

CORINNE MOSHER

Situational awareness: The pattern of criminal predators

TODD VANLANGEN

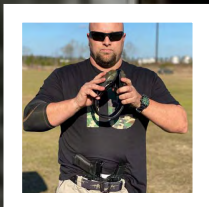
Will competitive shooting increase your combat skills?

MARK HUMAN

Knife vs Pistol: The dangerous misconception of distance

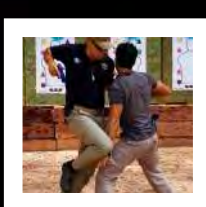
PAGE 26

Scott Usry



PAGE 17

Jared Wihongi



PAGE 15

Tom Buchino



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The Magazine

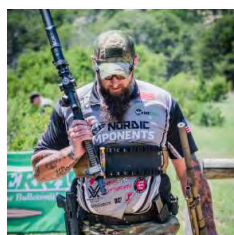
May 2020



05 Corinne Mosher



26 Scott Usry



11 Todd VanLangen



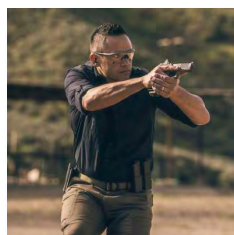
28 Neil Pollock



15 Tom Buchino



30 Thomas Lojek



17 Jared Wihongi



36 Paolo Simeone



18 Brian Naillon



37 Walter Bizzarri



21 Mark Human



39 Drew D. Dix

GTI

The Magazine

May 2020



41 Daniel Jirasek



51 Matthew Macho



44 Dennis O'Connor



54 Mark Browett



48 Brian Bewley



57 Ken Witt



William Fairbairn

The Inventor of CQB and modern SWAT

Special Feature SOF History Page 58





EDITORIAL

The new GTI Magazine... superior examples of all aspects of skills and tactics used by Law Enforcement Professionals around the world!

Top: Training at Government Training Institute in Barnwell South Carolina



Von Bolin

President of the Government Training Institute

Welcome all...

As President of the Government Training Institute, I welcome you all to the GTI Magazine.

It is our intention to educate in physical real world skills, tactics and necessary mindsets to perform under extreme physical and mental pressures that first responders see daily. These skills are needed and used by professionals and civilians alike.

This magazine will highlight superior examples of all aspects of skills and tactics used by Law Enforcement Professionals around the world.

As a civilian, I crave expertise like represented to help keep my family safe and expect that you too will glean much information from its pages.

Enjoy.



Corinne Mosher

Self-Defense: Three techniques that criminals consistently use to subdue or incapacitate a victim!



Top: Corinne Mosher

Most members of the public are more motivated to capture the next viral video then to drop their cell phones and render assistance in an emergency.

Combine this with the proliferation of video surveillance in our society and unfortunately - or fortunately – those that study what “real world” violence looks like have endless footage of crimes available to them with a few strokes of a keyboard and a wifi password.

Having studied this platform of evidence-based “real word” violence, particularly where the victim has been a female, I have identified three techniques that criminals consistently use to subdue or incapacitate a victim in order to take what they want.

The lucky bad guy may only need to use one technique, the truly talented ones can use all three. I call them by the acronym A.D.D. which stands for Ambush, Distract and Disparity.

No random acts of violence

I feel the need for a disclaimer: I am not a criminologist, a police officer, or a detective. I’m just a people-watcher who’s never been the victim of violent crime and wants it to stay that way.

A.D.D. helps me remember what to be on the lookout for, maybe it will help you too.

Ambush – to attack by surprise, to fall upon, lay a trap for, lie in wait for.

The criminal has the advantage of choosing the theatre of attack. Just like a hunter carefully selects the locations of his deer stands and duck blinds, criminals do not choose the victim, time or location of attacks at random. There are no “random acts of violence”! There is a reason why a certain environment or victim profile was selected - that reason is always because doing so facilitated the crime in some way.

Ambush is accomplished when one or a number of considerations tip in favor of the attacker. The most useful of these to the criminal are the element of surprise, and the limited mobility of the victim, either or both due to environmental constraints and lack of situational awareness by the victim.

Simply put, the bad guy knows that if you can’t see it coming and can’t run from it, he can take what he wants and





leave, with limited possibility of him having to fight with you, or getting caught.

Being able to recognize areas with inherent environmental constraints to mobility is why we are wary of taking back alleyways, using ATM's booths, getting on elevators with strangers or letting pedestrians approach our vehicle in bumper-to-bumper traffic.

Even the most latent of survival instincts begin to prickle uncomfortably when a person perceives they are being trapped.

Environmental traps can be defined by more than simple physical location. A woman who is attacked while with her children is just as constrained by the presence of the children she will not abandon as she would be if her back were up against a wall.

Surprising a victim is the technique of overwhelming them with your time surplus. If you have more time than they do, you have more options.

The gap between hunter and hunted

Since most crimes against persons are contingent on the perpetrator being close enough to make physical contact with the victim, this "time surplus" is most commonly used to close the gap between hunter and hunted in order to deliver the blow designed to stun the victim into passivity.



Those who are familiar with Col. Jeff Cooper's Color Codes of Awareness know that a person in the White - or lowest level of awareness - is at a higher risk of being a criminal target than an individual who is actively scanning and interacting with their environment.

And yet, the personal defense archives of the internet are teeming with video surveillance of people who slipped into a dangerously low level of awareness and walked headfirst into danger.

Our defense to an ambush is, first, to know our environment. Come to terms with the fact that while you can be literally ANYWHERE



Left: Corinne Mosher

Right: Training Workshop



and face a violent encounter, there are certain conditions that are more favorable to the criminal getting what he wants.

While we may not always have the choice to avoid “high risk” environments, are not always in control of who you are with, the predictability of your movements, or the task you’re performing, you are **ALWAYS** in control of the amount of scrutiny you apply to those coming in and out of your surroundings.

Distract – to prevent someone from giving full attention to something.

This technique could just as fittingly be called “the diversion” or “the disguise”. The end goal of the distraction is essentially the same as the ambush – to use trickery or traps to close into the personal space of the victim, and is often used in conjunction with ambush tactics.

Game hunters use all the tricks in the book to accomplish this. A hunter will always camouflage his scent and clothing to blend into the background. He’ll coax animals into coming close to him by setting out bait in feeder trays. He’ll even use life-like plastic decoys and electronic game calls to lure the prey in.

It is important to state that not all criminals take the effort to disguise their intentions during an attack. Not all bank



robbers first pretend to be bank customers - some come bursting through the front door wearing masks, waving guns and shouting for money!

Not all home invaders pose as electric company employees, not all rapists first play the part of the attentive, charming stranger. Not all thieves pretend to ask for the time or are needing directions to Chipotle. Criminals know that they don't belong in the world of good people. The smart ones know how to pretend to be like you and me long enough to disguise their intentions, and distract us from the dangerous situation we don't even know we're in.

THE BEST resource I can recommend for learning to identify sophisticated distraction techniques is the book *The Gift of Fear* by Gavin De Becker. I beg you, **I beg you** to read this book. In it, Gavin breaks down these methods:

Forced Teaming, Charm and Niceness, Too Many Details, Typecasting, Load Sharking, The Unsolicited Promise and Discounting the Word "No", and lays out a clear defense for each one.

Disparity – Disparity of Force. The variable that gives one party a decided physical advantage over another.

In self-defense spheres the power to kill or cripple an opponent is commonly referred to as "Ability". All three elements – Ability, Opportunity and Jeopardy – needing to be present for the use of deadly force to be justified.

Regardless of the means an individual has of protecting themselves in the event of attack- whether through empty hand techniques, or through the use of a force multiplier like a firearm- at the moment that individual is set upon, it is the attacker who has the upper hand and



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therefore, the disparity of force. This is true for at least two reasons.

#1 The attacker not only has the advantage of whatever physical weapon they brought, but also of the benefit of knowing when and where the attack will occur.

This means they will probably be able to get in the first blow, forcing the victim to respond to their action after already sustaining injuries.

#2 No one picks a fight with someone they feel can easily fend them off or quickly turn the tables against them.

So, whether it turns out to be true or not, it's safe to say that at the time he initiates the physical attack, the criminal believes he is in possession of the greater ability to do harm. He knows what he's got, what he wants, and what he's prepared to do to get it.

There's reason why we have weight classes in wrestling and boxing. To speak in generalities: For a man to successfully overpower a woman, he needs nothing more than his

advantages of weight, speed, size and strength.

This really is the only element that a lucky criminal might need to use in order to successfully incapacitate a victim enough to take what they want.

Most self-defense students allot the majority of their training time and budget to learning to physically overcome an attacker's Disparity of Force.

But, if we are familiar with Ambush and Distraction strategies which usually preceded the element of Disparity, we will be able to read warning signs that add up to danger and deny them easy prey they were hoping.



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Todd VanLangen

Competition Shooter, Army SOF ret.

Competitive Shooting events will sustain or increase your Combat Shooter skill.



Top: Todd VanLangen

Shooting Competitions vs “Combat Training” and which is most applicable in the “real world” is an age-old argument between folks that is damn near as old as 9mm vs .45, Ford vs Chevy, etc. I recently came across a heated social media debate on this very subject, so when GTI asked me to write an article, I figured...why not stir the pot?

Over the past 24 years, I have been fortunate enough to do both and as a Tactician I can without a doubt say that Competitive Shooting events will sustain or increase your Combat Shooter skill. As we all know, the more you pull the trigger, be it Dry Fire, Flat Range Live Fire, the more “in tune” and accustomed to that firearm you become resulting in a better shooter.

This reason alone should justify the argument, but Competitive Shooting has a lot more to offer than only becoming a better shooter. The most valuable skill I gained from Competitive shooting that applied to Combat was the ability to work very quick and smooth in a short amount of time. Whether competing in IDPA, IPSC, PRS, NRL, Multi-Gun, etc., time is always a competitor’s biggest hurdle (next to hitting targets obviously).

