



# **GOLDEN EAGLE TRAINING & SAFETY**

## **JUNE 2013 Newsletter**

*We start off June's newsletter with hoping all of you had a fantastic Memorial Day weekend and hopefully thanked one or more Veterans and active military personnel for what they have done for our country and also for giving that ultimate sacrifice. Ultimate, meaning not that they gave their life, although there are many of them to remember, but ultimate by meaning away from their families, some even away for the birth of their son and/or daughter. And also by being away from families when things don't go so good. We can't thank them enough for what they have sacrificed. Usually around the Memorial Day weekend, we are in Missouri at my parents' house. Every time we are there, we make it a point to drive to Jefferson Barracks National Cemetery. The Boy / Girl Scouts are busy putting out a flag on every white rectangle marker. With the grass freshly mowed and the American flags at all of the markers, folks it is the most breath taking view anyone has ever seen. I don't mind telling you that a tear occasionally runs down my cheek, as well as many others. Google the cemetery. It has soldiers buried there dating back to the Civil War. I have many relatives buried there. You want peace, quiet, and not want to be disturbed, go to one of those cemeteries. Simply awesome but sad too. Don't ever pass up a time to thank our Vets and active military.*

*We are conducting an Advanced Carrying Concealed Weapon course this month, June 29<sup>th</sup> at the David Wade Correctional Center training building and range in Homer. You can register online with our website or may mail the registration form and fee in. The cost of the class is \$50 (won't find a better bargain anywhere) and fee/ registration form must be in by June 26<sup>th</sup>. The Advanced class covers more of Combat Shooting, Five Fundamentals of Marksmanship, Decision Shooting, Loading and Reloading, Shooting from Cover and Concealment and much more. Must have either attended one of our G.E.T.S. Basic CCH classes or a current CCH permit holder. Don't need both if you have attended one our basic classes.*

*Now on with the Newsletter. I am going to give you seven names and I want you to think to yourself what is so significant about those seven names. Krystle Campbell, Sean Collier, Martin Richard, Lu Lingzi, Jesse Lewis, Benjamin Wheeler and Allison Wyatt. I will tell you who those seven are at the end of this newsletter and it has something to do with the "meat" of our newsletter this month. No peeking now.*

*And in mentioning ,remembering, when was the last time you shot your firearm...cleaned it... or practiced dry firing at a spot on the wall, and in a safe manner? How about telling me what was the course of fire you did when you went through our Basic CCH Class or Advanced Class. Can you tell me? No, we knew a majority of you can't. It is what is referred to as Loss of Memory when it comes to performing a significant or stressful event. Now we know some of you know your firearm(s) very well and practice once or even more a month and we are not referring to you. We are referring to the other 90% of you that still are not familiar with your firearm or even the G.E.T.S. three rules to Combat Shooting or the Five Fundamentals of Shooting. Can you? Didn't think you could.*

*It has been proven in research, that a skill that you learned, if not practiced at least once every four months, your brain will not only forget what you learned but will also make you take more time when it comes to performing that skill when the specific threat occurs. And time is one luxury any of us will not have at that point. We humans have what we refer to as cognitive abilities, or in layman terms, thinking, reasoning, or remembering. And when it comes to the activation of our Sympathetic Nervous System (SNS) our body starts to prepare itself with our*

**own mixture of epinephrine or adrenaline, and our cognitive abilities do not have a lot of time to be figuring out a way to stop the threat.**

**There are several other changes our body goes through when the critical incident comes but the one we are stressing in this month's newsletter is our ability to think and remember (cognitive). We have what is referred to as three stages on our memory framework. Short Term Sensory Store, Short Term Memory and Long Term Memory. The things that we see and do, (i.e. classroom about cleaning guns, fundamentals of shooting, combat shooting) will normally be stored in Short Term Sensory Store right after we finish performing the skill (range exercises of five Fundamentals of Shooting or the Combat Point shooting) or seeing the skill (gun cleaning). Now if that skill or technique isn't practiced (I know this sounds silly but stick with us a little longer) nor has it been pre-programmed, that skill or technique won't get stored into short term memory. Short Term Memory is where we want to store or remember a skill or technique as when a stressful event happens, we can quickly react or perform what needs to be done. If it isn't stored in Short Term Memory, we have to reference to Long Term Memory and when we do that, reaction time increases which isn't what we want. We would like to react quickly and properly. Reaching into Long Term Memory to come up with something we need to do, usually brings about more fear and fear leads to irrational behavior or better yet, "what in the world are you doing". It happens a lot with law enforcement officers whose agency does little training. I can tell you first hand from experience that I have seen seasoned veteran cops, come out to re-qualify on the range and look at me like I am giving the course of fire in Latin. No inkling to what I am saying after ten to twelve years of re-qualifying once a year. It happens to them and if it is going to happen with them, it will happen to you.**

**Okay, since we got your attention, you are probably asking what can I do to avoid this? I know you don't have 1,000 rds to shoot every three months, should but don't. Here is a quick and easy way to sharpen your critical incident skills. Practicing is one but another is called, Visualization Exercises or in layman terms, day dreaming. Visualization Exercises pre-program the nervous system on how to perform. Police do it all the time. They are not trained to handle all situations. For an agency to do that today, they would be spending a ton of money. We do it by visualizing what we do when we get out on that domestic call, stabbing, or a simple drunk. You, that are police reading this, know exactly what we mean. If police and law enforcement officers can do it, so can you.**

**This has been extensively researched and proven by Human Factor Research Group (HFRG). Butch and I are dedicated individuals with Bruce Siddle and HFRG when it comes to the use of force. We live, eat, and breathe HFRG. It has saved us many times in a critical incident. HFRG is the biggest Use of Force Company in the world. If you can't practice the skill, use Visualization or Neural Pre-Programming. It could help you through a critical incident one day.**

**Now in closing, and referring to Short Term Sensory Store, Short Term Memory and Long Term Memory, the names of those I listed earlier, the first four are the individuals who lost their life in the Boston Marathon Bombing, the next three are three of the twenty first graders who lost their life in the Newton Connecticut school shooting, Dec, 14<sup>th</sup>, 2012. See how soon we forget? Stay Safe everyone. Hope to see some of you in the upcoming Advanced Class June 29<sup>th</sup>.**

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**[www.DefensiveTraining.us](http://www.DefensiveTraining.us)**