

MASTER PISTOL INSTRUCTOR



INTERNATIONAL

TRAINING

DIVISION

DAY 1

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DAY 2

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DAY 3

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DAY 4

DAY 5

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Firearms Safety Rules

RENDERING WEAPON SAFE

- 1. Always Point Weapon in a SAFE Direction - MUZZLE AWARENESS**
- 2. SAFETY ON (s/white) IF Applicable**
- 3. Magazine Removed**
- 4. Bolt, Slide or Cocking Lever Locked to Rear**
- 5. Visually and Physically Inspect Chamber**

Firearms Safety Rules

- Treat every firearm as if it were loaded.
- Never point a firearm at anything or anybody that you do not intend to shoot, or in a direction where an unintentional discharge may do harm.
- Never place your finger into the trigger guard until ready to fire.
- Be sure of your target, backstop and beyond.

INSTRUCTOR RESPONSIBILITIES

Attitude

Master the art of motivation
and manipulation

Skills

Give the student something
new and

Bring the skill level up.

Knowledge

Give the student a better understanding of the topic, teach “what” and always follow with “why”

DYNAMIC ENCOUNTER TRAINING

*Courtesy of Bruce Siddle
&
Bill Burroughs*

Dynamic Encounter Training.

- Researched:
 - Data collected with the development of specific objectives for the training and realistic training performance standards.

Dynamic Encounter Training.

- Realistic:
 - Train for expectations, not fantasy exceptions i.e.. 25 terrorists backpacking a nuke at the local mall.
 - Develop training days around those mission requirements that you are assigned.
 - Include dynamic training with some form of interaction.

Dynamic Encounter Training.

- Ongoing:
 - Training must be cyclical and administrated on a frequent basis.
 - Many of the physical and cognitive skills needed by special teams are compromised over time if not reinforced. *If you do not use it you will lose it.*

Dynamic Encounter Training.

- Verifiable:
 - All training efforts must be documented.
 - Actual time spent in training.
 - Composition of the training manuals.
 - Support materials.
 - Evidence of current instructor certification for the topic presented.

Range vs Operations.

- Realistic training.
- Operators must have a solid basic training foundation.
- Are the techniques taught in training effective during periods of high stress or does the techniques breakdown as the stress level increases.
- Basic techniques must be revisited to ensure that the *skid is greased*.

Dynamic vs Slow and Deliberate.

- Fast is fun and may seem easy.
- Slow is slow and harder to maintain the concentration and energy level.
- Before we can go fast we must first be able to go *slow to perfection*, remember basics, basics, basics...

METHOD OF INSTRUCTION

E.D.I.P.

Explanation

- Lecture- Watch your presentation, learn to speak to a class.
- Reading- Try not to read to them if they have the same material in hand.
- Class discussion- Good method for creative thinking, opening up new and improved ideas.

Demonstrations

- By the numbers- Break into individual steps.
- Slow for form- Slow enough for the student to see the steps and imprint the action into memory.
- Full speed- Only after complete familiarity and understanding of the technique.

Practice

- Repetition- Muscle memory is learned but the technique must be perfect.
- Dry fire- Doing things perfectly in a imperfect world {perfect practice makes for perfect technique}.
- Live fire- Body and mind are programmed together.

FUNDAMENTALS OF SHOOTING

Fundamentals of Shooting

- Primary objectives.
 - Consistency.
 - Reduce motion.

Consistency

- Doing the same thing the same way each and every time.
- THIS IS THE MENTAL SIDE.
- Practice, practice, practice and more PRACTICE.

Reduce Motion

- Motion exists and you will never completely halt it.
- Grip the pistol high and firmly.
- Wrist locked.
- Support hand compresses the dominate hand 60% to 40% for the dominate grip.
- Lock out, energy will seek the path of least resistance.

Grip

- High firm grip.
- Dominate grip 40% compression.
- Support grip 60% compression.
- Lock out as needed.

Stance

- U.S.P. = Universal Shooting Platform.
- Feet, knees, hips, and shoulders square to the target.

Sight Alignment/ Sight Picture

- All shooting is from sighted fire surgically accurate.
- Front sight, front sight, front sight....
- Keep *both eyes open*.

Trigger Control

- Smooth even press.
- Slowly press the trigger directly back.
- Do not stage the trigger.
- Stress front sight front sight press.
- Do not slap the trigger but learn a rhythm of accurate and steady fire control.

