



Spartan Firearms Training Group, LLC

Evolving From Flat-Range Training To Dynamic Training—Part 2

Francis M. Duffy, Ph.D.

In Part 1 of this article, we wrote about the importance of evolving from training on a flat-range (shooting at stationary targets) to dynamic training (shooting while moving, from different positions, under stress, and so on). Given our position on the importance of dynamic training, we decided to highlight trainers who are renowned in the field for their expertise and practical approach. Below, you will find a list of nationally known trainers who have made significant contributions to firearms training. These trainers contribute significantly to the field of dynamic firearms training, each bringing unique experiences and methodologies that help trainees prepare for a variety of real-life situations; however, this is not an exhaustive list of instructors. There are others.

Note: Specific availability, location, cost, and individual vs. group firearms training opportunities are unknown to us. We do not endorse any instructor we do not know personally. Please research the training offered by these instructors to decide which ones offer the best option for your training needs.

These trainers are known for their contributions to the advancement of realistic and effective training methods that prepare individuals for potential threats in various environments.

Tom Givens—Founder of Rangemaster. Founded Rangemaster Firearms Training Services. <https://rangemaster.com/firearms-training/>

Clint Smith--Founder of Thunder Ranch. Marine Corps veteran. Offers scenario-driven training that integrates safety, tactics, and survival skills for civilian and law enforcement students. . <http://thunderanchlive.com/>

John Farnam--A veteran trainer known for his Defense Training International courses. Provides tactical training with a focus on real-world applicability and decision

making under stress. <https://defense-training.com/about/>

Pat McNamara - With a background in special operations...conducts scenario-based training through his Combat Strength Training program. Focusing on marksmanship and combat preparedness. <https://patmcnamara.myshopify.com/collections/courses>

Chris Costa--Known for his dynamic training style, Chris Costa delivers scenario-based firearms training through Costa Ludus, blending real-life tactics with core shooting fundamentals. <https://costaludus.com/training/>

Kyle Lamb--A veteran of the Army's special operations community. Founder of Viking Tactics. Offers training that includes tactical shooting solutions and scenario-based

exercises. <https://www.vikingtactics.com/>

Travis Haley--A former Marine and special operations veteran. Founder of Haley Strategic Partners. Provides training that incorporates scenario-based drills aimed at enhancing situational awareness and decision-making. <https://haleystrategic.com/founder>

Jeff Gonzales--A former Navy SEAL. Founder of Trident Concepts, providing scenario-based firearms training with an emphasis on situational awareness and tactical application. <https://tridentconcepts.com/evolved-training-2/firearms-training-courses/>

Frank Proctor--A veteran of U.S. Army Special Forces. Provides practical, scenario-driven firearms training through Frank Proctor Shooting, focusing on efficiency and

effectiveness.

<https://www.frankproctorshooting.com/>

Larry Mudgett--Background in law enforcement firearms training. Offers scenario-based courses that emphasize realistic threat response and tactical skills.

<http://www.marksmanshipmatters.com/contact-instructors/>

Paul Duffy--Spartan Firearms Training Group...Army Special Forces veteran-owned firearms training business. Offers beginning, intermediate, and advanced firearms training with pistols and carbines. Focus on practical shooting skills for self-defense. www.spartanftg.com.

Cole Fackler and Donald (DJ) Shipley...Navy Seal veterans. Co-Founders of GBRG Group...a veteran-owned, Tier 1 training and services organization committed to imparting critical skills and real-world experiences to end-users in military, federal, State and local special operations units.

<https://gbrsgroup.com/pages/training>.

Jerry Barnhart...has offered shooting classes to the public since the late-1980s and continues to feature select offerings across the country. He specializes in weapons handling and combat training...is also an award-winning competition shooter. <http://jerrybarnhart.com/contact>.

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!