

August 1, 2010

# DeVault Industries LLC

*Custom Engineered Shooting Solutions*



**DOUBLE D**  
SHOOTING CLINICS

The biggest shoot in the world “The Grand American” is just around the corner, it is held in Sparta Illinois. I hope for everyone in attendance that the weather is not too hot. After the Grand it’s back to Ohio for the Cardinal Classic at the Ohio Home Grounds just north of Columbus, Ohio. I am going to attempt to be there so I can at least see many of our shooting friends and to promote our company.

If you have the time, go into our web site and take a look at the new products that we are now offering. We have added an all American made line of leather goods. We will be putting up photos of leather goods from Brunson Leather very soon. Brunson Leather was recently purchased by Dean DeBow. We wish Dean all the best in his new venture.

The weather has been very hot and humid but we are managing to get through every day. So if it’s hot where you are remember to stay cool and drink plenty of fluids. Focus on staying hydrated rather than risk and struggle to recover from dehydration as we’ve discussed in past newsletters.

#### **Side Note:**

I have received several phone calls from shooters that have been using the fan blade trick described in the July Newsletter. All of them commented on increased recognition of targets leaving the house and allowing for a faster focus of the target. Rather than blowing it off it looks like shooters are paying attention and learning new techniques to help them shoot better scores..



## *The World According to Me ~ “Dennis DeVault”*

I want to continue where we left off last month with the body and the eyes! How do they relate to shooting and acquiring a target? We talked about conditioning of the body especially as we begin to age and also how long the effects of conditioning last as we age.

Over the last 6 months I have not had the opportunity to do much shooting at all. When I did make an attempt to shoot I had mixed results and it was frustrating for me to perform badly. Realizing that I did not have the time to go out and shoot three days a week to get in shape I decided to hang the gun up for awhile and just not shoot until I had more time to devote to conditioning and practice. Well after 6 months I decided to go out to the range and shoot a little practice. Out of 150 Singles targets I missed one and on 75 Handicap targets I missed two. I was pleased with that and then went home to analyze the results. I called my friend Sam who I have been working with, and we talked about how this occurred. Sam asked me if I had been working on exercising my eyes in the last couple of weeks but the answer was “No”.

Then I had to rethink this a little harder. Dean and I have been out doing clinics for the past two months and both of us have looked at over 15,000 targets. Sam commented that the exercise for the eyes was in watching all the targets very intently.

The economy has been hard on discretionary income. Most of us have had to tighten the belt a little. Instead of shooting 4 to 6 rounds per week we may shoot 2 rounds per week to save on expenses. Even with the lack of practice you can still exercise the eye muscles by setting on a bench and watching targets leave the house. Watching targets does not cost anything the last time I checked. Dean and I went for a three week stretch teaching clinics and when I returned home my eyes hurt and I actually got a head ache from watching so many targets. This was a sign to me that the muscles in my eyes were strained and not used to moving that many times per day. Over the last two months my eyes have not ached at all when doing clinics as they have had a good workout earlier in the year. So don't get discouraged if you can't practice a lot during your off weeks from competition, and watch targets leave the house and watch each target from the time it leaves until it breaks. Get as close to the target as possible to view it in a proper presentation. You can learn a lot about targets just from watching and it is excellent exercise for strengthening the muscles in the eyes.

When talking with Sam we also discussed more about hydration and nutrition during the days that you shoot. Even if you are not a diabetic controlling your blood sugar is extremely important. If you pump your system with heavy doses of sugar, like soft drinks, before shooting it can be difficult to control your eyes. Too much sugar will cause the eye muscles to slow down and even rebel to the point that they will not want to move. If they move it will be very slow causing you to not be able to focus sharply on a target. Likewise, too little sugar can cause the eyes to “run out of gas”. The eye muscles simply refuse to work properly

Proper hydration is also important to the eyes. You can use a very simple test to check yourself to be sure that you are hydrated properly. During urination the color should be clear or a very light gold. If you get out of the normal urination cycle or the color becomes very dark you need to begin drinking water immediately. Notice I said water, not soda or a drink with tons of salt, just good old H<sub>2</sub>O. During hot weather you can lose up to a quart of fluid every hour. This fluid loss is hard on the system and especially the kidneys.

