



MEMBERS UPDATE

May, 2017



How to Survive a **Tornado**

**Build a DIY Tornado
Shelter: Step by Step**

**Tactical Handgun
Shooting 101**

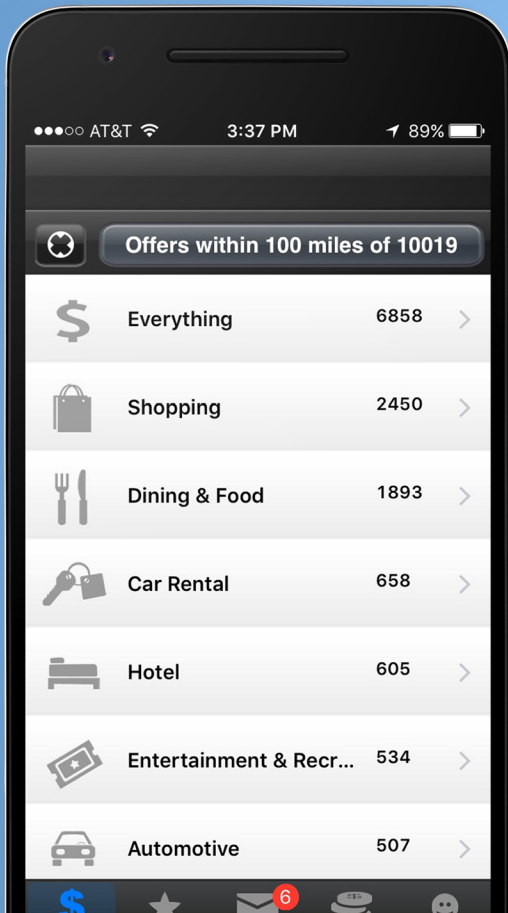
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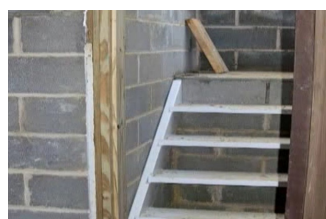
Tactical handgun shooting is one of the most exciting sports you can take up. We'll show you the methods used by today's tactical shooting experts so you can make rapid progress at the range.



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What if we told you there was a way to revolutionize your shooting success in about 90 seconds? You'd probably want to learn more, right? If so, you'll love this.

Tactical Handguns 101:

Methods for the Modern Gunslinger

We've always found that the best way to master a new hobby or skill is to make the learning process as fun as possible. To misquote Mark Twain, make your education your recreation... something like that anyway.

In the case of tactical handgun shooting, this is a fairly easy task, since it's pretty darn fun to begin with. Who doesn't like burning through ammo with their favorite handgun? Still, like most things, higher expectations have a way of turning even fun things into "work."

If you're interested in becoming a highly proficient tactical handgun shooter, whether for competition, fun, or self-defense, the best recipe for success is to make it fun.

And the best way to make learning fun, we believe, is to get to the highest degree of proficiency possible, quickly and painlessly. You want to blaze through the "learning curve" as fast as possible. Ever notice how activities are more fun when you're good at them?

We certainly enjoy hobbies that make us look good and feel good in front of our peers. Being the best at the driving range, horseshoe pit, or shooting range gives you a very unique type of confidence boost, even when you know deep down that you got lucky.

With this in mind, we've distilled all the finest expert advice, well-aged shooting experience, and tactical best practices we could muster into a nice, easy drinking elixir that will hopefully

ly give you that nice confidence boost that takes your shooting to the next level.

Frankly, we're confident that these methods, once established, will give you a surprising advantage over the vast majority of shooters at the range, inexperienced or otherwise.

The thing is that most shooters, particularly experienced ones, have developed some very hard-to-break bad habits. If you suspect you may be in this camp, don't worry; the techniques in this article will help you change the way you think about some of your shooting habits.

Truth be told, if you've been shooting since you were young (as we have), this may be your first ever attempt to focus in on your shooting mechanics. That's OK.

If you are just getting started with handguns and target shooting, all the better. It's much easier to install proper techniques than it is to overwrite bad ones. In either case, however, it's very much worth the effort.

If you were to ever encounter an armed self-defense scenario, home defense or even in an unfamiliar lo-



cation, these are the exact shooting mechanics and techniques that will make you both faster and more accurate than your adversary.

As Wyatt Earp once said, "Fast is fine, but accuracy is final."

Proper Gunslinger Stance

If you want to be an above average tactical shooter, you've gotta have the



right gunslinger stance. A good, comfortable, and most importantly consistent stance will help you shoot better and practice longer.

This straight-on stance, most commonly referred to as the “isosceles stance” among tactical shooters, is the most widely recommended by the experts. Thus, it’s also the one we’re going to focus on. The good news is that it’s dirt simple.

The isosceles stance begins with placing your body squared up with your target at 12 o’clock, feet apart, weight over your feet, knees slightly bent. The second piece of this stance is to level your eyes directly upon the target. If you wear glasses, try to look through the center of your lenses.

