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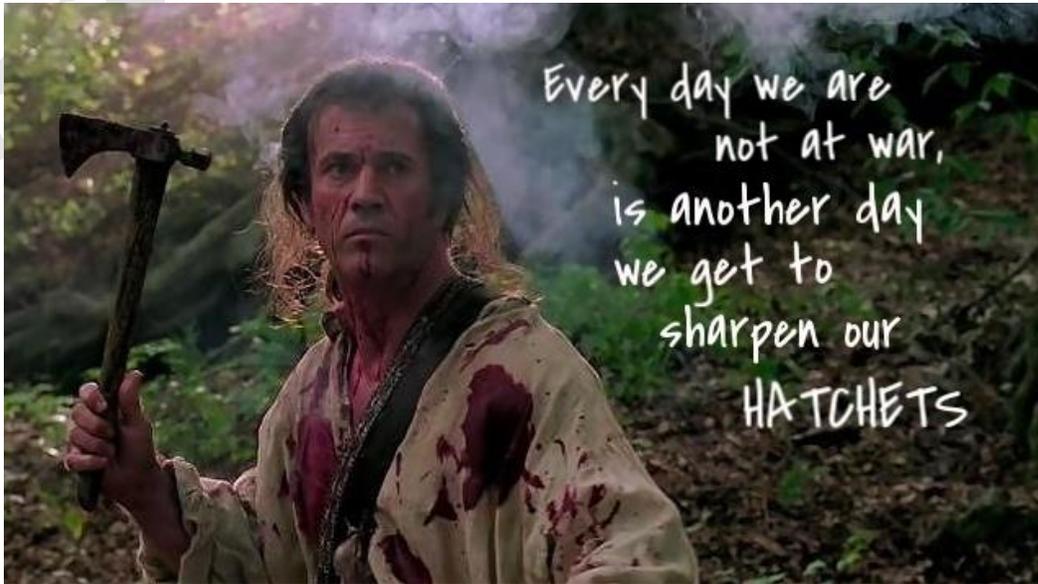
CSAT, LLC



DECEMBER 2017

TRAINING UPDATES:

GENERAL:



To all CSAT supporters, thank you for the great year.

KARMA HAS COME TO THE MEDIA, HOLLYWOOD AND CONGRESS:

Just a quick note on the generally liberal protected media and consumption of their own. Liberal menopausal heart throb Matt Lauer is out, accused of exposing his beef stake to a colleague, now multiple colleagues. I am finally glad the media and Hollywood hypocrites are getting hammered. They have gotten away with too much for too long.

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TRAINING:

I am working on the winter/spring schedule. If you have special class requests, feel free to contact me. I do save time slots for special classes.

I will be adding a second Live Fire Advanced Hostage Rescue for LE in April. This will include 4 Shoot House Instructor slots.

EQUIPMENT:

