

KEEPING THE PIECE

Women's Shooting Club

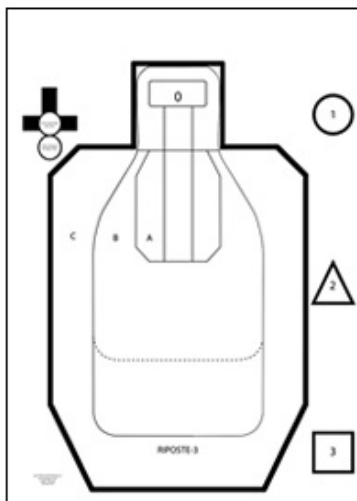


JANUARY 15, 2011

CENTRAL NERVOUS SYSTEM (CNS) vs. CENTER MASS (RIPOSTE-3 CLOSE RANGE TARGET EXERCISES)

Rules of Gun Safety:

- 1) Treat all guns as loaded.
- 2) Never point the muzzle of any firearm at anything you are not prepared to destroy.
- 3) Keep trigger finger off trigger and on something solid until sights are indexed on target and the decision to shoot has been made.
- 4) Know your target and what lies behind it.



Points to Ponder: CNS vs. Center Mass

- 1) CNS includes brain & spinal cord
- 2) Spinal Cord hits stop assailant immediately due to paralysis
- 3) Center Mass — heart, lungs, liver, kidneys, spine, and other soft tissues—may be fatal — but not necessarily immediate.
- 4) There's no perfect caliber; No magic bullet.
- 5) Jim Higginbotham says, "Anyone worth shooting is worth shooting a lot!"
- 6) Remember, the bad guy started it. You are simply trying to stop the evil actions of someone who seeks to harm you or your family.
- 7) Hits to the CNS will be most effective for stopping an attacker. Slow, accurate hits are better than lightning-quick misses.

