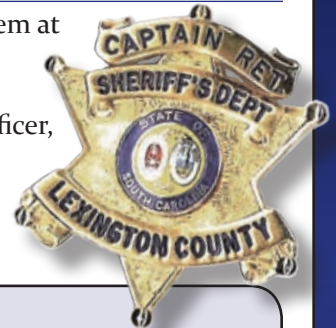
\$50,000 limit is \$75 annually

\$100,000 limit is \$135 annually

\$250,000 limit is \$205 annually

For more information, or to obtain applications, please visit The NRA Endorsed Insurance Program online at www.nraendorsedinsurance.com or call them at 877-672-3006.

As a retired officer, I have already bought my policy.



**NRA Law Enforcement
has a new
e-mail address**

The NRA's Law Enforcement Division has a new, shorter, and easier to remember e-mail address.

You can now reach us at

LE@nrahq.org

Our old address will still work and forward e-mail to us.

Vision and Shooting

BY EDWARD C. GODNIG, O.D., FCOVD
PART 2

Above and beyond the basic visual functions that are operational at various lighting conditions, there are specific visual changes that occur when a shooter is threatened by a dangerous situation.

The Body Alarm Reaction (BAR) is the body's response to an unexpected and sudden change in the environment, most commonly initiated during the early stages of a life-threatening attack. The BAR is often associated with combat or violent encounters.

The most immediate visual change in response to the BAR is that the eye focusing system (accommodation) loses its ability to maintain clear focus on targets at close distances. It is not possible during the first few seconds after entering into the BAR to clearly focus upon the front sights of a gun. A shooter's visual focusing and attention is drawn to focus toward far distant viewing, toward infinity. This focusing change toward far distant focus is a direct result of the change from parasympathetic nervous system control to sympathetic nervous system control.

This shift in the autonomic nervous system balance is responsible for changing how the crystalline lens inside the eye changes its shape and optical power. During the immediate stages of the BAR, the lens becomes less convex in shape and this results in an optical shift of focus resulting in clear focus only while viewing distant targets.

The autonomic nervous system has two major branches: the parasympathetic and sympathetic branches. Generally speaking, the sympathetic nervous system prepares the body for direct action and confrontation by increasing heart pulse

rate and bringing blood supply to large muscle groups. Also, eye pupil diameter increases, and the ciliary muscle relaxes, forcing a shooter to focus the eyes at far distances, perhaps to be behaviorally better prepared for a perceived oncoming threat. There is a slight bulging of the eyes associated with sympathetic nervous system dominance.

The parasympathetic nervous system allows you to maintain a more relaxed, balanced state of readiness by slowing an accelerated heart rate, decreasing pupil size, and allowing the eye's accommodative system to focus at increasingly close distances of up to inches from your eyes. The parasympathetic nervous system aims to bring neural physiology back to a state of balance or relative homeostasis.

When the BAR is activated, along with the neural changes, there are hormonal and other biochemical channels activated concurrently by a part of the brain called the hypothalamus. These chemical mediators are useful in helping maintain the influence of the autonomic nervous system response by either encouraging the body to stay in 'high alert' or by reversing this high intensity response to strong stimuli and resume a more normal relaxed controlled state of neural balance. However, during the early stages of the BAR, adrenalin is released in the body to further enhance the excitatory component of the BAR.

It is important to remember that the sympathetic nervous system can exert its neural messengers either in a focal manner (through secretion of noradrenalin or norepinephrine) at local end organs (as is the case at the ciliary muscle of the eye's focusing system), or through releasing noradrenalin or norepinephrine directly into the bloodstream to prepare the body for combat.

It is worthwhile to note that during the BAR there are a series of other biochemical and hormonal changes that are activated throughout the body. One example is that the adrenal glands secrete a group of hormones called glucocorticoids. Cortisol is the most prevalent of these hormones. Cortisol increases blood sugar levels to contribute energy for muscle function. Research has also correlated decreased learning and decreased memory function, as well as attention anomalies with increased cortisol levels in the body. These changes in response to cortisol levels increasing during the BAR help explain, in part, why visual memory and visual attention is narrowed during the BAR.

