



# The Bulwarks Bugle

March, 2019

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## Upcoming Events:

**Foundations of Self Defense, July 13-14,  
Lancaster, KY**

**Self-Defense Carbine, August 10-11,  
Central City, KY**

**Revolver Operator I, August 24,  
Murray, KY**

**Carbine Foundations, August 31-Sep 1,  
Martin Hill, GA**

**Handgun Foundations, May 25<sup>th</sup>,  
Murray, KY**

## Business of the Month / Advertising:

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## Eric’s Rules to Live By #49

**You should have all of your aiming done before you start shooting, not after.**

**A man was sitting on his roof, his only refuge from a flood. A rescue boat came and offered assistance and the man confidently said “Nope, thank you. God will save me. The rescue team, after many attempts, relinquished and moved on. The waters rose and the man diligently prayed to God full of faith. As the water continued to rise another team arrived as the man, a bit more desperate was praying. “No! My God will save me! The team moved on. Rain continued to fall and unfortunately the man succumbed to the watery fate. The man, having passed through the “pearly gates” met Jesus and had to ask, “why didn’t you save me? Jesus answered “I sent you two boats.”**

**I think we are blessed with sights for a reason. We have to take advantage of the gifts we have, not hope for things to go right. Tom Givins said once (paraphrasing here) “don’t waste time cranking on the trigger hoping for a miracle, then start focusing on the sights, just do that first”. There are different styles of sights; fixed sights, adjustable sights, “ditches”, and list goes on.**

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**“Trying is the 1st step in giving up, but also to get going.” -Eric’s Privy-Ponderings-**

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As we age, sometimes adding some color that makes the sight stand out is helpful. I've added color for quite a few years, but have found that now at 46 my eyes do not want to focus as quickly so a good color like yellow works well. Red is a fine color for the day time but is nearly invisible in low light. Red may be the worst color.

Using sights happen more often than we think too. Even shooting from retention, we are still using our peripheral vision to index our sights to some degree. If more precise shots need to be made, generally there is time to quickly reference the relation of the rear sight, target, and front sight to ensure they are aligned. A bonus thought on this is the front sight is kind of a safety measure. Consider real quick Cooper's Universal Safety Rule #3- "Keep your finger off the trigger until your sights are on target, and a decision to shoot has been made." So if the sights cannot be seen then you should not put your finger on the trigger. I think of a couple of instances that if someone would have taken a moment to do this may not have inflicted too much damage to themselves. Pillage then burn, if you will. Not the other way around. Whatever the style, type, or necessity of alignment, when the front sight is in front of us, we need to pay particular attention to that front sight clearly.

The human eye is quite an organ. It has the ability to focus as fast as a high-dollar camera. As we age, it gets a little tougher to focus close up, but that is a surmountable situation with some adaptation and practice. One big limitation with our eyes and camera's alike is it can only focus on one thing at a time. When we are talking about dealing with threats, we probably have 3 things that need attention; 1) the threat it self, 2) rear sight, 3) and the front sight. By far the

best of the three to focus on is the front site. Try this real quick: stick your thumb up, arm extended on an object. Think of yourself as Picasso about to paint his masterpiece. The thumb is the front sight. Now focus on the nail and cover the object up. For this next part, the object can be moving, or you can too. Does not matter. Keep your nail in focus and on the object and see if you can stay on a particularly small part of the object. (Aim small, miss small. Remember that from the movie "The Patriot"?) Easy to discover that staying on the object is simple and that thumb is many times larger than a front sight post. Not focusing on something that is endangering us is not easy. It is also important to note that as the situation develops, one may need to change focus repeatedly. "Do I need to engage again?" , what are they doing NOW?" "Where are they and what are they doing?" Get through these phase and then if the situation changes and it's time to engage again, get back on that site. I would also add that after a shot has been made, drive the sights back on target and prepare for the next shot.

As we mentioned earlier, it is a touch more difficult as we age to focus as quickly. Of course perfect practice this can help think through the situation. When the time is appropriate for some (perfect) practice, put your handgun/rifle in different positions, (retention, one-handed, etc) and see how your eye relates to the front sight. With good practice, it becomes 2nd nature. During the presentation, we only need confirm the front sight is where we intend to hit and not necessarily so important to stay on them for an eternity (which may not be far off if too much time is spent on sight alignment). Present the weapon/ confirm the sight is correctly aligned then get to pressing that trigger.

