



SAGA Snippets

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Things to Consider

By Sheriff Jim Wilson
5 August 2023

Too often, when we think about personal defense, our minds go directly to guns, ammo and other gear. Some get all excited when they acquire the latest handgun with those fancy new sights, while the poor guy who is still packing the 1911 gets labeled as a "Fudd," and nobody really knows what to call the poor soul who is still relying on a double-action revolver ... bless his heart. But I would remind you that defensive firearms are just one factor to be considered in the overall personal-defense package.

Regarding the firearm, it is good to be reminded that what we carry is not nearly as important as what we can do with it. Our legal system and social standards may prevent us from firing the first shot, but a greater fight stopper would be to get the first center hit to the vital zone, which is within the realm of our ability if we are willing to get good training and then practice what we have been taught.

Also, akin to getting that first fight-stopping hit is the ability to stay cool enough to focus on the task at hand ... sight picture and trigger press. Controlling your emotions is a great defensive tool.

Realistically considering how you respond to emergencies and giving thought to improving that response is a great benefit. Through prior planning, study and professional training we can reach a point where we can honestly say we knew that might

happen and we know just what to do about it.

Just about everyone is familiar with the gunfight at the OK Corral. But I suspect that very few are aware of Billy Claiborne. Well, Mr. Claiborne was standing right there beside the other outlaws when the Earps arrived. The difference between Claiborne and his outlaw buddies was that Claiborne saw what was about to happen and got out of there before the shooting started. While Billy Clairborne's lifestyle is not to be admired, he gets points for being alert and taking remedial action. A quick exit is often a really good, if not the best, option.

So, I would just suggest to you that we always try to look at the big picture when thinking about personal defense. That can help us recognize the difference between a time to fight and a time to leave. It can also help us formulate plans for dealing with events when we are in a place where carrying our gun is not an option. This sort of thing reminds us that what you have on your hip is not nearly as important as what you have between your ears.

https://www.shootingillustrated.com/content/things-to-consider/?utm_source=newsletter

SAGA Snippets
September
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Women's Month Events

George Sports Shooting Club Women's Introduction to Firearms: 26 August 2023

The GSSC women's range day was held on Saturday 26th August with typical '4 seasons in one day' weather, living up to the CAW (Cold and Wet) status. This didn't deter anyone, with 29 prebooked ladies arriving bright and early for an awesome experienced-filled day of shooting. SAGA was proud to spend the day on the range, supporting this notable Southern Cape in such a beautiful location.

The hard work of the organising committee, supported generously by keen sponsors including Wildman George, NARFO, SAGA and many others ensured a well stocked event with each participant besides ammunition, receiving a goodie bag bearing their name.

The aim of the day was to introduce women

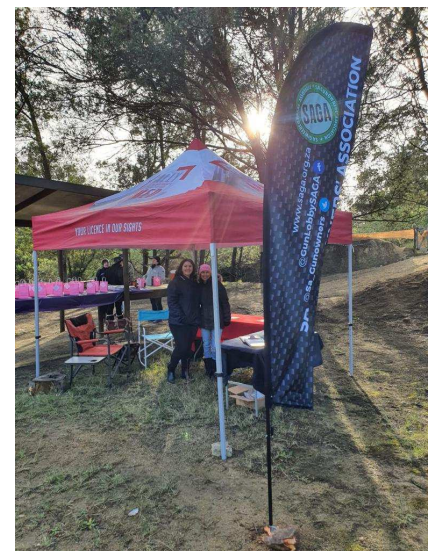
to firearms in sport, hunting and for self-defence. Throughout the day provoking briefings were presented on firearm safety and handling, self-defence legalities and firearms in the home with children, with frequently asked questions addressed in a conversation type format.

The ladies were given structured opportunities to experience and use air rifles, .22 handgun and long rifles all the way through to 9mm pistols and up to legendary AK47 and 12 gauge pump-action shotgun.

