



Spartan Firearms Training Group, LLC

Evolving From Flat-Range Training To Dynamic Training—Part 1

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We believe that it is important for firearms owners, especially those with concealed carry permits, to participate in intermediate and advanced training that evolves from flat-range shooting to dynamic movement. Flat-range training takes the form of shooting at paper and metal targets while standing still. The targets don't shoot back so there is no need for the shooter to move. Furthermore, flat-range training incorporates gun handling skills that need to evolve to prepare for real-world self-defense; specifically, grip, stance, sight alignment, trigger control, and follow-through. Dynamic movement training focuses on an elevated gun handling skill-set for shooting while moving, shooting while kneeling, shooting while lying prone, shooting under stress (the sympathetic response), using concealment or cover, engaging multiple targets, as well as on improving situational awareness.

I want to share a story with you about our evolving understanding of training for firearms owners, in particular, concealed carry permit holders. Some of our students still believe that flat-range marksmanship alone prepares them to defend life with a firearm. That belief is frequently challenged by the growing understanding of the importance of dynamic training that incorporates scenarios, moving targets, "shoot houses," practicing informed situational awareness, decision-making under stress, and dynamic movement.

Although flat-range training is a good starting point for defensive firearms training, we know with certainty that flat-range training shooting at paper or metal targets is insufficient for preparing for real-world self-defense. We came to understand the difference between flat-range training and dynamic training years ago when we started

training yearly with some of America's elite warrior veterans (at the former Blackwater firearms training facility in Moyock, North Carolina; then at a training facility in Nevada (TeamTorn); and finally at a training facility in North Carolina managed by a Ranger-qualified Green Beret) where we experienced scenario-based exercises that simulated real-life encounters and emphasized the need for quick decision-making, understanding one's surroundings, and the ability to move and shoot effectively.

Through our personal learning experiences, we learned that adopting a more dynamic and realistic approach to firearms training offers several benefits that could enhance your preparedness for real-world defense. These benefits are:

Improved Decision-Making: By incorporating scenario-based activities into your personal training, you

can become better prepared to make quick and informed decisions under pressure, which is crucial in real-life situations.

Enhanced Situational Awareness: Focusing on real-world scenarios could help you become more aware of your surroundings, increase your ability to identify potential threats, and make decisions about the appropriate use of force.

Stress Management: Simulating stress-inducing conditions through drills and competitions can help you learn to manage physiological responses such as increased heart rate and the adrenaline "dump," leading to better performance under stress.

Adaptive Skills: Emphasizing movement and environmental interaction will allow you to adapt your shooting skills to various settings

and improve your ability to respond effectively.

Confidence Building: Practicing in dynamic environments builds confidence in your ability to handle unexpected situations, which is vital for both self-defense and professional applications.

This shift in perspective (flat-range training to dynamic training) highlights a broader, more holistic approach to training that goes beyond just shooting at a paper or steel target, focusing instead on realistic and practical applications of firearms skills for active self-defense.

Note: Part 2 of this article will provide a list of recognized firearms instructors who provide dynamic training opportunities.

About the Author

Francis (Frank) Duffy is a veteran of the 6th and 5th U.S. Army Special Forces Groups (the Green Berets), a graduate of the Army Ranger School, and a Green Beret combat diver. He is also a certified executive protection specialist.

He is a certified instructor for the NRA (rifle and handgun instructor), Maryland State Police, and the United States Concealed Carry Association (USCCA).

He is also a member of the Board of Directors for Maryland Shall Issue, an all-volunteer, non-partisan organization dedicated to the

preservation and advancement of gun owners' rights in Maryland.

Frank is also a member of the Office of Strategic Services (OSS) Society—the original OSS was the immediate predecessor to the CIA and the Army Special Forces).

He is the co-founder and vice president of the Spartan Firearms Training Group, LLC. He can be contacted at 443-472-0216 or at frank@spartanftg.com.

Individuals who want to schedule a private, 1-on-1 firearms training session should contact Frank.

About the Spartan Firearms Training Group

The Spartan Firearms Training Group, LLC, (www.spartanftg.com) is a Special Forces Veteran-Owned business formed in 2015. At the end of March, 2025, we entered into our 11th year of business and we have trained thousands of Maryland residents in a variety of ways:

- Concealed carry training
- Handgun Qualification License (HQL) training
- Emergency Casualty Care training
- Long distance precision shooting training
- Home Defense training
- Private, 1-on-1 firearms training
- Private group training

Our training calendar is found at [SFTG Calendar](#)

YOU WILL FALL TO THE LEVEL OF YOUR TRAINING; NOT RISE TO THE LEVEL OF YOUR EXPECTATIONS WHEN FACING A LIFE-THREATENING EVENT. TRAIN THE WAY YOU FIGHT!