

INSIGHT FIREARMS TRAINING DEVELOPMENT

MENTAL DYNAMICS OF PEAK PERFORMANCE

A 1-DAY ADVANCED DEFENSIVE PISTOL COURSE

If police officers have the rudimentary physical and mental capacity to qualify as a police officer, they have the ability to shoot with absolute precision accuracy on demand with a pistol. Officers attending this 1-day program will learn how use the “Mental Dynamic” process to achieve Peak Performance with a handgun and will learn how to shoot with precision accuracy.

COURSE SUMMARY:

The psychological process for Peak Performance is based on the principle that all learning, all change, and all behavior take’s place in the unconscious first. If you program the shooting process to the officer’s unconscious and change behavior at the unconscious level, then all behavior required for shooting with precision accuracy will originate from the unconscious, making it an autonomic process which is totally “automatic.”

Every officer attending this program (regardless of experience) will be able to shoot 1-1/2 inch size groups at 15 feet, and shoot consistent 3 inch groups at 30 feet within the first few hours of training on the range when the fundamental skills of marksmanship are programmed to the unconscious mind. By acquiring this “Unconscious” skill, every officer will have developed the accuracy to split a business card “on edge” at a distance of 15 feet by the end of the day’s training.

PERFORMANCE OBJECTIVES:

Upon completion of the course, the officer will learn and/or be able to do the following:

1. Identify the missing elements of marksmanship required for peak performance.
2. Integrate the safe and proper techniques of gun handling to the unconscious to assure the officer’s safety, and the safety of others.
3. Eliminate any anticipation to recoil “instantly”.
4. Shoot consistent 1” to 1-1/2” groups at 15 feet, and 3” groups at 30 feet with consistency.
5. Control their emotional state so they can shoot with machine-like precision.
6. Have the skill integrated to the unconscious so the skill of precision accuracy transfers to the appropriate situation on the street.
7. Integrate a missing key element in the traditional combat mind “color code” system that will dramatically increase their accuracy.
8. Program the unconscious so it drives the shooting process, allowing the conscious mind the freedom to strategize tactically.
9. Use a formal hypnotic induction to program motor skills and anchor resourceful emotional states required for precision accuracy and/or tactical applications.
10. Future Pace the learning experience so the skills learned can easily be generalized into the appropriate context or situation.

COURSE CONTENT

CLASSROOM

SAFETY

Most people don't consciously violate the rules of firearms safety.

- Learn the neuro-psychological causes of unintentional, careless, and negligent discharges.
- Learn a new and powerful technique that cements safety habits into the unconscious.

THE FORMULA FOR INSTANT SUCCESS

- Learn psychological strategies for increasing your accuracy by 75% before you even begin shooting.
- Learn how to enter the "ZONE" of peak performance. What is it? How to achieve it? And How to enter it on demand.

MARKSMANSHIP – The Missing Elements

- The officer will learn the missing elements of marksmanship and required techniques that will instantly have them shooting 1" to 1-1/2" groups at 15 feet and 3" groups or tighter at 30 feet with consistency.
- Learn gun handling and shooting techniques used by the world's top professional shooters that give them incredible accuracy and speed.

THE MENTAL DYNAMICS OF STATE MANAGEMENT

State management is the key to peak performance. *(If the officer's emotions are kept under control, they will be able to maintain precision accuracy in any environment.)*

- Learn the mental skills used by "world class athletes" to give them instant access to the "Zone" of peak performance when they need it most.
- Every officer will develop the techniques to keep their emotional state under control in any situation, and eliminate all the emotion from the shooting process and trance-form their accuracy into machine-like precision.
- They will learn how to "anchor" (*hold in place*) precision shots so they are the norm, and missed shots become an anomaly that falls within the 3% variance of human performance.
- Learn how to instantly recover from a "Startle Response" to gain control of your emotions and shoot with absolute confidence and accuracy.

INTEGRATION

- Learn how to integrate a “Pre-Shot Routine” into the shooting process to gain consistency and accuracy with every shot.
- Learn about the power of hypnosis to create muscle memory without having to shoot thousands of rounds of ammunition and spend hundreds of hours of repetition trying to integrate the skill.

RANGE SAFETY

Range Rules of Conduct

RANGE

APPLICATION OF THE MISSING ELEMENTS

The officers will apply the advanced principals of marksmanship and the psychological skills learned in previous blocks of instruction to produce 1 inch to 1-1/2 inch groups in the first hour on the range.

DEVELOPING A BIOMECHANICALLY CORRECT DRAW FOR SPEED AND ACCURACY

The officers will develop the pyramidal pathways for a biomechanically correct presentation of the weapon to the target. The focus will be to economize movement and maximize speed and accuracy.

CONDITIONING THE PROCESS

The officers will begin the conditioning cycle required for developing the cybernetic loop for delivering an accurate precision sighted shot from the holster.

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PROGRAMMING PRECISION ACCURACY IN AN ALPHA STATE

The officers will be lead through the process of entering an Alpha State. This is a formal hypnotic closed eye induction creating a trance state where the brain produces alpha waves and is most open to suggestions and programming. They will integrate the newly learned information to the unconscious so the techniques learned will be as automatic as driving a car.

BREAK FOR LUNCH

RANGE

REINFORCEMENT & CONSISTENCY

The officers will apply the advanced principals of marksmanship and the psychological skills learned in previous blocks of instruction to produce 1 inch to 1-1/2 inch groups at 15 feet and 3 inch groups at 30 feet.

ADVANCED MARKSMANSHIP DRILLS

The officers will be put through a series of progressive shooting drills. They will be challenged with speed drills, multiple targets and close quarter engagements. At the end of class, every officer will demonstrate their mastery of the mental dynamics of peak performance by splitting a business card “on edge” at 15 feet.

CLASSROOM

FUTURE PACING

We will integrate the skills of accuracy to the unconscious using a formal closed eye hypnotic induction. This allows the officer integrate the shooting process into tactical applications so the skills required for precision accuracy become generalized into any context required for personal protection. We will condition the process so the greater the perceived threat, the more machine-like the officer will become. This will produce accurate machine-like precision on the street.

GRADUATION & CLOSING

Summarize course contents. Certificates will be awarded.

EQUIPMENT REQUIRED

Firearm Related: Pistol, Holster, 2 extra magazines or 2 extra speed loaders, mag. pouches or speed loader carriers.

Ammunition: 200 rounds

Safety Related: Eye & Ear Protection

Course Days & Times: Saturday 10:00am to 6:00pm

Local on Site Location: High Noon Indoor Shooting Range, 6969 Hwy. 69, Prescott Valley, AZ

LIMITED CLASS SIZE: Maximum of 12 officers

This will assure every officer receives a lot of personalized attention to assure everyone's success.

COURSE FEE

Onsite Prescott Valley Location: \$129 per officer

WE WILL COME TO YOUR LOCATION: Please contact us for more information.

Off-Site: \$129 per officer, plus Travel & Lodging costs (*Average Travel Cost \$500 in State*)

HOST A Program: Have your department host a program and receive 2 FREE spots*.

**Must have a minimum of 12 officers (includes the 2 free spots)*