



MEMBERS UPDATE

February, 2019

***7 DEVASTATINGLY SIMPLE
SELF-DEFENSE MOVES***

The NSRA's Kill it 'n' Grill it Cookbook

Double Your Accuracy Overnight

Top 5 Air Rifles for Skeptics

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Double Your Accuracy Overnight

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Top 5 Air Rifles for Skeptics

With gas piston technology reaching new heights, there's never been a better time for gun nuts to give some non-firearms a chance. If one of your New Year's resolutions was to shoot more or hunt more, then a spring piston pellet rifle may be just what the doctor ordered.



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Kill it 'n' Grill it Cookbook

Now that you have a freezer full of fresh venison and small game harvested with your trusty new air rifle, it's time to head to the kitchen. You killed it, now let's grill it. Impress your buddies with some delicious meals that will make them swear this can't be wild game.



DEVASTATING SELF DEFENSE TIPS EVEN GRANNY CAN USE

Ok, we all know the best defense is to avoid a violent confrontation and leave if possible... but do you know what to do if push comes to shove?

No, ignoring violence and trying to use social skills in an anti-social situation will not work. The thug who is willing to resort to violence will always overwhelm that approach.

You most likely own a gun, but what if this one time you left it in the car or at home? Even if you do have it on you, face to face encounters don't always allow enough time or space to use your weapon.

That's where hand to hand combat comes into play. But you don't need to take a comprehensive self-defense course to learn how to save your life.

We've got four tips and seven moves for you that will get you out of a violent situation safely with the least damage done to your body. The attacker...not so much.

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These tips come from a combat system developed by Tim Larkin called Target Focus Training and it is all about throwing your body weight strategically at an attacker.



It's a no-nonsense, simple approach used by police around the country. Your main focus is to stun the attacker long enough to escape with your life intact. And you do this by aiming for the most sensitive areas of the attacker's body: the eyes, nose, ears, neck, solar plexus, groin, knees, and legs.

Don't worry about needing a lot of training. These tips and moves are so simple and practical that even your grandma can become a badass!

Please note: some of these moves can cause serious injury so be careful to only use them in life-threatening situations (or find yourself walking away with an assault or even a murder charge).

Enjoy and be careful!

TIP #1: GETTING THE FIRST INJURY



The only thing that matters is getting the first injury...damaging the eardrum, kicking the groin, or breaking the knee...anything to get that debilitating injury.

If the attacker gets in a few blows – fear not. Everything before the first injury doesn't matter because the human body can take a lot of non-specific trauma. You can get hit in the head, struck from behind, or plain caught off guard and you will be fine.

Your main concern is inflicting the first injury to the sensitive parts of the body. The body cannot take that type of injury. It is the equalizer and will make the body freeze in its tracks.

By hitting the key areas (eyes, nose, ears, neck, solar plexus, groin, knees, legs) the attacker will have no choice but react to the injury...giving you the perfect opportunity to inflict another injury and subdue the threat.

3 That's why targeting these specific areas is the best approach. It drops bodies. And it is how you can outperform the biggest and the strongest.

TIP #2: PICKING THE RIGHT BODY PART



When you hit these key areas, you want to create the most damage. The best parts of body to use to inflict the most damage to your attacker are your head, elbows, and knees.

If you choose to use your fist, always make sure you have the right form. Don't wrap your fingers around the thumb. Doing so will cause some bones to break and distract you from the threat at hand.

Always keep your thumb over your closed fingers!

TIP #3: THE MEANING OF "STRIKING"



One misconception that will prevent you from surviving an attack is thinking striking means punching and kicking.

Striking is all about using an impact point (like your fist, forearm, or knee) and throwing your body weight at the attacker.

You want to use the impact point and your body weight to target a specific contact point on the attacker, like his throat.

Using both the impact point and your body weight will always stun your attacker, no matter his size or experience.

TIP #4: ELIMINATE THE THREAT



People are great actors. Never assume the attacker is neutralized just by getting an injury.

Remember, your life is on the line!

Always hit from where you are until you see the person is non-functional and cannot get up to attack you more.

Alright, enough tips. Let's move on to the moves!

MOVE #1: STUNNING THE EARDRUM



4 In this move, you are using your hand to strike the threat over his ears from close range.

By doing this, the force of your hand can produce a sudden compression and send a shock wave down his ear canal. This will rupture the eardrum or at the very least produce severe pain, dizziness, and possibly unconsciousness, which gives you the chance to strike again and neutralize the threat.

To do this, cup your hand with your fingers tightly together and the thumb pressing against the sides of the index finger.

When you attack, make sure to put your body weight behind it! Practice makes perfect.

MOVE #2: THROAT FOCUS



By attacking the throat of your attacker with your entire body weight, you will automatically crush his throat and throw him off balance.

You need to step into him (either in between or right outside one of his legs) when you attack the throat in order to dislodge him with your body weight. The whole point is to cause the most damage so you can get in more injuries.

Once someone is hit in the throat, they have no choice but to grab their own neck and gasp for air... giving you time to strike again.

MOVE #3: SOLAR PLEXUS FOCUS

Known as the "bread basket," the solar plexus is located under the sternum and is extremely sensitive when hit.



When you strike someone here (whether that be with your fist, head, or elbow) they will get the wind knocked out of them or even leave them unconscious.