These types of physiological changes that accompany the BAR begin to explain the perceptual changes called "tunnel vision" and "perceptual narrowing." Humans have an innate tendency to narrow attention upon a threat during extreme stress. It can be argued that learning how to expand peripheral awareness of space can minimize the effects of "tunnel vision" during the BAR. Other strategies to overcome the tunneling effects of perceptual narrowing will be outlined in the visual training section of this bulletin.

From a behavioral perspective, Dr. A.M. Skeffington, the father of behavioral optometry, theorized that during stress, the human ability to center on a task and identify and maintain meaningful awareness on a specific target is severely hampered. BAR type of stress causes a decline in your ability to derive meaning from your visual memory image due to a perceptual narrowing that accompanies the breakdown of optimal human performance. His theory postulated in the 1940s has gained strength and understanding during the last half century as much current neurological and psychological research has proven the bulk of his intuitive understanding of human responses to stress.

Other behavioral and performance changes have been reported to be associated with "perceptual narrowing." The theory of perceptual narrowing suggests that as the level of demand increases on a central, straight ahead target, there will be a corresponding decrease in the visual area surrounding the central area from which peripheral information can be extracted.



Edward C. Godnig, O.D., FCOVD, is a 1976 graduate of the New England College of Optometry, Boston, Massachusetts. He maintains a private practice of optometry specializing in behavioral optometry.

Behavioral optometry is a clinical discipline that diagnoses and treats visual skills and abilities that have an impact on learning and movement behaviors. Dr. Godnig has a particular interest in enhancing the ability of shooters to use their visual system to improve marksmanship.

He has developed visual training exercises for shooters to improve the skills necessary for fast and accurate shooting. He can be reached at egodnig@ak.net for more information on visual training seminars for individuals or groups of marksmen. He also acts as a consultant to law enforcement professionals specializing in the areas of visual perception and visual attention.

Dr. Godnig welcomes inquiries about his visual enhancement programs and consulting services.

continued on page 5

STEP UP TO THE FIRING LINE
AND GIVE IT YOUR
BEST SHOT



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**GUEST SPEAKER AT THE BANQUET:
WAYNE LAPIERRE, NRA EXECUTIVE VICE PRESIDENT**



THE GUNNY IS COMING TO NPSC

A pistol league is born ...



**BY RICH FLETCHER
PRESIDENT, NEVADA POLICE PISTOL ASSOCIATION**

While attending the 2008 National Police Shooting Championships in Albuquerque, members of the Las Vegas Metropolitan Police Pistol Team wondered why Nevada did not have a pistol league. Multiple trophies and awards currently adorning the walls at the range illustrated to everyone there used to be a successful league in the 80's and early part of the 90's. However, those shooters retired, and the league came to an end. The conversation continued back in Nevada, and it was decided to form a new league.

On June 3, 2009, without much fanfare, interested shooters met to review and approve the by-laws, elect the board, and plan for future competitions – the Nevada Police Pistol Association became official. By popular vote, three lifetime memberships were granted to individuals who used their time and resources to help set up the league – James Dillon, Captain of the LVMPD Training Bureau; Vern Zuleger (who introduced us to PPC), and LVMPD Corrections Officer Barry Lagan.

The first unofficial match was held in October of 2009. The league's first match took place on January 16-17, 2010, followed by matches held in February and March. With range construction plans looming, we were forced to cancel ensuing matches until the fall.

Throughout this entire process, the league had been in contact with the NRA, and especially Glen Hoyer, Director of NRA's Law Enforcement Division. Glen recommended the league conduct an orientation match with officers shooting the Stock Semi-Auto course of fire. The board agreed that this could be a great venue to generate local and state interest in the sport.



... and grows!