Broad smiles and excitement filled the air all day, with ladies split equally between the AK, shotgun and .22 handgun as their favorite firearm. A number were really interested in the precision air rifle discipline with statements like, *'My husband is now in real trouble because we are going firearm shopping for me this time!'*

At the end of the day the general sentiment was: When can we do this again? and, Can we come back and shoot at the club? Mission accomplished. Sincere appreciation expressed to the organising committee; notably Anton & Leanne Meyer, Andre Grobler, Anton Du Plessis (SATSA), the 9 baan beamptes/range officers and the volunteers.

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5 Great Pistol Drills for New Shooters

<https://www.americanriflemans.org/content/5-great-pistol-drills-for-new-shooters/>

by Frank Melloni

16 September 2023

If you are one of the millions of new pistol shooters, welcome! Whether your goal is self-defense, competition or simply punching paper, some introductory training is a necessity, followed by quality range time to build what you learned into memory.

Merely pointing your gun at paper and pressing the trigger repeatedly isn't going to provide much in terms of progress, like all programs of improvement, there needs to be some discipline. Drills are practice routines that are undergone with semi-rigid guidelines that provide measurable results. They are used to determine how much progress a shooter has made and also to illuminate any issues that might be present. Matching a drill's skill level to a difficulty level is a tough task, as many are geared toward established pistoleros. However, here are five that are perfect if you are just entering the fold.

5. Dime Dry Fire

This drill has been around for decades, and that should tell you something. Handguns haven't changed much. Sure, today, we have better materials, ergonomics and controls, but the overall concept remains the same. This also holds true for the shooting fundamentals needed to shoot them accurately.

You may have heard the adage "slow is smooth, smooth is fast." This drill will introduce you to what I call the "third verse," and that is "fast must be smooth."



Best of all, it's conducted without ammunition, making it perfect for pre- and post-range sessions.

With a completely unloaded handgun pointed in a safe direction, balance a dime on the top of the slide and press the trigger as quickly as you can without the dime falling off. Start slow and smooth, then progress to fast but smooth. In doing so, you'll be conditioning the muscles required for controlled pairs and other multi-round techniques. For an even greater challenge, balance the dime on top of your front sight and attempt the same clean, smooth trigger press.

4. Ball And Dummy For Beginners

I have written several full-length articles about this drill and can continue to do so as long as there is ink in the universe. This is one that should never be abandoned, no matter what skill level you fall into. In the early stages, it's an excellent way to learn how to clear malfunctions.

"Ball" refers to a live round of ammunition, and "dummy" refers to a round that was never intended to fire. These may look identical to the live rounds that they represent or are brightly colored for classroom and home use.

Being that this drill is conducted on the firing line, feel free to use either. With your gun unloaded and sitting at the shooting point, prepare a magazine to capacity with one dummy round mixed in. It is best to do so without looking at the magazine to retain a level of surprise. Fire at a pace that you are comfortable with, and once you hit the dummy



Continued...5 Great Pistol Drills for New Shooters

round, treat it as a misfire and clear it by removing the magazine and cycling it out of the action. Progress to three dummy rounds in a magazine and then crown yourself the king or queen of misfires.

3. The Pre-Bill Drill

The Bill Drill is a quintessential self-defense drill that requires a shooter to draw and fire six shots as fast as they can. It's intended to uncover issues with a shooter's grip, recovery, recoil control and any problems they may have with drawing. If you've just strapped on a pistol, it's almost guaranteed that you'll have problems in these areas, so why waste ammo firing all six shots at first?

Instead, build your way up to the full six-shot drill by starting with an empty gun and a draw that is smooth, straight and free of any extraneous motions, followed up by a single shot dry fire. The second step is to add live ammunition and apply a single shot. From here, you can add rounds until you get to six, then train the full Bill Drill until you safely reach a speed that you feel proud of.