This gives you the opportunity to introduce the next move on our list:



MOVE #4: GROIN ATTACK

5 We all know taking a kick to the groin will leave you sprawled on the floor, unable to move.

But the purpose of the kick is not just to hit the testicles. Yes, this is a very sensitive part, but what you really want to think about is the pubic bone.

When kicking, you want to follow through on your kick...kicking as high up as possible to do the most damage to the pubic bone (ouch).

By hitting the pubic bone, you might be able to fracture it and stop your attacker right in his tracks. There's not much the attacker can do from that point on.



MOVE #5: KNEE TO HEAD

Once you've stunned the attacker with the first strike and have them bent over and defenseless, you'll want another move to eliminate the threat.

Enter your knee and his head...

Now, most people make the mistake of hitting a person while their head is looking down. If you hit someone on the chin with your knee, you will injure your knee and give the threat the chance to attack.

The most important part of this move is to turn the threat's head to side before striking him with the knee. By turning his head, you will be damaging sensitive parts of his body (like his ear and temple) that will drop him to the floor without hurting yourself.

Make sure to follow through with the motion. You want to use all of your body weight, not just your knee.

MOVE #6: BREAKING THE KNEE



One of the most effective leg kicks is the stomp kick (AKA push kick, piston kick, front kick). It is effective because you are using your entire body weight to hyperextend the threat's knee in hopes of breaking it and/or disabling him long enough for you to put in some more blows.

The knee helps us stabilize, so without a knee you know your threat will pause for a moment...giving you the chance to finish him with another strike.

When doing this move, you need to raise your foot as high as possible and drop the bottom of your foot, along with your body weight, as hard as you can onto the threat's knee.

You'll see how natural this move is and why a lot of people use this the most often.

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MOVE #7: THE 3 STEP DEFENSE



But what do you do when someone has a knife to your neck?

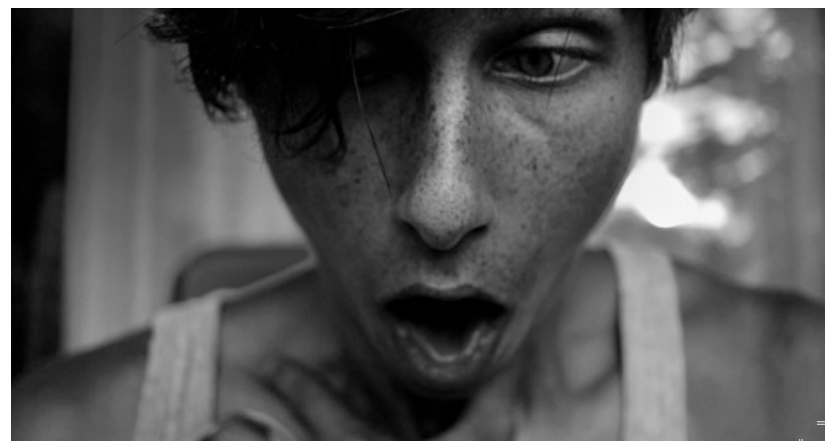
Trying to hit the person in the eye, nose, ears (etc.) may not be available. But you can still use the same moves you have learned in this article to get the attacker off your neck and off balance so you can deliver the first injury.

First, when there is a knife against your throat, you can't focus on the knife. The knife isn't going anywhere. Instead look at the attacker's exposed throat.

When you step in and hit the throat, the attacker can't fully penetrate your throat with the knife. You might get a small cut but a superficial wound is better than death.

Additionally, hitting this area will crush the cartilage in the throat and make it difficult for the attacker to breathe. But you need to keep going because your life is being threatened.

You will then take advantage of the solar plexus in order to further damage the attacker's breathing ability. The solar plexus is filled with tons of nerves, so when you hit it the lungs automatically seize up.



Now the attacker is really struggling to breathe.

Next up is a shin kick to the groin. Remember, you are aiming for the pubic bone so make sure to follow through to create the most damage.

At this point, the attacker's breathing is shutting down, ability to control his breathing is compromised, and his body is in shock from the groin kick.

You could stop there, but it really depends on the situation and if you truly believe the threat has been neutralized.

If you really want to eliminate the threat and take the guessing out of the equation then you need one more strike. Take a fourth strike to either the groin or solar plexus again to bring the attacker to floor vomiting.

With this three-step defense, you walk away with only a cut on your throat while the attacker is in some serious pain.

CONCLUSION

The world can be a dangerous place. But by being prepared in every way, you will increase your chances of surviving about anything.

Hopefully you won't ever encounter a life-threatening situation like this any time soon, but if you do, you will now be able to get out of it with your life intact.





Ask any really good tactical shooter how they got so good and they will tell you, “practice, practice, practice.”

It’s no secret that in order to become a proficient shooter you need to spend hours training, going over all the motions you will encounter on the range, streets, or a hunting trip.

But what you might not know is that the best shooters use visual training tools to help them increase their skills faster than you...

One of these tools is the laser sight. Tactical lasers have proven in study after study to increase shooting accuracy both as a live fire tactical tool, and as a training tool.

Now, some might argue that a gun laser diminishes a shooter’s skill by making them dependent on the laser, but they are missing the bigger picture when it comes to handgun training.

