

# INSIGHT FIREARMS TRAINING DEVELOPMENT

## Teaching the Neuro-Psychology to “Instant” Precision Accuracy

16 HOURS OF AZPOST CREDIT AVAILABLE

### INTRODUCTION

Whether you are a Law Enforcement Instructor, active Military or Armed Services Firearms Instructor or a Professional Firearms Instructor who trains Law Enforcement or Military and want to know how to dramatically increase your teaching skills or you just want to increase your accuracy with a pistol, this class will give you the insight and the skills to shoot with absolute precision accuracy. We guarantee that you will gain more insight into the shooting process in this two day instructor program than in any other firearms course offered today! Most instructors who have attended Insight's advanced courses claim they learned more in just two days than they've learned in their entire shooting career.

### 2-DAY ADVANCED INSTRUCTOR COURSE CONTENT

## DAY 1

WHAT THEY DON'T TELL YOU ABOUT IN TRADITIONAL FIREARMS TRAINING COURSES

### CLASSROOM

Registration and Course Orientation

### RANGE SAFETY

Range Rules of Conduct

- Safety Lecture, Range Rules & Commands of Fire

### RANGE

### WEAPONS HANDLING & SHOOTING SKILLS EVALUATION

- We will explore the extent of the instructor's knowledge of marksmanship and their ability to apply those skills on the range. We will identify each of their strengths and weaknesses. We will build on their previous training and experience and create a personal training plan to further his/her skills into instructor mastery.

### CLASSROOM

### HOW THE BRAIN LEARNS

- Learn why many of the traditional firearms training methods set students up for failure right from the start.
- Learn psychological strategies for increasing your student's 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 get your students to enter it on demand.
- How to create the phenomenon called “parallel processing” in which both hemispheres of the brain are engaged so the unconscious can drive the shooting process, and the conscious mind is free to strategize and execute tactics.

## **STATE MANAGEMENT**

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

- Develop the techniques to keep your student’s emotional state under control in any situation.
- Learn how to neuro-code the shooting process so your student’s naturally synchronize their mind, their emotional state, and their body, to the achieve peak performance.
- 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 teach your students to instantly recover from a “Startle Response” to gain control of their emotions and shoot with absolute confidence and accuracy.

## **BREAK FOR LUNCH**

## **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 your student’s unconscious.
- How to program the brain to send up a red flag if the primary rule of firearms safety is violated at the unconscious level to prevent an accidental discharge.

## **MARKSMANSHIP**

**The Formula for Instant Success**

- You will learn the techniques and skills that will instantly have your students shooting 1-hole to 1-1/2” groups at 15 feet and 3” groups or tighter at 30 feet with consistency. This accuracy can usually be achieved by every trainee within the first hour of training on the range regardless of their previous experience shooting a pistol.
- Learn techniques for eliminating all the emotion from the shooting process and transform your student’s accuracy into machine-like precision.

- Learn gun handling techniques used by the world's top professional shooters that give them incredible accuracy and speed.
- 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.

## **EYE DOMINANCE, VISION AND ACCURACY**

**You've heard of the saying: "Garbage in - Garbage out". *(When you have a thorough understanding of the visual process you'll set your students up for remarkable accuracy.)***

- Learn why the traditional "Thumb & Forefinger Circle" technique and the "Two Handed "Triangle" method of diagnosing eye dominance is about as accurate as "Pinning the Tail on the Donkey" blind folded.
- You'll learn about the different types of eye dominance, and why a shooter's eye dominance can become unstable or even shift to the other eye. This can create a pseudo sighting plane which may cause the trainee to crossfire.
- Learn Insight's 7-Point Dominance Test to guarantee the stability of your student's sighting plane. *(We will use a PowerPoint Presentation loaded with video clips to demonstrate the variations of eye dominance and techniques that will stabilize a shooter's dominance.)*
- You'll learn how to teach your students to focus on their front sight in a way that guarantees precision accuracy by utilizing the "GIP" technique.
- Learn the three ocular movements required for a "shoot / don't shoot" situation to assure the shooting is justified and the shot is accurate.

