

**COURSE LEVEL:** Level 1

**LESSON:** Introduction to Black Belt Tactical

## SYSTEM INTRODUCTION

### THE NEED

- Self defense is needed to level the playing field between the threat and the victim.
- Our system addresses a lack of available training by providing an inexpensive, non-stressful solution. The provided materials are detailed and can be viewed over and over again.
- Our instructor expertise and qualifications make us better equipped to provide you with the best training possible.
- This course can be used both to introduce yourself to firearms and to supplement current training.

### EVOLUTION OF THE SYSTEM

- Our system stems from knowledge of several different backgrounds, including traditional martial arts and Marine Corps training.
- It is our goal to establish a clear, effective system and make learning how to shoot like a martial art.

### PHILOSOPHY OF TRAINING

- Effectiveness, simplicity, naturalness, body mechanic and adaptation all apply and serve as pillars and guides.
- The mindset is to build all activities associated with the training one on top of the other, while being bound and stacked upon certain key principles and concepts.
- Ultimate pursuit is to seek self-improvement, all the while developing a highly effective and reliable skill set in the use of firearms.
- We have the mindset of a martial arts' Black Belt: The more the holder of the Black Belt practices, the more he/she realizes how much there is to learn and how much more they need to train.
- There is no beginning and there is no end, there is only training.

### MARTIAL ARTS METHODOLOGY

- Black Belt Tactical takes firearms and personal defense training and teaches the information as a martial art instead of a technical skill.
- The practitioner will develop the ability to adapt and improvise in its actual real world application.
- Just like any other martial art system, there are levels and grades denoting the development of growth and application in the system.
- The belt is a symbol and physical representation of the time, discipline, personal growth and training the practitioner has in the system.

### PRINCIPLES OF TRAINING

- The 4 governing principles are Induction, Integration, Infusion, and Intuition.
  1. Induction: Once these new developments or technologies are revealed and tested, they can be inducted into the system.
  2. Integration: The bridge that links all the techniques and tactics together in their actual training and eventual application.
  3. Infusion: In order for the skill to be real, the practitioner must have trained and performed the skill in a highly stress-inducing situation that resembles or comes as close to resembling a real-world situation.
  4. Intuition: The overall training strives to create this phenomenon in the student.

### PHASES OF TRAINING

- There is no one method that works best.
- The 4 methods we utilize are Dry-Fire, Live-Fire, Stress-Fire and Spar-Fire.™
  1. The Dry-fire method allows the student to practice the physical and, to a certain extent, the mental mechanics of shooting in a safe, inexpensive fashion without having to deal with live ammo or a range of any kind.
  2. The Live-fire method requires a certain environment, such as a suitable range, a sufficient supply of ammunition, particular safety equipment, as well as one other individual preset to assist in case of accidental injury.
  3. The Stress-fire method is known by its emphasis on having the student perform their learned skill set while undergoing certain pre-arranged stress factors.
  4. The Spar-fire method puts the individual into a scenario where there is no pre-determined response or outcome.
- The Black Belt Tactical system utilizes all 4 methods in some capacity over the scope of training.

### SAFETY AND RESPONSIBILITY

#### DISCLAIMER AND LEGAL OBLIGATION

- Black Belt Tactical training is intended for legal use only.
- Check your local laws to ensure that you are always in compliance with current regulations.
- When you begin this training and learn to handle a firearm, know that you have a responsibility to the public and a duty to apply your skills properly and safely.

#### SAFETY RULES INTRODUCTION

- The Black Belt Tactical system relies on the 4 firearm safety rules utilized by most law enforcement and tactical schools in the US.

**RULE #1: TREAT EVERY WEAPON AS IF IT WERE LOADED**

- Treating the weapon as if it had the potential to fire a round off insures the user treats it with respect and caution.
- Firearms should always be approached with a healthy respect and never be assumed to be unloaded. Err on the side of caution and consideration.

**RULE #2: ONLY POINT YOUR WEAPON WITH INTENT TO DESTROY**

- This rule forces the user to consider at all times where the barrel of the weapon is pointing.
- This drill allows the student to see all the potential damage they could create if they do not safely handle and control where their weapon is pointed.

**RULE #3: KEEP YOUR FINGER OFF THE TRIGGER**

- This rule crates a serious attitude when it comes to fingering and pulling on the trigger.
- If the student is startled or is under a high level of stress, any flinch can cause the trigger to be pressed and the weapon would be discharged.
- If this does occur, hopefully rule #2 is being properly followed and the round impacts in an area of no concern.

**RULE #4: BE AWARE OF YOUR TARGET'S SURROUNDINGS**

- This rule is designed to address the chaos of a shooting scene.
- There is a possibility of missing the target, but there is also the possibility of the round passing through the target and striking something beyond.
- It is important to note that the student will be required to apply these rules in order to participate in certain methods of training.

**DRY-FIRE SAFETY PROTOCOLS**

- The training area must be a sterile environment, meaning there is no ammunition in the area.
- A minimum of three safety checks (both visually and physically) must be implemented to ensure there is no ammunition in the weapon, in the magazines, or on your person.
- Note that there is a temporary modification of Safety Rules in order to Dry Fire train.
- Use an appropriate backdrop to make sure Rule #4 is not violated in case of negligent discharge. There must be a designated start and stop time to Dry Fire training.