In essence, you want to keep your body vertically aligned like the Y-axis of your crosshairs, with your eyes in line with the horizontal axis. You don’t want to cock your head to the side like you see in the movies. Incidentally, many shooters were trained to shoot this way, eyes off-axis in a sideways (weak side foot forward)

Weaver stance. The Weaver stance has since fallen out of favor.

There are plenty of other proven approaches, and if the isosceles just doesn’t feel right for you, then by all means change it up. But we do recommend you at least give the isosceles stance a try first.

A nice thing about a stance this simple is that it allows you to pivot left and right easily, leaving a very small area at your back unshootable without moving your feet.



Grip Technique

The purpose of studying fundamentals is to accelerate your level of improvements as fast as possible. The “fundamentals” in most any discipline are identified as ways to simplify a technique for maximum consistency.

Rarely if ever are these aspects the entertaining or “fun” part of the activity. They do, however, make the

greatest difference in proficiency in the shortest amount of time.

This is exactly why you’ll find that so many experts obsess over things like grip technique. Your grip, whether traditional or not, has a massive impact on your shooting, particularly in a tactical environment.

If your grip is different each time you draw, your pistol’s recoil will change with every single shot. You may want to read that again to let it sink in.

Obviously, this leads to poor recoil management, which causes difficulty maintaining a good sight picture, which dramatically slows down your second shot. This is why focusing on proper grip, and thus consistency, is well worth your time.

Consistency is how you will improve your shooting. Grip technique is one of the key fundamentals that other skills are built on top of.



Here's a condensed version of what we call tactical grip theory:

First, of course, place the back strap of the pistol firmly in to the webbing between your thumb and index finger of your dominant hand. You also want to get as high on the back strap as you comfortably can. This shortens the pivot of the recoil, which is the force that sends the muzzle upward when you fire. Your goal is to minimize that oscillation effect.

Ideally, the muzzle would be aligned with the center of your palm. That'd be a funny looking gun, wouldn't it?

Wrap your middle, ring, and pinky fingers around the grip beneath the trigger guard, with your index finger along the slide (not in the trigger guard).

Next is the tricky part, the opposite (non-dominant) hand. It's actually this support hand that separates the best from the rest. That's because the support hand steadies the recoil and prevents the muzzle from bouncing around while firing.

The best practice here is to use as much of both hands as possible. The thumb over thumb technique is probably the most common. This is where you place your support hand around your shooting hand, both thumbs pointing at the target with the support thumb underneath. For added recoil dampening, try placing your index finger around the outside of the trigger guard.

The movement you're trying to prevent is the muzzle tilting upward with the recoil. Another way to think about it is to imagine resetting the muzzle to the center of your target after each recoil. This is the goal of your support hand grip.



Bring Your Gun Up to Your Line of Sight

Another key fundamental is, of course, proper body positioning. In addition to a solid isosceles stance, feet apart, slight bend at the knees, knees over feet, head over knees, the place where most shooters tend to go wrong is they sink down to their sights.

For some reason, almost everyone tends to slouch their shoulders, dropping their head to an uncomfortable position in order to look down the muzzle of their handgun. It looks funny and it strains your neck, but it's hard to train yourself out of it.

The craziest part is all that's needed to eliminate this uncomfortable situation is to bring your firearm up a few inches. But this almost never occurs to the shooter, only to those watching.

To practice, assume your shooting stance (again, isosceles is recommended here) with your weapon still indexed in the holster. Then bring your weapon up into your natural line of sight. Don't move your head or neck to accommodate your pistol, move the pistol only until your dominant eye has the desired sight picture.

It may feel a bit strange at first, especially if you've been shooting slouched down for years, but as you get used to it you'll notice greater consistency and more comfort as you drill.

Don't "Aim"

Yes, it seems controversial to instruct folks to shoot without aiming, but you'll see in a moment how this makes perfect sense.

There are two tactical concepts here to consider. The first key is to master a smooth trigger pull. If your goal is to shoot accurately and quickly in a fluid scenario, then it's mandatory that you can raise your pistol, align a sight picture, and pull the trigger without jerking the weapon.

Even a slight movement during your trigger pull can redirect your muzzle several inches away from your point of aim. This is why extensive drilling to correct any issues with your trigger pull is even more important to your tactical shooting than careful "aiming."

Think about it: everyone knows more or less how to line up the front and rear sights. If that's all it takes to shoot well, we'd all be great shots wouldn't we?

Clearly, it's not a lack of aiming that's holding most of us back. Where we typically go wrong is a jerky and uneven trigger pull.

A great drill for this is to get up close to a target and fire live rounds into it without "aiming." You don't need to aim in order to hit the target at 5 yards. If you're missing, a trigger pull issue is the most likely culprit; time to rework your pull.

The second concept at play in the "anti-aiming" school of thought is a focus issue. Realize that the dots on your sights aren't what you should be focusing on. They're not telling you where the bullet is going. The bullet hole will tell you where the bullet is

going.

The sights are a reference point and the top edge of the front sight should be placed on the target. The “dots” are for reference in low light conditions. If it’s fairly dark, you can’t see your sights well (they’re usually black of course), so by keeping the dots evenly spaced you can align your weapon.

Yes, the dots help create a quick reference in the daylight conditions as well, but far too many shooters actually use dots for aiming. This will slow down your first and follow-up shots, plus it won’t do your accuracy any favors.