The stress a shooter puts on themselves to do well during competition closely mirrors the chaotic time sensitive

nature of combat. The ability to think and act under the stress of time is very translatable to combat, and the more a tactician puts themselves in similar situations, the brain will begin to “slow down time” (which means your brain will develop muscle memory enabling you to think more quickly and clearly) giving a clear advantage over the bad guys.

The Anti-Competition crowd will argue that competitions are not tactical and will result in “bad habits” like not utilizing cover, not changing mags during a lull in fire, and frankly this is all total nonsense. It is true that as a competitor, the ability to “game” the match better than his opponents is typically what separates top shooters from the rest of the pack.

Gaming defined as the ability to find legal loopholes in the rules to enhance economy of motion by shooting targets in an unintended manner leading to





quicker times and overall better finish. It's been my experience that the "bad habits" argument is not a realistic threat. Instead, human nature, training experience and common sense will always take over in a combat situation.

For example, it is human nature to hide behind cover for protection if getting shot at. I've heard folks say, "Competitive shooters aren't training as they fight when using tricked out race guns!"

There is some validity to the fact you aren't getting practice with your combat equipment if using guns other than your tactical rigs, but who says you must compete using a "hotrod" gun? Why not use your work/tactical rig at matches? Why not shoot these matches wearing full kit and weapons you wage war with?

My first Team Sergeant in Special Forces regularly required our ODA team to attend and compete in monthly IDPA and Multi Gun matches. We would show up to Multi-Gun matches wearing BDUs and carrying government issued M4 Carbines, M9 Pistols and whatever shotguns the 18B (Weapons Sergeant) drew from the arms room.

We utilized cover, did tactical magazine reloads and took corners appropriately, all the standard operating procedures we would execute during combat and it elevated our abilities 10-fold.



Think about it, at matches you get to show up and shoot the different stages (set up by someone else so it's all foreign to you) and when is over you just leave. If you've ever been assigned to a tactical unit, you're aware that most times you set up your own training scenarios and tear them down afterwards.

This eats into training time and overall training value is lost since everyone helped set up. The moral of the story is, shooting competitions are in fact a stellar training tool that can and should be utilized by everyone assigned to tactical units. Since training funds and venues tend to be scarce, Commanders (especially LEO) should advocate for more of



Left: Todd VanLangen Army SOF



Right: Todd VanLangen



their officers to attend competitions. I've worked with Cops from all corners of the country and their biggest complaint is: "We never get money to train". My go-to response for this complaint is my spiel about utilizing shooting competitions as training tools.

The ones that adopt shooting sports for supplemental training have positive results that are applicable in real world work situations. A long time ago I heard a quote from a shooting competitor who also happened to be an Operator that stuck with me all these years; "I would take a Competitive Shooter to Combat before I'd take a Combat Shooter to a competition".

The ability to shoot fast and accurate is a tangible skill that most in the tactical world struggle to achieve while competitive shooters do it on the regular, so why not glean some of those skills from the competition crowd? As an Operator it can only help you to become better. When you are better, your unit is better which that translates to mission success and everyone coming home alive.



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Tom Buchino

How to master the tactical fundamentals in SOF and specialized law enforcement



Top: Tom Buchino

Thomas Lojek: Dear Tom, could you give our readers a brief introduction of yourself and your company?

Tom Buchino: I am a Sergeant Major, U.S. Army Special Forces (Ret.), with over 23 years of active duty services. I started Tactical Ranch in 2010 and recruited a cadre of instructors from all aspects of the SOF arena and specialized law enforcement personnel. Tactical Ranch operates in conjunction with Covenant Special Projects, LLC (CSP), a service disabled veteran owned and operated small business.

Tactical Ranch and CSP are specializing in elite risk mitigation advisory services and training for U.S. and allied nation governments, local, state, and federal agencies, and private customers. CSP's foundation in the U.S. Military Special Operations Forces (SOF) community provides a unique experience-base and specific skill-set which serve as a base for all our programs of instruction.

Thomas Lojek: In other words, your teaching methods come from real combat experience?

Tom Buchino: Yes, CSP's cadre combat and trainer experience means you receive training by someone who has actually employed what they are instructing. Our trainers hail from: U.S. Army Special Forces (Green Berets), U.S.

Army Rangers, U.S. Navy SEALs, U.S. Air Force Para-Rescue, U.S. Marine Corps Special Operations and Elite Law Enforcement Officers. CSP's cadre are subject matter experts in their specific disciplines; all possessing the common goal to provide fundamentally-sound, relevant, best training and services to our customers.

Thomas Lojek: Many seasoned instructors are worried about the growing number of new and inexperienced instructors who rush into the market with "tacticool videos" but fundamental bad advice. Do you share these worries?

Tom Buchino: Yes, there are a lot of tactical training courses out there, now. Some good and some, well... you be the judge. When I entered the commercial side of military, LE and civilian tactical / firearms training, I was fortunate to have many years experience of operating complex training and advisory operations worldwide as part of the





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Special Forces Regiment. This served as a solid foundation and test-bed for developing training approaches. Nothing like, not speaking the language of an assault team, you are training to execute CQB ops that work vs. all the flashy Hollywood TTP's (techniques, tactics and procedures).

There are many awesome tactical instructors out there. Many I have had the privilege of serving with and training alongside, and I learn from all of them. And then there are the "Youtube Sensations". They produce great videos, employ social media to build a brand and show you in a one-minute clip their latest ninja skills. Great entertainment, I guess. But my take on tactical applications training is simply based on my experience. Experience in SF, experience in working globally, and experience in working with cops, soldiers, sailors, airmen and marines.

And I know the only way to achieve an excelled level of tactical competency is to stressing and mastering the fundamentals. When you can perfectly execute the fundamentals under stress... Well, than you got something.

Thomas Lojek: Can you tell me more about your personal philosophy of tactical training?

Tom Buchino: I have a very simple but effective philosophy: There is no-such-thing as advanced tactics! Only perfect execution of the fundamentals under stress! This is the main training philosophy of Covenant Special Projects and Tactical Ranch.

It's all about the fundamentals! Master the fundamentals and you are well-trained to master any situation in real combat. You can't control all parameters in the chaos of a real firefight. But you can control how effectively you are in executing fundamental actions, that have been proven as reliable and effective in real combat. I ensure my training cadre and security professionals adhere to it. My approach and thankfully the approach of our trainers at CSP's Tactical Ranch is 100% based in the fundamentals. Whether we are conducting a patrolling and small unit tactics course or a tactical carbine train up.

We concentrate on developing solid fundamentals that compliment and/or enhance the students prior knowledge and

unit standard operating procedures (SOP's). As we progress with our training, we induce differing stressors to serve in adding realism thus requiring the student/s to perform in a more challenging environment. From physical fatigue faced during a stress shoot to mentally stressing teams during a night patrol. Or CQB training evolution that intentionally goes astray.

It is imperative to ensure students have a solid baseline in the fundamentals that they can rely on to accomplish the mission when faced with adversity. We train for battle in every course. Battle — in my experience — is seldom perfect, never scripted and ever-changing. If we can replicate this in our training, it only serves our students better.

Back when I was a Team SGT (A-team days), I used to say... "You Plan on Paper and Execute In Dirt."

This simply meant regardless of the best planing and rehearsals, you can bet the environment will change the minute contact is initiated. This meant we had to maintain a fundamentally-based approach to everything we do.



Jared Wihongi

The Amalgamation of Combatives with Firearms Training

Industry trend 2020: Combining of combatives with firearms tactics in extreme-close quarters, because of the high percentage of shootings that US law enforcement were experiencing at and inside of two meters.



Jared Wihongi

The Amalgamation of Combatives with Firearms Training

An industry trend I have taken particular note of in recent years is the combining of combatives with firearms tactics in extreme-close quarters to create CQC training programs that address this often neglected range of combat.

I have personally been creating and teaching programs in this area since 2005, and was invited to teach my first international course on this topic in Germany 2006.

I started my research and development of these programs during my tenure as a full-time Firearms and Use-of-Force Instructor for the Salt Lake City Police Department, largely because of the high percentage of shootings that US law enforcement were experiencing at and inside of two meters.

The course I originally developed was called CQ-FIT (Force Integration Tactics), because of the integration of empty-hands, edged/impact weapons and firearms at extreme close-quarters.

As I look at industry trends moving forward into 2020, I see more companies and individuals giving long overdue attention to this kind of training.

Admittedly some of this attention is due to Hollywood trends from movies like John Wick, but if that's what it takes to garner attention to this kind of training there's no problem with that, so long as serious practitioners can discern the substance from the fluff.



Brian Naillon

Vice President

Government Training Institute



Corona Crisis and the “new normal”: We will come out stronger than we went in!



With spring upon us I would normally be talking about training courses and events at GTI, but as everyone is aware, this spring is quite different. We have a global pandemic on our hands and so I wanted to spend a little time discussing some of what is going on.

With this virus we are seeing some actions and behaviors that are being slated as “the new normal”. As in “oh well, we just have to get used to it because this is the new normal”. Which in most cases is a crock!

I am not saying this in hopes someone will explain “what it means”; but simply to explain why I don’t agree with acceptance of this term as it pertains to economic downturn, government lockdowns, social distancing, fear and chaotic or self-serving behavior being accepted as part of our lives. I do not wish the current state of affairs to ever become “the new normal”.

While there is a very real issue with this virus; we are living in a media driven frenzy of chaos

and fear. If you don’t believe me, just Google “toilet paper fights”. The absurdity of this is beyond words.

People reacting like Pavlovian dogs every time the media rings its bell. We act like savages over something as benign as toilet paper. Toilet paper shortages for a virus that does not involve explosive bowel issues.

This to me CANNOT become “the new normal”. But it is what we are seeing every day in our newsfeeds and on social media and we are being told to accept it. No Thanks!

There are however some positives coming to light as

this pandemic has forced us to refocus our attention on things that actually matter and take notice to the fact that we are surrounded by some genuinely amazing people.