Practical exercise #2- Stand in front of a mirror. Be close to a light switch too. With the light off (I'm presuming it is

also dark or this will not work quite as well) attempt to find your "A" zone on you. Then turn on the light and see how long it takes you to index your "sights" (can be your thumb or a sight) on yourself (your reflection in this case) and make a good trigger squeeze. As you get a bit better at this, one will find that it will not take long to get this accomplished. We are talking quarters of a second. Move around too. Make it a challenge. Having a friend to work the switch adds an extra bonus.

So getting the gun out and slapping at the trigger hoping for a miracle will not serve one well. Couple of reasons why: 1) missing more just makes the opponent perhaps figure they need to do something different which may not bode well for us. 2) when we miss we may hit something we do not intend or desire too. Not ideal obviously. 3) we just are not going to get the job done in a timely manner. Take a moment during the presentation and find that front sight, acknowledge it's greatness for a brief moment, then get this problem solved with a good press of the trigger until the situation is resolved satisfactorily. 2-3 missed shots before taking proper time to aim, time wise, is a lifetime away and too much time is wasted (probably your life time) versus taking a moment to confirm the sight is on what we can legally, and morally engage and then complete the task at hand.

Confirmation and precise alignment is probably not as important as a smooth trigger press (note I said smooth, but not necessarily slow), but sight alignment is imperative to getting the job done safely effectively, and effectively (← S.E.E. What i did there? 😊)

Good sight alignment equates to less misses which may effect innocent folks, shots that do not get a "stop" in a timely manner, and waste precious ammunition that we may very well need sooner rather than later. Take all the time needed in finding and confirming the front sight post, but dag-nabbit be

quick about it. (Reference Wyatt Earp's quote "take your time, just be quick about it.").

- Eric Dean, Bulwarks CEO

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## A Shared Mindset

Small. Weak. Scared. Dumb. Prey. I've heard all of these words, at one time or another, used to describe women. Not just in dark and dangerous places, but in casual conversation.

The world has moved on from some of those conversations, and in many ways we've all grown up. However, there's not really any sense denying that women are seen as softer targets than men. Because we ARE physically smaller and weaker than men. We ARE scared, and we can be dumb about our safety because we haven't been properly trained. And we ARE seen as prey by bad actors for all of those same reasons.

Gun ownership for women has been fairly constant in the US since initial studies began in 1974 - about 4 in 10 women state that they own a firearm. This isn't unusual - a certain percentage of women have always hunted, or engaged in sport shooting, or owned a gun for self-defense. I'd say 40% is a pretty fair estimate.

There are marketing studies that would suggest that gun ownership amongst women is on the rise, but I don't necessarily agree. What I see is that a larger percentage of women who already own a firearm are seeking out and getting better training (mostly with handguns) at a higher rate than in previous years. Many times when I meet another woman in class, she starts off with, "I'm a hunter, and we keep a shotgun ready at home, just in case. But I'm not real comfortable with a pistol." Granted, I live in the South

and southern women are...different. But the shift I see is in mindset, not ownership. We women are not content to simply be smaller, weaker, scared, dumb, prey. We want an equalizer. And we've found it.

We've changed our mindset from "that would never happen here" to "that could happen anywhere". And since we have lives to lead and loved ones to protect, we've decided to be prepared to meet "that" with "not me, and not today".

I like this trend. We are small - but sneaky. Weak - but wily. Scared - but determined. Dumb - but learning. And prey? Not anymore.