2. Buddy Call-Out Drill

Once your friends find out that you have a new handgun, they're bound to want to go to the range with you to try it out. Ammunition is expensive, so make them earn their keep with the Call-Out Drill. To conduct this one, you'll need a paper target with multiple scoring areas that differ in shape, color and/or number. This drill becomes even more interesting with a variety of steel targets, if the range allows.

Have your buddy call out targets for you to engage, starting with just two. Once you can score first-round hits on both, have him or her add a target. In doing so, you'll condition the same fundamentals as the Bill Drill, plus learn how to align your sights rapidly under stress. Above all, it builds the basics of transitioning between targets, which is the basis for any of the practical shooting sports.

1. Fore And Aft movement

Walking is rather simple and something that we do every day. However, once a handgun is introduced into locomotion, our balance is altered quite a bit. Furthermore, keeping your sights on the target is a delicate task and takes more rehearsal than meets the eye. Using a single target placed at 15 yards, work on firing two rounds while taking just two steps forward. After the second round is fired, replant your feet and then repeat the routine in reverse. You can progress by using a smaller target or tighter accuracy standards or by introducing a shot timer and working towards a series of continually faster benchmarks.

Owning a handgun can be tremendously rewarding or outrageously frustrating, depending on how you spend your time and ammunition. Those that adopt a routine will find that the sport never grows old, mainly because they just keep getting better. Additionally, they will find themselves entering new arenas and participating in an ever-growing list of organized shooting activities. Above all, have fun and try to shoot each box of ammunition a little better than the last.



The Three Rules of Gun Safety



Extracted from: https://www.nrafamily.org/content/nra-s-rules-for-gun-range-safety-etiquette/?utm_source=newsletter

Note from SAGA: the NRA's safety rules apply just as much in South Africa.

by NRA Staff
29 August 2023

Shooting ranges can be anything from an empty field with a hill as a backstop to a modern indoor facility with automatic targets and state-of-the-art ventilation. If you're attending a public range, there are some very important rules of safety and etiquette that we here at the NRA recommend.

Identifying Range Areas

Whenever visiting a range for the first time, a shooter should identify important range areas, including:

- ready line or preparation area
- firing line(s)
- target holders
- backstop/impact area
- downrange (safe) direction(s)
- left/right range limits
- firing points and firing line numbers
- safety berms, walls, baffles
- entry and exit routes
- range flags or warning markers
- first-aid kit
- fire extinguishers

If you have trouble finding any of these items, seek a range safety officer (RSO) and ask. Don't be embarrassed; that RSO would rather answer a "silly" question than deal with a safety violation!

Obey Range Safety Rules

Most ranges have their own safety rules, which are usually posted. It is the responsibility of the shooter to:

- know and obey all range safety rules
- know where others are at all times
- shoot only at authorized targets
- stop shooting immediately if you have experienced an ammunition malfunction

Range Commands

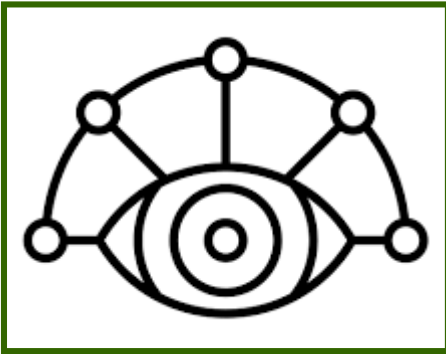
At many ranges, there are range personnel (usually one or more RSOs) who control range activities and can provide assistance to shooters when necessary. RSOs usually issue the following three basic range commands:

- "Load" (shooters may load their firearms, but keep safeties on)
- "Ready on the right, ready on the left? Commence firing" (shooters may take safeties off and fire in a safe direction)
- "Cease fire" (shooters must IMMEDIATELY stop firing, take their trigger finger off the trigger, keep the gun pointed in a safe direction and unload, then wait for further instructions from the RSO)

Note that "cease fire" is a safety command that can and should be given by anyone who observes an unsafe situation. Also, all shooters must immediately stop firing when anyone gives the "cease fire" command.