## **THE NEURO PSYCHOLOGY OF ELIMINATING THE AVERSION TO RECOIL**

**If the shooting foundation is properly structured, the trainee will not experience an aversion to the firing process or anticipate recoil.**

- Healing the gun, milking the trigger and flinching are all "symptoms" of a much deeper problem. Learn how to identify the root cause of the aversion to the firing process instantly and eliminate it forever. *(Does this sound too good to be true? It is true if you get to the root cause.)*
- You will learn neuro-psychological and biomechanical processes that will structure the shooting process for instant accuracy starting with the very first shot.

## **TRIGGER CONTROL**

- Learn how to create a clear neuro-pathway from the brain to the trigger finger, and isolate the trigger finger's movement from the rest of the hand so you don't disturb the alignment of the sights during the trigger compression phase of the shooting process.
- Learn the proper biomechanics for manipulating the trigger to achieve precision accuracy and a fast second shot.

- Develop the method for integrating the required trigger compression technique to the unconscious and create muscle memory.

## **RANGE**

### **REVIEW: Range Safety Rules**

### **APPLICATION OF THE MISSING ELEMENTS OF MARKSMANSHIP**

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

### **ADVANCED MARKSMANSHIP DRILLS**

- The instructors will be put through a series of progressive shooting drills. At the end of the day, every participant will demonstrate their mastery of peak performance by splitting a business card “on edge” at 15 feet.

## **CLASSROOM**

### **PROGRAMMING PRECISION ACCURACY IN AN ALPHA STATE**

- 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. The instructors will integrate the newly learned information to the unconscious so the techniques learned will be as automatic as driving a car.
- The instructors 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.

### **CLOSING**

- Review of the Skills Learned

## **DAY 2**

## **CLASSROOM**

### **ANATOMY OF A GUNFIGHT**

- In order to fully understand the skills required to win a gunfight, we will analyze the complexity of the problems faced by the trainee in a confrontation and strategies that will give them the winning advantage.
- You will learn about the difference between “real” time” and “perceived time” and how this knowledge can give you a tactical edge.

- We'll explore the phenomena of "Emotional Contagion". You'll learn why accuracy can dramatically degrade as much as 45% when more than one trainee is involved in a shooting. Why it happens? How to control it, and maximize accuracy.

## **THE COMBAT MIND**

- Learn a new and critical technique that can be integrated into the "color code" (white, yellow, orange and red) that will give the trainee the needed "Key" to keeping their emotional state under control.
- Learn why the alignment of the trainee's beliefs and values regarding the use of deadly force is as important to making an accurate shot as the alignment of their front and rear sight. The instructor will participate from a student's perspective in exercises that will stack their beliefs and values so they are congruent. This will provide the instructor with the tools to eliminate any hesitation on the part of the trainee that would prevent them from achieving peak performance when faced with a life threatening assailant.
- You'll learn how to minimize or even eliminate the potential effects of Post Traumatic Stress Syndrome if you are involved in a shooting.

## **INTEGRATION**

### **Hypnotic Teaching Techniques (A, B, C, D, E)**

- Learn 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.
- Learn how to integrate a "Pre-Shot Routine" into the shooting process to gain consistency and accuracy with every shot.
- You'll learn about "trance states" and how they can be used to change negative behavior and achieve peak performance.
- Learn about the power of using hypnosis and how it can accelerate the learning process, eliminate the aversion to recoil, and program the motor skills to the unconscious to produce machine-like precision accuracy.
- Overview of the Insight Process for achieving precision accuracy.
  - Single Action Technique
  - Double Action

## **RANGE**

### **REVIEW: Range Safety Rules**

## **PRACTICAL: TEACHING THE INSIGHT PROCESS FOR “INSTANT” PRECISION ACCURACY**

- How to integrate the information and skills learned into the teaching application.
- How to teach the “Gip” Technique for “Instant” Success and assure your students are able to achieve focal acuity on their front sight.
- Learn the secret to teaching your students how to create a clear neuro-pathway from the brain to the trigger finger and isolate the trigger finger’s movement from the rest of the hand, so they don’t disturb the alignment of the sights during the trigger compression phase of the shooting process eliminating the anticipation and aversion to recoil.
  - Single Action Technique
  - Double Action

## **TEACHING A BIOMECHANICALLY CORRECT DRAW**

### **Teaching The Student How To Achieve Speed & Accuracy**

- The instructors 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 utilizing a Reactive Target System to provide Instant Positive Feedback of the required behavior and management of their emotional state.