**- Karen Farthing, Instructor**

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## Blunderbusses For Home Defense

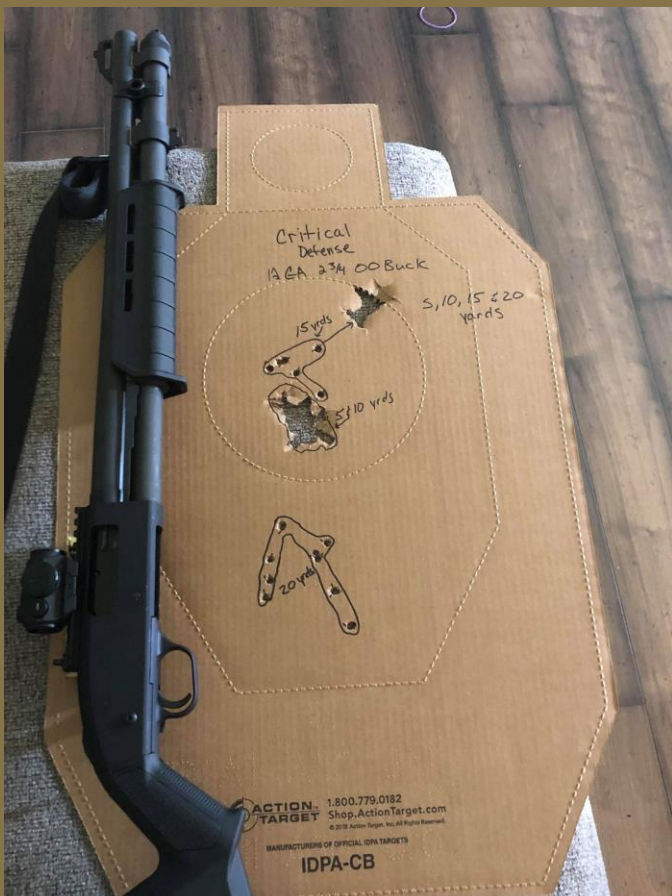
When someone breaks into my home in the middle of the night, or day for that matter, I want something that will do the job and do it right. I want something that is devastating and will stop the criminal as soon as possible. I also want something I can press the trigger on and not have to wonder if the round passed through the punk that broke in and then exited my house and struck the neighbor taking his dog out for a midnight leak.

So, what am I using? If you said a shotgun, then you would be correct. If you think I'm using birdshot, you should get your head examined. Birdshot is meant for killing birds. Not shooting 200 pound homosapiens. If you're using it, stop it now. Go unload that thing and then continue reading.

In a close-quarters environment, say inside your house, a shotgun is a mighty fine weapon of choice. Think about the distances in your home and how far you will be shooting - zero to ten yards, most likely. If you're rolling in the Benjamins, then maybe a little farther. Anyway, at these distances, your shotgun will do good work. That is, IF you have it set up right. We will talk about that in a minute.

You may be asking, why does Jesse want a shotgun when he has long guns and pistols to choose from? Maybe, because I can press the trigger one time and fire nine 32-ounce projectiles at once. If a follow up shot is needed, then it's another nine at center mass. If I'm using any other platform, I must press the trigger every time I want a single projectile to exit the muzzle. If you can find any evidence of someone being shot more than twice at close range and kept fighting, let me know. I'll be waiting.

Now, will those projectiles pass through the walls if I miss? Probably. Will it pass through the walls and then through the exterior brick wall on my home, hitting my neighbor who is



taking his dog out for that midnight leak? Probably not. However, I still must aim the shotgun. This is where patterning and distance comes into play. You have got to know what YOUR rounds do at different distances. When you press that trigger at five yards, that tight little pattern can miss completely if you are not on target. That means you need to do your homework. You MUST pattern your gun and know what rounds work for YOUR gun. You need to know how much that spread is going to open up at the longest distance in your home.

So, let's talk about setting up your home defense shotgun. What do you need on it? A light and a good set of sights is a good place to start. Remember, you CAN'T press the trigger until you identify the target. Now, think about that WML. Where and what is it pointing at? That's another class but be cautious at where you're pointing the muzzle. It could be your daughter who's looking into that light and down that barrel. Now that you have decided that it isn't your daughter or a loved one, but instead, it's someone who needs to be shot, you want a good sight that you can see. I like an adjustable ghost ring sight with a front sight that's easy to see. The XS Big Dot works great. I also like a red dot sight and that's what I'm currently using. Make note, you want a red dot that comes on when you pick up the gun. Your mind is going a million miles a minute at this point, and you may forget to turn your sights on. Something that turns on as soon as you pick it up can be very helpful and save your life.