The advantages to using a laser are multiple. The laser not only helps you improve your target acquisition and accuracy, it also helps you see the quality of your trigger control. And it does so in either live fire or dry-fire settings.

Let me ask you something..

How is your trigger press?



You might have a faint idea, and you may be completely wrong. But with a laser sight attached to your gun, you can clearly see if you’re jerking the trigger when firing a shot just by looking at what the laser is doing on the target. It could be the reason behind your lack of accuracy and progress.

On top of that, you can use the laser for dry fire right at home and catch the tiniest of movements that you might not see when using the front sight during live-fire sessions. By magnifying these movements, the laser will help you find that smooth trigger action needed to keep your aim steady on the target...ultimately making you a better shooter.

Do you know where you’re actually aiming?

Of course, every shooter should learn to acquire a target with iron sights. But this can be hard for those of us with bad eyes or when shooting in low light conditions. And there are times when iron

sights become absolutely useless, like during a home invasion at night.

That's where the laser comes in. Once zeroed, a laser sight helps you determine exactly where your point of aim is at all times. It sounds so simple that many fail to recognize its importance. But as you practice your draw and other techniques, you'll soon realize how invaluable this level of feedback is to your overall progress.

Unlike with iron sights, lasers allow you to focus on what the laser is hitting, keeping your attention downrange and always on target. It will give you a clear picture of where you are aiming and help build up the muscle memory you need to have an intuitive pointing motion.

How accurate are your shots?



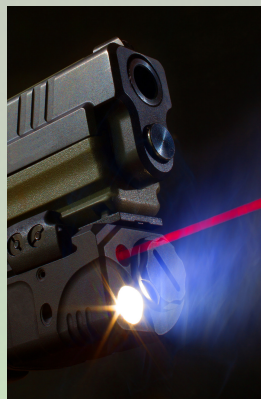
With better trigger control and target focus, it's not uncommon to see rapid results in terms of accuracy. Because with a gun laser, you are literally "lighting up" the target and the laser dot gives you a visible aid to correct any inconsistencies in your technique. As you get acclimated with your laser, it's easy to tap into your natural shooting abilities to get nice, tight grouped shots, time after time.

Not only does this increase your accuracy, it will also increase your confidence level. You will become more and more comfortable with what it takes to keep everything steady while hitting what you want as many times as you want.

Do you see now?

By becoming more aware of your weak spots, you will be able to change your progress overnight. You need to know what is wrong with your technique before you can make the proper adjustments. With a laser, you will be able to do just that and immediately increase your overall accuracy.

What type of laser should you get?



There are many gun lasers on the market, each with its own set of compatibility issues. This is why we default to rail mounted lasers. The nice thing about a rail mounted laser is that it's highly universal and can transfer to any weapon with an accessory rail (including sporting rifles and carbines)

as well as plastic training pistols.

Grip lasers and other solutions that involve gunsmithing are more or less limited to one platform, or even a specific gun. This can be overcome, of course, but it still requires additional training and practice if you plan to have multiple lasers with different functions, on/off switches, etc.

Lastly, the debate often comes down to red vs green. The decision between the two often comes down to two simple calculations, size and price. The human eye is better equipped to recognize colors in the green spectrum, especially under bright conditions. For example, in the daylight it can be very difficult to distinguish your red laser on a target. A green laser holds a significant advantage during the daylight hours. In low-light conditions, both red and green are both highly effective.

You might wonder why anyone would want a red laser, unless they were colorblind to the green spectrum. For starters, red lasers are significantly less complicated to manufacture and thus they usually cost less than half as much as a green laser. If you are simply curious about whether a laser would help your technique, a less expensive red laser may be the way to go.

Additionally, because green lasers are a little more technologically complex, they tend to be significantly larger than red lasers. The tradeoffs are fairly clear. If you want a sleeker, less expensive laser and you're not concerned with using it in bright conditions, then go for a red laser. If visibility at all times, in all lighting conditions, is your priority, then you'll want to go green.



Our TOP 5 “Killer Springers” for Skeptics

Last month, we discussed the rapid evolution of air rifle technology. These weapons are getting more powerful, more accurate and, frankly, deadlier every year, making them a viable alternative to the powder burning weapons we all know and love.

Mainly, we focused on how quickly the air guns are finding acceptance by shooting enthusiasts, gun ranges, and even with hunters. But as we look at this list, it's obvious that we left off a pretty significant group. That'd be your skeptics.

Now we know what you're thinking, skeptics are cantankerous, argumentative, and resistant to change by nature. So why try to change their minds at all? There are two reasons. First, it's a challenge. Skeptics need to see the evidence, read the intel, and some even need to experience it firsthand. Now, we can't help much with the firsthand experience, but we can do our best to plant the seeds of curiosity. And we know how powerful curiosity can be, don't we?

Second, it's precisely this group of gunpowder-only types that have the most to gain from trying out a competing technology. Shooters love to shoot, right? Air rifles, and specifically break-barrel springers, allow these folks to do more of what they love, more often, and for less money.

If you come from a Ford family, the tendency is to flat-out avoid ever getting behind the wheel of a Chevy. Well, what if you try it and you find out

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that you like the Silverado? Chances are, if you like

one you'll like the other too. And unlike the pickup truck example, it's actually quite practical to own and utilize both firearms and air guns at the same time.