The reality is that they did not just appear; we just finally paid attention long enough to see them. The truck drivers, farmers, grocery store clerks, doctors, nurses, first responders and everyday people and businesses all stepping forward to answer the call. Working the front lines to ensure our lives though disrupted are not halted. Every effort is being made by these people to help keep the world moving forward with little or no



Left: Vehicle Assault Training at GTI

Right: Tactical Training at GTI



thought to their own safety. Instead of looking at this as time as the “new normal” let’s consider this a “reset”. It has been a “forced pause”. A time for the entire globe to hit the reset button and live at a slower pace.

How are we spending our time, money, and using our resources? Who and what really matters in our lives? How can we improve our current surroundings? What can we change?

Let’s start with ourselves. Now, after this “forced pause” and after the reset button has been pushed, Then what?!

Let’s take something from this, apart from what will have to be rebuilt. Beyond focusing on the negative impact that has been sustained.

If there could be a “new normal” out of all of this; I would like it to be the fact that we are not lost to fear and chaos; social distancing and impersonal lives for the here on after but that great people are in every part of our lives and that we can look past our differences to stand united.

We will get through this and I pray we remember what is really important and if we do; I believe we will come out stronger than we went in.

God bless you all and I look forward to the day, we can shake hands and share a laugh or two over a beer. Keep safe!

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Mark Human

Lose Your Weapon - Lose Your Life! The In Your Face Truth About Weapon Access And Retention!

02h00 my WhatsApp message binged. As I woke, I felt for my phone next to the bed, and mumbled to my wife "I hope they haven't started rioting again." A message from an armed reaction officer that works for one of my clients we provide training for came up on the screen.

It was worse than the message I expected and read, "Hi Mark, I have just found a reaction officer from one of the other companies stabbed to death next to his vehicle on Main Road. His firearm is missing, we found one casing so we think he got a shot off."

Since returning to South Africa in 1998, we have become accustomed to news of law enforcement and security officers disarmed and killed with and for their firearms.

Dealing with these scenarios quickly became a priority focus and I dare say an obsession.

Over the years we have adjusted and refined how we teach and deal with these scenarios.

We have learned many lessons over the last 25 years – Below we highlight few that have been key to maintaining the edge against the bad guys.

Good combative concepts and most self-defence or personal protection programs emphasize and a talk about threat precursors.



Lessons that have been key to maintaining the edge against the bad guys.

Fast is good, early is better - the later you see things the faster you have to be.

We break these down into 4 categories...

... just an overview and is by no means a break down of curriculum contents...





Situational recognition skills emphasise specific scenarios or areas, such as responding to a panic alarm, approaching possible suspects or choke points while driving an escort.

Autonomic recognition skills mean recognising pre fight indicators such as posturing, grooming and verbal tells.

Mechanical recognition skills are deliberate actions that indicate weapon access or concealment just prior to an actual attack. Telling people to watch the hands is simply not enough. These skills need to be specific such as an elbow cock indicating access along the waist line.

In fight recognition skills are physical reference points during the actual confrontation.

An example of this is a blade wielding opponent utilising their check hand (non weapon hand) as a measure for distance, distraction or grabbing.

Recognising changes in range are key to linking and adapting skills and tactics to successfully counter attacks.

Frame works for distance management are great tools but it needs to be emphasised that in practice they are fluid and not written in stone.



Even with the initial engagement starting outside physical contact range a committed opponent can close range surprisingly quickly. With early recognition we are able to link actions to deny contact and allow us opportunity to access our handguns.

Frameworks can be expanded and compressed like a concertina depending on variables such as pressure, time of recognition, environment, method of attack, mandate ...

For this article we will keep it simple and break down access vs edged weapon and life-threatening empty hand attacks:



7 Meters and more with early recognition: Stand and deliver or lateral move draw base and fire.

3.5 to 7 meters with early recognition: Lateral movement either movement draw and shoot while moving. In some cases this may mean moving offline in an offline backward arcing trajectory.

0-3 to 5 Meters: This range requires empty hand skills to deal with the attack and draw or create the time and positioning to access your weapon. It is easy to get fixated on your weapon access and get struck, grabbed or stabbed if you ignore the incoming attack.

We use a simple acronym to help embed reflexes to deal with these situations and avoid initial fixation on weapon access these scenarios.

Deal with the attack
Disrupt the attacker
Deploy your weapon

2. Absolutes apply in specific contexts but crumble when things change up.

As a solo or small teams' operator/officer, you have to be able to adapt to a broad range of scenarios. The Keep it Simple Stupid idea is a game of percentages and often tries to force one concept or skill as a solution to chaotic challenges with a broad range of variables.

Especially when it gets to edged weapons - a basic change in pressure can destroy what would be considered the panacea of edged weapons defence. In other words, in a world of chaos, oversimplification gets you dead.

The breaking mechanism of branched decision making (the what if then/either or) needs to be addressed constructively as part of structured training.



Lets look at two examples.

Imagine an attacker rushing forward (maximum forward pressure with his body) at full speed with his blade hand held on his hip (narrow attack) waiting to stab you the moment he makes contact and grabs you with his front hand (delayed timing).

Now imagine an attacker in arms reach not committing into you immediate space but matching your footwork when you move forward or backward (neutral pressure with his body) while using his blade to deliver quickly retracted reverse grip stabs (negative pressure-picking and snap cuts) to your face and neck area (broken timing attacks).

It is obvious that two different skills sets are required to have a positive outcome. It is obvious that both these scenarios require different solutions.

Our job as trainers is to understand and articulate changes in pressure and link a range of embedded options to be able to adapt and triumph under stress.

From a training provider perspective this means a little more than watching You Tube (a useful resource)...

... but actually spending a percentage of your time in the field with clients to understand their, mandate, daily grind and the threats they face.




Left: Training with Mark Human

Right: Training in South Africa





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
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3. Combat Sports: Good and bad

Combat sports provide excellent conditioning and attributes but need to be adapted to be congruent with the mentality, intent and skills required to be effective against challenges faced in the field.

It is not uncommon to face a criminal with poor fighting skills in the traditional sense of word but armed with street smarts and killing experience. "They are not bound by your social values and no one told them don't bring a knife or screw driver to a gun fight."

4. Adapt your gun handling and targeting mindset for contact range engagements

Simply carrying a firearm does relate to success - it is critical to combat a mindset complacency and a false sense of security just because you have a sidearm strapped to your belt.

Contact range shooting means you will be draw and possibly fire one handed, often with your non gun hand forward of your muzzle to defend against edged weapon attacks or grabs (please do not tell me there is no reason not to have both hands on your handgun while you are getting stabbed in the face).

These situations often require adapted draw strokes and shooting from "modern non-traditional" firing positions. Centre of mass shots are not always available and adapted targeting should be practiced during training. If contact range access and retention are a recognised priority for officers, skills to deal with these challenges need to be structured to teach mindset, in fight recognition, physical skills, expanded targeting and adapted firearm safety. Form follows function - adapt accordingly. Stay safe out there!!!



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GTI



Tactical Training for First Responder

Scott Usry: Director of Training GTI Government Training Institute • Patrol members are the true first responder of any agency. These men and women are the backbone of the agency and handle more calls each year than any SWAT team.

In the law enforcement community, a lot of time and money is spent on training and equipping Tactical or SWAT Teams. The reason for this is obvious, because the members of these elite teams have got to be the best at what they do, when they need to do it.

There is an old saying among the teams that goes “when the public needs help they call the Police, but when the Police need help they call SWAT”.

While this saying still holds true today, the environment that law enforcement is operating in has evolved and became more and more unstable and more dangerous.

Historically, agencies would respond to certain types of events and set up a perimeter and wait for SWAT to arrive and resolve the event. This was the norm until the Columbine School Shooting. On April 20, 1999 the norm in Law Enforcement changed forever. At that time, responding agencies handled

the situation like any other one that they were not trained nor equipped to handle.

The agencies surrounded the school and held a perimeter while SWAT responded and entered the school.

SWAT’s response was to enter the building and clear the rooms one by one until they found the shooters.

We now know that this caused a delay in locating and neutralizing the shooters.

This type of training filled a void, but little did we know at the time, it identified other shortcomings in the way we do business.

SWAT team member have to be precision shooters, so a lot of time is spent on these guys honing their skills. A lot of the time the SWAT guys will be the best shooter in the agency.

Not that this is bad, but unless these operators are on patrol they will not be the first person on scene of an active situation.

Unless SWAT operators are on patrol they will not be the first person on scene of an active situation.

The lessons learned that day caused law enforcement agencies across the country to re-evaluate their training and how they respond to active shooter incidents.

Active shooter training was developed and implemented in nearly all agencies, nationwide.





Patrol members are the true first responder of any agency. These men and women are the backbone of the agency and handle more calls each year than any SWAT team.

For this reason the patrol division needs to be trained and equipped to handle the situations that they are facing in this ever changing and evolving environment.

Advanced firearms and tactics should be the new norm for all members of your agency; especially the men and women of you patrol division and school resource officers as they will be the ones protecting our children and loved ones.

I believe that every member of these divisions should be allowed to attend some sort of

Basic SWAT or Advanced Tactical Patrol Officer training.

The goal of this type of training is not to make every patrol officer a SWAT member, but rather better enhance their abilities to perform their duties.

The problem with this train of thought is that most agencies have very limited resources and budgets. Agencies want to train, but don't have money in the budgets to do any advanced training.

What to do has always been the question agencies have asked, a lot of time with no answer.

What if there was a way to provide agencies with the training that they needed

without any out of pocket expense to the agency?

What if there was a pot of money that each agency has access to that they might not even know about? The easy answer to that is there is.

The Asset Trading Program, offered by the Government Training Institute, is a one of a kind program that allows agencies to take all the old, used, out of date, unwanted or seized equipment they have saved up over the years and trade it in for cash for new equipment and/or training.

This program relieves the worry about how to afford the training that the patrol division needs to be better trained.



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Thomas Lojek

Tactical Industry: The Big Winner of the Corona Crisis



Top: Thomas Lojek

Despite the Corona Crisis and a worldwide stock market crash I am very bullish regarding our industry: Tactical Training, Security Industry, Law Enforcement and all related industries, incl. consulting and services. We are moving into a new phase of growth and opportunities like never seen before.

