# INSIGHT FIREARMS TRAINING DEVELOPMENT

## The Neuro Psychology of Reactive Shooting
## 1-Day Program (6 Hours of Training)

**Registration and Course Orientation**
Safety Lecture, Range Rules & Commands of Fire

**Weapons Knowledge, Handling & Shooting Skills Evaluation**
We will explore the extent of the officer's knowledge of marksmanship and their ability to apply those skills on the range. We will identify each participant's strengths and weaknesses. We will build on their previous training and experience, and create a personal training plan to further his/her skills into mastery.

**Mind – Body Relationship**
This block of instruction will explore the relationship between the mind and the body. It will present the negative effects of fear and how to control your emotional state while shooting, and in self defense situations. The officer will learn how to achieve consistency and peak performance on demand.

**Analysis of Advanced Marksmanship**
We will go beyond the basics of marksmanship and explore the in-depth relationships of the shooters visual system, biomechanics, and the physical requirements for accuracy and speed.

**Application of Advanced Marksmanship Principles**
The officer's 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.
The officer's will apply the advanced principals of marksmanship and the psychological skills learned in the previous blocks of instruction on the range. They will develop the required cybernetic loop for delivering an accurate precision sighted shot utilizing a Reactive Target System to provide Instant Positive Feedback of the required behavior and management of their emotional state.

**Programming Advanced Marksmanship Skills to the Unconscious**
The officer's will be lead through the process of entering an Alpha State. This is a trance state where the brain produces alpha waves and is most open to programming. They will integrate the newly learned information to the unconscious, so the techniques learned will be as automatic as driving a car and their level of skill will trance-form into machine like precision.

**Lunch**

**Reactive Shooting Drills**
We will utilize a Reactive Pop-up / Falling Plate Target System, limiting the targets exposure time. 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 “precision” mindset into a reactive “auto-pilot” mode. In other words, it conditions the shooting process to the unconscious.

**Advanced Marksmanship & Reactive Drills**
Repetition is the Mother of Skill. The trainees will be put through a series of progressive shooting drills where they will be required to shoot with their left and their right hand to achieve parallel processing. (This is where we symmetrically affect both hemispheres of the brain for maximum integration.)
They will also be challenged with speed and tactical reloading drills, multiple targets, and close quarter combat engagements.

**Programming Reactive Skills to the Unconscious & Future Pacing**
The officer’s will be lead through the process of entering an Alpha State. They will integrate the newly learned information to the subconscious, so the techniques learned will be automatic and will transfer to future applications. We will construct the neuro connection to the greater the perceived threat the more machine like the officer will become thus enhancing accuracy in extreme conditions.

**CLOSING**
Review of the Skills Learned & Graduation