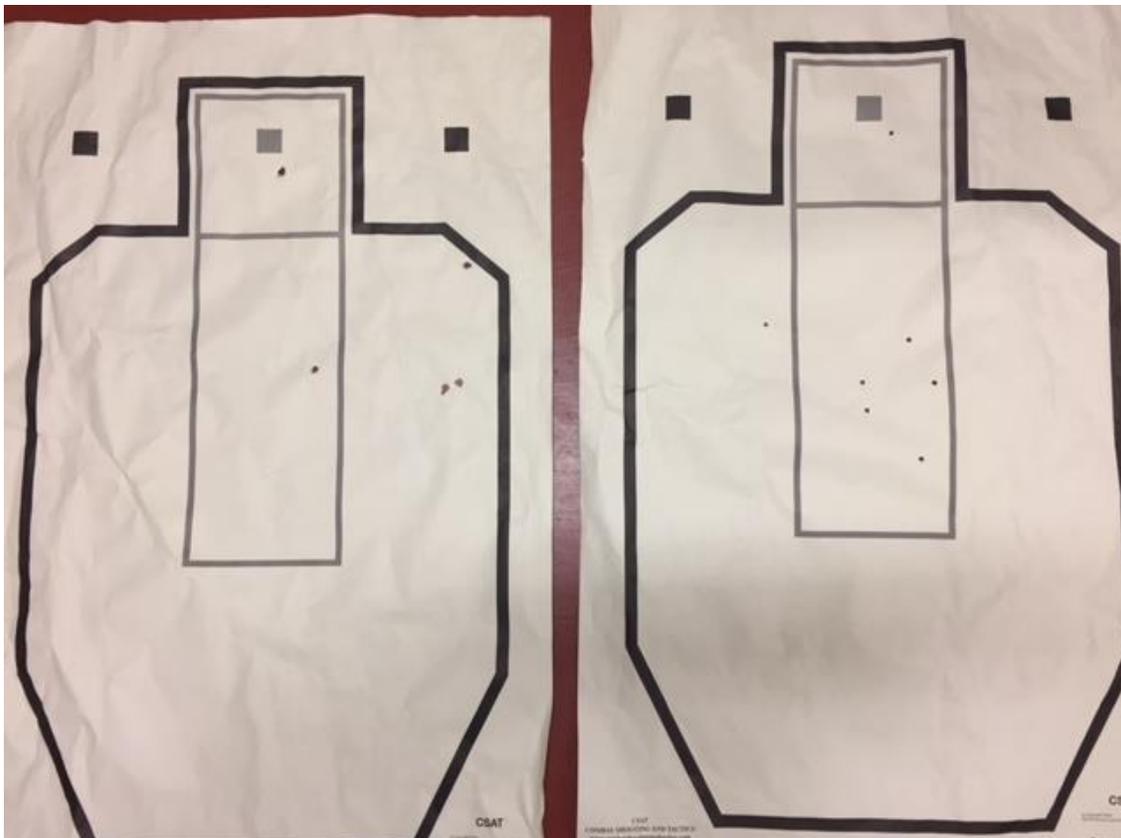
.22 vs. .38 hammerless and a tale of two targets

In our profession, I work with many to include family members who wish a weapon for self-protection but choose not to practice.

For them, I leave a hammerless revolver. It is a point and click weapon and if it does not fire, simply pull the trigger again. It cannot get any easier.

I have two to choose from. One is a S & W 340PD in .357 (5 shot) that I shoot .38's in and the other is a S & W 351C in .22 WMR (7 shot).

During shooting sessions I have found that folks that do not practice shoot more accurate with the lighter .22 mag.