Why am I so bullish while most people are playing the “This the end of the world!” card? Simple answer: Because our industry was made to face “end of the world” scenarios. We are talking about an industry that was made to handle times of extraordinary crisis, to excel in extreme circumstances, and honestly: for everything the common civilian world cannot manage.

If our industry, founded by special operations veterans, seasoned law enforcement personnel, security experts, and a let’s name it: by true warriors... if this kind of industry won’t be able to manage a worldwide phase of insecurity, instability, conflict and social tension, then what kind of business will be able to do so? We were made for this. Now, this is our hour. Our call to excel.

Of course, the training industry has suffered like never before under the restrictions during the shutdown. But it also means that we maybe (hopefully) get rid of a few bad apples, who sell cheap tactical crap for too much money and mostly to untrained civilians. These companies will be in trouble, soon.

Why? Because right now success in this line of work needs a diversified company structure, solid finances and excellent leader personalities who can really manage a crisis and not just the upload-button for regular tactical badassery on Youtube. There will be some housecleaning within the industry and that is a good thing. Every industry has to go thru this from time to time.

Yes, this crisis will hit a few good men, too. But they will fight their way back, because that’s what they are: fighters with guts and a mission. And all the guys who were in the “tactical” business to make a few quick bucks will start to look somewhere else to pay their rent in the future.

But for real experts, seasoned instructors and solid companies, who are able to offer real value and meet real-world demand, this crisis comes with opportunities. They will excel in the aftermath of this crisis, because a new wave of demand will roll in, soon.





Top: Thomas Lojek

Right now, Europe is the best example for the need of good modern public order management.

After the devastating riots in Hamburg, Paris and Barcelona there was a growing concern about the role of police and military units in European societies.

But now, since the virus outbreak, police and military make sure that societies in Europe keep functioning. And suddenly we see a significant paradigm shift happening: Literally overnight police and military forces became modern heroes.

The public call for a stronger police and military will have a positive effect on police training, especially for the sector

of public order management. A very experienced instructor in this sector is Neil Pollock and I recommend getting in touch with him, if this topic matters in your line of work.

How to secure crucial logistics and supply will be another important aspect for training and contracts. I know a few good men who are doing it right now over here in Europe.

This part of our industry will not gain a lot of attention on social media, but there will be business.

USA: For sensitive transport and convoy escort operations I recommend getting in touch with Tom Buchino (Tactical Ranch • CSP Protective Services), Texas.

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For operations in Europe, you can get in touch with me. In South Africa I recommend reaching out to Mark Human, MultiDimensional Warriors, Muizenberg.

SWAT Teams will continue to play a significant role in law enforcement. And after what we have seen during the Corona Crisis, I am sure that teams have to add training for missions in biological risk areas or during a pandemic outbreak to their training curriculum. Or at least to consider lessons learned. From now on, there will be no excuse for not being prepared for this kind of scenario.

Also, there will be a highly specialized demand for evacuation training of VIPs under conditions of biological threats and pandemics. This will be a small market but an excellent opportunity for SME who have the expertise.

Border security will be highly important during the next decade, not just for stopping illegal immigration, but also to identify and stop public health risks like those during the Corona Crisis. Another big, big topic: Drones for public order management, crowd control and border security. Get in touch with Mark Browett (Nexusine) to learn more about it.

Once the crisis is over: Civilians will ask for self-defense and home-defense courses. I see a huge boom coming: From basic pistol to survival training to civilian anti-looting courses. I recommend to check out the courses of GTI Legion, in Barnwell, South Carolina!

Long Range and Precision Rifle Shooting will most likely see a significant uptick in popularity, too. And for the same reason:



Survival and self-defense. GTI Legion is well known for great Sniper Courses and under the label N.E.S.T. they are able to offer advanced courses and training for law enforcement units. I also recommend getting in touch with Todd VanLangen (USA).

Okay, cutbacks in public budgets will be an issue for the tactical training industry for a while, but there is a highly innovative solution to solve this dilemma: The GTI Asset Trading Program.

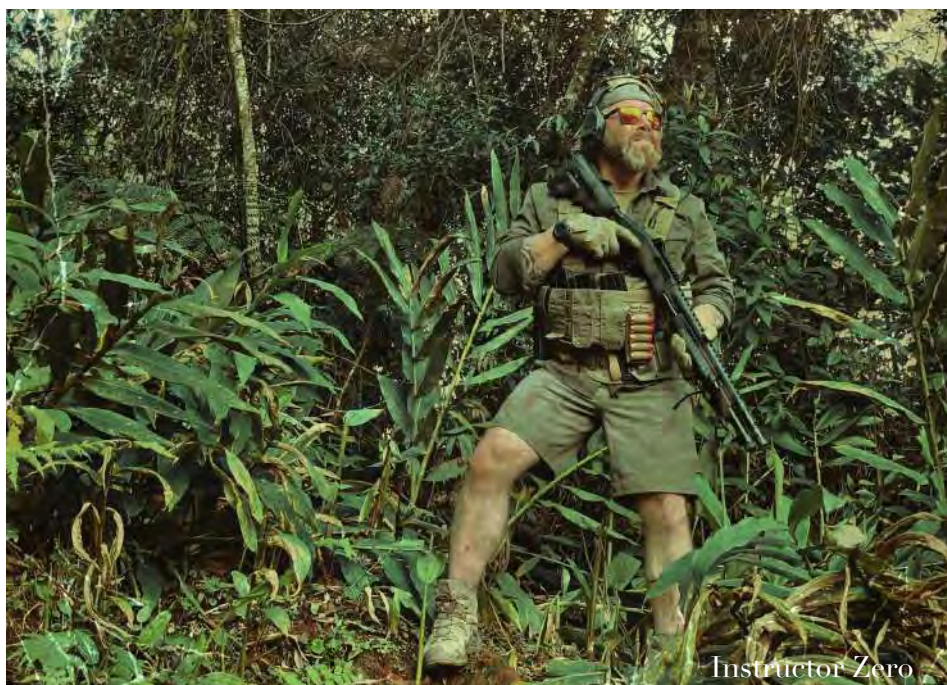
If you can trade unwanted assets and surplus equipment, ATP will help you to get significant discounts for your new equipment or tactical training (USA only).

Let me close my thoughts about the future of our industry with naming a few trustable sources for good tactical training worldwide. These are SME and companies that I consider the best of the best and ready to take a leading role within the industry after the crisis.

The best training for Special Operation Units in the USA awaits you at Government Training Institute in Barnwell, South Carolina. Okay, I work a lot with GTI, so I am not completely free of bias, but... take a look at what GTI offers, reach out to the team and be the judge. Their regular CQB courses, their modular or customized courses for SWAT and SOF Units are one of a



Left: Training with Tom Buchino Right: Training with Robert Vaughan



kind in the United States, including the option to rent their impressive training facility!

Tom Buchino, El Paso in Texas, should also be mentioned here as highly regarded expert in Military Small Unit Tactics. As well as: Robert Vaughan, Shadow Group Tactical Solutions. Brian Bewley (TSI Tactical Solutions International). And Chris “Dutch” Moyer.

Of course, there are more. But these are good sources of tactical training in the United States we trust, because we know them.

Regarding professional tactical training in Europe you should get in touch with Wodan Security (Germany) or Anti Terror Academy (Czech Republic). Both companies offer customized special operations, evacuation missions, mission planning, consulting and tactical training (no training of civilians).

For customized special operations and special operation unit training in Europe I can also recommend: Walter Bizzarri (CEO Universal Shield), Paolo Simeone Tactical (Italy) and Paul Bonnici (Malta). They are all leading industry experts with many years of operational experience.

And speaking of innovation and innovators: It is hard to find somebody else who is so closely connected to the global trends of our industry and the worldwide security business like Instructor Zero. Most people admire him for his shooting skills, but personally I feel a lot of respect for his thinking and his ability to foresee trends and anticipate changes. And that is exactly what we need during these times. His companies offer tactical training as well as security operations around the world.

Left: SWAT Training at GTI

Right: Customized Training GTI



In South Africa, I strongly recommend getting in touch with Mark Human for law enforcement training as well as for local crisis intervention services, to secure supply missions and logistics, or for security related services in the region!

For self-defense, hand-to-hand combat (for law enforcement), and extreme close quarters combat training: Fred Mastro, Tony Blauer, Jared Wihongi, Chad Lyman, Varg Freeborn, Ryan Hoover.

In Europe: Netz Krav, Federico Frassinetti. Canada: Nick Drossos

A huge wave of opportunities is coming! Many opportunities will be highly specialized, but that is a general trend in every industry and the tactical industry will not be an exception to it.

Let's think in opportunities, we are made for this: To excel against impossible odds!





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Paolo Simeone

What makes a true warrior in 2020?

The path of the warrior in modern times.

Back to the roots: What makes a true warrior?

On our modern battlefields, more complex than ever before, we have to return to the very core of warfare: A true and deeper understanding of what makes a true and highly efficient warrior.

In a world so excited about drones, cyberattacks, tactical gear, and gadgets, we have to return to the basics: to the warrior ethos, to what makes a true warrior. Technology is good. But we are putting „things“ on the top of the pyramid. On the top of the pyramid of warfare has to be the man. The man and his honor, his capabilities and his ethics.

That's why we have to come back to the true meaning of being a „soldier“. Because we are losing our way. We are putting all our efforts in gear, in weaponry, and advanced technology. But our enemies, they are fighting for a cause. Right or wrong, like it or not, they do it very efficiently. And they are reckless and dangerous only because of their beliefs in what they fight for. They will die for their beliefs.

And that's something we are losing in our western world. Our soldiers are more afraid to die, because there is nothing to believe in. Not anymore. And it's all about money. Even on the battlefield.

The path of the warrior, in its very ancient and universal meaning through all epochs and all traditions,

must be our guideline. We must go back to the roots. We must be attached to the core values of true warriors and not too dependent on the technology of our gear.

You have always to remember yourself: Technology and gear can fail. And they will fail. It is just a matter of time and your environment.

