

1.

C.A.R. *Center Axis Re-Lock*

LAW ENFORCEMENT DUTY SHOTGUN INSTRUCTOR TRAINING 3 / 5 day (24 / 40 hours)

This system is a new and powerful concept in Law Enforcement firearms Instructor training. The **C.A.R.** System simply out performs traditional training. This *Instructor Course* teaches *Students* how to implement the **C.A.R.** system to both *Novices*, and *Experienced* Students, who have been trained in the *Traditional* methods of shotgun shooting.

The **C.A.R.** system incorporates the *Combat Matrix* of the 6 “R”s, and the *Triad* elements. These have been described as : '*Mind Set,*' '*Gun Handling,*' and '*Marksmanship.*' In support of the triad, has been the balance of : *Power, Accuracy,* & '*Speed.*' This course teaches implementation of these skills. In a *Law Enforcement* application all these elements need to come together, when dealing with a task, or a critical confrontation. The **C.A.R.** Instructor training concepts bring together these elements in a new & unique manner. This course also teaches *Students how* to teach the course



The C.A.R. Instructor course has been developed over a very long period of time by Paul Castle. Designed from a true understanding of how the Human body works under, or during combat crisis. The system was developed for reality, and true close quarter combat. It is not just a rehash of traditional shooting techniques. In several Countries the C.A.R. system is replacing traditional firerams training. Simply put..... this system works.

The system offers teaching techniques to enable an *Student* to develop a higher level of *Weapon Retention*, than existing techniques to date. The concepts allow the *Student* to achieve high degrees of movement, speed, and an enhanced *Shooting Platform*. In turn giving additional speed and accuracy on demand during a *Crisis*. Once again, simply put - it works!!!!

2.

The *Instructor Syllabus* trains the *Student* in new methodologies that improve *Basic Adaptation* from beginner, to a *proficient* firearms user in a three or five day period. This allows *Basic Recruit* training course's, the ability to build on the basic 'Active-Defense' philosophy of **C.A.R.**

The **C.A.R.** techniques employ an *Isometric Tension* stance supported by the natural body strength. When co-joined they produce a usable *Stability*. It offers the highest performance curve for *Patrol Duty* shotgun. Once learned these concepts will be a usable asset at all times.



The techniques utilized through this concept, are equally effective when using *small arms long guns*, O.C. and impact batons. This is achieved by building on the Operator's *Muscle placement* and *Natural Body* stance. Combined with *Fight* and *Flight* reflex stimuli, always present in lethal force scenario's.

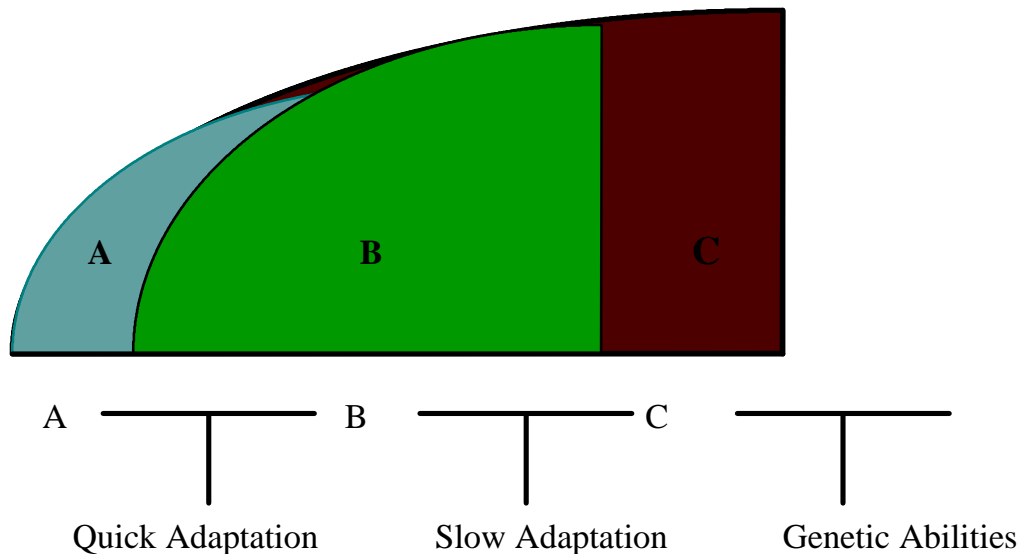
The **C.A.R.** Instructor syllabus has been designed to develop *basic* Instructor skills, and in addition further develop the skills of a more experienced Instructor. The course allows for the individual *skill level* of the Student, to dictate how far they can develop within the framework, and how fast.