Trips to the gun range can be time consuming, and they definitely aren't free. Trips to the backyard, on the other hand, are something you can do a couple times a week. Just think, how quickly would your skills progress and improve if you could go shooting 2 or 3 times a week?

Adding a springer or two to your arsenal doesn't mean you'll stop shooting firearms, of course not. It may dramatically increase the amount of time you spend shooting each month, however. This is ultimately the best argument for giving these hopped up pellet guns a shot: They allow shooters to plink easier, quieter, and most frequently than they could otherwise.

What Constitutes a Killer Springer?



As we touched on in last month's article, we believe the best way to categorize break barrel rifles for longtime shooters is to think of them as rimfire alternatives. Drawing on this context, one of

the key criteria of whether or not this is a “killer springer,” should be that it can essentially replace your rimfire rifle from a “blowing the crap out of targets” standpoint.

If you’re a small game hunter (or you want to become one), then that should also be part of your criteria – which is why we made it ours too. Heck, hunting turkeys with air rifles has been legal for years in states like California. A high-quality break-barrel air rifle should be able serve as a worthy substitute for your .22 long rifle or even your .17HMR bolt-action. Sure, these seem like bold claims, but the technology has reached a critical point. Plus, didn’t we say we’re out to convert the “air rifle” skeptics out there?



The fact is, these “killer springers,” as we’ve dubbed them (though most are actually gas-piston powered), must be competitive in terms of velocity, small game lethality, and accuracy with other options available at your local sporting goods store.

Let’s face it; another criterion these weapons must excel at is value. If you want to try out a break-barrel springer to see if this hobby is for you, then you’ll want to get in at an entry-level price. That’s why we set a price cap at \$175. The good news is that there are plenty of air rifles capable of converting the skeptics in this price range, some well below it.

Accurate, inexpensive, and varmint-worthy; those are the criteria these air rifles need to meet in order to be considered a killer springer. If and when you fall in love with shooting your “killer springer,” then you can consider upgrading. We assure you, the sky’s the limit in terms of how much you can spend on an air rifle these days.

Now, air guns do come with their own advantages and disadvantages when compared to firearms. For starters, air gun ammo is even cheaper than .22LR, and significantly less expensive than .17 HMR ammunition. Air rifles can be discharged legally in a heck of a lot more locations, of course, allowing many shooters to plink in the backyard. That means shooting much more often.



In addition, air rifles don’t require an FBI background check, nor the applicable paperwork, to purchase. They’re simply not firearms, thus they’re not under the purview of most laws regulating guns. Maybe this matters to you, and maybe not. Depending on your local laws, this might make everything about owning and shooting air rifles a whole lot easier than firearms.



Disclaimer: We are not in any way trying to advocate for replacing your beloved rimfire collection. Why not have both? Rimfire rifles deliver more ft/lbs than any springer rifle on the market by a long shot. Despite having similar, sometimes greater muzzle velocities than rimfire rifles, the pellets launched from a .22 air rifle are generally around 14 grains, versus an average .22LR bullet weighing in at 40 grains.

Rimfires have other advantages too. While all but one of the break-barrel springers on this list are single-shot rifles, your typical rimfire plinkster will feature a 10-25 round magazine. There are auto-loading springers available, but the springs must be cocked with each shot. If quantity over accuracy is your style, then it's hard to beat burning through a whole box of ammo with a Ruger 10/22. Plus, there's just something magical about the sound of .22LR ammo.

Enjoying a springer to its fullest is a bit more like shooting a centerfire rifle at distance. You want to use your best form, techniques, and trigger control to put the pellet in the bullseye (or jackrabbit's eye, if you're a small game hunter).

After all, shooting is shooting and hunting is hunting, whether its powered by gunpowder, air, or what have you. If precision target shooting and/or varmint hunting is what you enjoy, then these rifles should really trip your trigger.

Crosman F4



You'd be hard pressed to get any more bang for your buck than you get with the Crosman F4, .177 caliber. Chances are you're familiar with the Crosman name. They've been making air guns for a long time and most of us had at least one Crosman BB gun as a kid. Well, as they stress on their website, the F4 is no toy.

12 This nitro piston break-barrel is accurate, powerful, and very accessible at around \$79. Plus, it comes

with a lot of extras that make this a killer springer right out of the box.

With an advertised muzzle velocity of 1,200 fps with alloy pellets, 1,000 fps with lead, the F4 packs a nice punch. Crosman lists this gun as a small game hunter, but doesn't recommend it for varmint hunting, interesting mainly because we doubt most hunters could draw a very clear line between the two.

The F4 is certainly powerful enough to take down small game, rabbit sized or smaller. Just as important, however, is that the F4 is capable of the accuracy needed to take game ethically, thanks to a few of those extras we mentioned earlier.

Among these are a thumbhole stock, allowing for a pistol grip configuration for shooters that find that hold more comfortable. Believe it or not, the F4 also comes standard with an adjustable 2-stage trigger, pretty impressive. As we discussed in the October 2018 issue of the NSRA, a customized two-stage trigger isn't just a nice-to-have feature.

Smooth trigger pull and break are key when it comes to getting those sub-MOA groups at 100 yards with a centerfire rifle. The same goes for quarter sized groups at 10 yards (our benchmark for a "ready to hunt" a springer).

To really unlock the potential of these springers, magnification is necessary. To that end, the F4 also comes standard with a 4X32mm scope by CenterPoint. It's not a great optic by any means, but it is nice that it's included in such a cost-effective package.