But what will never fail you is the spirit of your soul as a warrior. And as warriors we have to remember this spirit to lighten the moments of darkness that awaits the ones who fights on the battlefields of our world.

Your certainty of what you fight for cannot not fail you. Because if you fight without true beliefs you enter the battlefield just as dead as the bodies around you, and right before the fight even has begun. And it will happen completely disregarding what you wear or carry. Remember that. Always.

Technology and gear won't make a warrior out of you. But you can make one out of yourself. By making up your own combat mindset all the time and by all yourself. By believing in yourself and what you fight for.

And you must do that. Because in the battle of minds, the one with a stronger combat mindset - even if his ideology is dead wrong - will win the fight.

You can't allow this to happen. Not in 2020. And not beyond.



Top: Paolo Simeone

Walter Bizzarri

Combining structure and environment in your thinking is essential to become a good operator



Top: Walter Bizzarri

Combining structure and environment in your thinking is essential to become a good operator. I define environment as the sum of all your surroundings. And structure as every object that has an effect on how you will operate in this environment. A desert is an environment. Rocks, stones and hills are structure. A farmhouse is an environment. Its rooms, floors, stairs and doors are structure. Environment is where you operate. Structure is what defines the outcome of your operation. A room in a house can save your life or cost your life, depending on your individual situation within your actual operational environment.

To become a good tactical operator it is highly important to understand that both, environment and structure, are an entity. You can only understand the role of a structure in your current mission, if you understand its role in the operational environment. The door in front of you can be your personal element of surprise that will help you to overwhelm your enemy. Or it can be your personal ticket to hell, if it hides something that you wasn't expecting.

The better you understand your environment, and the more you are aware of what is around you and how it can change within seconds (to your advantage or disadvantage), the better every single element (structure) in your operational environment will work for

you. That's why team communication, combat mindset, situational awareness, a good coordination, vetted tactics (and even intelligence and surveillance before the mission) are so important. Because they are tools to give you a psychological structure in thinking and carrying out your operational action even when the actual given physical structure of your surroundings is not in your favor. That's why we are trained specialists. But it starts with understanding that environment and structure are one. Especially in your thinking.

I will give you another example why this principle of environment and structure matters so much. Every time, while we at Universal Shield are working on a new design of a tactical shield we have to be able to anticipate every single possible angle of any kind of threat that our people could face during a mission. Our shield has to give them a protective, but still portable and highly adaptable structure, to survive their operational



Left: Universal Shield Training

Right: Police Training with Universal Shield



environment. Again, both — structure and environment — are connected in our personal way to design tactical shields and protective equipment.

This rule even apply when it comes to chose our equipment, weaponry, and protective gear for a mission. Because what you wear becomes a part of your personal structure while you are in the operational environment. It can safe you. It can kill you. Depending on how good you understand what you are carrying and why.

And respecting the core principle of connecting structure and environment in your thinking during your tactical training is one of the key elements in the question of why some people excel as operators and some don't, regardless of hours in training and mental preparation. It is not just about badass tactical awesomeness or secret ninja skills. It is in many aspects first and foremost about to create a training curriculum that allows all participants an ongoing personal growth process where individual operators as well as teams get better and better in constantly connecting their thinking about how a given structure can be used in a current and possibly lethal environment.

Putting this challenge of connecting your thinking about structure vs environment into training scenarios, repeat it to make it congruent with your actions as a team — and then demand that a team can handle it under every (circumstances) — this is what creates good tactical training. And it gives any operator and team leader, a good sense for the fact that both, structure and environment, can always change in milliseconds to his team's advantage or disadvantage.

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31 January 1968 – Special Forces SSG Drew D. Dix participated in actions in Vietnam for which he was later awarded the Medal of Honor: For conspicuous gallantry and intrepidity in action at the risk of his life above and beyond the call of duty. SSG.

Dix distinguished himself by exceptional heroism while serving as a unit adviser. Two heavily armed Viet Cong battalions attacked the Province capital city of Chau Phu resulting in the complete breakdown and fragmentation of the defenses of the city. SSG.

Dix, with a patrol of Vietnamese soldiers, was recalled to assist in the defense of Chau Phu. Learning that a nurse was trapped in a house near the center of the city, SSG.

Dix organized a relief force, successfully rescued the nurse, and returned her to the safety of the Tactical Operations Center. Being informed of other trapped civilians within the city, SSG. Dix voluntarily led another force to rescue eight civilian employees located in a building which was under heavy mortar and small-arms fire. SSG.

Dix then returned to the center of the city. Upon approaching a building, he was subjected to intense automatic rifle and

Special Forces History

Vietnam 31. Januar 1968

Special Forces SSG Drew D. Dix: Medal of Honor

machinegun fire from an unknown number of Viet Cong. He personally assaulted the building, killing six Viet Cong, and rescuing two Filipinos.

The following day SSG. Dix, still on his own volition, assembled a 20-man force and though under intense enemy fire cleared the Viet Cong out of the hotel, theater, and other adjacent buildings within the city.

During this portion of the attack, Army Republic of Vietnam soldiers inspired by the heroism and success of SSG. Dix, rallied and commenced firing upon the Viet Cong. SSG. Dix captured 20 prisoners, including a high ranking Viet Cong official.

He then attacked enemy troops who had entered the residence of the Deputy Province Chief and was successful in rescuing the official's wife and children. SSG.

Dix's personal heroic actions resulted in 14 confirmed Viet Cong killed in action and possibly 25 more, the capture of 20 prisoners, 15 weapons, and the rescue of the 14 United States and free world civilians.

The heroism of SSG. Dix was in the highest tradition and reflects great credit upon the U.S. Army.



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Daniel Jirasek

Competition Shooter, 3-Gunner

Competitive Shooting: What I wish someone had told me when I was getting started!



Top: Daniel Jirasek

I'll start off with a tiny bit about me, because who doesn't like a bit of back story, especially on someone offering advice: I started shooting competitively around 6 years ago.

I have focused mostly on 3 Gun, but dabbled in other formats with a recent jump into The Tactical Games. I have put a lot into it, training and shooting whenever I could. I averaged around 13-14 major level matches a year for the last several years and snuck in as many local or monthly matches as possible.

In the last 3 years I have been blessed to achieve consistent top 5 finishes with quite a few major match wins. I have been instructing for 2 years, specifically 3 Gun shooting. And I made a lot of mistakes between beginning and reaching that first "W" ... and here are a few of the lessons learned.

So what do I wish I had been told back when I was just getting into the sport? Possibly the one thing I would choose above all else would be to focus on learning the sport and achieving some success before hunting sponsorships and a jersey.

Sadly this is the number one thing newer shooters ask me about, "How do I get sponsors?" ... and not: "How to shoot better, how to train better, how to keep your guns running when it counts, not what guns ammo and gear are best?"

I learned this lesson the hard way making every mistake myself and without spending too much time on it ill just say that hunting sponsorships and a jersey early on is a waste of your time and will slow your progress and development as an actual competitor.

Any sponsorship a company might offer to a newer unaccomplished shooter is not a sponsorship worth taking. Your time and effort are much better spent on getting better and learning the sport.

If I were to pick a piece of advice to put in second place, it would be to start out as if there is not a timer and scores don't matter. I know quite well how hard this is for the competitive people who are drawn to such a demanding sport. It goes against their very nature.

However, trying to go too fast too soon is what leads to a large number of newer shooters getting disqualified in one of their first 4-5 matches.





Getting disqualified or DQ'd is not fun, but its never done maliciously. And folks are often pretty good natured about it, sharing their DQ stories to help the person feel better. DQ's come from breaking one of the standard safety rules and the shooter is stopped and not allowed to continue for the day, but always instructed in exactly what happened, so they can correct the issue and warmly invited back next month.

Obviously breaching safety rules is bad and therefore the action itself should be what we truly avoid not just to skip the DQ. The safety rules are in place to protect the shooter, the other competitors and the sport itself. It takes a few trips around the block to get comfortable with the process. And to get to where following these rules is second nature instead of requiring constant caution and direct thought.

Therefore, rushing and trying to go fast early on is simply a bad idea. You haven't had time to get to that comfortable point and you will simply forget.

Another big pointer I would like to have received is: You don't need all the fancy guns and gear to start... or even to continue for quite awhile. I have watched so many beginning competitors shoot for months with guns and gear that's nothing like what the standard might be for a top 3 gun set up and guess what, they

still learn and have fun! One of the things they are learning is what to actually spend their precious money on when they are ready to upgrade.

It is daunting to those who feel like they need to be fully set up with the best of the best before they hit their first match. Its cost prohibiting for most people and the process of figuring out what "the best" really is can drive an interested potential competitor insane.

The online forums and social media groups are swarming with good intending folks who will jump in immediately to share how this gun or piece of gear they have is the best!

They often fail to mention that they have only had it 2 months and barely shot it or used it and it actually sucks... oh and when a newbie asks for such advice in public forums they will get 50 of these exact responses all advising different products.

It's truly frustrating and I have heard this over and over from newer competitors in my classes and the only thing I can tell them is this: When your ready to

upgrade and make the investment in better equipment, talk to someone who is achieving the success you want to achieve. Its just simply the only way I know to help weed out the bad advice based on a lack of knowledge and experience.

So, go out and shoot with what you have! Pump action 5 shot shotgun? OK! .45 caliber pistol with 10 round magazines? Alright! Loading shotgun shells out of a drop bag? Fine by me! Just get out there and start learning. You will find that there is little to no judgement from those who are farther along, because we all started in this knowing nothing, too.

I have one last tip for the newer competition shooter. I see all the time that newer shooters tend to group together and squad away from the top competitors.

I know this is partly because they don't want to look silly or embarrass themselves in front of these competition shooting veterans in their bright jerseys and top dollar guns and gear (color coordinated of course). I know that, because that was my





reason, years ago! I know it's also sometimes just out of fear that they will slow down the squad or get in the way. Throw those ideas away! You have just as much a right to be there and shoot as the guy who eventually walks with the top trophy!

In truth the competition shooting community is 99% incredibly welcoming, accommodating and mentoring of newer competitors. And that's due to the incredibly high caliber of people in this sport.