If anything, over-aiming becomes a crutch, allowing you to develop or continue poor body positioning and trigger pull technique. With the proper grip and line of sight positioning, the gun will be pointed exactly where you are looking. Thus, you will already be aiming where you look, instead of vice versa.

Holster Draw Technique

There’s a reason wild west gunslingers practiced their draw obsessively. Getting your weapon from its holster to firing position before the other guy is the difference between life and death... at least it is in the movies.

But you don’t need to be caught up

in a duel for the draw to be important. Whether you’re in a self-defense situation or competition shooting, a clean, effective draw is critical for both speed and safety. There’s also the fact that he who has the weapon drawn and ready to work first controls the situation.

Here are the key points to remember. First, the grip is established at the holster. Thus, it’s key that you train yourself to draw your weapon using the same grip you shoot with.

Theoretically, the only time you’ll readjust your grip in a tactical situation is to reload or clear a malfunction. It costs you precious time, of course, to readjust and it often requires the use of your support hand to accomplish this. You have to consider that your support hand could be injured in a true gun fight.

Now, let’s cover the standard holster draw motion. Begin with the proper grip technique using your dominant hand. As the muzzle clears the holster, begin to pivot the pistol toward the target, bringing it up to the level of your solar plexus, keeping it close to your body. This is called the “closed guard position.”

Next, bring your support hand up to the weapon and establish your hand over hand, thumb over thumb grip technique. As you establish your fine-

tuned grip technique, your objective is to be capable of firing in the closed guard position, though you still have one step to complete.

The final component is called the “presentation.” This is where you extend the pistol out from your body, disengaging the safety if your piece is equipped with one. It’s during this phase that you’ll bring your platform up to your line of sight.

While “the draw” can seem a bit esoteric to those just starting out, you can see how it incorporates all of the fundamentals in one fluid motion. This is where all the training and technique meshes to give you the tactical advantage.

Your work on grip technique, stance, sight alignment, and trigger pull all come together in the holster draw, allowing you to go from holstered to firing quickly and effectively in a tactical situation.

Advanced: Close Quarters Shooting Technique

One of the most likely self-defense scenarios a person might encounter is the close quarters scenario, and we do mean close.

Many gun owners assume that because a shooting range is setup at 10-15 yards, this type of distance applies in self-defense as well. If only this were true.

Of course, think about this for a moment and you can confirm that it’s only wishful thinking.

How many rooms in your home are 30-45 feet long? How deep is a stairwell in your home? How many steps does it take the driver in front of you to exit his car and arrive at yours?

These are details we tend to overlook, possibly because they paint self-defense scenarios that make us highly uncomfortable psychologically. Even from a training perspective, they are problematic, because they’re among the most uncomfortable self-defense scenarios to replicate.





There are two very legitimate reasons for this. First, a situation where an attacker is within arm's length is terrifying, particularly for those without extensive training. This is a scenario where the attacker could try to take your firearm in a worst-case scenario. In a best case, you discharge your firearm successfully at point blank range, which is traumatic as well, of course.

The second reason training for this is difficult is that it requires firing at close range targets, preferably a 3D dummy. If you do choose to conduct some type of live fire training for this, remember to make safety your first priority. This level of training is really best undertaken at a professional tactical training facility.

One Adversary

In a close-in scenario, drawing a weapon and getting in firing position is quite technical. We'll describe the process as if you will be carrying a side holster, though the mechanics will be similar with other common holsters.

In the event that you are being attacked, perhaps with a weapon or bare fists, you'll want to present your weak side to the attacker. Use your non-dominant hand to land a dis-

tracting palm to the attacker's forehead.

The purpose of this move is to simply draw their attention to blocking your palm strike, although you're not



trying to deliver a true strike.

As you make contact with your weak side palm, you'll be concealing your drawing motion with your strong hand. Draw your handgun and bring it up to your strong side pectoral, keeping the muzzle directed at the attacker's center mass. It goes without saying that the element of surprise will last only moments.

Thus, it's imperative that you fire your weapon immediately upon lining up your muzzle and target. Some instructors recommend firing several rounds at this point.

The final step after firing is to create space between you and the target. Do this by stepping back to a distance that allows you to present your weapon fully should you need to fire again.

As you can imagine, the distance between the muzzle of your weapon and the target is measured in inches. Practice is essential in order to learn the mechanics of this shot, whether you are using live ammo or dry fir-



ing. Because accuracy isn't paramount in this technique, dry fire training can be effective.

Unless you have access to a specialized range or a family farm, it may be difficult to find a facility that allows you to shoot targets from less than 2 feet away.

Multiple Attackers

If things are spinning wildly out of control, or perhaps you weren't paying close attention to your surroundings, there's always a chance that you've missed your opportunity to confront a single attacker.

Instead, you've got 2 or 3 threats coming at you at the same time. Naturally, the odds are not in your favor, which is why mastering this drill is so important. It's the equalizer, or perhaps even the thing that turns the odds back in your favor.