The next thing I want on my gun is a side-saddle that carries more ammo. Let's face it, this blaster doesn't hold that many rounds. Hopefully, I won't need the extra, but I want them there if I do need them. I also want to top it off as soon as I can. It's better to be proactive than reactive, right? Having extra ammo is always a major plus. I also want a sling on my gun. Some may say it's not needed in a home defense gun, and that's their choice. I have two hands and may need to use them. I can let my gun hang while I'm doing whatever two hands requires. I'll see the cops pull up and I can take it off at that point. To me, it's better to have it

and not need it than to wish I had it and not have it.

A shotgun in the right configuration is a highly effective, home defense tool and great for close encounters. Maybe it's something you might want to consider? If you decide to go this route, make sure you find the ammo that works for your gun. Pattern it and know what distance you can shoot it before dropping pellets off the target. Personally, I prefer the Federal Premium Personal Defense in 00 Buck. It does what I need it to at the distances I need it to.

Oh, and by the way, don't be blasting rounds into the air like Joe B. recommends. If you don't know when you can use a gun in self-defense, you need to read the laws. His advice will get you hemmed up pretty fast.

Be looking for The Bulwarks Personal Defense Shotgun class this fall. Now, go forth and do good things. Learn your tools and train any chance you get. I hope to see YOU on the range soon.

- Jesse Ordunez, Training Director

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## On Tourniquets

Several tourniquets exist on the current market and choosing one can be daunting. A tourniquet is a critical life-saving device. When tourniquets fail to occlude blood flow, casualties may have worse outcomes or never make it to definitive care. Plenty of evidence supports the use of tourniquets in [a combat setting](#) or a [civilian pre-hospital setting](#). Recommended tourniquets, when applied correctly, can save lives and improve the outcomes of you and your loved ones.



*Figure 1 Photo from Recoil OffGrid  
<https://www.offgridweb.com>*

It may be hard to choose the right tourniquet for you, due to a flooded market and biased data. A terrible design or sub-quality tourniquet may be problematic to apply, erratic in its results, or may fail under tension. When tourniquets fail, lives are lost, which ultimately could have been saved.

The [Committee on Tactical Combat Casualty Care \(CoTCCC\)](#), a division of the Department of Defense's Joint Trauma System (JTS), conducts extensive research and testing on various tourniquets to determine their effectiveness for combat situations. The CoTCCC then publishes a list of recommended products based on this selection process.

The following [video](#) gives an overview of TCCC and its goals.

Three tourniquets for combat use, are recommended by The CoTCCC: the North American Rescue C-A-T, the Tactical Medical Solutions SOFTT-W, and the Delfi Medical Innovations EMT. The EMT uses a pneumatic inflation system, while the C-A-T and SOFTT-W use a windlass.

On May 6th, 2019, CoTCCC released a new [Recommended Devices & Adjuncts document](#) that adds four more tourniquets to the recommended list for combat use. The CoTCCC now recommends the following TQs in the non-pneumatic limb tourniquet category:

- [Combat Application Tourniquet \(C-A-T\) Gen 7 and Gen 6](#)
- [Ratcheting Medical Tourniquet - Tactical \(RMT-T\)](#)
- [SAM Extremity Tourniquet \(SAM-XT\)](#)
- [SOF Tactical Tourniquet - Wide \(SOFTT-W\)](#)
- [Tactical Mechanical Tourniquet \(TMT\)](#)
- [TX2" Tourniquet \(TX2\) and TX3" Tourniquet \(TX3\)](#)

The CoTCCC recommendations relate to combat use, by trained military personnel. Civilian use, with limited training, may vary the results of successful hemorrhage control. If you are a civilian, retired military, law enforcement, EMS, Fire, or public service it is advised you seek education and training through a [stop the bleed course](#) or similar hemorrhage control class. The Committee for Tactical Emergency Casualty Care (C-TECC) offers a set of TCCC-based guidelines that are geared towards the civilian market, go to [C-TECC.org](#) to learn more.

Additional information and complete list of the newly-recommended tourniquets can be found here at the [CoTCCC Recommended Devices & Adjuncts \(as of 5/6/19\)](#). You can also [download the list in PDF form](#).