The real reason I am suggesting that newer shooters purposely squad and shoot with the more experienced and successful competitors is simple and true. That's how you get better the fastest.

Overcome those inhibitions and jump in there with those guys and gals and you will learn more in one match watching them, and yes, even asking

questions (no not a crime), than you ever could staying in a group of all newer shooters. This seems like a no brainer and quite obvious but its surprising how frequently I see this not only not being done but intentionally avoided.

Ok, that's what I got for anyone just getting into the wonderful and challenging sport of competition shooting. I am always happy to personally offer any help to any newer competitors, so don't hesitate to reach out to me on Facebook at Daniel Jirasek — 3 Gun or Instagram at 3gun_daniel.

Get out to a local match and check it out. Every match I know of allows spectators free of charge, just take eye and ear protection. You can learn a lot just from watching and possibly make some connections with local competitors which can be of further help.

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Dennis O'Connor

Government Training Institute

It is imperative that officers prepare themselves as best as possible, both physically and mentally, for critical incidents



Top: Dennis O'Connor

Most individuals who decide to enter into a Law Enforcement career must prepare for and pass a physical fitness test to be considered for a position as a police officer.

Once selected for the position, recruits enter into some type of formal police training center where they are physically and mentally challenged, educated and trained.

It is during the career as a police officer, that some let physical fitness become a thing of the past or find little time in their busy schedules to accommodate physical fitness.

Why is physical fitness important?

How does it support what we do as a police officer?

Law Enforcement can be at times physically demanding and it is not uncommon for officers to find themselves in high stress situations and at times in the midst of potentially deadly encounters.

A physical fitness regimen designed to tax the cardiovascular system and muscles that support the skeletal system assists in reducing the traumatic effects on the human body in a life threatening situation.

The human body is complex in many ways; it is comprised of the skeletal

system, central nervous system, muscles, arteries (pathways for oxygen enriched blood) and critical organs such as our heart, lungs and brain. When the human body is exposed to a critical incident, we as individuals begin to exhibit Sympathetic Nervous System (SNS) response to danger.

What is SNS, how does it affect our performance in a combat type situation?

Once exposed to a critical incident, the human body reacts to the threat with tunnel vision, auditory exclusion, rapid heart rate, major blood flow to major muscles with decreased blood flow to appendages and a surge of adrenaline (also known as the fight or flight response).

All of these physical changes can be detrimental to an individual if not prepared.





How does and individual prepare for life threatening situations?

Most police agencies provide training in various related areas of law enforcement but usually do not require maintenance of physical fitness throughout one's career.

If an individual lives a sedentary lifestyle, has bad eating habits and fails to condition the body to perform, this individual becomes more of a risk during the onset of a critical incident because of the increased tax on that individual's body which limits their capacity to react in an ideal manner.

The human heart is the only muscle in the body that works on its own and is responsible for receiving and disbursing oxygen enriched blood to the body and brain. Without exercise, the pathways for delivering that oxygen enriched blood-

arteries, veins and capillaries, a portion can become dormant restricting blood flow.

Poor diet can also result in arterial blockages which further restricts efficient delivery of adequate blood flow. Our lungs are the key part of our respiratory system. Oxygen is taken in, transferred into the blood while carbon dioxide is removed from the blood and exhaled.

Conditioning our lungs with aerobic exercise is essential to the utilization of the lungs at full capacity.

With aerobic exercise, we can increase our VO2 max which is the amount of oxygen a person can utilize under extreme duress. The more oxygen a person can utilize the more they limit those negative physical impacts of the flight or fight response.



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What type of exercise or how much does and individual need?

According to the Mayo Clinic: For most healthy adults, the Department of Health and Human Services recommends these exercise guidelines:

Aerobic activity. Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity.

In law enforcement, strength training as well as aerobic training is essential in order for individuals to perform well without undue stress on their bodies.

With proper aerobic training we condition our lungs, heart and pathways to maximum efficiency allowing the oxygen enriched blood to travel through the body unrestricted, which is critically necessary for muscular performance and mental decision making.

Strength training as an additional component to an exercise regimen allows for muscle development and growth which is vital to physical

performance, movement and flexibility. As for strength and conditioning, a routine targeting all muscle groups two times a week is sufficient.

Also aerobic activity can be included in strength and conditioning by adjusting the amount of weight and increasing the repetitions.

Law enforcement officers today must be able to demonstrate sound decision making skills in the midst of complex scenario assessment. To effectively perform in a critical incident our bodies need to be physically fit to endure the physical impact that will occur, so that our responses and judgments are fluid, clear, concise and without delay.

It is imperative that officers prepare themselves as best as possible, both physically and mentally to ensure that in critical incidents they are assets to their teams and do not become a liability because of poor decision making due to their inability to cope with a stressful situation.

Further, in the unfortunate circumstance that an officer is injured in an encounter, better physical fitness can help to

reduce their recovery time and increase resilience from an injury.

In today's complex and challenging world, sound scenario assessment and prioritization are essential components of any officer's role.

Officers can prepare themselves to perform well in critical incidents through training their bodies and minds to handle stress responses.

Physical fitness, while sometimes overlooked in one's busy life is a key component of this training and has the potential to make a significant difference in an individual's performance and recovery from a critical incident.





PENTAGON



Brian Bewley

Cowboy Breaching

TSI's Tactical Explosives Training Program



“Why do you need an explosives program?”

“Why do you need an explosives program?” is a question that I receive with frequency from those who live within earshot of our demo range, but it is a question that I enjoy responding to...

“Because we can!”

For those of us who have served at the tip of the spear, the application of energetics within a tactical situation is required to help solve a problem... breaching a stronghold, collapsing a cave, removing an obstacle, the list of tasks can go on and on.

How then, does the use of explosives work within the commercial tactical training realm for qualified civilians, local law enforcement or our military members? In our experience, it meets the requirements a very small target audience and can also help solve a problem... breaching a stronghold, collapsing a cave, removing an obstacle, etc.

Rule #1:

Tactical Solutions International, Inc. (TSI) has been conducting tactical training for USSOCOM since

early 2003 and energetics has been a specialty program:

Explosive Breaching, Home Made Explosives (HME) and Improvised Explosive Devices (IEDs) are a few of the more common courses.

Since 2014 however, the interest in civilian tactical training began to overshadow TSI's contract training with DoD, so Tactical Training International, LLC (TTI) was established as a division within TSI to service the commercial/civilian training sector.

TTI offered training in the use of energetics to a select group of personnel in early 2017 and that course has led to our annual Explosive Handlers course which normally has a waiting list for attendance.

TTI's training of qualified civilians and local law enforcement in the use of explosives requires everyone to live and breath rule #1:

Expose the minimum number of people to the minimum quantity of explosives for the minimum period of time. This provides the maximum protection possible to people and property.

There is no room for safety issues in explosives training.

In mid September 2017, a Special Forces engineer student was killed and 7 injured during a formal training event at Fort Bragg while using explosives.

Training in explosives is deadly serious and the student to instructor ration of 1:2 helps ensure all aspects of safety are adhered to... Remember rule #1.

RECONDO'S LEAD THE WAY!

One of TTI's core training courses is the RECONDO Course. RECONDO is a 21 day brutal leadership course based upon the US military's RECONDO curriculum of yester-year.

RECONDOs are provided with basic military demolitions instruction to include the use and manufacture of field expedients such as Claymores and shape charges. Students learn to attack steel beams, pipe and plate, rail-road track,





lumber, concrete, cratering as well as the various firing systems: non-electric, electric and NONEL. Throughout the course the students conduct multiple live-fire exercises such as ambushes and raids where the use of explosives is required; Claymores on ambush initiation, shape charges on specific targets during a raid, door charges to gain entry into structures, etc.

After 21 days of training, the RECONDO is confident in the safe application of his energetic devices or materials.

Our RECONDO students recently participated in a Unconventional Warfare (UW) exercise similar to Robin Sage, where they infiltrated into an area, linked up with a resistance force, developed rapport, trained the resistance into a capable guerrilla group and led them on a Direct Action mission against a notional enemy radar installation within their Area of Operations.

After a detailed mission brief and rehearsals, the combined force began last light movement toward their objective. As one of the evaluators, I pulled up the

rear of the formation as we moved silently through the rugged Wyoming terrain that mirrored the mountainous environment that our troops are currently operating in on the other side of the world.

During that movement, I was quickly taken back to my former life on an ODA, moving to a target in some far-away land...it was real. The hit was textbook perfect!

As the team began movement off of the objective, the demo team lit their multi-charge time fuse..."Fire in the hole! Fire in the hole! Fire in the hole!" The demo team had prepared a 10 minute burn which gave us ample time to move down the valley away from the target.

Just like clockwork, at 10 minutes, the seven pounds of Helix and Dyno AP formed into specialty cutting charges, illuminated the night sky and sent shock waves bouncing off the canyon walls. I now had a hard-on! The following day the instructor cadre conducted a BDA on the target, and not at all surprising, everything that was

targeted with demo, was successfully destroyed. For our RECONDO training, the application of energetics provides the realism and tactical need to meet our training objectives. Again, remember rule #1...

WHY DO YOU NEED AN EXPLOSIVES PROGRAM?

Adding explosives and pyrotechnics to augment your tactical training programs will provide the realism and often needed stress inoculation that is required for today's warfighters and defenders of freedom.

Getting the explosives support can be a bit challenging, but if you have the need the challenge is worth it.

First you will require ATF licensing. There are different types of licenses so make sure that you know what you are applying for. Initially, we applied for and received an Explosive Users License thinking that was all we needed.

We soon found out however, that to support some of the training for DoD, we were required to



manufacture HME and mix binary explosives and that required a Manufacturers license.

Storage is another issue. You are required to have secure storage for both explosives and caps (ie. 2 separate bunkers) and depending upon the quantity of explosives that you are storing, there is a minimum distance requirement from your bunker to any major lines of communication.

Then, the local requirements come into play...do you have adequate range space to utilize explosives? Are there any state licensing requirements such as a Blasters Certificate needed?