When facing multiple attackers, the process for drawing your weapon is much the same. If you can control the flow of the engagement, you'll want to begin with the attacker furthest to your strong side, i.e. if you are right handed, engage the one on the far right. This will allow you to conceal your draw until the point of firing.

The technique you use on the first

threat will be the same as you used against a single threat up to the point of firing. Instead of stepping back to present a traditional hold, your next step is to keep your pistol in the same position at your ribcage, pivoting to fire on the next closest threat.

Again, with the pistol anchored at your pectoral, you'll be executing a point-and-shoot maneuver, not taking time to aim. After firing and hopefully striking the second threat, then you will step back, creating the distance to present your pistol up to your line of sight.

Following your back step, take your isosceles stance toward the next tar-

get. If there are more threats to fire on, you will be able to pivot to them without additional footwork. Just remember to keep your eyes aligned with your horizontal axis.

Conclusion

Tactical shooting, even without any competitive element to it, is like many other martial arts; it trains you for real life battles without your ever noticing. That, in addition to the pure joy of busting caps, is the beauty of it. You just have fun and enjoy the sport, whilst becoming more prepared for real life self-defense situations.

The draw, stance, grip and concepts you learn throughout this exciting sport are the tools of the trade that could one day put you at a distinct advantage in a life or death scenario.

Professional shooters and specialists within the US Armed Forces have refined these methods to give shooters the best possible advantage, developing and updating handgun tactics to match modern firearms. The coolest part is that we can now benefit from their knowledge without having to enlist (or re-enlist), through the sport of tactical shooting.



How to Prepare for and Survive

à Tornado

Each year, tornadoes cause an average of 1,500 injuries in the U.S., along with 80 deaths. However, 2017 got off to a brutal start when a series of January tornadoes kick-started the season.

During a four day stretch, 21 people perished. This string of tragedies helped to remind us of the fact that tornadoes are sporadic and tend to come in multiples. Tornado season has started early this year, and you need to make sure you and your family are properly prepared.

Tornado Planning

Does your family have a plan in place for dealing with tornadoes and other emergencies? If not, schedule a family meeting this week to hammer out some of the basics.

For example, you should always have two designated meeting spots if your home is inaccessible. Make one nearby and the other farther away. This way, even if the power is out and cell phone service is down, you'll be able to find each other. If it's safe, the closest location to your home is the ideal place to go. If it's not accessible, though, the secondary location will serve as a good backup.

Another thing that needs to be discussed is where to go on the property and within your home if a tornado hits. Remember: it's always best to get to the lowest possible spot, so a basement or inside a deep ditch are your best bets.

PHOTO:

Above: by NOAA Photo Library



To Summarize:

- _ Decide on two meeting places for your family.
- _ During a tornado, get to your basement, ground floor or the lowest area outside. **DO NOT** go underneath a bridge or overpass, though.
- _ Don't open any windows until after the tornado has passed.
- _ Put on sturdy shoes and grab your emergency bug out bag.

Taking these steps could save your life!

If you don't have access to either of these, though, stay on the ground floor away from windows. If you're stuck outside and have no source of cover, get on your stomach and lie down on the ground.

It's imperative that you don't open your windows during a tornado. If there's enough time, go through your home and shut all of the windows as soon as a watch has been issued. It's also wise to put on sturdy shoes and grab your natural disaster bug out bag!

Identifying Tornado Conditions

We've all gotten used to getting a phone alert when serious weather is in the area. However, don't rely on working cell service when a tornado is nearby; natural disasters of all kinds tend to sow chaos, and tornadoes in particular.

Additionally, some tornadoes aren't spotted or even predicted before they hit because they can form so quickly. This means you must remain aware of your surroundings and know what to look for. Each thing on the following list could happen without a tornado touching down, but they are indicators that one may be near.

When these weather events occur, it's time to take shelter. Although it will usually be a false alarm, a severe thunderstorm can also cause a lot of damage. Therefore, it's safest to treat all major storms as a potential tornado.

Natural Disaster Bug Out Bag

Everyone talks about plans for their SHTF bug out bag, but do you have supplies assembled for a weather disaster? Many of the components you'll need are the same. If a tornado tears through your neighborhood, though, you won't need supplies to help you survive in the wild. Instead, you'll need the necessary items to help you get your life back on track.

In addition to the list below, you can also put one small, lightweight personal item in this bag such as a flash drive with your wedding pictures so that you don't lose something that's important and irreplaceable. Keep in mind that it's also very smart to keep a copy of stuff like that off-site.

Tornado Conditions

- _ Large hail
- _ Greenish sky
- _ Dark sky
- _ Loud roar that sounds like a train
- _ A single dark, large and low-lying cloud.
- _ A cloud that appears to be rotating.

Your natural disaster bug out bag should always contain the following:

- _ First aid kit.
- _ Three-day supply of food and water.
- _ Flashlights.
- _ Copy of your ID and important papers.
- _ Backup cash and credit card; *remember, you'll probably need a credit card to stay at a hotel.*
- _ Three-day supply of medication.
- _ Three-day supply of pet food and water, if applicable.
- _ Leash, if applicable.
- _ A pet carrier can be placed near your bug out bag.
- _ Wind-up radio.
- _ Cell phone charger.
- _ Basic hygienic needs such as a toothbrush and travel sized toothpaste.
- _ One change of clothes for each person.



