

TRAINING DAY

For more info, please contact:
 KeepersConcealment@gmail.com
 or www.BDCGunRoom.com

in **OK**

brought to you by
 Keepers Concealment
 and the BDC Gun Room

WHEN:
Saturday,
Sept. 24, 2016
9am to 6pm
WHERE:
BDC Gun Room
Shawnee, OK
FEE:
\$125

Welcome to your one-stop shop for all-day access to renowned personal defense trainers from all across the country. Over the course of one jam-packed Saturday, attendees can cycle through four consecutive blocks of instruction offered in six different training areas within a single facility. It's the perfect opportunity to train with several instructors in a central location and network with like-minded students of personal defense.

Instructors will offer two-hour versions of their best material, and attendees can choose which courses they wish to attend throughout the day (subject to first-come, first-served space limitations). Modeled after the wildly successful three-day Rangemaster Tactical Conference, this condensed format allows people to enjoy a similar experience in a fraction of the time.

At \$125 per person for a full day of diversified, customizable instruction, **Training Day** is the one of the most valuable training opportunities available. Each attendee will be exposed to a wealth of integrated knowledge and skills taught by well-respected personal defense instructors of various disciplines.

This event is designed to benefit anyone interested in personal safety — from new shooters to precision marksmen, as well those who rely on other defensive tools besides firearms. With classes covering all points on the force continuum and the mental and physical preparation required to manage them, **Training Day** is a complete personal defense portfolio condensed into an eight-hour package.

	Classroom One	Classroom Two	Classroom Three	North Range	South Range	Archery Range
9a – 11a	April: <i>Violent Acts & Actors</i>	Haggard: <i>Active Shooter</i>	Grant: <i>Fitness</i>	Andrews: <i>Home Defense Shotgun</i>	Keepers: <i>Essential Handgun</i>	Brown: <i>Hand to Hand</i>
11a – 1p	O'Neal: <i>Combative Mindset</i>	Causey: <i>Tactical Medicine</i>	April: <i>Retention and Disarms</i>	Thomas: <i>Handgun Fundamentals*</i>	Haggard: <i>Active Shooter Drills</i>	Keepers & Brown: <i>Awareness Skills</i>
1p – 2p	LUNCH	LUNCH	LUNCH	Pistol Match	Pistol Match	LUNCH
2p – 4p	April: <i>The 5 Ws of Risk</i>	Keepers: <i>Home Defense</i>	Causey: <i>Tac Medicine (Repeat)</i>	--	Seeklander: <i>Recoil Control</i>	Brown: <i>Hand to Hand (Repeat)</i>
4p – 6p	Thomas: <i>Best Laid Plans</i>	Grant: <i>Everyday Defense</i>	Haggard: <i>OC Spray</i>	--	Seeklander: <i>Recoil Control (Repeat)</i>	Keepers: <i>Home Defense Exercise</i>

* Women Only

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Instructors & Classes

Keepers Concealment and the BDC Gun Room are pleased to bring together ten remarkably talented personal defense instructors for this year's Training Day in OK. Listed below are summaries of their expertise and the subjects they will cover at the conference.

WILL ANDREWS

www.PistolSkills.com

Will studied Tae Kwon Do and Tzu-jan Men Jeet Kune Do before becoming seriously involved in pistol shooting. After earning his NRA instructor certification back in 1989, Will embarked on a personal project to sort through all the various techniques commonly taught to find what works best, is easiest to learn, and is the most reliable under stress. He fired over half million rounds and kept extensive notes on targets and timings. With those data, Will developed a very simple shooting system that is now the foundation of his training company, Oklahoma Shooting Skills.

Home Defense Shotgun... This class is a study of the use of a shotgun as a confined space defensive tool. Bring a shotgun, appropriate for defensive shooting and 50 rounds of birdshot for training purposes.

WILLIAM APRILL

www.AprillRiskConsulting.com

Dr. Aprill is a former law enforcement officer, a master class shooter, and an experienced forensic psychologist. He has spent years refining a detailed curriculum about the psychology of crime and teaches law-abiding citizens how to best de-select themselves as potential victims. This is important information for anyone concerned about personal security.

Violent Acts & Actors... William will discuss the scope, scale, and typologies of criminal violence, and the developmental paths of those who inflict such violence on others. Academic concepts will be translated into concrete plans that are actionable at the street level. This module aims to demystify the seemingly senseless violence that some criminals impose, and attendees will learn how to use this information for greater defensive efficacy.