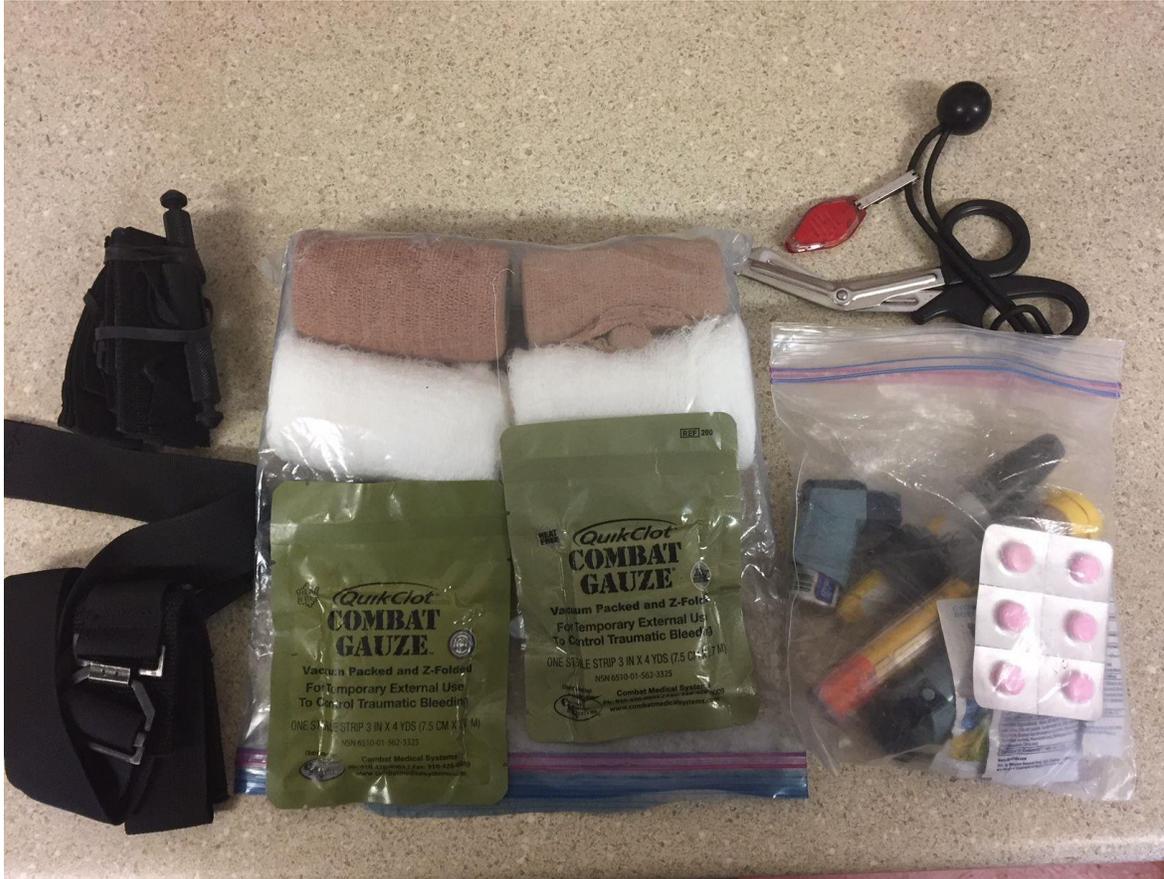
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- The target on the left was the .38 special from 7 yards, two hands from a novice shooter. The head shot was the first shot to check where the gun was hitting.
- The Target on the right was also 7 yards with Speer .40 grain Gold Dots. Many more hits were made with the lighter caliber.

***Just some food for thought.

Med Kits



I get lots of questions on med kits. Here is what I have been using for a long time:

- 2 Tourniquets SOFT-T
- Combat Gauze x2
- Kerlix x 2
- Co-Flex NL (Non Latex x 2)
- Med Scissors and Strobe
- Big Zip Lock Bag
- Small bag has Epi Pen, Ventolin Inhaler, Gorilla Tap, Wet Ones, Benadryl Fast Melts, Black Marker

Tourniquets are for arms and legs

Combat Gauze is for packing deep bleeders

Kerlix is for packing as well as a stand-alone bandage or on top of the Combat Gauze.

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Co-flex is for wrapping wounds

Scissors is for cutting clothes

Strobe is for marking location-Outside of room so EMS/LE can find me

The only thing I would add would be an expired EKG pad or sticky mouse trap for sucking chest wounds. In the U.S. we will get them to higher care in a short time. I can use the plastic bag to seal a chest wound (yestertec= old school).

Next, throw some medical gloves on top in your kit if you do not want to do a DNA transfer with an unknown, scraggly patient.

Finally, take a class on how to use all the stuff. It is simple when learn the how to. This kit is simple and flexible for a great deal of injuries you will encounter.

Long Range Hunter Rifles/Equipment

The Ruger American line is a great starter rifle for the class. The .308 versions will shoot 1" groups at 100 yards with the right ammo while I am told the 6.5 Creedmores will shoot ½" groups.

A Vortex scope, 3 or 4 low end to 14 to 16 power high end in MILRAD and first focal plane will enable hits as far as you can see.

In regards to ammo Federal Gold Medal Match in .308 is the industry standard and will shoot exceptional groups until you find the hunting ammo your rifle likes.

If you wish to take our Long Range Hunter class, be wary of bringing your Grandfathers metal butt plate rifle. It will hurt to shoot. Invest in some good equipment and ammo.

IN CLOSING

Thanks and we look forward to seeing you on the range.

Paul R. Howe