Tornado Survival Stories

Although thousands of people are injured or killed by tornadoes each year, there are many more who survive their encounter with one of nature's most destructive forces. Some of these stories involve nothing more than luck, and others showcase the importance of being prepared. In both instances, these survival stories are exciting and well-worth reading.

"The 65 Foot Flight"

Everyone knows that tornadoes are powerful, but are you aware that one funnel cloud can pick up a 2,700-pound SUV and make it fly 65 feet?

This would be an amazing thing to see from a safe location, but imagine what it felt like to be inside the SUV. That's exactly what happened to Florida resident Mark S. Hardgrove when a tornado lifted his vehicle 20 feet into the air and then sent it barrel-rolling for 65 feet. Shockingly, Mark survived with very minor injuries and earned a hell of a story that he can tell for the rest of his life.



“Driving Away from Danger”

Driving during a tornado could go very badly, but in some cases, it’s your best bet. A powerful storm was headed straight for Cindy Sasnett’s house. Her instincts told her she needed to grab her grandson and another child she was babysitting and flee.

They got in her SUV and drove circles around the area until Cindy’s husband said that the radar indicated the tornado was gone. When she returned to her home, she found that it was completely leveled. Every room she had considered taking shelter in was destroyed. By driving out of the path of the storm, she was able to save herself and two other lives.

PLEASE NOTE: Driving away from a tornado can be just as dangerous as staying put. There are numerous survival stories that involve fleeing a storm in a vehicle, but there are also several that have a tragic ending. If a tornado is headed your way, you’ll need to make a quick decision on what’s the best course of action.

“Storm Shelter Saves the Day”

When an EF5 tornado hit Norman, Oklahoma, in 2013, Juanita Wright was ready. Juanita had lived through another massive tornado in 1999, so she knew the importance of listening to the weather forecast during tornado season.

When the local meteorologist said to get underground, Juanita grabbed her dog and fled into her small storm cellar. The two rode out the storm with a couple of radios giving them updates on the tornado’s location.

Juanita’s decision to build a storm cellar and then use it that day almost certainly saved her life. The tornado went directly overhead, and she described it as feeling like an earthquake. Her story really helps to emphasize how important it is to have a safe place to go. Her preplanning with the radios also helped keep Juanita and her dog safe.

“A Bathtub and a Mattress Save the Day”

The same EF5 storm that Juanita Wright survived was almost the end for brothers Newton and Steve Beard. Without a basement or other notable place to take cover, the two decided to climb into a bathtub. They pulled a mattress on top of the tub for added protection. The storm ripped through the house, breaking all of the glass and sending debris flying everywhere.

The quick thinking of the Beard brothers saved them from any serious injuries, though. Interestingly, there was at least one other resident of the same area who used a bathtub for survival during the tornado. This isn’t a foolproof method of protection, but it may be a good option if all else fails.

PHOTO:

by Sourtoe, Flickr



What's it Like to be in a Tornado?

According to tornado survivors, there's nothing you've ever seen in a movie or TV show that comes close to truly capturing what it feels like to be inside one of these storms. The first thing you can expect is to hear a noise so loud that it drowns out everything else around you. Multiple tornado survivors have indicated that they couldn't hear loved ones screaming from just a couple of feet away.

As a tornado goes through the area, it also becomes extremely dark. Even if the sun was shining a few minutes before, you can expect to find yourself in a pitch dark setting until the storm passes.

Anything nearby that is loose will be picked up, and these items will go flying through the air. They could hit you, and in fact, debris is one of the biggest tornado injury risk factors. This is another reason that people try to get into their basement, panic room or storm shelter; there's less in their immediate area that can be picked up and tossed at them.

Expect glass to break and wood to start popping. If you have anything in your hands, it's highly probable that it will be ripped away. Due to the massive power of these storms, you may also find yourself tossed around like a ragdoll. Take steps to protect your head as much as possible to minimize your risk of serious injuries or death.

PHOTOS:

Above: by Shann Skriver, Flickr

Right: by PhotoJunkie!, Flickr

Tips from Survivors

People who have actually survived being in a tornado make one thing very clear: if you're relying solely on tornado sirens, you may not survive the experience. That's because these sirens can go off late or even malfunction and not go off at all.



Instead, it's up to each person to keep an eye on their local weather forecasts and to glance at the sky from time-to-time. Yes, a tornado can pop up unexpectedly, but meteorologists usually do a good job of indicating when the conditions are right for a storm to develop. On these days, you need to be tuned in to the radar and local weather reports.

If a tornado is spotted anywhere near you, it's time to take action. Don't hesitate to get to a safe spot if the funnel cloud is expected to come within 15 miles of your location.

Be sure to keep your phone's emergency weather alerts turned on. The last thing you want to have happen is to get surprised by a tornado with zero warning at 3 in the morning. Your phone alarm may not give you much time, but it should help you get to your basement or designated shelter.

The Aftermath

Surviving the tornado is just step one. After which, you need to safely get to a new location. If you're covered in heavy debris and can't move, start paying

close attention to the sounds of other nearby people. Yelling for them or banging as hard as possible on the wall can help you get the assistance you need.

