

RANDY CAIN'S TACTICAL HANDGUN 101: EVERYTHING YOU NEED

BY DUANE A. DATKER

PHOTOGRAPHY BY TERESA DATKER



RANDY CAIN
DEMONSTRATES
A MALFUNCTION
CLEARANCE DRILL

even though everyone in our class was an experienced shooter. By starting with the basics and building on them, the class progresses together, toward certain goals. His method is to bring the weakest shooter up to everyone else's level, and then move forward. This may sound like a waste of time, but it's really not. By lunch time on the first day, after re-visiting the "basics," everyone was shooting better than when they arrived.

The class is not a boot camp. Randy is very personable and entertaining. Nevertheless, he will not accept sub-standard shooting in any drill. Unlike other instructors I have trained with, Randy checks every student's target after every drill. If your shots are going outside of a palm sized group in the center of the anatomically correct targets, he will work with you to figure out why and get it fixed. This is not a "brass making" course, and every round fired has to be good, or you have to figure out why it was not.

I was surprised on the first day to find out that several of the students in the class had taken TH-101 previously. In fact, some had taken it numerous times. Randy and many of his students believe that TH-101 gives you everything you need, and repeating the class only makes you better. There is no such thing as an "advanced gunfight," says Randy. It's all about mastering the basics.

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Three days. Can you learn the basic combat skills that you need in three days? You can if you are enrolled in Randy Cain's Tactical Handgun 101. I recently had an opportunity to experience this class at the Southern Exposure Training Facility in Florida. TH-101 covers all the basics and then some, giving you a great platform of skills to build on.

WHO IS RANDY CAIN?

Randy Cain has gained national recognition as a topnotch trainer. Randy originates from the Jeff Cooper/Gunsite school of training. In fact, Randy is a regular trainer and rangemaster at Gunsite when he is not traveling and training with his own company, Cumberland Tactics.

Randy's qualifications are very impressive, although you would be hard pressed to get him to tell you about them because he is a very modest guy. Although he plays up the "hick from Tennessee" angle, Randy is as sharp as a tack. His dry wit and self deprecating humor make him instantly likeable and put his students at ease.

Before becoming a full-time trainer, Randy put in his time in the real world as a both a rural and big city police officer with SWAT experience. He tells just enough

anecdotes in class for you to realize that he has real world gunfighting experience. In addition to a long list of instructors and agencies he has trained with, Randy also brings 25 years of traditional martial arts experience at some of the highest levels of competition. Clearly he is not a guy you want to mess with!

Some people can shoot, some people can teach, and a lucky few can do both. Randy does both. He is a master of diagnostics; he can pinpoint a shooter's problems precisely. It is a bit unnerving to have Randy staring at your gun/hands/grip from two feet away while you shoot, but it allows him to isolate your problems immediately. This is a remarkable skill that some instructors just haven't mastered, but it makes the training infinitely more valuable.

RANDY'S TRAINING PHILOSOPHY

Randy told us from the first day that this was not a "high speed, low drag" class. It was designed to start at the beginning—like you have never shot before—



THE CLASS PRACTICES MALFUNCTION CLEARANCE



THE AUTHOR SHOOTS AT A 3-D TARGET



I could do with my gun. The class ended with an intense drill that helped me to evaluate my abilities under pressure. I have to leave that one as a surprise.

THE OVERALL EXPERIENCE

Tactical Handgun 101 was my first experience with this type of intense, multi-day handgun training. It was an invaluable experience. Even though I've considered myself to be a good shooter with a pretty good understanding of modern pistol technique, I learned more than I would have imagined. Of course, there are a wide variety of trainers out there with varying levels of experience and ability. Randy Cain is the real deal.

He teaches at various locations throughout the United States, so there is a good chance that he will be somewhere near you. If not, it is worth the trip. Several people in my class came long distances to train with Randy.

An interesting side-benefit of training with Randy is that you become a part of his "extended family." He runs a private e-mail list for his students that has been a great source of support and information for me. I am certain that I will train with Randy again, as most of his students seem to do.

There is just no substitute for high quality training. It is an investment in yourself. If you carry a handgun, you owe it to yourself to get this type of training. Picking a trainer is a very personal choice, but Randy Cain will not disappoint you.

For more information on Randy Cain and Cumberland Tactics, visit:

www.cumberlandtactics.com

SOUTHERN EXPOSURE TRAINING FACILITY

www.southernexposuretraining.com

The Southern Exposure Training Facility is located near Lakeland, Florida, between Tampa and Orlando. Southern Exposure hosts Randy Cain's classes on a regular basis, as well as other internationally recognized instructors.

Duane A. Daiker writes on firearms and concealed carry issues as a Contributing Editor to *Concealed Carry Magazine*. Duane shoots regularly in club IPSC matches and is the moderator of the Rohrbaugh Forum:

www.RohrbaughForum.com

Contact Duane at:

Duane@Daiker.net

THE CURRICULUM

DAY 1

The first day started with a lecture on Randy's training philosophy, the Four Rules, and the Combat Triad (gun control, marksmanship and mindset). After a review of the basics of marksmanship, we were out on the range to start working. Randy had the class do some slow, deliberate shooting to establish a starting point for marksmanship skills. From there, we worked on the various elements, which were proper grip, sight picture, trigger control and follow-through — until everyone was shooting acceptable groups.

Then the class built on these basics, progressing to shooting faster and shooting on the move, all while focusing on shot placement and target anatomy. At the beginning of the class, Randy promised that the class would all be making head shots on the move by the end of the first day. At about 3 p.m., on Day 1, he delivered. All ten students made head shots while moving, and eight students made perfect shots into the eye sockets of the anatomically correct targets! This was a fantastic confidence builder, and it ended the day on a high note.

DAY 2

The second day started with a review of the previous day and then built new skills, including the very important draw stroke. The class progressed to shooting from alternative positions, such as kneeling and prone, then to speed loading and basic team tactics. Day 2 intentionally started late, so the class ran until a few hours after dark. The last few hours were spent on flashlight techniques and low light (including no

light) shooting. For those who have never experienced a night shoot, this segment of the class was invaluable. Some instructors teach low light shooting in full light. That is fine, but nothing beats the experience of actually doing it at night to fully appreciate the complications of shooting in the dark. Given that so many shootings occur in low light, the importance of this skill cannot be overemphasized. The day ended with a 50 yard shoot by flashlight. Every student in the class, within a round or two, was able to clang the steel silhouette!

DAY 3

The last day was an intense session of shooting and refining the skills that were developed in the class. We did lots of shooting at different distances and positions to hone the basic skills and reinforce good habits. At one point, Randy walked us out to the 100 yard line and had us engage that same steel silhouette from the night before. If you are like me, you have never shot your carry gun at that kind of range. Honestly, I didn't know my gun was capable of doing it, but it was, and I was. Some would criticize such an exercise as frivolous, but I appreciated the chance to understand what

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