Having the ability to train with and use explosives has really assisted our training programs. If you have an interest in setting up an energetics program for your facility, investigate your local, state and federal laws.

We don't give legal advice, but if you would like to pick our brains, please feel free to contact us at anytime. And always, remember Rule #1.



Brian Bewley (the Cowboy Breacher) is a retired SF CWO, who served with 1st & 7th SFG(A)s, USMILGRP El Sal and SFUWO in Key West. Upon his retirement, he served as an Advisor to the UAE Special Operations Command and a Security Manager in both Baghdad and Yemen. Brian and his wife S. Jessica established Tactical Solutions International, Inc. in early 2003.

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GTI Asset Trading Program



- **Training and Equipment**
Your agency needs training and equipment. But your budgets are strained.
- **Your Assets**
Trade your agencies surplus vehicles, ammo, weapons, confiscated items etc.
- **Our Solution**
Your team gets training and equipment without using money from strained budgets.
- **Your Excellence**
Designed to assist first responders in having a positive impact on their communities.



ATP Talk Matthew Macho and Thomas Lojek

How to turn your unwanted assets into new equipment or training. And a shocking story about how one irrational decision cost the American taxpayer \$65,000.

When I started to work with GTI on this magazine I had a brief conversation with Matthew about the Asset Trading Program. Some interesting aspects came up and we decided to make it a full interview a few days later.

Thomas: Matthew, could you give our readers a brief introduction what the ATP is and how it works?

Matthew: The ATP allows law enforcement agencies the opportunity to trade-in unused/seized assets, in exchange for training or new equipment, based on their preference. Depending on the quality of the assets, an agency can really extend their dollars with the program as a funding option

Thomas: Sounds like a no-brainer. Especially in time of shrinking budgets and growing concerns of public spending.

Matthew: It is. Once agencies understand what we can do for them, they really appreciate the opportunity. It is a win-win for everybody. It is actually a win-win-win. Agencies can buy products or

services without spending a nickel. Vendors get to deliver on the merchandise they provide. The ATP thrives, equipping first responders with the proper training and tools they need to keep our world a safe place to live.

Thomas: How long has the program been around?

Matthew: Well, Government Training Institute has been around since 2003. The ATP was originally birthed a little over a couple years ago to essentially provide superior training, without it cutting into the budget for agencies. It has since then morphed into partnering with vendors throughout the country to provide new equipment. That list of vendors is constantly growing and we are now affiliating with some of the biggest names in the industry.

Thomas: What kind of assets do you accept for a trade-in?

Matthew: Just about anything that is marketable actually. We have taken in items from mini-excavators to nik kits and everything in between. The other day we sent two

officers to a Basic Sniper class in exchange for gym equipment that they traded in two years ago. I'm also in the middle of a deal right now where we are taking in 4 vehicles in exchange for tasers. Last month we took tasers in on trade for an agency that wanted some steel targets. The list goes on and on.

Thomas: Sounds nearly too good to be true....what's the catch?

Matthew: No catch. It doesn't cost anything for an agency or vendor to begin utilizing this powerful tool. In fact, if there is a company that an agency requests product from, and let's say they aren't one of our partners, we take it upon ourselves to approach whoever the agency is inquiring about, and sign them up as a vendor.

Thomas: Isn't there any form of innovator's dilemma? Do you ever face any kind of policy motivated resistance from time to time, or just individual decision-makers who are afraid to turn in agency assets?



Top: Matthew Macho

Matthew: Every transaction is monitored, documented, and strictly reported to all state-side agencies who need to know about it. We take our responsibility very serious.

We train Police Officers, SWAT teams and the US military. Every single one of our transactions is transparent for the agencies we have to report to, fully secure, and 100% in-line with the law.

But with that said, yes, from time to time, we also face decisions from agencies that are hard to understand. Especially, when command reject transactions that could save their agency a lot of money.

Thomas: Could you give us an example?

Matthew: We had a case earlier this year, where an irrational decision cost the American taxpayer \$65,000.

Thomas: Wow. That is a significant amount of money.

Matthew: Yes. And it belongs to the hard working Americans who pay for it through their taxes. That's what makes it even more frustrating.

Thomas: What happened?

Matthew: A Training Sergeant was interested in sending his 30-man squad to Government Training Institute (GTI), for Hostage Rescue Tactics. Fortunately for his sake, he had enough value of the items that he was trading in, to do this without cutting into the budget. After assessing all the equipment, along with multiple conversations with the agency, ATP valued the items at \$45,220.00.

However, GTI has taken the Asset Trading Program a step further, as they are willing to offer 1.5 times the proposed value for training credit. This essentially gave the Training Sergeant the opportunity to use \$67,830.00 for

his team to use towards any of the courses that GTI offers. The final step to move forward with this transaction was to get approval from Command. But the agency decided to destroy all the equipment that they originally had us assess, instead of trading it in for over \$65,000 in training.

Thomas: Why?

Matthew: From my understanding they didn't want just anybody to take possession of their assets for liability purposes. I assured them, that our reselling process is confined to law enforcement, but it didn't seem to matter.

Thomas: Unbelievable.

Matthew: And there is not even any restriction by law, on the specific items they had selected to trade.

Thomas: Could you tell us what kind of items we are talking about?

Matthew: Sorry, but I don't want to give away too much information about it. I will say it is a common item that we take in all the time. I might not like the decision, but I have to respect it. Trust is the most important currency in what we do.

It's important to let our readers know about some of the challenges and struggles that we face during the decision-making process. State-side agencies cost every single American hard earned tax money and I think we have the right to talk about it.

However, we treat our customers with great respect, even if they don't want to work with ATP or make decisions we cannot understand. There are a lot of great leaders in law enforcement who support us, and that makes us proud. We will continue to do what we can to provide the best training and equipment for officers that their assets can buy.



GOVERNMENT TRAINING INSTITUTE



Coming from a policing background, and with five years' experience in operating UAV's ...

... I've witnessed the development and expansion of the use of UAVs in the security sector.

I've seen first-hand how these versatile and efficient systems have matured to become useful in assisting with Law Enforcement, Border Security and Public Order Management.

It's clear that public opinion regarding UAV's has held back their wider adoption and employment by the security sector.

There are concerns that these useful tools will be used by enforcement agencies for the wrong reasons or, more importantly, be used for the right reasons but be more intrusive than necessary.

The development of UAVs is extremely important to the security sector as the technology could provide a significant increase in public safety. UAVs have a reputation for conducting "Dull, Dirty and Dangerous" work.

For example, a sensor can be mounted on a UAV and manoeuvred into a suspected CBRN incident removing the need

Mark Browett

Head of UAS at Nexusnine

The Future Development of UAVs within the Security Industry

for a human to be risked. Indeed, in the immediate aftermath of the nerve agent poisoning of two members of the public in Salisbury in 2018, UAVs were used to survey and photograph the scene to permit officers to be better informed of the situation inside the cordoned area before entry.

UAVs can also assist with communications during a Public Order situation; firstly, in urban environments, UAVs could act as secure rebroadcast assets and, secondly, they can gather critical real-time intelligence without sending officers into the immediate area, potentially escalating a tense situation.

Border security using UAVs is already an established role, but it is an area where the role of UAVs could be further

expanded. UAVs can cover a greater area in a shorter time scale compared to a foot patrol whilst being less intimidating.

The higher perspective that the UAV affords undoubtedly improves the efficiency of patrolling and enhances the security and safety of ALL people in a sensitive border area. Not only could they secure borders but also be a lifeline for people desperately trying to cross borders illegally – using thermal imaging and daylight TV sensors to good effect.

Whilst aircraft and helicopters are the traditional '3rd dimension' tools for border recce task, they come at a significant cost; for example, a twin-engine helicopter costs in excess of £1000 per flight hour in spares, fuel and routine maintenance alone, plus the

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price of crews and support staff. UAVs could be used either to maintain the border, or, potentially, as the 'tripwire' which detects activity that is deserving of the (expensive) launch of a manned airborne asset.

The technology is already available to do all of these things safely, professionally and responsibly. Recently in the UK, A police service used a UAV in order to point out when, where and how people were ignoring the orders put in place in order to control the COVID-19 pandemic.

Officers attended a popular tourist attraction and recorded footage of people moving outside, despite the restrictions in place. The footage was then used on social media to point out where people were ignoring government orders, risking spreading the virus further and ultimately risking lives.

Whilst undeniably effective in getting the message across, this use of UAVs was met with criticism. Part of the problem, no doubt, was a reaction to the public showing of the footage – in some respect 'naming and shaming' people via the all-seeing eye of the UAV.

However, the bigger societal issue is that of the invasion of privacy a UAV can represent. Oddly, we seem accepting of the role of manned aircraft in the skies.

Perhaps it's the thought that UAVs will, in some dystopian future, be above everyone's house all day every day – and that precious notion of personal privacy is removed. Regardless of the reality, it's clear (often encouraged by the mass media) that the general public remain uneasy with routine deployment of UAVs, regardless of the intent behind it.

Advertisement

Asset Trading Program

Step 1

Identify your agency's needs. Identify items that are available for trade. Estimate the cost of items to be traded. Specify the purpose of the trade: Training or Equipment.

Step 2

Use your agencies surplus vehicles, ammo, weapons, confiscated items, and forfeited-seized assets to fund your critical mission without using money from strained budgets.

Step 3

GTI then assesses the trade value for items to be traded. An agreement is made and contracted between your agency and GTI. The traded item(s) are transferred to GTI. Your agency provides titles, when needed, and Bills of Sale.

Step 4

GTI training or the desired equipment is then delivered to your agency.



GTI has created a new Asset Trading Program to benefit underfunded law enforcement agencies by utilizing their forfeited-seized assets, and surplus law enforcement equipment to provide funds for training.



It is inevitable that UAV capability will be developed further. It makes sense to harness the flexibility of UAVs for use in the broad security sector.

Sensible and professional use of UAVs will enhance many areas within security – and this is a key point. Somewhat analogous to the start of the ‘dot com’ bubble, the market has become rapidly flooded with companies offering UAV services, and not always where they are optimal or even needed.