Once you're able to walk away from the area, keep a very close eye on your surroundings. Debris is likely to be everywhere, which will create trip hazards. Power lines and high voltage electrical wires are also likely to be down. Give them a wide berth to avoid getting electrocuted.

Finally, don't forget that something that was damaged in the storm but stayed up could still end up falling over. If a tree or building is at a haphazard angle, don't go near it.



Get Prepared

Even with all of these tips and survival stories, it would be easy to remain complacent and not take action until it's too late. Before you let yourself get lulled into a false sense of security, you need to recognize the fact that tornado season has been here for a few months already. Storm predictions for the spring and summer indicate that the U.S. will have more tornadoes than usual, and many of them are expected to be very strong.

Keeping your family safe requires much more than learning how to homestead or putting together a comprehensive SHTF plan. The very real threat of a tornado, hurricane or other storm always needs to be considered. Don't let yourself get taken by surprise because you're overly focused on one potential future disaster. Instead, develop a general all-purpose plan for a natural disaster as well as a plan for the downfall of society so that you're always prepared to hop into action with minimal notice.

Surviving a tornado involves just as much luck as it does preparation. But being prepared will help you best utilize some good luck or minimize the damage of any potential bad luck.

PHOTO:

Below: by NOAA Photo Library



How to Build a Backyard Tornado Shelter

without Breaking
Your Budget



Surviving a deadly tornado is possible, but it takes a combination of preparation and some good luck. Fortunately, the preparation piece is the largest component, and you can take steps right now to dramatically boost your odds of survival.

If you don't have a basement, it's important to consider installing a tornado shelter on your property. These come in a variety of styles and price points, and there are many DIY options to help you reduce expenses.

The average cost of building a tornado shelter can range from \$2,500 all the way to \$18,000 or more. Therefore, the first thing you need to do is determine your budget. If you don't feel capable of building your own shelter, there are numerous places that sell above-ground options for a few thousand dollars. You could also hire a contractor to install an in-ground shelter, but be prepared to shell out tens of thousands of dollars for that.

FEMA offers comprehensive planning tools to assist people with building an in-home, in-garage or detached shelter. They refer to these shelters as a safe room.

You can find their blueprints and other information here:

<https://www.fema.gov/media-library/assets/documents/2009>

Indoor or Outdoor? Above Ground or In-Ground?

Before you can begin, you need to determine whether or not your shelter will go in your backyard or be attached to your home or garage. You also need to decide if an in-ground or above ground shelter is best for your area. Keep in mind that if you are in an area that is prone to flooding, an in-ground shelter may end up being just as dangerous as having no shelter at all.

One simple design that you can use in-ground mimics (and can also be used for) a root cellar. This process is relatively easy and can be done with inexpensive supplies.

1. Dig a hole into the ground that is deep and wide enough for your shelter.
2. Take cinder blocks into the hole and arrange them to create a wall on each side.
3. Once the cinder blocks are properly arranged, use Quikrete to hold everything in place.





4. Next, you'll need to construct the base for the roof. As you can see in the image above, this requires durable wood that's cut into the desired size to fit on top of your shelter. Keep in mind that you don't want to use extremely thin or cheap wood materials because this thing needs to hold up to a storm.

5. After the base of the roof is built, you will cover it with one solid and thick piece of wood. This will then be reinforced with galvanized steel cables for extra durability.

6. A thin layer of concrete or a steel sheet can be placed over the top of the roof to complete this portion of the project. This would cover the cinderblocks too and provide a lot of stability and extra security for your shelter.

7. Don't forget to use a thick steel door to cover the entry opening. You'll need to add some stairs to access the root cellar, and it's best to put another door inside for added protection.

Things to Consider

No matter which type of shelter you choose, it's wise to remember that you probably won't be able to see much when you enter it. Therefore, a source of light should be available at the top of the stairs. It's best not to rely on the electric grid for this light as the power is likely to go out during a tornado.

One good thing about a tornado is that they usually pass pretty quickly. In other words, you probably won't need to ride out an extended period of time in your shelter. However, this doesn't mean that you shouldn't have supplies ready. In fact, keeping a first aid kit, some non-perishable food and water in the shelter is always a good idea. Remember: it's possible that you'll use the shelter to survive more than a tornado at some point in the future.

Be sure to make the shelter large enough for you and your family. Take into account the need for fresh air, which means you need some open space.

Also, unless you want to risk being overfilled and low on air, it's best to not advertise the fact that you have a shelter.

Although you can't hide it altogether, it's probably in your best interests to avoid discussing the shelter with neighbors. This might sound harsh, but the reality is that each shelter can only reasonably hold a certain amount of people. Make sure you don't build something that isn't able to help you when you need it most.



ATTENTION Gun Owners:

DOUBLE YOUR Speed and Accuracy

By Oli Fischer

If you're looking for an instant method that takes almost ZERO training or practice to double your shooting accuracy...

Then this will be the most important story you read today.

Here's why: I want you to meet Sgt. Salvador McCaffery, U.S. Army Veteran and part of a group known as "FISTERS."