Follow Through

- Follow through, for every shot made a second sight picture should be taken...*prepare for the follow up shot.*
- Ask yourself, *did I hit, did it work.*
- ***BULLETS DON'T ALWAYS WORK.***

Scan and Breathe

- Avoid perceptual narrowing {tunnel vision}.
 - The loss of peripheral vision.
 - Loss of the ability to scan a large number of threat cues.
- Look left, right and to the rear.
- Be prepared for a secondary or third target.

READY POSITION

- Generic ready position
 - The point in the draw process at which both hands grip the firearm
 - Elbows bent and pulled in
 - Muzzle is kept on the threat area

- Operational Ready Position.
 - Always dependant on threat area.
 - Always ready to fire immediately.
 - Takes into consideration weapons retention

COACHING THE SHOOTER

Evaluation of The Student

- The target will not lie, however you must see what the shooter is doing. WATCH the SHOOTER not the TARGET.
- Does he/she struggle with the stance, grip, manipulation of the weapon.
- Remember one size does not fit all.

Evaluation Of The Student

- Loose group = Eyes are not on the sights.
- High groups = Looking over the rear sights.

Why Some Shooters Have A Problem

- The Problem Shooter
 - Labeled as a problem shooter by department.
 - Labeling may do more mental damage than not shooting well.
 - Gives the student an excuse for not doing well.

Student Exposed to Negative Training

- You are going to have a problem.
- Constantly made an exception of and singled out.
- Given a different course of fire to make it easier.
- Treated without respect.

Student Burnout

- The department lifer.
- Refuses to address change.
- Been there done that....

Evaluation Of The Student

The majority of all shooter errors are the result of anticipated recoil and report of the firearm.

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PRINCIPLES OF TACTICAL SHOOTING

Shoot and Hit On The Move

- *Shoot* and *hit* what you are aiming at.
- To *control* and *dominate* a room or area.
- WARRANT SERVICE
- Hostage rescue.
- Pursuit of subjects.

Shooting Fast

*Fast is fine, But
accuracy is final. You
must learn to be slow
in a hurry...”*

Wyatt Earp

Shooting Fast

- Hitting is a PRIORITY
- Work to increase speed
- Perfect the techniques needed, remember perfect practice makes perfect technique.

Shooting Accurate

- Hit what you are shooting at.
- 100% hit accountability.
- You must shoot sighted fire every round.
- Spray and pray is the technique of fools.

MENTAL TRAINING

Visualization.

- Olympic athletes began utilizing visualization techniques since the 1970's
- Re-programs the nervous system and may reduce reaction time.
- See yourself in the fight with a planned response i.e. punch=block, gun=cover.
- Have a backup plan or plan B.
- See yourself winning the fight.

Mastery of Weapons/ Tools

- You are the weapon
 - The firearm is just the tool.
 - Complete/ absolute control and confidence in your abilities.
 - Complete/ absolute control and confidence in your tools.

Visual Control.

- Be constantly aware of your environment.
- Scan and breathe
 - Look left, right, behind, up and down 360 degrees.

Dominate Your Adversary.

- Aggressiveness.
- Without hesitation.

DECISIVENESS

- When the fight is on- **THE FIGHT IS ON!** And it is not over until **YOU** say it is over.
- Be mentally and physically tough...take the pain, stay in the fight.

Command of the Situation.

- 100% of the time, 100% of the time...
- Perfect practice makes perfect technique.
- Do not settle for sub par performance from your students...everyone leave a winner...YOU OWE IT TO THEM.
- **Stay Cool**

*Victory at all cost,
victory in spite of all
terror, victory however
long and hard the road
may be; for without
victory there is no
survival....*