At many ranges, there may be additional commands to indicate to the shooters when the range is clear, or when shooters may go forward and change or mark their targets. Also, there are often special commands used in specific competitive shooting activities.

Peripheral Vision: The Benefits of Seeing More



by Shelley Hill

1 September 2023

You have come to a full stop at a stop sign. Out of the corner of your eye, you see some movement on the street to the right of your car. Your brain picks up peripheral vision quickly and it says, "What was that?" so you turn your head. Thank goodness your comprehension is like the speed of light because it was a man running towards you while reaching for your passenger side door handle. Because of peripheral vision, you were able to respond with the correct decision to avoid a bad situation.

In our visual field, we have two ways to see. One is called "central vision," and that is what we can see directly in front of us. The other is called "peripheral vision," or "indirect vision," and that is what we can see from the corner of our eyes without turning our head.

We need our peripheral vision to stay aware of everything that's happening around us. If you are focusing on a single task, like simply paying attention to the road ahead at a stop sign, your peripheral vision can work overtime so that you never miss changes in your environment.

Your peripheral vision can detect motion, color, shape and text at different angles. Reflexion.co studies show that

"information picked up in your 'mid and far' peripherals actually travel to your brain up to 25-percent faster than the information picked up in your central vision. Because those targets in your peripheral vision aren't in your main focus line, your brain needs to react to stimulants much quicker. Luckily, our brains are already hardwired for that act." That's because you use your peripheral vision all the time so without it, most daily activities, driving, sports, reading and even self-preservation can be in jeopardy.

Exercising Your Peripheral Vision

Unfortunately, peripheral vision can weaken with age, eye issues, diabetes and poor eating habits. Reflexion.co and InnerSparks.com have published several drills to strengthen your peripheral vision. Here are two super simple ones.

Peripheral Vision Eye Exercise

- * While either sitting or standing, locate a spot on a wall directly ahead of you.
- * Maintain focus on that spot and while keeping your head still, bring your pointer fingers up and to your sides.
- * Wiggle your fingers while moving your arms up and down forward and back until your fingers go out of your vision range then come back in.
- * Repeat this exercise two or three times, repeating often.
- * With time, you should see a noticeable improvement in your peripheral vision.

Recording Things

- * Using your central vision, pick a spot in front of you to focus on.
- * While staring straight ahead, and NOT moving your head, use your peripheral vision to "see" what is on both sides of you (high and low).
- * Write down everything that you see and repeat the drill several times with the hope



Continued...Peripheral Vision

that you "see more" each time, which you add to your list.

* The goal is to stretch your vision further and enhance your ability to focus on things in your side view.

Now, stay in that same position but cup your hands on the sides of your eyes like "horse blinders". Try to use your peripheral vision to make out all the stuff you JUST saw. You know the objects are there but now you can't see them. What happened? I can tell you what happened, you now have tunnel vision, which is a loss of peripheral vision. That is a huge disadvantage because the loss of peripheral vision means you cannot see to the side without turning your head. A loss of side vision can affect your ability to safely navigate through your environment or detect motion around you.

I highly recommend that you practice these exercises often to keep sharp. From the time that a bad guy chooses you, you will have a very limited amount of time to decide. Regrettably, they choose how and when. You need to use every resource to see them coming so your actions can be confident, decisive, efficient and explosive.

https://www.shootingillustrated.com/content/peripheral-vision-the-benefits-of-seeing-more/?utm_source=newsletter



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The SAGA office is now available on WhatsApp on our cellphone number **066 003 9226**.





Dealing with the Panic

by Sheriff Jim Wilson
12 August 2023

In one of the rare interviews that he gave, Texas Ranger Frank Hamer said, "The one superlative thing you want to achieve is to hit your mark... Really, it is very simple. Just keep cool and take time to aim straight, and that's all there is to it."

In line with that, to paraphrase, Col. Jeff Cooper said that, when dealing with a violent attack is unavoidable, we should purge our minds of everything except target acquisition... front sight... press.