FISTERS are the forward observers on our lethal battlefields who identify enemies like ISIS and direct our military assets to take them down...

They have to be experts with a whole bunch of weapons ranging from heavy artillery to the same kinds of handguns you and I own.

The success of many missions depended on Salvador's ability to lay down accurate fire. Now, this isn't necessarily sniper fire that we're talking about here. This is small arms fire intended to suppress enemy fire, pin them down, and take out enemy targets when possible, of course.

He became so good at hitting targets quickly his buddies would literally throw all kinds of different guns on his lap just to watch him hit targets with ease...

Yet, Salvador's secret wasn't decades of practice, nor was it natural ability. Sal was the most willing and enthusiastic about using technology to make himself more effective. But my story begins after Sal's days in the Army.

I met Sal at the shooting range. Every other week we have a shooting contest at the range. And every other week I got my butt kicked.

He was just better on the draw than I was, not surprising based on his training and experience.

But he was also just so much quicker at moving between targets.

Finally, I got curious enough to ask him, "Hey man, how is it you can hit every target so damn fast?"

"Simple, I'll show you," he says.

I couldn't wait to see what this was... it had to be some crazy training technique he learned in the military. Turns out, he was up to his old tricks.

He was using the same skills that earned him a reputation in the Army. Sal was combining his training with simple technology that improved his speed and accuracy.

So, what was the piece of technology that allowed Salvador to make his way through the targets faster than everyone else. It's called a "Tactical Laser Sight," you know, like you see in the movies.





WHY YOU NEED A LASER SIGHT

These sights can fit just about any gun whether it's a handgun, a rifle and even a shotgun!

In a few seconds you can attach the laser sight, turn on the laser itself and start dialing it in for your weapon. It takes literally minutes to start placing shots straight through the heart of any target.

Our military personnel's ability to hit targets is the difference between being a casualty...

Or fighting another day.

S.W.A.T. units around the country take down bad guys using these tactical laser sights, even under the cover of darkness.

Because one bad shot can lead to tragedy whether it's on the battlefield or in your home during a robbery. In fact, in 2012 the University of California-Davis medical school found that 44.8% of shooting victims weren't even the intended target.

Think about that, during a home invasion one bad shot with today's gun technology can hit a family member... Or even a neighbor!

However, gun owners who can shoot accurately can stop major tragedies from unfolding with a well-placed shot.

Thing is, even a relative newbie can start drilling targets like a veteran shooter with one of these. A laser sight is a visual aid that, even in low light conditions, allows you to orient your handgun and muzzle toward a target.

Most shooters only shoot in well-lit indoor ranges or during the daylight hours. They don't realize that at dusk, or even during a thunderstorm, lighting conditions make it almost impossible to "read" your sights properly. Three dot sights help with this, but they come with their own set of drawbacks.

The other aspect of laser sights, one that's often overlooked, is that they are excellent for target acquisition. That's what they were developed for. Your eye is naturally drawn to the point of light projected by the laser.

Thus, when you pull your weapon in a rapidly escalating circumstance, you don't have to worry about lining up front and rear sights, focusing on the front sight, or any of that. You can simply lay down fire on your target with accuracy, just like Sal.

INTRODUCING THE MCG TACTICAL LASER SIGHT

I have a very exciting announcement for shooters of all levels: My Crisis Gear recently launched our very own tactical laser sight, available for pennies on the dollar.

We've been able to develop our own Tactical Laser Sight that's easy to attach to any gun with a "Weaver" or "Picatinny" rail.

Ninety percent of new guns have these rails which means instantly doubling your accuracy can be done without a trip to your local gun shop!

In fact, in the time it takes most gun owners to lock n' load you'll already be hitting targets twice as well as you did before.

Imagine being able to lock n' load, line up your target and start blasting dead, solid perfect shots that hit the target every time...

Just watch heads turn at the range when you take dead aim and knock down target after target with each squeeze of the trigger...

Then think about the time you might have to fight for your life and lay down accurate fire protecting the lives of your family.

WHY THE MCG TACTICAL LASER SIGHT?

Besides being the sight of choice by guys like Salvador, it can fit virtually any type of gun. If it has rails, it will easily fit your gun without hindering your ability to point and shoot.

And if you read the March NSRA Update, you know

that virtually every semiautomatic handgun comes standard with an accessory rail (because they were all building to the Army's guidelines).

Whether you're just a gun enthusiast who loves to shoot or own one (or more) for self-defense, you'll be able to quickly deploy this laser sight.

Here's What's in the Box

I love unboxings just as much as any other gearhead. So, of course I'll share with you exactly what's inside .

When you order your MCG Tactical Laser Sight you get:

- One MCG Tactical Laser Sight
- One MCG Tactical Laser Sight
- One Rail Wrench
- One Battery Wrench
- One Windage/Elevation Adjustment Wrench
- Three Batteries

Everything you need to start using your MCG Tactical Laser Sight is included... no extra assembly or parts needed!

Extreme Power in a Featherweight Package

One of the biggest surprises you'll find when you start using the MCG Tactical Laser Sight is how powerful it is. When you pull it out of the box you'll think... "C'mon, this thing probably can't even reach 5 feet let alone several hundred yards..."