Sir Winston Churchill

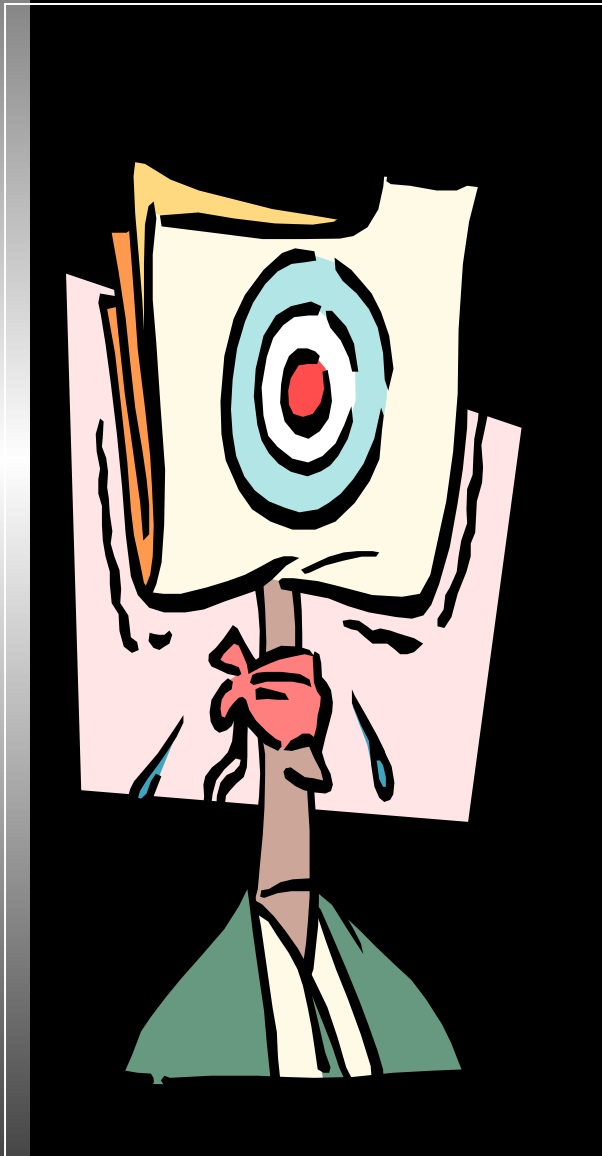
***HEART RATE
AFFECTS ON
SURVIVAL
SHOOTING &
COMBAT
PERFORMANCE***

Heart Rate Affects On Survival & Combat Performance.

HEART RATE AFFECTS

- 145 BPM
 - Complex Motor Skills Deteriorates.
- 115 BPM
 - Fine Motor Skills Deteriorates.
- 70 BPM

Heart Rate Affects On Survival & Combat Performance.



- 220 BPM
 - Hypervigilance & irrational Behavior.
- 175 BPM
 - Cognitive Processing Deteriorates/ Perceptual Narrowing.

Human Reaction Time

- Recognize a stimulus .25 seconds is the average.
- Responding to a stimulus e.g.- body movements or actions- .25 second increments.

Human Reaction Time

- Average human reaction time
 - .50 seconds
- Example braking a car.



Human Reaction Time

- Decreasing individual reaction time
 - Unanticipated
 - Anticipated /
 - Repetition /

Human Reaction Time

- Unanticipated

Human Reaction Time

- Anticipated
 - Preprogram strategies.
 - Predict the potential threat cues.

Human Reaction Time

□ Repetition

Your Anticipated Reaction

- Fall down right then and there?
- Bleed out?
- Surrender?
- GIVE UP?

OODA Loop

- The Boyd cycle
 - Observe
 - Orient
 - Decide
 - Act

Shooting In Reactive Speeds

Shooting In Reactive Speeds

- .50 seconds is a given.
- Additional time “on-top” is caused by:
 - Necessary set time.
 - Over compensation.
 - Dragging.

Shooting In Reactive Speeds

- Sighted fire vs. non sighted fire:
 - Eye discipline and focal “sprinting”

SIMULATION TRAINING

Concepts of Simulation Training

... a series of dynamic, realistic exercises designed to be as safe as possible, that allow students to practice and test their tactics and decision making abilities under stress

Simulation Training Objective

... to provide each participant with a safe, controlled training environment in which they may utilize learned techniques and strategies...with an instructional goal of instilling confidence and skill development by means of a psychologically, verbally and physically challenging adversary

Benefits of Simulation Training

- Greater safety for officers and public
- Reduced Liability exposure
- Enhanced decision making ability
- Greater confidence in their skills
- Less chance of panic by officers on the street
- Opportunity by instructors to test student's skills

Elements of Simulation Training

- Dynamic Nature
- Realism
- Safety
- Practice techniques
- Testing Laboratory

Essential Components of Valid Simulation Training

- Properly Trained Instructors
- Proper format for the exercise
- Proper equipment for all involved
- Proper Supervision for the exercises

Simulation Training Schedule

- Planning – Scenario Development
- Inspection of training location
- Choreograph of roleplayers
- Brief of students and roleplayers – Scenario and Safety
- Conduct of exercise
- End of exercise
- After Actions Debrief
- Equipment Recovery

Simunition

- Guidelines for training with FX:
 - No live ammunition
 - Projectiles only loaded into Magazines/Guns by Simunitions Officer.
 - Only weapons inspected and issued by the Simunitions officer will be used during an exercise.

