



INSIGHT FIREARMS TRAINING DEVELOPMENT
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3-DAY

Advanced Instructor Development Teaching the Neuro-Psychology to “Instant” Precision Accuracy

INTRODUCTION

This 3-Day program will present a new firearms training method that will further develop your teaching skills which will assist you in dramatically increasing anyone’s accuracy with a pistol. This class will give you and anyone you teach 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 instructor program than in any other firearms course offered today!

ADVANCED INSTRUCTOR COURSE CONTENT

HOW YOUR STUDENTS LEARNS

- Why many of the traditional firearms training methods set students up for failure right from the start.
- Psychological strategies to increase your student’s accuracy by 75% before you even begin shooting.
- Entering 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.

RANGE SAFETY

Range Rules of Conduct

- Safety Lecture, Range Rules & Commands of Fire

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 their strengths, build on their previous training and create a training plan to further his/her marksmanship and instructor skills to a level of mastery.

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.)

- Proven techniques to keep your student's emotional state under control in any situation.
- How to neuro-code the shooting process so your student's naturally synchronize their mind, their emotional state, and their body so they can achieve peak performance.
- Anchoring (an "anchor" *holds the process in place*) so precision shots are the norm and missed shots become an anomaly that falls within the 3% variance of human performance.
- Teaching your students to instantly recover from a "Startle Response" to gain control of their emotions and shoot with absolute confidence and accuracy.

MARKSMANSHIP

The Formula for Instant Success

- Why train your students to shoot "Precision Shots" when some firearms training schools are suggesting "Tactical or Combat Accuracy" is good enough? You will learn the latest scientific research on terminal ballistics and what it really takes to make a 1-shot stop.
- The secret to shooting "Precision Shots" faster than most officers can shoot using the "Spray and Pray" method.
- You will learn the techniques and skills that will instantly have your students shooting 1-hole to 1-1/2" groups at 15 feet within the 1st hour of training. Learn how to have your students shooting 3" groups or tighter at 30 feet with consistency within the first few hours of training regardless of their previous experience shooting a pistol.
- Become skilled at eliminating all the emotion from the shooting process and be able to trance-form 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.)*

- Why the traditional "Thumb & Forefinger Circle" technique and the "Two Handed Triangle" method of diagnosing eye dominance are about as accurate as "Pinning the Tail on the Donkey" blind folded. We will reveal the scientific facts about eye dominance and you will come to realize why some shooters struggle to shoot accurately.
- 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.
- 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.)*
- Learn how to teach your students to focus on their front sight in a way that guarantees precision accuracy by utilizing the "GIP" technique.
- Identify the three ocular movements required for a "shoot / don't shoot" situation to assure the shooting is justified and the shot is accurate which will reduce your liability.

TRIGGER CONTROL

- 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.
- 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.

ELIMINATING THE AVERSION TO RECOIL

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

- The instructors will experience Insight's method of teaching "instant accuracy" using neuro-psychological and biomechanical processes that structure the shooting process for success starting with the very first shot.
- 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 as a way to validate their level of skill and the accuracy this process provides.

PROGRAMMING PRECISION ACCURACY IN AN ALPHA STATE

- Discover how the power of hypnosis can 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.

SAFETY

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

- The neuro-psychological causes of unintentional, careless, and negligent discharges.
- 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.

DEMONSTRATION OF THE INSIGHT PROCESS

The instructors will have the opportunity to watch the Insight Instructor Staff utilize the Insight Method on a “Newbie or “Challenged Shooter”.

- We will use a modeling process so the instructors get validation that:
 - The process really works and delivers “Instant” precision accuracy.
 - The instructors will see how quickly and easily the process eliminates any aversion to the recoil process.
 - The instructors will have an opportunity to acquire a different perspective and grasp the simplicity and effectiveness of the process in action.

THE TEACHING PROCESS BEHIND THE INSIGHT METHOD

The instructors will learn the secrets behind the psychology and biomechanics that will give anyone the ability to shoot 1-hole groups “instantly”.

- Neuro-psychological and biomechanical processes that will structure the shooting process for instant accuracy starting with the very first shot.
- How to test the shooter's ability to achieve focal acuity of the front sight using the “Gip” technique.

- Overview of the Insight Trigger Compression Process for achieving a clear neuro pathway from the brain to the trigger finger.
 - Single Action Compression Technique
 - Double Action Compression Technique

INTEGRATION

Advanced Teaching Techniques & Language Patterns

- 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 to eliminate it forever. (*Does this sound too good to be true? It is true if you get to the root cause.*)
- How to interrupt a negative pattern of behavior (the “dreaded flinch”) and install a resourceful emotional state that will “instantly” modify the behavior so anyone can shoot with precision accuracy.
- 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 guide the shooter’s mind into the “Zone” of Peak Performance.
- How and why the power of advanced language patterns can bypasses the conscious mind, and programs the motor skills to the unconscious to produce machine-like precision accuracy.

TRAINING PRACTICAL

Teaching the Insight process for “instant” precision accuracy

- The Instructors will work with each other practicing the teaching process by alternating their roles: Instructor / Student
- Tips and Cyber-Techniques for integrating the information and skills learned into the teaching application so they will be easily accepted by the student’s unconscious mind.
- 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 secrets 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 Technique

TEACHING A BIOMECHANICALLY CORRECT DRAW

How To Achieve Speed, Accuracy and Consistency

- 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 by sculpting the motor skills and by managing the 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 while managing their emotional state.

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 officer in a confrontation and the 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 person is involved in a shooting at a perpetrator. Why it happens? How to control it, and maximize accuracy.

THE COMBAT MIND

- 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.
- 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 that would prevent them from achieving peak performance when faced with a life threatening assailant.
- You’ll learn how to minimize or virtually eliminate the potential effects of Post Traumatic Stress Syndrome if you are involved in a shooting.

ADVANCED SHOOTING DRILLS

- We will take the Instructor 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.
- 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.

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 Instructor to escalate to the use of deadly force, while other situations may require the Instructor 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.

FUTURE PACING

- We will integrate the skills of accuracy to the unconscious using a formal closed eye hypnotic induction. This allows the Instructors and to 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 shooter will become. This will produce accurate machine-like precision on the street.

GRADUATION & CLOSING

- Review of the Skills Learned & Graduation
- Certificates will be Awarded to the Instructors.

EQUIPMENT REQUIRED

FIREARM RELATED: Semi Automatic Pistol, Holster, 2 Extra Magazines, Mag. Pouch.
A Double Action Revolver & Holster or Gun Case for the Revolver
(If you do not have a Revolver, please let us know and we can supply one.)

AMMUNITION: 250 rounds of Semi-Auto Ammo (FMJ) and 50 rounds of Revolver Ammo (FMJ)
(Please NO Hollow Points, Wadcutters, or Armor Piercing Ammo)

SAFETY RELATED: Eye & Ear Protection
(Please bring your “Reading Glasses” if you use them.)

PLEASE CONTACT INSIGHT IF YOU HAVE ANY QUESTIONS

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