Retail: \$79

Gamo Big Cat 1250



Want a bit more power for larger pests? The Big Cat series features much of Gamo's top-performance features when it comes to both accuracy and

reliability. And boy does this gun look like a sniper rifle.

Gamo is one of the biggest air gun manufacturers on the planet. As such, you can imagine that the number of models and variations they offer is a bit overwhelming. One thing to keep in mind is that the spring piston technology that makes it go “pew” is the same across many of the models.

That’s good, because their spring pistons are great, beefy and powerful; that’s the advantage. The triggers, particularly among Gamo’s budget rifles, are not so great.

The Big Cat’s bull barrel, raised Monte Carlo cheek piece, and ambidextrous all-weather synthetic stock really dial you into what Gamo was thinking when they designed this rifle. Pushing a .22 caliber pellet at 950 fps, the Big Cat 1250 delivers an impressive 20 FPE(foot-pounds energy) and was clearly designed with the small game hunter in mind.

The Big Cat 1250 is available in both .22 and .177 caliber options, though this is a platform that gets high marks for accuracy at both, so why not go bigger? Plus, this rifle is decked out with a SWA (Shock Wave Absorber), which is really just a buzzword for a recoil pad, albeit one designed by Gamo specifically for air rifles. And actually, you might be surprised at the recoil these guns can produce.

The Big Cat 1250 is also decked out with an adjustable, two-stage trigger, like the F4. The most obvious step up in quality between the Big Cat and the F4 is the 3-9X40mm scope included in this package. Not the best scope you’ll find, but among the competitors in this price range it’s nicer than most. The Big Cat 1250 is a powerful and dependable rifle that you won’t “outgrow” too quickly as you get deeper into air guns.

Retail: \$139

Ruger Air Magnum .22



You’re probably familiar with Ruger’s excellent firearms, including its classic 10/22 rimfire rifle that’s considered by many to be the gold standard. What you may not be aware of is that many popular air rifles bear the vaunted Ruger name. They are not, unfortunately, as consistently excellent as Ruger’s firearms; some of these air guns are great, others are not. The Air Magnum falls in the great category.

Ruger doesn’t actually manufacture any of these air guns, they basically just license their name. Case in point, the Ruger Air Magnum is manufactured entirely by air gun giant Umarex. So, for all intents and purposes this ain’t a Ruger, it’s an Umarex.

With that said, the good news here is that Umarex most certainly knows how to make a tack-driving high quality air rifle. Now, they don’t always adhere to this, but they do know how. The Air Magnum is proof.

What do people like about this rifle? We’ll cut to the chase; this rifle is very powerful, what’s referred to by air-gunners as a “hard-hitter.” Obviously, this just means it produces a higher than average muzzle velocity. With an advertised velocity of 1000fps for the .22 caliber Air Magnum, it is a bit faster than other .22 air rifles.

It also comes with a very nice Monte Carlo synthetic stock, which adds to the traditional firearms feel that the Air Magnum brings to the table. The Air Magnum comes with a 4X32mm scope that most serious shooters will want to upgrade pretty quickly, but it also comes with adjustable fiber optic iron sights. Many air rifles in this range don’t come equipped with iron sights at all. We also like the fact that the Air Magnum comes standard with a Weaver scope rail, making it simple to swap out optics.

As for things you should know about the Air Magnum .22, this rifle is very accurate for a rifle in the budget range. And it does come with an adjustable two-stage trigger. However, most shooters make a point of saying it’s not exactly a lightweight target rifle. It’s better suited to hunting. Additionally, it’s not the easiest air rifle to cock, further pushing it toward the hunting side of the spectrum.

If you’re looking for a hard-hitting air gun to take

down pests and small game, the spring-piston Air Magnum is an excellent choice with plenty of power. The only problem is they didn't include swivels for a sling.

Retail \$175

Benjamin Titan NP .177



We can't tell you how many times we've heard this gun referred to as the "best" break barrel air rifle for first-timers. Well, here's the thing; it's also good for longtime air rifle shooters (aka "seniors"). The reason is, thanks to the nitro-piston, the Benjamin Titan is significantly easier to cock than many of its competitors, e.g. the Ruger Air Magnum.

The Titan also comes with a nice wooden thumb-hole stock featuring dual raised cheekpieces, a nice feature that sets it apart from other budget air rifles. Aside from the ease of cocking the nitro piston, this rifle is noteworthy for its accuracy. It's not at all uncommon for shooters to print half-inch groups at 25 yards with the Benjamin Titan NP. While it's a more than capable small game rifle, the nitro piston makes it ideal for target shooting.

And as much as we like Benjamin air rifles overall, it's worth noting that many of the "nitro piston" rifles they sell are virtually the same where it counts. Some may have nicer stocks, accessories or optics, but the Titan NP is really the best value of the bunch. There's really no reason to get a more expensive model in their lineup. This is basically true of Gamo as well.

With an advertised muzzle velocity of 1200fps, this rifle runs with the pack in terms of power. The Titan does have a nice recoil pad and a sleek look, partially because it doesn't come with open sights. The Centerpoint 4x32mm scope is adequate, mounted on dovetail bases, but like most entry-level springers the scope is likely the first thing to get replaced.

