



GOLDEN EAGLE TRAINING & SAFETY

May 2012 Newsletter

Our Staff Instructors are preparing for the May 26th, 2012 Carrying Concealed Handgun Class in Springhill, LA. As of the date of this newsletter, May 12th, ten have pre-registered for the class. There is still plenty of time to pre-register so if you know of anyone interested, give them the website information to obtain further information on registering. Although it is Memorial weekend, the class will be conducted. We appreciate those who have registered early.

A day does not go by that you can watch the local or nation news or pick up a paper and read about an incident involving a firearm. Most of the time it is by someone committing a criminal offense but occasionally you will hear or read of someone using a firearm for protection. There is nothing else rewarding for us, as Instructors in firearms or as Butch & I are, Instructors in the Use of Force, for someone or for some peace officer to contact us and thank us for the training they received as it helped to prevent them from serious injury or possible loss of life. We get a lot of them. Nothing is more rewarding than someone calling us and inquiring about more training in firearms or self-defense.

We can't emphasize to peace officers or even to civilians how important it is to seek further training in the use of firearms, more importantly for civilians. We have found it more enjoyable in teaching civilians critical incident training. Not that we don't enjoy instructing peace officers, it is just that we occasionally find the civilians a tad bit more receptive on training. As peace officers get more time in service and on duty, it appears that they are somewhat less receptive to training. Any type of training, not just use of force related. It is often misconceptions that once a person receives training on something, let's say firearms; for some reason they think that is all they will need. Not the case, especially in firearms or any use of force training.

We often stress in our CCH classes that do not let that training be all the training that they receive. GETS offers two further civilian firearms courses besides the CCH class; Advanced Carry Handgun Training and Level III Carrying Concealed Handgun classes, and at an affordable price. The only cost for the participant besides the course fee, (\$50), is the ammunition, (300 rds for the Advanced and 400 for the Level III). We mostly do those classes when we receive enough interest thru our website.

We, Butch & I, would like to pass on to our clients in this newsletter, important research that both of us had obtained in our 18 plus years of training. In surviving a critical incident, there are five important factors that not only should the peace officer learn and understand but also the common citizen, especially if they are legal to carry concealed. Let's call them, motivational factors, in handling the survival stress. Before we pass them on to you, understand that whenever a critical incident happens, whatever the nature of it is, and it can vary from person to person, any incident that causes the heart rate, (HR) to immediately rise and remain increased, is what we refer to as survival stress. If that stress remains unattended to, this can sometimes lead to what Butch & I refer to as irrational behavior or, better known as "What the heck was that" behavior. Or if the heart rate stays at the 200

beats per minute, (BPM) or higher, behavior can freeze. Of course, no one wants to freeze in any type of survival incident, especially when it pertains to the final result leading to serious injury to yourself or family members. Here are the five motivational factors in handling survival stress, (these also pertain to law enforcement / correctional officers);

1). Confidence Factor – be confident in whatever use of force weapon or technique. If it is a firearm, learn to point and shoot with confidence, reload under stress and when incident is over, what to do then. Of course this is improved thru training, training, and more training.

2). Motor Skill Selection- although this is a topic we explain in more detail in our Advanced and Level III classes and self- defense classes, it is better for anyone to learn use of force skills using what is referred to as techniques using gross motor skills, or techniques that use large muscle mass. Think about it, fine motor skills are skills that require hand/eye coordination, like threading a needle or perfect sight alignment / sight picture to make that very accurate shot, or typing on a computer. Get your HR up to about 160 BPM and see how difficult any of those skills are.

3). Neural Preprogramming- or what Butch & I refer to as Visualization or “Been There, Done That” Theory. Basically all that is pre-plan your survival reaction before it happens. If this happens to me, then I will do this. This doesn’t require a whole lot of time for anyone. You can do this at any time of day and as many times you want. You will be surprised that when something happens, and to how you respond to that event.

4). Tactical Breathing- slows that HR down which can lead to better thought processing. Think about it. The last time your temper rose, (or your HR rose rather quickly), how hard was it for you to just think? Tactical breathing can lower the HR alone by 30%. An easy method of doing what you used to hear as breathe deep, take a few full deep breaths. This has also actually saved heart attack victims.

And the last or the fifth factor is what is referred to as the Faith Factor. This is referred to as “Oh I don’t want to die now” Syndrome and can lead to something seriously happening to you. Think about it.....How better are you likely to perform if something real bad starts to happen to you if you hugged that child before you left or kissed your spouse or significant other before you left the house for work or told that family member you loved them more than just seldom. When it relates to critical incidents, there are no such persons as atheist as when your life is on the line, you will belief in something. Of course we all do not want to leave this life, but when one is prepared to leave this world, it makes a huge difference in how YOU perform when faced with that survival incident.

Four of these motivational factors can be performed without much effort or practice. However, the Confidence Factor, it can only be improved by building your confidence and that is thru training, training, and training. And when you think you have had enough, don’t stop there.

We hope you enjoyed this month’s newsletter and if you did or didn’t, at least pass on our website information to others. Butch & I are committed to passing on all of our skills and knowledge to any one, agency or organization interested in learning more on how to prepare their selves for a critical incident. Remember that Memorial Day is coming up this month and not only do we hope we might see some of you in our CCH Class on May 26th, but do not forget the reason for this holiday. We challenge each of you to take a small United States flag and a single rose, (very small monetary

value but the meaning is much more significant), and place it on a fallen soldiers or deceased veterans grave in your community/ area. And thereafter, be sure to thank a Veteran or active military person for their service and sacrifice.

Please visit our website, www.DefensiveTraining.us, for further updates and a schedule of future classes.

Stay Safe and Remember to Carry Concealed!

Steve Risner & Butch Shaver

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