The date was set for March 22. Not knowing what to expect, the board decided to put on the best orientation clinic and match we could, no matter how many shooters attended. Much to our pleasure, there were 28 shooters in the bleachers for briefing, representing four different agencies and one casino. There were two female shooters and a father/son team.

The briefing described how the matches would be run; each stage was explained and demonstrated, including proper target-scoring. The shooters were given one practice match to help them understand the sequence of fire and position prior to the scored match.

The scored match went very well. The top shooter was Zach Adam, who shot an astounding 468/23X using duty gear. The top agency trophy was awarded to LVMPD.

It is clear we can encourage new shooters to get involved with competitive shooting when they can use their duty gear and firearms. The shooters not only left having had fun, but it was good training too!

The overall winners were all the officers who came out to shoot competitively and hang around each other. There were so many positive comments regarding this grass-roots league, and many questions about the upcoming 2010 National Police Shooting Championships. The membership numbers are growing. We are still looking for shooters from Northern Nevada to sit on the board and to participate in a friendly in-state competition.

If you have any questions, please contact John at NVPPA1@gmail.com, or email me at Fletchby4@aol.com.

continued from page 2

Increased arousal causes increased narrowing of the attentional focus, with a progressive elimination of input from the more peripheral aspects of the visual field. Another way of viewing “tunnel vision” is that as stress increases, there is a reduction of cues used to regulate performance. When stress levels are further increased, there is a further restriction in the range of visual cues used to sample visual space. Under stress, the useful field of view shrinks, and the amount of processing of visual information is narrowed.

A summary of behavioral changes that are associated with high levels of stress, such as seen during the BAR, include:

- 1) narrowing of attention span and range of perceived alternatives,
- 2) reduction in problem-solving capabilities,
- 3) oversight of long-term consequences,
- 4) inefficiency in information search strategies,
- 5) difficulties in maintaining attention to fine detail discrimination and
- 6) with intense fear, there is also temporary loss of fine visual-motor (e.g. eye-hand) coordination.

With the possibility of some of the above mentioned changes affecting shooters during high-stress encounters, it follows that a person involved in a combat situation may have difficulty accurately recording and remembering all the details of an encounter. During the active stages of the BAR, it may be quite difficult to recall with high accuracy and detail the events that just occurred during a shooting exchange. However, once the high stress has been relieved and a shooter returns to a state of more controlled relaxation, there may be recall of more visual images related to a specific previous combat situation.

Contemporary visual research describes a parallel, dual processing visual system that is useful to further understand the complex nature of how visual information travels from the retina to the brain. One pathway (M-pathway) is more sensitive to coarse visual forms and images that move quickly. The other pathway (P-pathway) is more sensitive to fine spatial details of forms that are stationary or move at very slow rates.

It appears that the P-pathway processing visual information that is dominated by central, detailed labeling of information, whereas the M-pathway processes

information dominated by peripheral vision awareness of movement, orientation and location of visual images. It may be that these pathways work in a synchronous manner to efficiently process visual information. Under high stress there seems to be an imbalance between the P and M pathways such that one pathway overrides the other. “Tunnel vision” appears to be related to P-pathway dominance and M-pathway inhibition during the BAR.

There are certain visual attributes that relate to object visibility that help shooters better understand why certain targets are easier to see than other targets. For example, size of a target is related to visibility because relatively larger image sizes have the potential to stimulate more retinal cells resulting in more information sent to the visual areas of the brain for processing. This increases the chances of a more accurate visual interpretation of the details of the target of interest.

Contrast of a target is a critical variable directly related to ease of visibility. Contrast corresponds to the ability to discriminate a dark visual image from a lighter visual image within a total visual surround. In general terms, contrast is the relationship between the lighting intensity of two adjacent areas. A dark target, approaching black (having no reflected light) is most easily seen next to a white (reflecting all light) background. Shades of gray that have similar light reflective intensities are most difficult to visually discriminate

and separate because the contrast values are most similar. Shading differences, reflective light patterns and texture gradients are learned behaviors that improve a shooter’s ability to recognize contrast.