For us mere mortals, the real enemy is a combination of panic plus lack of ability. And, while both are serious problems, they can be overcome. We should never be surprised that something like a criminal attack is happening to us. We deal with these things by honing our skills. Continually working to improve our skills builds self-confidence and properly placed self-confidence has won many a fight.

Just about everyone has seen those targets that some folks post on social media. You know the ones, shot at 5 or 7 yards, and the pattern looks like it was shot with a shotgun instead of a handgun. Not to hurt anyone's feelings, but a really good place to start is the basic handgun marksmanship class from the NRA. You know, just be able to stand on your hind legs and hit a target dead center, not once in a while, but most of the time. The ability to draw quickly and shoot fast has to be built upon a foundation such as this.

In my case, I began roaming the local creek with my Red Ryder BB gun and later my Winchester .22 rifle. Targets of opportunity were everywhere, and I hustled whatever paying jobs I could find to keep stocked up on ammo. In high school I joined the ROTC, not because I was enamored with the military, but because they had a smallbore rifle range in the basement and taught marksmanship. My first police job was with a department that encouraged marksmanship among the officers, and you can bet that I learned a lot there. Even today, I try to take at least one defensive shooting class per year. That commitment to continuing education definitely increased my self-confidence and helped me to deal with some serious issues over the years.

Nothing builds self-confidence like getting a good gun, buying lots of ammunition, and shooting on a regular basis. Take a basic marksmanship class if you've never had one or if it's been a while since the last one. Learn to point a handgun and hit a target dead center at various ranges, not just up close. Once you can do that on a regular basis, you are ready to learn to fight with the handgun and avoid the panic that might defeat you.

<https://www.shootingillustrated.com/content/dealing-with-the-panic/>



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Shots to the Vital Zone

https://www.shootingillustrated.com/content/shots-to-the-vital-zone/?utm_source=newsletter

by Sheriff Jim Wilson
26 August 2023

To the best of my knowledge, it was Col. Jeff Cooper who first advocated firing two shots to the vital zone of the attacker. The idea being that two shots multiplied the chances of stopping the attack as quickly as possible.

Today, it is generally taught that these shots should be delivered in one of two ways, either as a Controlled Pair or a Hammer.

With the Controlled Pair, the shooter sees his sights twice, each time before he breaks the shot, and then a third time as he comes back on target to evaluate the results.

In the case of the Hammer, both shots are fired from one sight picture, again reacquiring the sights to assess the situation. Obviously, the Hammer is most effective at close range and the individual shooter has to practice the technique to determine just what that range is.

Some armed citizens, however, don't understand the principle involved. They argue that the best thing to do is to keep shooting as long as the bad guy is up and still a threat. So, let's take the worst-case scenario; your attacker is wearing body armor and your two shots have not had the desired effect. What, exactly, is firing more shots at the same target going to accomplish? It would appear that the answer is, more hits to the body armor.

When we suggest that you fire two shots at the attacker, we are not suggesting that you are only going to fire two shots in this encounter. You certainly may need to fire more, and when we talk about assessing the situation it's not like we're suggesting that you take a coffee break. The assessment should be split-second thing.



It works like this: I fired two shots and am confident that they went where I wanted them to, but he is still up and fighting, so I need to quickly put more shots into a different location. I may deliver those to the head, which will stop things quickly but is a much smaller target. Or I may deliver shots to the pelvic girdle which will likely get him down but not necessarily out of the fight, but the head shot will now be easier to make.

In your practice sessions you have made it a point to reacquire your sights and get back on target after a shot string which helps you make the reassessments quickly and accurately.

The only time that firing a pair of shots might not be a good idea is when the armed citizen is using a 5-shot revolver and dealing with multiple attackers. In that case, one shot per attacker makes much more sense.

In either case, it is a mistake to just keep throwing bullets at one aiming point when you are obviously not getting the results you need.