Then, the moment you turn the laser on your eyes will nearly bulge out of their sockets with the power and reach this laser has!

What Sgt. McCaffery showed us is how to pack the most powerful laser inside the housing without adding more weight or losing range.

That's why our United States Armed Forces and police units rely on these Tactical Laser Sights for taking down the bad guys!

Ambidextrous Controls

It doesn't even matter whether you're right or left handed. You can adjust the Tactical Laser Sight to make turning it on and off incredibly easy and quick.

Besides, your new Tactical Laser Sight isn't made out of some cheap-o plastic. It's constructed carefully from high strength, military grade aluminum so it can take a beating... and still help you hit targets.

And this doesn't only work on traditional firearms. You can install it on Air Rifles, Airsoft Guns, BB Guns, Shotguns, Black powder guns, etc. Heck, you can mount it on your machete if it has a picatinny rail.



Look, I Want to Make This a No Brainer For You

Because I really want to make absolutely sure you get this awesome piece of shooting technology into your hands, I'm going to sweeten the deal.

When you pick up your new MCG Tactical Laser Sight we're going to throw in a free gift...

In fact, when you open your box and find these beauties waiting for you I guarantee the first thing you'll do is hit the shooting range, or run out to your backyard and start firing away!

Normally we'd get a pretty penny for this gift, but today we want to hand it over to you FREE!

Bonus Gift #1: SPLATTERBURST TARGETS



The moment you open the box and attach your MCG Tactical Laser Sight you're gonna want to try it out. Well, you need something to shoot at, right?

So today, we're going to put a set of our Splatterburst Targets in your shipment free.

Speaking of shipping and free...

Bonus Gift #2: We'll Pay ALL the Shipping and Handling

That's right, you ain't paying a single dime for shipping today.

Including any other items you want us to ship out to you... and man, we've got an entire self-defense arsenal for you to check out!

We're so excited for you to own the MCG Laser Sight that we want you to save on the shipping so you can fire a few extra rounds and hit more targets.

In fact, I'll let my warehouse staff including Salvador know to rush your order out the door before everyone else's...

Just keep that little secret between us and anyone you know who loves squeezing off a few perfectly accurate rounds of gunfire! Plus...

Bonus Gift #3: 60 Days Risk Free

The moment you get your new laser sight we want you to try it out.

We expect you to take out your MCG Tactical Laser Sight...

Go outside or to the range and start pulling the trigger... A LOT.

Then, we expect you to start nailing bull's eye after bull's eye... like it's no big deal.

You'll probably notice everyone around you staring at each perfectly accurate shot with their jaws dropped...

In complete disbelief!

For 60 days, two whole months you can squeeze off as many rounds as you want risk free.

In fact, if you aren't immediately hitting more targets the day you put the MCG Tactical Laser Sight on your gun, we'll refund every single dollar of your purchase!

However, if you use the Tactical Laser Sight you will hit more targets and become one of the most accurate shooters in your neighborhood. That's how effective this technology is.

Initially, my guys at the factory told me we'd have to charge \$120 to make this offer work. And because of how trusted this technology is we could ask for \$120 and easily get it. That's what these things cost at most gun stores.

However, you're not going to pay anything close to that today. If you order today, you'll get the Tactical Laser Sight, Splatterburst Targets, Free Shipping and 60 Day Guarantee for Only \$37

Get the MCG Tactical Laser Sight today, with the FREE Splatterburst Targets with FREE Shipping and you have the Tactical Laser Sight for only \$37.

Call Chaz our Guns Expert Toll Free: 1-800-370-8660

Or head to the URL below to order one of these lasers on our secure website:

mycrisisgear.com/laser



When this single most vulnerable resource you use every single day is taken out,
Life for everyone will fall apart and chaos will reign.



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PANDEMICS, FOOD SHORTAGES, WATER AND
SANITATION BREAKDOWNS, VIOLENCE AND
RIOTS WILL ALL HAPPEN AT THE SAME TIME**

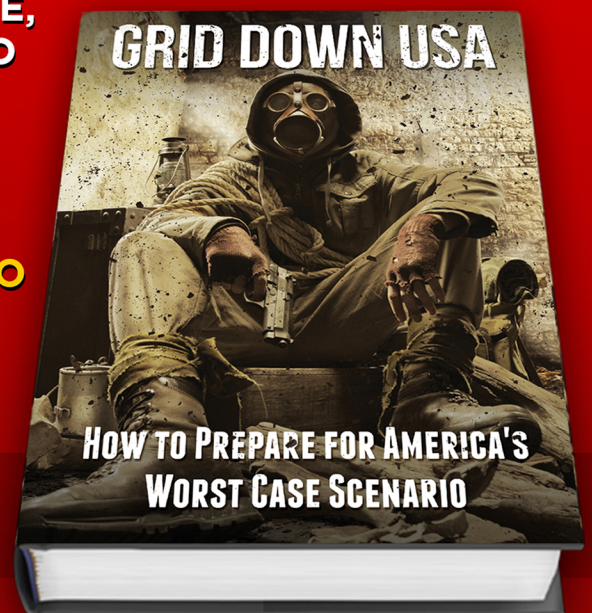
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