Optics aside, the Benjamin Titan NP is one of the most popular air rifle combos for good reason. It's got best-in-class accuracy, a smooth-cocking nitro piston, and it's a pleasure to shoot.

Gamo Swarm Maxxim .177



Now, it's time for something a little different. This rifle is the newest design in our lineup, with a brand-new feature that most air rifle enthusiasts have wanted for so long, they basically gave up on waiting for it: Auto-loading.

The Maxxim platform is a tried and true formula for Gamo, using the company's IGT (Inert Gas Technology) gas piston to push lead through a bull barrel at an advertised 1300fps. The Swarm Maxxim mates this performance with a swarm of pellets, feed automatically from the magazine each time you break open the barrel.

Like most, we scoffed at the auto-loading magazine when it was unveiled, viewing it as a cheap gimmick. Fast forward about a year, and these magazines are holding up and getting great reviews.

To be clear, there's a lot more to like about this combo than the auto-loading magazine. This rifle is loaded with many of Gamo's best features. As we mentioned, Gamo has incorporated a Maxxim bull barrel, complete with its "Whisper" sound dampening technology. This is equally nice whether you're plinking in the backyard or shooting squirrels.

In addition, Gamo has thrown in their RRR (Recoil Reduction Rail) system. We won't go into the technology, but its function is basically to prevent the rifle from beating the hell out of your scope. It's also got the SWA recoil pad, another nice to have feature on a gun that's already loaded up with acronyms.



Like Crosman's nitro piston, the Swarm Maxxim's IGT piston is smoother than a tradition spring piston, it lasts longer, and operates better in cold conditions. The Swarm Maxxim also features a better-than-most 3-9X40mm scope with a 1" tube, allowing for better light gathering and a larger field of vision.

Is the auto-loading magazine really worth owning? We say that's a pretty easy "yes definitely" (because loading pellets is annoying). But even if you decide you don't like the magazine, you can remove it completely in about 2 seconds and toss it aside.

The difference between a similarly equipped Hornet Maxxim rifle (also a great entry-level option) and the Swarm Maxxim is about \$15 currently. For the time you save with the Swarm magazine, we'd call that a bargain. If you simply can't bear the auto-loading feature, we'd recommend the Hornet Maxxim as an alternative.

Retail: \$175

Big Box Air Rifle Challenge

It's a great time to be an air gun enthusiast. The technology, power, and reliability now widely available in today's class of break barrel "springers" has pushed air guns out of the toy store and into the gun store. As a category, break barrel air rifles have truly had a breakout past few years, now approved in many states to hunt controlled game species.

If you love target shooting, plinking, squirrel hunting, etc., we hope we've succeeded in conveying a sense of insatiable curiosity in air guns mixed with yearning for the ability to shoot in the backyard.

Any one of the 5 rifles listed here are more than just worthy starter-rifles. These are each bona fide "killer springers," capable of taking small game, printing quarter sized groups, and delivering hours of shooting fun in the backyard or the woods.





The NSRA's **Kill it 'n' Grill it** Cookbook

Hunting season is over and we all know what that means: Tons of deer meat to grub on! And good thing too, because venison has one of the highest protein profiles and is extremely healthy if prepared correctly.

Venison Backstrap With Mashed Sweet Potatoes And Garlic Ginger Green Beans



Not only does harvesting your own venison save you money on meat you would normally buy at the butcher, it will also give you a piece of mind knowing where your meat came from and that is not full of processed additives, antibiotics, or hormones. On top of that, venison is extremely flavorful and

16

does not have a gamey taste like other meats.

There are many ways to cook venison, but the best dish is one that is healthy and has versatility. One of those dishes is grilled backstrap: it can be used as a main dish, an appetizer, on top of a salad, or even made into a savory sandwich.

But I'm going to go one step further and help you create a well balanced meal using venison backstrap.

Grilled backstrap is indeed filled with a lot of protein, but every human body needs the right carbohydrates and fats as well to create a balanced meal.

When I say "the right," I'm referring to carbs and fats that are easier for the body to convert into energy. Simple carbs, like sweet potatoes, are the right type of carbs and will contribute to a sustainable energy level instead of making you "crash."

The right fats are also essential to a balanced meal and can help speed up your metabolism. You can find healthy fats in foods like avocado, eggs, and olive oil, which we will be using in this recipe.

Before we get into the recipe instructions, let me ask you something: have you ever heard of this trendy thing called meal prepping?

If not, don't worry because you are about to become a meal prepper yourself. I do not like participating in trendy things, because they end up being a bunch hype and die out quickly. But meal prepping is different. It is something personal trainers and health conscious individuals have been doing for a long time to keep their bodies lean and effective.

With meal prepping, you are planning, preparing, and measuring out food for about five days. For example, one might meal prep on Sunday and have their meals for the week ready. By doing this, you will be saving a lot of money and time. You'll no longer have the excuse to go eat out at your favorite restaurant or fast food joint because you'll already have everything prepared in advance!

But it is not just about meal prepping. You need to be preparing healthy meals in order to get the best results. When you start to eat healthier, not only will you lose some inches around your waist, you will

also see a change in your energy level as well your mental clarity. And most importantly, being healthier will give you more years to enjoy on this earth.

