

# **INSIGHT FIREARMS TRAINING DEVELOPMENT**

## **EXTREME PRECISION ACCURACY FOR HIGH RISK ENGAGEMENTS**

### **INTRODUCTION**

**This class will give the participant the insight and the skills to shoot with absolute precision accuracy. Most participants who have attended Insight's Extreme Precision Accuracy Course claim that they learned more in these two days about mastering pistol marksmanship than they've learned in their entire shooting career. This 2-Day course will give every participant the skills to shoot with precision accuracy and will create unbeatable confidence in the mind of everyone who attends this program.**

## **2- DAY**

### **Mental Dynamics of Peak Performance**

#### **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 trainee'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 mastery.

#### **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.

#### **MARKSMANSHIP**

##### **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.
- The trainees 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 the secret to establishing a stable sighting plane by stabilizing your eye dominance.
- You will learn the “GIP” Technique. A new and powerful way to focus on the front sight that will give you a surgically precise shot every time.
- 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.
- Discover techniques used by the world’s top professional shooters that give them incredible accuracy and speed.

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

- The trainees 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 PRESENTATION**

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

## **THE MENTAL DYNAMICS OF STATE MANAGEMENT**

**State Management is the Key to Peak Performance. *(If the shooter’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 trainee will develop the techniques to keep their emotional state under control in any situation, and eliminate all the negative emotions 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.

## **PRE-SHOT ROUTINE**

- Learn how to integrate a “Pre-Shot Routine” into the shooting process to gain consistency and accuracy with every shot.

## **REINFORCEMENT & CONSISTENCY**

- The trainees 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.

## **ADVANCED MARKSMANSHIP DRILLS**

- The trainees 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 participant will demonstrate their mastery of the mental dynamics of peak performance by splitting a business card “on edge” at 15 feet.

## **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. They will integrate the newly learned information to the unconscious so the techniques learned will be as automatic as driving a car.
- The trainees 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.

## **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.

## **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 participant the needed “Key” to keeping their emotional state under control.
- We 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 participants will learn how to achieve consistency and peak performance on demand.
- 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 trainees will participate in exercises that will stack their beliefs and values so

they are congruent. This will 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.

## **ADVANCED MARKSMANSHIP & SELF DEFENSE PRINCIPLES**

- The trainees will further 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 while achieving extreme accuracy.
- The trainees 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 in a self defense context.

## **PROGRAMMING THE SKILLS TO THE UNCONSCIOUS**

- The trainees 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 skills 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.

## **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.

## **REACTIVE MARKSMANSHIP 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 & FUTURE PACING**

- The trainees 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 so the greater the perceived threat the more machine like the shooter will become thus enhancing accuracy in extreme conditions.

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

### **Conditioning the “Contextual Cues” for a Shoot or Don’t Shoot Situation.**

- The trainees 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 trainees to use non-lethal alternatives or deescalate to achieve a tactical advantage. The simulated exercises are completed 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.

## **GRADUATION & CLOSING**

- Review of the Skills Learned & Graduation
- Certificates will be awarded.

## **EQUIPMENT REQUIRED**

**FIREARM RELATED:** Semi Automatic Pistol, Holster, 2 Extra Magazines, Mag. Pouch.

**AMMUNITION:** 250 rounds of Semi-Auto 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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