Again, much like dot com, many of these companies are incapable of delivering all of what they promise. Such companies rely upon the inexperience of the customer to sell their wares.

Key to preventing falling prey to the ‘snake oil salesmen’ is to construct a comprehensive set of requirements before going to the market – and ensuring that the responses to any tender are comprehensive and evidence based. This approach permits a meaningful assessment when the system/capability is delivered, to ensure you got what you wanted and what you paid for.

The expanding use of UAVs will allow the security services to perform their tasks more efficiently, more accurately, and more safely – provided that, of course, the right platform and provider is selected for each case – as per my point regarding requirements above.

The issues holding UAV use back are the stubbornness of public opinion and the resistance to change within the security sector.

It is so important that respectable, professional and knowledgeable UAV operators are the ones moving these developments forward.

Communication with the industry and the general public is also key. Time, effort and money needs to be invested to emphasize and promote the benefits of UAVs.

Social media, personal communication and press coverage should all be used to spread the word that UAVs can be a ‘force for good’.

I liken the use of UAVs to CCTV when it was first rolled out. There was more negative press than positive regarding cameras being placed throughout the community.

Now, the public even use them to protect their own property. The majority of people accept that if you are doing nothing wrong then there is no need to worry.

I believe that if we advance UAV use respectfully and transparently, whilst educating the public, we will quickly be in the same position as CCTV, which is widely used, accepted and plays a significant role in all sectors of the security services. Moreover, UAVs could be seen as an extension of current CCTV systems, temporarily filling gaps in coverage as well as providing an elevated perspective when required.

Once a sound relationship has been nurtured with those currently sceptical of the use of UAVs, and there’s a more general recognition of the usefulness they offer, they will inevitably become a common element in the tool-box of the security services.

Consequently, we will be safer on our streets and there will be more opportunities for the UAV community to develop technology to serve the public good.



Ken Witt Tactical Instructor

GTI Government Training Institute



An accredited set of standards for training

In the United States, as well as around much of the globe, law enforcement will continue to face many of the same issues in 2020 that have challenged it throughout the previous decade: reducing part one crimes against person and property, active shooters, domestic and foreign terrorist threats, hate crimes, human trafficking, crowd management, training, staffing, budgets, and public scrutiny.

Each law enforcement agency's approach to these critical issues must be reassessed through historical experience, data, and professional insight.

This approach must also be outward looking and include the experiences of outside agencies and well-regarded public safety think tanks. This provides the opportunity to either validate existing tactics, techniques and procedures or evaluate new methodologies.

Yet, the fact remains that the deployment of tactical units carries with it one of the greatest liability concerns – in both human and monetary terms – facing any agency. For this reason, agencies must adequately prepare their tactical teams for success. Additionally, this commitment to tactical preparedness must be extended to active shooter training for all field officers.

Any tactical training must begin with an accredited set of standards for training and performance.

The absence in this country of a national standard for tactical units means agencies should look to state governments such as California's Commission on Police Officer Standards and Training for guidance.

Credible organizations such as the National Tactical Officers Association also provide vetted guidelines for tactical training and policies. It is these standards that identify the core competencies which drive individual and team training.

It is essential that team training is entrusted to a vetted cadre of instructors based on their education, training, and experience not rank or time on the team. Rank and tenure do

not always equate to the afore-mentioned criteria. Equally important is the issue of tactical leadership training.

This is another area where rank and tenure are not a guarantee that a leader is prepared to efficiently plan and execute a tactical operation, let alone for the rigors of critical decision making in a dynamic high-stress environment.

Finally, new tactical methodologies should be sought out and evaluated, even if they only serve to validate existing doctrine.

Otherwise the team's training will become inbred and lose its effective edge.

The arbiter of tactical success is regular, meaningful, and realistic training.

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William Fairbairn

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One man changed the way we fight



Top: William Fairbairn

The Father of SWAT and CQB

William Ewart Fairbairn had over 600 confirmed street fights to his name in Shanghai as a member of the Shanghai Municipal Police (SMP) spanning a thirty-year period.

By the time he was commissioned by the British Commandos in 1940 he had many knife wounds all over his body from the various fights he had been in. He helped train modern day commandos in close quarters combat techniques.

By the time the war ended he had been the recipient of one of the highest decorations issued by the USA.

Fairbairn was born in 1885 in England and little did his parents know at the time what a name their son would make for himself.

William always had an adventurous spirit and at the tender age of 16 he persuaded a Royal Marine Recruitment Officer to forge his paperwork for him to join the Royal Marines even though he was underaged.

He was trained and shipped out to a Royal Marines Station in Korea in 1903 where he already gained some experience in Eastern Martial Arts.

Fairbairn had a reputation that he could look after himself so it was no surprise that his next assignment would be in an international hotspot, which had quite the reputation.

Early Twentieth Century Shanghai

Shanghai in the early twentieth century was one of the toughest places on the planet for police to work in. The city was ruled by gangs and money flowed in and out of the city due to the Opium trade, other business ventures and Shanghai was just a popular destination for ships in those days due to its favorable location.

Shanghai was so popular that the term Shanghai, to be coerced or forced to work onboard a ship as a sailor, was named after the city because so many ships went there.

Then and today Shanghai is an economic hub with an incredible amount of money passing through it just like in the early twentieth century.

As you can imagine, where there is money there is opportunity and vice. Those days you could find whatever the heart or flesh desired.

Competition between dangerous gangs was always a factor. This was the world Fairbairn was about to enter, but as they say, smooth sailing never made for good sailors. To become the best he had to learn in the worst place on the planet.

Fairbairn Tames Shanghai

Fairbairn arrived in Shanghai and it did not take long before his sense of integrity and his fighting ability almost cost him his life. He came upon a gang in the Brothel District



and instead of running away as so many of the SMP did he chose to stay and fight and was almost killed, despite his fighting ability.

The story goes that when he eventually woke up in his hospital bed he saw an advert which read "Professor Oakada, jujitsu and bone setting". As soon as he was released from hospital he looked up the professor and was taught Jujitsu.

Fairbairn began developing his own fighting style he called Defendu. This fighting style borrowed from various martial arts, but was developed to stay alive on the streets of Shanghai and in any other place where street fighting was at the order of the day. Therefore, Defendu was about gutter fighting. You use whatever you can to repel your attacker, immobilize your attacker and stay alive.

Fairbairn began testing his fighting style on the streets of Shanghai and it is said that in his career he was involved in over 600 street fights. His body would carry the signs of Shanghai for the rest of his life. It is said that he even had scars on the palms of his hands. When he saw his fighting style was effective he taught it to every member of the SMP.

His reputation as somebody with integrity you do not mess with became widely known. Closer to the war relations between Japan and

China was already not that good. This caused constant conflict between Chinese and Japanese citizens as well as to the other problems the SMP had to contend with.

One night as Fairbairn patrolled the docks he found a ship with about 150 Chinese men and women tied with their hands behind their backs on board. asked the Japanese Officer what was going to happen to them to which the officer replied that they would be executed. Fairbairn asked the officer to release them. At first the Japanese Officer refused, but when Fairbairn promised him that if he ever found him on the streets he would make him pay, he promptly released the prisoners.

Except for hand-to-hand fighting Fairbairn also developed the point shooting technique. Point shooting or instinctive shooting is a method where after many hours of practice the shooter becomes accustomed to his pistol as an extension of his body. This is known as proprioception and is the best

way to engage targets when you have very little reaction time, especially when your life is at stake. Basically, it's like pointing your finger.

Thus, Fairbairn and the members of the SMP went from being an ineffective police force without real power against the gangs to a force which did not run away and actively engaged the criminal elements of Shanghai by means of the techniques taught to them. Fairbairn eventually lead his own very successful anti-riot squad in Shanghai.

World War Two

Because of how effective his fighting techniques were and because he had published his own books on the technique by the time the second world war arrived the British needed somebody to teach their Commandos and the OSS methods of self-defense and silent killing and the person they chose was none other than William Fairbairn.

Fairbairn was recruited to the British Military with the



codename “Dangerous Dan”. He and his fellow instructor Eric Sykes went about training Royal Commandos and the special forces of other allied countries in his techniques.

One of the people he trained was Raymond Westerling who fought behind enemy lines in Burma and Indonesia, and he trained Rex Applegate who in turn trained other allies in the art of close quarters combat. Another famous practitioner

of Defendu was Ian Fleming. All training was done at the top-secret Commando training facility in Scotland.

Apparently the six-week silent killing part of his course was so bad-ass that it included one week where students were taught how to kill a sentry with only a stick. Defendu includes surprise strikes that are very easy to perform. Examples include the blow where the edge of the hand is used,

similar to the Karate Knife hand. Another blow is the chin jab where you angle your hand backward, spreading the fingers and slamming the underside of the opponent’s chin with your palm base. Then there is the Tiger Claw is highly effective when facing a frontal attack. This blow is carried out by curling the fingers as if holding a shot-put and striking with a straight piston-like motion. His techniques also included numerous kicks aimed at the lower body.

With decent funding, he and Sykes also developed the Fairbairn-Sykes Fighting Knife, which up to today features in the badge of the British Royal Marines. The knife was slim and had sharp cutting edges on both sides. It was made for thrusting, but could also cut very well if sharpened to specifications. It was produced by the Wilkinson Sword Company and is also known as a stiletto.

After the allies won world war two the US was so impressed with Fairbairn’s contributions that under with the recommendation of “Wild Bill” Donovan himself Fairbairn was awarded the US Legion of Merit. So after the war Fairbairn left for Singapore to train the city’s special anti-riot squad and thereafter he moved to Cyprus to train the country’s SWAT force. He was still involved in close-quarters combat training and by the time he passed away this man not only developed the Fairbairn-Sykes Fighting Knife, but also the bullet-proof vest, the smatchet and helped develop various other knives, batons, etc.

William Fairbairn passed away quietly in 1960 in England at the age of 75 and will not only be remembered as the man who revolutionized close-quarters combat, but also as a man with an unwavering moral compass and as a gentleman. It is said that in his whole career Fairbairn never swore or said bad things about other people.



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