And that's what you will be doing with this healthy recipe. You will be making a lot of grilled backstrap, mashed sweet potatoes, and green beans; enough to feed two people for 5 days. Then you will save them so you won't have to worry about making food during a busy week of work. Even if you are retired, this will give you more time to focus on the dreams you have for life after retirement.

Lets get started!

Grilled Venison Backstrap Recipe



While some people like to wrap their backstrap in bacon or stuff it with cheese, I've found that venison doesn't really need that much to create a full-flavored dish.

That's why this grilled venison is made with simple ingredients like olive oil, balsamic vinegar, Worcestershire sauce, minced garlic cloves, and low sodium soy sauce. We are only looking to bring out the natural flavor of the venison while keeping it healthy. And because venison lacks fat and is mostly protein, adding olive oil will give it some extra fat and taste.

To make this recipe as simple as possible and as savory as possible, you will be cooking the meat on a grill.

Another thing people end up doing is overcooking the venison and making it extra chewy. To avoid this from happening, you will only be grilling the meat for 8 minutes on each side. You will also be grilling like a pro and giving your meat those glorious grilling lines by grilling the meat in two different directions.

Cookware: Medium-sized bowl, grill

Prep time: 15 minutes | Cook time: 30 minutes |
Servings: 16 | Calories: 140 per serving

Ingredients:

- 3 pounds venison backstrap
- 3 cloves of garlic (minced)
- 1/4 cup low sodium soy sauce
- 1/4 cup Worcestershire sauce
- 1/4 cup balsamic vinegar
- 1/4 cup olive oil
- 1/2 teaspoon black pepper

Instructions:

- Rinse the venison loins in cold water and then place inside a large ziplock bag
- Grab a medium-sized bowl and whisk together the soy sauce, olive oil, balsamic vinegar, Worcestershire sauce, and garlic
- Add the marinade to the venison loins inside the ziplock bag and place in the fridge
- For best results, let the meat marinate for at least 2 hours before preparing
- Turn your grill onto high and make sure the grates are clean
- When it is hot, place the venison on the grill
- Grill for 4 minutes then turn the meat counterclockwise and continue grilling the same side for another 4 minutes. Flip the meat over and repeat
- For rare, the internal temperature reads 130° Fahrenheit. For medium rare, temperature reads 140° Fahrenheit.
- Let the meat rest for 8-10 minutes before serving

Mashed Sweet Potatoes Recipe



Next, you will be whipping together some mashed sweet potatoes. Sweet potatoes are naturally sweet and pair perfectly with a strong and flavorful meat like venison.

As mentioned above, sweet potatoes are a simple carb and are a rich source of fiber. They also contain vitamin B and C as well as minerals like iron, calcium, and selenium. On top of that, they contain the antioxidant beta-carotene, which is converted into vitamin A when consumed.

Cookware: Large pot

Prep time: 10 minutes | Cook time: 6 minutes |
Servings: 4 | Calories: 200 per serving

Ingredients:

- 3 large sweet potatoes (unpeeled, washed, and dried)
- 2 ½ tablespoons unsalted butter
- 1 tablespoon extra-virgin olive oil
- 4 tablespoons 1% low-fat milk
- 1/4 teaspoon kosher salt
- 1 teaspoon black pepper

Instructions:

Step 1

- Grab your sweet potatoes and place them in a large pot
- Add water; about 2 inches above the sweet potatoes
- Turn stovetop to high and bring to a boil
- Reduce heat to medium-low; let it simmer for a little until the potatoes are tender (this should take about 18 minutes)
- Remove the pot from heat
- Drain and place the potatoes back in the pot

Step 2

- Turn your stove top on to low
- In a small pan, combine butter and olive oil and cook until butter is melted
- Remove from heat

Step 3

- Add low-fat milk, butter olive combo, salt and pepper to the large pot of sweet potatoes
- Mash with a potato masher or electric mixer

Garlic Ginger Green Beans Recipe



Lastly, we have garlic ginger green beans to make. Green beans are a great source of fiber, folate, potassium and are

filled with iron, zinc, and protein. They also contain an antioxidant called catechins, which has been proven to improve heart health, manage diabetes, and prevent cancer.

But they can get really boring, really fast.

With this recipe, you will be boiling the green beans first then frying them with a dash of extra-olive oil, low sodium soy sauce, garlic, and ginger. The added touch of garlic and ginger will make you forget you're even eating green beans.

Cookware: Large pot; large bowl; skillet

Prep time: 5 minutes | Cook time: 20 minutes |
Servings: 10 | Calories: 25 per serving

Ingredients:

- 2 ½ pounds green beans (trimmed)
- 4 tablespoons extra olive oil
- ¼ cup minced fresh ginger (peeled)
- 4 medium garlic cloves (minced)
- 1 tablespoon low sodium soy sauce

Instructions:

Step 1

- Fill a large pot with water, add a pinch of salt, and bring to a boil
- Fill a large bowl with ice water and set aside
- Add green beans to boiling pot of water; boil until tender (takes about 4 minutes)
- Remove beans from pot and dunk in bowl of ice water (this will stop the beans from cooking further)
- Immediately remove from ice water and drain on paper towel

Step 2

- Grab a large skillet and heat 4 tablespoons of oil over high heat
- Place half of your green beans, half garlic and ginger, and ½ teaspoon of low sodium soy sauce in the skillet
- Cook until the garlic and ginger become aromatic and the green beans are cooked thoroughly
- Make sure to stir occasionally
- Remove from skillet and repeat with the remaining green beans, garlic, ginger, and ½ teaspoon of low sodium soy sauce
- Add a dash of salt and serve