During shooting competition remember to breathe. Your eyes need to be flooded with as much oxygen as possible. The way to perform that task is to breathe deep and controlled. I don't mean to hyperventilate, just take full deep breaths. You can practice this just sitting in a chair at home. Teach your body to breath deep and then exhale all the air you take in to rid the body of carbon dioxide.

Another item that is rough on the body and the eyes is smoking. If you are a smoker you will build carbon monoxide into your system and the blood stream. Carbon monoxide will build in the blood and rob

oxygen that the eyes need to function properly. Carbon monoxide slows the body down because it is robbing the muscles and all the organs of the clean oxygen that the body needs to function. If you can discontinue smoking 4 to 5 hours before shooting you may see a dramatic improvement in the ability for the eyes to see a target.

I know that we have covered subjects that most shooters don't usually talk about but this can be the difference between shooting so-so or shooting great. All of the things that are outlined in the column this month can be done with a very small budget. Watching targets to exercise the eyes does not cost anything except the gas to get to the club. Taking care of your body is something you have to do every day and you can reduce expenses by taking the option of drinking water instead of soda and expensive drinks. Trying to stop smoking can help your overall health and allow money to be spent on shooting more practice and not giving it to the tobacco companies. These last two months have been fun for me to write. Working with my friend Sam and learning about the body has been a good learning experience for me and I hope that it assist our readers in shooting better scores. Until next month,

Rodeo Man Out

The eyes are just awesome and to me it is the look of pure determination  
& they say I will not fail.



## *From the Mind of ~ Dean DeBow*

### **Practice Makes Perfect so, Double Down on Doubles**

I would like to talk to you about something that happens at our clinics, and every week at the Gun Club. People come out with good intentions of practicing, but end up just shooting 100 or 200 targets and creating bad habits. Let me explain. When you go practice, go with the intent of working on your stance, hold points and acquiring the target faster. Do it with a goal or purpose in mind. Please do not just go out and shoot 4, 6, 8, rounds and fall into a coma trying to keep the rhythm of the squad instead of working on your game.

Keep a notebook with a list of things you want to work on and check them off. However, remember if it was a problem it can come back, just as the common Cold does. Sometimes a reoccurring problem may be a sign; there is another issue you need to work on. No matter how accomplished you have become you will always need to work on your game! As I always say, "Doubles is the key". If your Doubles are strong, most all of the time, the rest will follow. It is the most over looked one third of this game and the one that can help you the most.

We just held a clinic at my home club in Hopkinsville Ky. It was a very good example of the above statement in reference to Doubles. We had a man that had to borrow a Doubles gun because he did not shoot them at all. His problem in his opinion was Handicap. After learning to shoot Doubles, we proceeded to move to work on Handicap. He walked out and broke 23-24 in long yardage. Keep in mind it was 103 degrees Saturday and these people were hot, tired and sun burned. He turned to me and said, "I have not had a Handicap round in the 20's in a long time." We also had another shooter that was only down 2 in 75 Handicap targets! How much more proof do you need? We see this all of the time. I promise that if you "learn the way you need to shoot targets and not someone else's way" it will result in higher scores and more fun.

There is no set way to shoot Doubles targets, with the exception you need a gun that will shoot twice in the same place. The point of impact on your Doubles gun should be very close to the same as your Single barrel.

Once we were walking back to the locker room in Vandalia Oh., I do not recall for sure if it was the State shoot or the Grand. A man came running up and ask Pete McCall some very important questions. The first was if his gun shot in the same place for both shots, "Yes" Pete replied. The second question was what trigger did he shoot? Did he shoot a release pull or a double release? "A pull for both" he replied. Keep in mind he is standing there with a Super-X Winchester, Auto Loader. The point is not to be sarcastic or belittle anyone, but it shows the lack of knowledge about the one third of this game that is so important, Doubles!

So do yourself and your game a huge favor and Double Down on Doubles.

If you shoot them, shoot more of them.

If you do not, start!

Because there is a Champion in each and every one of you.

Until next month.