Colors of objects have a direct influence on visibility in daylight (photopic) conditions. In low light (scotopic) conditions, color has no influence on visibility of a target because rod cell physiology operates during scotopic conditions and rod cells do not have color discrimination ability. The colors white and yellow have the highest visibility potential, followed by orange, red, green and blue. Since white reflects all wavelengths of light visible to the human eye, white is highly visible during daylight conditions.

Another visual attribute related to color and contrast is brightness (luminance) of a target. When light falls upon a target, it is absorbed or reflected. The light reflected by a target is what the eye senses if the light is of sufficient intensity to stimulate the cones and rods. Materials that reflect or radiate the highest amount of light are most easily seen by the human visual system. Brightness is a shooter’s subjective appreciation of the intensity of light entering the eye. However, glare, an excessive amount of light that serves no purpose, can be counterproductive to ease of visibility.

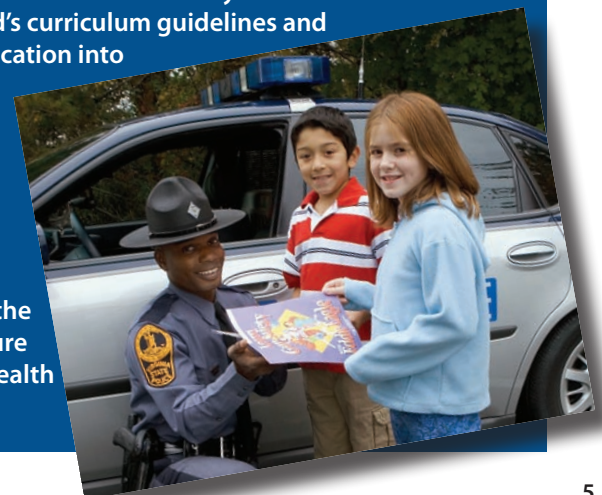
Look for part 3 in the next edition of the newsletter.

IN THE NEWS

Virginia Gov. Bob McDonnell recently signed HOUSE BILL NO. 1217, which encourages the State Board of Education to establish firearm accident prevention curriculum to elementary school grades based upon the Eddie Eagle GunSafe® Program message.

Local school boards electing to provide firearm safety education shall offer instruction pursuant to the Board’s curriculum guidelines and shall integrate firearm safety education into appropriate subject areas, if feasible, to ensure that every elementary grade student completes the course of study in firearm safety education.

Having already taught over 2 million children in Virginia since the program started in 1988, the future for Eddie Eagle in the Commonwealth looks like he will be very busy!



Get To Know Your Holster

BY DAVE YOUNG
ARMA TRAINING
FOUNDER & DIRECTOR

I recently collaborated with Uncle Mike's Law Enforcement to develop what we call the Holster Resource Kit. The kit provides officers the ability to become more proficient with drawing and holstering their firearm during stressful response situations. The purpose of the kit is simple, to help officers learn more about the relationship between their holster and firearm and how to define their holster safety and holster security levels regardless of the holster they have. Holster security should never compromise holster safety.

Here are a few tips, and some things to consider.

Make sure your holster is built for gross motor skill operation, like the PRO-3 from Uncle Mike's. Anytime you have to remember to rock back or push forward, passwords or pass codes are difficult to negotiate in a life-threatening situation. If you have to remember anything more than "grab and go," you most likely won't!

Familiarity with your holster is invaluable. All skills are perishable, so practice daily. Practice from all of the most common and uncommon positions you may have to access your firearm and draw.

Gloves, jackets, and clothing all play vital roles in the ability to access your firearm and draw when needed, so incorporate these into your "Personal Survival Exercise."

Practice drawing using both your strong and support hand, simulate injuries to your fingers, even use vision impairment exercises when practicing.