## **CONDITIONING THE PROCESS**

- The instructors will apply the advanced principals of marksmanship and the psychological skills learned in the previous blocks of instruction on the range.
- The instructors will apply the advanced principals of marksmanship and the psychological skills learned in previous blocks of instruction to produce to 1-1/2 inch groups at 15 feet and 3 inch groups at 30 feet.
- They will develop the required cybernetic loop for delivering a surgically accurate precision sighted shot utilizing a Reactive Target System to provide Instant Positive Feedback of the required behavior and management of their emotional state.

## **CLASSROOM**

### **PROGRAMMING PRECISION ACCURACY IN AN ALPHA STATE**

The instructors 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**

### **ENGAGEMENT: TESTING THE STRENGTH OF THE CONDITIONING**

The instructors will participate in various scenarios of engagement where they must apply the mental skills and the advanced principles of marksmanship. It will demonstrate

the strength of the conditioning. Any break down in accuracy or speed will be reconditioned to a deeper level until the process is cemented into the instructor's unconscious.

## **RANGE**

### **REVIEW: Range Safety Rules**

### **REACTIVE SHOOTING DRILLS**

- We will utilize a Reactive Pop-up / Falling Plate Target System that limits the target's exposure time to 50/100's of a second to 1 second. This forces the shooter to utilize the front sight as the stimulus for a conditioned response on the trigger. It takes the trainee out of the "conscious" mindset into a reactive "auto-pilot" mode while maintaining precision accuracy. In other words, it conditions the shooting process to the unconscious that produces machine-like accuracy.

### **LOW LIGHT DRILLS**

- The instructors will learn how to shoot as accurately in a low light environment as they can in a daylight environment, with and without the use of a flash light.

### **USE OF COVER**

**Applying of the principles of marksmanship and using cover at reactive speeds.**

- Develop methods to maximize the use of cover without compromising safety, speed or accuracy.

### **SHOOT / DON'T-SHOOT**

**Conditioning the "contextual cues" for a shoot or don't shoot situation.**

- The instructor will be confronted with a suspect or multiple suspects in "Real Time". They will assess the threat and may use reasonable force based on the contextual cues. They may be required to communicate and create a dialogue with the suspect. Some situations may require the trainee to escalate to the use of deadly force, while other situations may require the trainee to use non-lethal alternatives or deescalate to achieve a tactical advantage. The simulated exercises are done with live ammunition and will truly test the conditioning processes of the skills learned in this program to assure that they transfer to the street.

## **CLASSROOM**

### **ADMINISTRATIVE**

**How to get your Commanding Officers to buy-into allocating more time for developing your firearms training program in your department.**

- How to reduce the department's ammunition expenditure in your firearms training program by 70%, reduce the amount of required training time by 90%, and yet enhance every trainee's skill level in the department.
- Learn how to dramatically reduce your exposure to vicarious liability as a firearms instructor.

- How to reduce your department's liability by providing a better training program in the use of deadly force and shaping the trainee's discretionary skills.

## **THE "CIRCLE OF EXCELLENCE" TECHNIQUE & FUTURE APPLICATIONS**

- The instructors will be will be guided into an Alpha State and taught "The Circle of Excellence" technique. This is one of the most powerful techniques for achieving peak performance. (It is used by many professional and world class athletes.) They will integrate and program the newly learned information to the unconscious and into future applications.

## **FUTURE PACING**

- We will integrate the skills of accuracy and tactical applications to the unconscious using a formal closed eye hypnotic induction before exposing the trainees to simulation exercises. This allows the trainee to first experience the application of the skill in a safe environment. We will condition the process so the greater the perceived threat, the more machine-like the trainee will become. This will produce accurate machine-like precision.

## **GRADUATION & CLOSING**

- Summarize course contents.
- Certificates will be awarded.

## **EQUIPMENT REQUIRED FOR CLASS**

**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 (Can be provided by the range at No Charge)

**Course Days & Times:** Refer To Insight Class Schedule

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

**LIMITED CLASS SIZE:** Maximum of 12 Instructors. A small class will assure every Instructor receives a lot of personalized attention to assure their success and the success of their students.

**COURSE FEE:** ONLY \$299 per Instructor

Onsite Prescott Valley Location:

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

**Off-Site:** \$499 per Trainee. Minimum of 10 Instructors. Maximum of 12 Instructors

**HOST A Program *Get 2 FREE Spots:*** Have your department / agency host a program and receive 2 FREE spots\*. *\*Must have 12 Participants*