Dean DeBow

*Group 1 Hopkinsville, Kentucky*



*Group 2*





**Christian County Gun Club Hopkinsville Kentucky July 24th & 25th, 2010**  
**What a great class! Everyone toughed it out, the temperature was 104 the first day but we stayed hydrated and took it easy. Several shooters found out the importance of patterning your gun. We found more than a handful of bad choke tubes that will be sent back for replacement. A good weekend and many new friends.**



We have clinic dates scheduled for 2010. Go to the web site below and see if there are openings at a clinic near you. If anyone wants to schedule a clinic at their favorite club let Dean or Dennis know so we can set you in the schedule. Watch the web site for the dates and locations as we post the schedule [www.ddshooting.com](http://www.ddshooting.com) Contact Dean @ 270-886-2095 or Dennis @ 330-456-6070. We look forward to seeing everyone this year.

**Upcoming clinics for 2010, go to our web site, fill out the profile sheet, submit it and pay your deposit on-line**

**Spanish Forks, Utah ~ [September 11th & 12th, 2010](#)**

**Camp Pendleton, California ~ [September 14th & 15th, 2010](#)**

**Redlands Trap & Skeet, Redlands, California refresher Course for past Clinic Attendees Friday [September 17th, 2010](#)**

**Redlands Trap & Skeet, Ca. ~ [September 18th & 19th, 2010](#)**

## ***“DeVault Industries & Double D Winners Box”***

**Barry Turner** ~ K-80 Trap Special~ DeVault Custom Stock ~ Illinois State Shoot First ever **200 x 200** in singles

**Ernie Ross 111** ~ Krieghoff K-80 Trap Combo ~ DeVault Custom Stock ~ Kentucky State Shoot Thursday Handicap Champion **99 x 100**

**Lisa Isom** ~ Perazzi Shoot ~ State Class D



O/U ~ Double D Shooting Clinic ~ California State Doubles Champion **86 x 100**

**Bill Carver** ~ Perazzi MX-2000 ~ DeVault Custom Stock ~ Kentucky State Shoot ~ Friday's Handicap Champion **100 x 100** 25-1/2Yds.

**Linda Lovel** ~ Perazzi MX-2000 ~ DeVault Custom Stock ~ Indiana State Shoot ~ Open Ladies Event #3 Doubles Champion **85 x 100**

**Tom Moore** ~ Silver Seitz ~ DeVault Custom Stock ~ Indiana State Shoot ~ 22-24 yd. Handicap Champion **94 x 100**

**Elizabeth Piczko** ~ K-80 ~ DeVault Custom Stock ~ New York State Shoot ~ Handicap Championship Lady Runner-up

**William Hort** ~ Blaser F3 Trap Combo ~ DeVault Custom Stock Modifications ~ Michigan State Shoot ~ Event #14 Championship Doubles Class B Runner-Up **96 x 100**

**Jan Slough** ~ Perazzi MX-2000 Trap Combo ~ Double Shooting Clinic ~ Western Zone Handicap Championship ~ Lady Runner-up **94 x 100** and won in Shoot-off **24 x 25**.

**John Dvorak** ~ Blaser F3 Combo ~ Bill Cole SBT ~ Double D Shooting Clinic ~ Iowa State Shoot ~ Class B Singles Champion **100 x 100** Handicap In-State Champion Runner-up **98 x 100** Shoot-off **24 x 25**

**Tom Monzel** ~ Double D Shooting Clinic ~ Minnesota State Shoot ~ 19-22 yd Handicap Champion **93 x 100**

**Keith Koosman** ~ Browning XT ~ Double D Shooting Clinic ~ Minnesota State Shoot ~ Class Singles A Champion 100 x 100 ~ Event # 10 Handicap eighth place **95 x 100** ~ Handicap Championship 15th place ~ **94 x 100**

**Colm MacNab** ~ Beretta 682 O/U ~ Double D Shooting Clinic ~ Handicap Champion Hi – Junior **98 x 100**

**Mark Stevens** ~ Browning XT Combo ~ Double D Shooting Clinic ~ Minnesota State Singles Championship Class AAA runner-up **199 x 200**

**David Collins** ~ Old Frontage Fun Shoot HOA Champion **94 x 100**



**Hey Kitty, my little butt  
goes higher than yours**

## ***DeVault Industries LLC***

**3500 12th. Street NW**

**Canton, Ohio 44708**

**Voice 330-456-6070**

**Fax 330-456-5742**

**e-mail: [dennisdevault@sbcglobal.net](mailto:dennisdevault@sbcglobal.net)**

**on the web: <http://www.devaultind.com>**

**on the web: <http://www.ddshooting.com>**