Once you get your holster from your agency, make sure you do not let your firearm just sit inside your

holster until the moment your life depends on it. It should not be a secret or surprise on what you have to do in order to get your weapon to your threat.

The ability to perform under real-world stress is a key trait departments need to look for in selecting and training officers. But when it comes to selecting the right equipment, the same type of dedication to getting it right needs to be addressed, regardless of the gear. Departments will grant contracts to the lowest bidder or to the company who markets their products better.

A typical scenario for most officers is this: You are issued your firearm and a holster from your agency. You secure the firearm inside the holster and qualify on the range; maybe attend some in-service training at your agency. But anything more than that is a fairy tale when it comes to drawing and handling of your firearm and the performance of their holster.

I hear this time and time again about training, budgets, overtime, etc., and some still do not get it. Training is not something your agency needs to pay you for but, rather something you do because it will SAVE your life!

My point is this: the relationship between the officer, the firearm, and the holster is one of the most important relationships in their career. This is one of the most important pieces of equipment any officer will have, and something an officer will need to be proficient at, because lives will depend on it. We need to start taking the handling and operations of your holster more seriously than a few times a year when they are on the range to qualify.

For more information, please visit www.unclemikesLE.com.



Dave Young is the founder and director of ARMA Training, which offers training to law enforcement, corrections, security and military worldwide, and has been evaluating police and other tactical equipment for the past 30 years.

For more information about Dave, visit www.armactraining.com.



National Police Shooting Championships Tactical Rifle Raffle

The top raffle prize at this year's National Police Shooting Championships is a signature custom Model T (Tactical) .308 Winchester. The rifle was built and donated by Jerome Soltis of Soltis Rifles.

The action is a Remington 700, completely blueprinted, bolt-sleeved, bushed firing pin, the works. It sports a D.D. Ross bolt knob, oversized Badger Recoil Lug, Gre-Tan aluminum bolt shroud and a Russ Haydon Sako-Type extractor. The barrel is a stainless Krieger free-floated, 1 in 12 twist, #7 contour, wearing a Vais muzzle brake and including a custom thread-cap. The stock is a McMillan fiberglass with three sling studs, a Dead-Mule recoil reducer, and a Pachmayr decelerator pad. On top is a Leupold scope with Mil-Dot reticle, in Mark IV rings, secured to Ed Brown 8-40 bases. The trigger is from Shilen, surrounded by Dakota bottom metal. The rifle was Parkerized, then finished with DuraCoat paint, in a Soltis Rifles custom tiger stripe pattern. The rifle shoots as good as it looks: typically all the holes are touching, best group so far being .110.

Soltis Rifles specializes in custom bolt-action rifles like this one, built one at a time. Regardless of whether it's their hunting or tactical models, their mission is the same: they build rifles that are all-weather tough, extremely reliable, esthetically pleasing, and deadly accurate. Their focus is on craftsmanship, precision, and painstaking attention to detail. To learn more about Soltis Rifles and this particular rifle, visit www.soltisrifles.com.

There will be other firearms in the raffle, too. The drawing will be held at the banquet on Wednesday night, September 22. You do not have to be present to win.



2010 NRA Law Enforcement Firearm Instructor Development Schools

www.nrahq.org/law/training • le@nrahq.org • (703) 267-1640

New schools are added often.

Check website frequently for current Training Schedule.

Range fee, if any, is payable to some hosting agencies; amount varies.