- Jason Reed, Flight Nurse



## Tactical Recovery

Over the last few years, I have had the opportunity to train federal law enforcement officers in disaster readiness. One of the great benefits for me when doing this is the opportunity to review and analyze AARs completed by agents deployed to the previous years' disasters. Last year we had reports from Puerto Rico, Florida, and Texas. I also have an associate who works for FEMA who is currently deployed near Dayton, Ohio and is dealing with the massive cleanup after the recent onslaught of tornadoes in the last few weeks. There has been one item of interest to me that keeps popping up in these events that get very little "press" or attention. That is vehicle extractions and flat tires. I will offer some insight into some skills and gear items that will help you be prepared for this common issue found during these recent disasters.

### Extrication

Vehicle extractions are becoming more problematic since very few vehicles have bumpers and hooks that are easily accessible. If you couple this with a hurricane, or other similar summer storm event you are going to end up soaking wet in your effort of trying to get something to attach too. I am all about "embracing the suck" and must do that regularly in my work. That has led me to understand that when I can avoid it, I do. You should start with something to lay on the

ground, so you don't get any wetter than you must. This could be a tarp or garbage bag. A 55-gallon drum heavy duty garbage bag should be in your disaster supplies already anyway. Placing D-ring shackles on the hitch, or frame will make it easy to connect your recovery equipment kit too. Soft shackles are an easier choice and have more connection points along the frame. If you are unfamiliar with them, they have the appearance that they cannot work. But we used them with great success to extract a Humvee, Bradley, and several 1-ton trucks. They are easy to use, lightweight, and don't take up much space. In my estimation, those are the trifecta of disaster readiness supplies. Add in a recovery/tow strap, and you are in business for extracting a vehicle that has slid off the roadway. Tow straps come rated for the weight you need to recover. I recommend going as heavy as your budget allows. My recovery strap is 32000 pounds. I have used it to extract trucks, tractors, and even a backhoe that was buried in mud up above the axles.

If you need something to help your vehicle get traction, traction plates are a great option. They are heavy and take up lots of space, however. If you have an overland, or G ride, dedicated to this purpose, then I would suggest them. If not, then you can use floor mats, or branches as well. Last year during one of these classes, we were in the mountains of Virginia with a bunch of agents from large metropolitan cities. With eight days of solid rain, our training area was a mess and these "city slickers" had no idea how to drive on muddy roads and such. Several of them got stuck, and we had to put the tree branch trick into use. Fortunately, there were several pine trees in the area that needed a bit of pruning. We covered the road with branches to get them the traction they needed to get them out on the last day.

### Flat Tires

One of the teams I trained is from that agency's special response team. They were deployed to Puerto Rico to go in and get one of their agents that needed assistance. They flew in and rented vehicles at the airport to do their work. After only one hour into the mission

driving into the backcountry, two vehicles had six flats due to debris that had been in the roadway.

Fortunately, they had some good training from the previous year, and they all had tire plug kits. So, should you. Plug kits at a minimum should have a tire file, T-handle needle, and the plugging material. You should also practice this or watch videos on the proper technique if you have never done it. Plugs in the sidewall rarely work well at all. Plugs in the tread of the tire, work exceptionally well. To do this, you should also have a small air compressor to put air back in the tire. I have a Stanley compressor that also serves as a battery charger/jumper and a backup battery source. These are great little pieces of equipment, and I have used them numerous times. You will want to make sure you charge them regularly, as they do lose their charge.

Fix-a-Flat is a great piece of equipment to have, as well. One of the SRT teams from the Memphis Fire Department that we trained went through several cases of it when they responded to the aftermath of Hurricane Katrina. Just note that you should notify your mechanic or the guys in the motor pool when you use it. That stuff makes an incredible and even dangerous mess inside of a tire. Whenever you use it, it would serve you well to clean it out, and plug it properly after the disaster is over. I am unsure of the issue; I know mechanics don't like changing tires that have had Fix-a-Flat in them for long periods.

Those are some simple ideas for you to help with vehicle extraction and flat tires. They are must-have pieces of equipment. Get them now before you need them. These are situations where improvised equipment rarely works well.

- Craig Caudill, Survival Educator

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Thank you for reading. If you have ideas or articles, please send them to

[bulwarks.bugle@thebulwarks.com](mailto:bulwarks.bugle@thebulwarks.com).