Meal Prepping Instructions

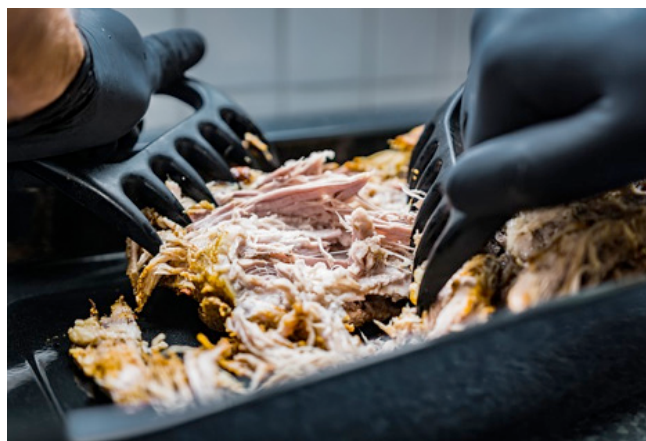


Now that you have all of your food, you'll sort it out into small food containers and store them in the fridge.

Meals are not only healthy because of the ingredients used, it also needs to be the right amount. It is possible to overeat healthy food and gain weight, so by measuring out the food, you will prevent yourself from doing so.

Put 3 oz of venison backstrap, ½ cup of mashed sweet potatoes, and 10 green beans in a container. This is one meal. With all the food you've made, you will have 10 meals to last you and another person for 5 days with leftovers to spare.

Pulled Squirrel Sandwich Recipe



It's time to get your new small game pellet rifle so you can finally start enjoying America's favorite rodent sandwich! It's easy and delicious!

There are a lot of recipes out there for squirrel that calls for ingredients most of us have never heard of and don't have at the house. It's crazy because you can make any type of game meat taste like dishes we've grown up loving. And most importantly, it doesn't take away from the natural flavors.

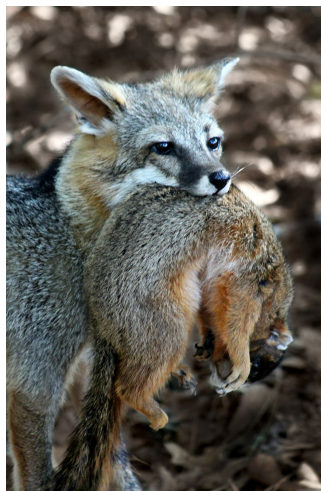
Take pulled pork sandwiches for example. The same ingredients used to make pulled pork can be used when preparing game meat like squirrel.

While a lot of people might shy away from squirrel because of its gamey taste, a lot of them are missing out on how much you can do with this type of meat. If prepared correctly, you can make your squirrel taste just like pulled pork. And who would turn down those flavors?

I've been trying fancy squirrel recipes for my daughter in hopes of tricking her and hiding the gamey taste she dislikes so much, but I could never get her to eat it. That was until I went back to the basics and took a recipe she loves so much and switched out the type of meat.

The first time I made pulled squirrel sandwiches, my daughter came running into the kitchen asking

what I was making. She was pulled in by the familiar smell and was curious to try it. Once she did, it became one of her favorite meals.



I couldn't have been happier because we have tons of squirrels around the property and this girl doesn't miss a shot! It was nice to finally put the meat to good use and enjoy it in the process.

It's no wonder why it is America's favorite rodent sandwich. It truly tastes like pulled pork, but even better!

If you're like me and don't have much time to watch over food, this recipe is perfect for you. That's because this recipe is super easy and doesn't take much time to prepare. You will use a slow cooker so you will have extra time to do things around the house, like shoot more squirrels, while your meat cooks and sucks up all the flavorful juices.

I hope you enjoy it as much as my daughter and I do!

| Prep time: 15 minutes | Cook time: 5 hours |
Total time: 5 hours 15 minutes |



Ingredients:

- 4 pound squirrel (skinned)
- 1 teaspoon vegetable oil
- 1 cup barbeque sauce
- 1/2 cup apple cider vinegar
- 1/2 cup low sodium chicken broth
- 1 tablespoon Worcestershire sauce
- 1/4 cup light brown sugar
- 1 tablespoon prepared yellow mustard
- 1 tablespoon chili powder
- 1 extra large yellow onion (chopped)
- 2 large cloves garlic (crushed)
- 1 1/2 teaspoons dried thyme
- 8 - 10 hamburger buns

Directions:

Step 1

- Turn your slow cooker on high
- Add the vegetable oil to the bottom of your slow cooker
- Add the squirrel meat into the slow cooker
- Pour in the barbecue sauce, apple cider vinegar, chicken broth, and Worcestershire sauce
- Stir in the yellow mustard, chili powder, brown sugar, garlic, onion, and thyme
- Cover and cook for 5 to 6 hours or until you can shred the squirrels easily with a fork
- Remove the meat from the slow cooker and shred the meat using two forks
- Place the shredded squirrel back in the slow cooker and stir it in with the juices

Step 2

- Grab some hamburger buns and toast them
- Spread the pulled squirrel on the buns and serve!

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