3.

In essence this system works around the body shape, and eyesight strength's of the individual Student. No more do we have to *bend* a Student around the shooting stance. The **C.A.R.** system is altered to *suit* the Student. The **C.A.R.** system features the teaching of improved marksmanship at long ranges. Instructors are given additional training to assist in developing Students who have a *poor* accuracy, and *reduced* weapon control during live firing.

One of the developing facets of the **C.A.R.** System is its ability to produce *quick, appreciative*, and operationally *relevant* results. Students abilities to shoot, and defend themselves through a wide range of scenarios is increased. The skill core base is essentially obtained through working in *harmony* with our natural muscle placement, and the real effects on the *Human body*, when operating under *combat stress* environments.

The C.A.R. Active - Defense Training Graph



The above graph is utilized to demonstrate the advantages of the **C.A.R.** System when training Students from mixed skill level backgrounds. The 'A' range details the *immediate improvement* in personal *weapon retention*, a *reduction of recoil* when firing the weapon, and ability to *hit* the target at *center mass*, while on the move. This quick adaptation generally takes no more than one session.

4.

The 'A' area flowing into the 'B' area follows the improvement with continued use of *Shotguns*, *Chemical Irritant* weapons, and *Impact* weapons such as the ASP Baton. This is supported by the utilization of *Small Arms* while in close confines, such as *Patrol* motor vehicles.

These two areas represent the *vast majority* of training techniques, required to be mastered by *Students*. The 'C' area is generally very much more specialized. Additional training programs are available to support this basic *Instructor Syllabus*. The below *Matrix* represents the *key elements* that are of critical importance during any physical confrontation, whether *armed* or *unarmed*.

	Size and Shape	Endurance	Ability
10			
5			
0			

The **C.A.R.** System when deployed, increases performance of *Operators* in the above left column, and assists the *Operator*, with regard to the areas listed in the right column. A system must work well, and in any given situation. **C.A.R.** is a system, *and not just a stance*.

The course syllabus includes teaching Instruction in :

- ◇ Lawful *Use of Force* applications.
- ◇ Lesson Plan Formulation.
- ◇ Group Teaching Dynamics.
- ◇ Student Feedback and Assessments.
- ◇ The fundamentals of the C.A.R. System / All aspects of the basic course.
- ◇ Range Safety Aspects.
- ◇ Team Formulation. Energizers, and building frameworks.
- ◇ Duty or BDU clothing may be worn with body armor.
500 rounds of duty ammunition required. (mixture of solid and 00 buck)

5.

C.A.R. DUTY SHOTGUN INSTRUCTOR SYLLABUS

Three Day Course Syllabus

Monday. 0800 hours course commencement.
Introductions, and C.A.R Syllabus overview
Equipment requirements / Physical Preparation
C.A.R. 6 'R's System presentations
Instructional Objectives
Formation of Classroom confidence
1600 hrs conclusion of day one.

Tuesday. 0800 hours course commencement
Introduction to *lesson Plans*
Building Lesson Plans and examination test questions
Group Dynamics, and the '*classroom minefield*'
Shooting drills / *Castle Combat Course*.
1600 hrs conclusion of day two.

Wednesday. 0800 hours course commencement
Shooting drills / *Castle Combat Course*.
Lesson Plan presentation
Subject matter presentation's
Course Review and shooting assessment
1600 hrs graduation conclusion of day three.