NRA Tuition = \$525 per person

HANDGUN & SHOTGUN

Aug 9-13 Robinson, TX
 Aug 16-20 Colts Neck, NJ
 Aug 30-Sep 3 Tupelo, MS
 Aug 30-Sep 3 White Sands, NM
 Sep 13-17 Stennis Space Center, MS
 Sep 27-Oct 1 Ft Wayne, IN
 Sep 27-Oct 1 Panama City, FL
 Oct 4-8 Leechburg, PA (west)
 Oct 11-15 Abilene, TX
 Oct 11-15 Las Vegas, NV (public LE only)
 Oct 18-22 Defiance, MO (public LE only)
 Nov 1-5 Pearl, MS
 Nov 8-12 Sheffield, AL
 Nov 29-Dec 3 Savannah, GA

HANDGUN

Aug 23-27 Beckley, WV
 Oct 11-15 Lusby, MD
 Nov 15-19 North Chicago, IL

PATROL RIFLE

Aug 16-20 Canon City, CO
 Aug 23-27 Santa Fe, NM
 Aug 23-27 Smithton, PA (west)
 Sep 20-24 Leechburg, PA (west)
 Oct 4-8 Bethlehem, PA (east)
 Oct 4-8 Robinson, TX
 Oct 11-15 Pearl, MS
 Oct 18-22 Lusby, MD
 Oct 25-29 Abilene, TX
 Oct 25-29 Ontario, Calif.
 Nov 1-5 Panama City, FL
 Nov 1-5 Salt Lake City, UT
 Nov 1-5 Tulsa, OK
 Nov 29-Dec 3 Las Vegas, NV (public LE only)

PRECISION RIFLE

Aug 2-6 Albuquerque, NM
 Sep 20-24 Stennis Space Center, MS
 Sep 27-Oct 1 Epping, NH
 Nov 1-5 Las Vegas, NV (public LE only)
 Dec 6-10 White Sands, NM

SELECT-FIRE

Sep 27-Oct 1 Bethlehem, PA (east)
 Oct 4-8 Covington, TN
 Oct 18-22 Sheffield, AL
 Mar 21-25 2011 Baton Rouge, LA
 Aug 30-Sep 3 2011 Tupelo, MS

TACTICAL SHOOTING

Aug 16-20 Lansing, KS
 Aug 23-27 Robinson, TX
 Sep 13-17 Castle Rock, CO (public LE only)
 Oct 11-15 Smithton, PA (west)
 Oct 18-22 York, SC
 Oct 25-29 Las Vegas, NV (public LE only)
 Nov 1-5 Abilene, TX
 Nov 1-5 Charleston, SC

TACTICAL SHOTGUN

Aug 9-13 Castle Rock, CO (public LE only)
 Sep 13-17 Leechburg, PA (west)
 Oct 11-15 Bethlehem, PA (east)
 Oct 25-29 Memphis, TN
 Nov 15-19 Goddard, KS (public LE only)
 Nov 29-Dec 3 Ontario, Calif.
 Mar 21-25 2011 Elizabethtown, PA

Tuition-Free Schools

The following Tuition-Free Armorer/Shooting Schools will be held at NRA Headquarters in Fairfax, Virginia:

August 23-24 Beretta 90 Series Pistol & PX4 Pistol Armorer

August 25 Benelli Shotgun Armorer

September 27-29 Colt AR-15, M-16 Armorer

Sept 30 - Oct 1 Colt 1911 Pistol Armorer

October 5-6 Remington 870P Shotgun & 700 Rifle Armorer

November 3 FBI Law Enforcement Officers Killed & Assaulted Officer Safety/Street Survival Training

December 13-14 Sig Sauer "P" Series Pistol Armorer

December 20-22 Team One Network Springfield Armory 1911, XD Pistol & M1A Rifle Armorer

Keep an eye on our website as we will be adding more schools.

www.nrahq.org/law/training/armorerschools.asp

NRA Law Enforcement Firearm Manuals and Training Aids



To order training aids and materials on CD:
www.nrahq.org/law/training/

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<http://materials.nrahq.org/go>



NRATM



DISCIPLINES AVAILABLE:

**Handgun Handgun/Shotgun
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 Precision Rifle**

Sales of these items are restricted to NRA Certified Instructors, sworn Law Enforcement Officers, bona fide Law enforcement agencies, armed security companies, and the U.S. military. Once your order is received, you may be contacted by a member of the Law Enforcement Activities Division to verify eligibility.

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