Open-Source Retention & Disarming... In this block, William will use inert "red" guns to demonstrate and teach effective techniques for close quarter encounters where victims may have to disarm an assailant or prevent the assailant from disarming them.

The 5Ws of Risk... Techniques, tactics, and procedures for the active, emergent context of violent assault are as common a topic as the weather, it seems. Abundant material on the aftermath of this sort of event is also available. However, the preparatory period — what Craig Douglas has referred to as the "pre-kinetic phase" of such encounters — is given limited, if any, attention by the vast majority of erstwhile defenders. This presentation will review common errors made by practitioners as they attempt to prepare for defense against violent aggression as well as common pitfalls and limitations in thinking about lawful violence. Attendees will also be exposed to a programmatic method for undertaking the pre-need decision-making that will underpin a sound self-defense and survival mindset.

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MIKE BROWN

www.TulsaPolice.org

Michael Brown is a sergeant with the Tulsa Police Department and also works in private security. He is a firearms and tactics trainer, a state champion competitive shooter, and world champion jujitsu competitor in his weight and age division (both GI and No-Gi).

Hand to Hand for the Real World... People are often intimidated by martial arts, wrestling, boxing, and other competitive fighting styles; or they assume the skills involved are only useful to UFC competitors. But empty-hand combat has a lot more real-world application than most people think. This training block will introduce participants to simple, practical, hand-to-hand techniques that can be quickly mastered and employed for self-defense by people of all sizes, backgrounds, and experience levels.

CALEB CAUSEY

www.LoneStarMedics.com

Caleb is the owner and director of training for Lone Star Medics, a field and tactical medicine training company based in Dallas, Texas. Mr. Causey has served as a firefighter/EMT, a SWAT Team medic, and a US Army combat medic. He has been part of the field and tactical medicine community for over 15 years.

Tactical Medicine for Everyday Carry... This two-hour class will provide students with an introduction on the principles of tactical medicine and how to make medical gear a part of your everyday carry load-out. No prerequisites and no special equipment is needed. Although this class is lectured based, there will be some hands-on skills practice available if time allows.

TYLER GRANT

www.DynamicTrainingStrategies.com

Tyler is a CrossFit and weightlifting coach and national competitor. He spent eight years in the Arkansas National Guard, was deployed twice to Iraq, and is a U.S. Army Sniper School graduate. He has a Bachelor's Degree in Emergency Administration and Management and currently serves as a firefighter/EMT in northwest Arkansas. He is also an NRA-certified pistol, rifle, and shotgun instructor. His training company, Dynamic Training Strategies, offers an integrated curriculum of physical fitness, marksmanship, and defensive tactics, and mental readiness.

Fitness for the Defensive Lifestyle... Nutrient and fitness should be a foundational priority for all people hoping to ensure their own safety or that of their love ones. Many firearms students focus exclusively on range time at the expense of physical exercise. Some of them simply misunderstand the importance of integrating fitness this into their lives and training regimens. This lecture will cover the following topics: general nutrition, compound movements vs. isolated movement, balancing "cardio" and strength training, and mobility and flexibility. At the very end, Tyler will lead the attendees in a short diagnostic workout to help them evaluate their bodies' physical strengths and weaknesses.

Everyday Defense... Everyday Defense is an intuitive self-defense program designed to help the student to become more efficient in the context of an attack within one arm's reach. This program is designed for everyone, regardless of size, age, shape, and strength. Students will

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discover what the body does naturally in an attack. From there, defensive physical skills will be incorporated with the body's innate responses to threats.

CHUCK HAGGARD

www.AgileTactical.com

Chuck recently retired from a nearly thirty-year career with the Topeka Police Department, including posts as a Field Training Officer, Field Training Supervisor, Rangemaster/Armorer, Response Team (SWAT) squad leader and team leader, and Watch Commander (rising to the rank of Lieutenant). He recently founded Agile Training and Consulting, and he is certified as a civilian and law enforcement trainer on various weapon systems, including pistol, shotgun, rifle, carbine, oleoresin capicum (O.C.), baton, and Taser.

The Active Killer Phenomenon... Chuck has personally responded to not one but two active shooter situations in his career. He has also written and lectured extensively on several infamous active killer cases from the Port Arthur massacre, to Columbine, to Newtown. This lecture summarizes his data collection, findings, and analysis, and takeaways.

Active Killer Response Workshop... This live-fire block will explore some of the practical considerations, techniques, tactics, and pitfalls of engaging or out-maneuvering active killers in various social contexts as an armed civilian.