Simunition

- Issued protective gear e.g. face shields, padding etc. must be worn properly and at all times during Simunition training until directed otherwise by the instructor.
- When using Simunition rounds, **NO INTENTIONAL** groin or head shots will be allowed.

Simunition

- No shots will be allowed within {2} feet of a role player.
- Students will immediately cease activities when a sharp sustained blast of a whistle, and or instructor yelling ***STOP*** is announced.

Simunition

- Students will immediately cease actions upon a role player announcing “STOP” “OUT OF ROLE”!
- After every engagement – Simunition officer reloads and cleans bore as needed.

Weapon Retention

- **BEST WEAPONS DEFENSE**
- **PROPER POLICE ACTION**
- **VERBALIZATION**
- **MINDSET**

Retention Techniques

- **STEP AND DRAG BACK**
- **REVERSE “J”**
- **POWER STEERING**
- **KNEE STRIKES**
- **DEADLY FORCE**
- **A. Back up firearm**
- **B. Partner**

SHOOT HOUSE INSTRUCTION

Shoot house Safety Rules

- Authorized firearms instructors must be present during use.
- Body armor must be worn by everyone who enters the house.
- Prior to live fire exercises, *ROOMS WILL BE CHECKED* to ensure that no personnel are present.

Shoot house Safety Rules

- Firearms Instructors will insure targets are placed so that when engaged, rounds *will not exit* the house.
- Authorized / *approved ammo* shall only be used.
- No *steel targets* will be allowed.

Shoot house Safety Rules

- Instructors shall review all targets and angles of deflection before beginning live fire.
- All damage must be repaired, replaced and reported.
- During multiple use doors must be double locked.

Shoot House Safety Rules

- Fire extinguishers must be present during use.
- Building shall shall be checked for damage and fire, then secured.

Range to Shoot house

- Line drills.
- Position drills.
- Multiple threats.
- Turning and moving threats.
- Fatigue & stress courses.
- *DECISION SHOOTING.*

Is It All Just Shooting

- Low Light – Night.
- Use of cover.
- Firing on the move.
- Entry tactics.
- Covering/ handcuffing.
- Weapon retention.

Is It All Just Shooting

- *Emergency evacuation.*
 - Officer down.
 - Shots fired-back out.

Instructor Position

- Good
- Better
- Instructor **SURVIVAL**

Instructor Position

- Instructor to student ratio.

Targets & Placement

- Paper / 3-D.
- Reactionary.
- Electric / air systems.

Targets & Placement

- No crossfire.
- Check your angles.
- Ensure that {0} rounds exit the house.
- Expect the *unexpected*.

Scenario

- Give the student a reason for the entry.
- Shoot targets vs. active countermeasure.
- Can you mix both safely?

Instructor Responsibilities

1. *Control*
2. *Safety*
3. *Realistic*

Instructor Responsibilities

- Finger *off trigger*
- Safety position
- Weapons loaded

Instructor Responsibilities

- Laser rule
- Hand position
- Ready position

Instructor Responsibilities

- Areas of responsibility
- Eye contact / touch up
- Move on a predetermined command

Instructor Responsibilities

□ *Verbalization*

1. Announcements
2. To threats
3. To partner

Instructor Responsibilities

- Weapon Position During:
 1. Movement
 2. Threat / firing
 3. Transition / covering

Instructor Responsibilities

- *LASER Rule*
- Immediate threat concept

Ask Your Student These Questions

1. Why did you shoot?
2. What was the threat?
3. Did you use your sights?
4. How many rounds did you fire?

SIMULATOR TRAINING

Simulator Training Benefits to the student:

- Interact with characters.
- Offers a controlled environment.
- Students use real firearm.
- Real time training scenarios.

Simulator Training

- Instructor is able to address each students strength and weaknesses.
- Instructor may tailor the scenario to control the conflict and change the flow of training in mid-stream.
- Verbal dialogue with the characters.
- Baton & Chemical agent options.
- A total use of force package

Simulator Training Instructor Benefits

- Students operate weapon system issued.
- Use of cover is stressed when shoot back targets are used.
- Students are able to SEE what they are doing with video playback options.
- Paper / steel target are not human, the video may be more stressful.

Simulator Training Recommendations

- Be sure your student is trained for the encounter.
- Simplify the scenario for early entry students.
- Do not put a student in a scenario that they cannot win.
- If they lose...we lose...
Remember paint a picture that
WE NEVER GIVE UP.