Effective Use of OC Spray... In this block, Chuck will discuss how to select, carry, and deploy pepper spray for maximum effectiveness. The course includes classroom instruction as well as training exercises with inert spray canisters.

SPENCER KEEPERS

www.KeepersConcealment.com

Spencer is a nationally-recognized firearms trainer, a professional holster-maker, and the owner of Keepers Concealment. He has trained with Tom Givens, John Farnam, Craig Douglas, and Ken Hackathorn (to name a few). He co-chairs the training division of the Oklahoma City Gun Club, and he has earned instructor (or advanced instructor) credentials from the NRA, Rangemaster, DTI, and the Oklahoma Council on Law Enforcement Education and Training.

Essential Handgun Skills... This pistol primer skips all the YouTube theatrics and concentrates instead on a select few critical skills that every defensive handgunner absolutely must master. A series of live-fire drills will reinforce fundamentals and show why they should take precedence over glitzy niches with narrower applications.

Home Defense (Lecture)... The Castle Doctrine comes to life in this classroom segment of Spencer's series on home defense. The lecture will introduce ways to best prepare yourself and your home for situations that require interior defensive measures, either from a static position or while moving through the structure.

Home Defense (FoF)... In this block, participants will apply the concepts taught in the preceding Home Defense lecture. With role-players, inert training aids, and blind scenarios, participants will negotiate a simulated home invasion in a mild force-on-force environment.

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VINCE O'NEILL

www.tdsatulsa.com

Vince O'Neill is a law enforcement professional with nearly 40 years of experience. He has worked as a trainer and instructional designer for the Oklahoma Council on Law Enforcement Education & Training, the American Society of Law Enforcement Trainers, and the National Law Enforcement Training Center. He is also an IPSC Master, an NRA PPC High Master, and a certified expert witness in the federal court system.

Foundations of the Combative Mindset... After decades of teaching defensive tactics to law enforcement officers from all 50 states and almost 30 countries, Vince O'Neill has plenty of expertise on mental conditioning for interpersonal conflict. In this lecture, he discusses the combative mindset and how it must be refined and wielded to recognize, avoid, and (if necessary) overcome potential violent threats.

MIKE SEEKLANDER

www.Shooting-Performance.com

Mike is a nationally-ranked practical handgun competitor, a combat veteran of Desert Shield and Desert Storm, and a federally certified instructor and curriculum developer. He has earned the rank of "Grandmaster" from the United States Practical Shooting Association (the highest rank obtainable).

Handgun Recoil Control... We all know that trigger control is the key to accuracy. But once you add speed and repeated fire, it becomes very difficult to maintain that accuracy without effective recoil management. Mike will teach the best techniques for taking the "kick" out of pistolcraft.

JULIE THOMAS

www.Rangemaster.com

Julie is an experienced shooter who has trained extensively with Craig Douglas, Tom Givens, Lynn Givens, and others. She is a Rangemaster-certified firearms instructor and specializes in rehabilitating shooters who have habituated problematic techniques over the years.

The Best-Laid Plans... No plan survives contact with the enemy, but that doesn't mean we should start without one. This talk will help students establish a personal framework for self-defense — situational awareness and advance decision-making, deadly force and legal implications, weapon choices and concealment options. Think about the hard stuff, make a plan, prepare to execute.

Handgun Fundamentals... As entrepreneur Jim Rohn famously said, success is nothing more than a few simple disciplines practiced every day. Put another way, success is doing ordinary things extraordinarily well (another Rohnism). Those principles apply to life in general, and to shooting in particular. This course will take shooters through the fundamentals skills that will provide a solid foundation for excellence on the range and in the real world.

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From Our Host



The BDC Gun Room Indoor Shooting Range is Oklahoma's newest indoor range, opening in December 2014. Located in Shawnee, OK, just off of Hwy 177 on Hardesty Road, the BDC Gun Room has 18 lanes, all rifle rated and all climate controlled (brass-case ammunition only; no steel or aluminum case ammo, please). The Gun Room is a full-service gun store, with all manner of guns, equipment and ammunition in stock in our 4,000-square-foot showroom. Training by certified instructors, gun repair, rental guns (including full auto), and a full selection of NFA items are just a small portion of what we have to offer. Customer service is our #1 priority. We are happy to help you in any way. We look forward to seeing you!

John F. "Jack" Barrett
BDC Gun Room Indoor Shooting Range
www.BDCGunRoom.com

