

1.

## S.H.O.T.



### ***SINGLE HAND OPERATING TACTICS***

The S.H.O.T. program has been designed to assist the Operator in the continued use of their firearm, even though they may have lost the use of a limb. The program trains the *Operator* to function using either the *Operators* 'Weapon' or the 'Reaction' hand.

Techniques taught *also* enable the *Operator* to use their 'Reaction' hand as a 'Block' or initial 'Reactive / First Strike' during a confrontation. The training techniques utilized are constructed around harmonious muscle placement. Utilizing the 'C.A.R.'<sup>TM 1995</sup> *Center Axis Re-lock* procedures.

It is not feasible to make hard and fast rules as to how an Individual's body will react as a result of sustaining injuries. What is known however, is that *The Mind*, and the Individuals *Personality*, and their *Determination*, have a great deal to contribute to the result.

The **S.H.O.T.** program does not deal specifically with *Ballistic Trauma*. Broken limbs or severely torn ligaments are also included. In addition to tactics employed when being *Physically Restrained*, by one or more attackers. The **S.H.O.T.** program of drills has been well researched, and has been designed around what really happens *In The Field*. This syllabus is new, and not as a result of class room rhetoric, that has been around for many years within Law Enforcement and Personal Protection training.

The **S.H.O.T.** program offers *Officers* progressive practical 'Hands On' training for *Operational Readiness* having sustained Disabling Personal Injuries. *Training must offer a procedure for any circumstance.*

2.

*The course syllabus includes :*

- ◇ Practical *Self* first aid.
- ◇ Use of single hand 'Active Defense' strikes.
- ◇ Malfunction, and re-loading techniques.
- ◇ Drawn weapon retention.
- ◇ '*Live Fire*' crisis usage.

Weaponry utilized during the course include : Knives, Pistols, Revolvers, shotguns, and Sub Guns.

The syllabus taught in this class includes original material, and techniques never before featured in Law Enforcement / Protection training programs.

- ◇ This is a 16 hour, two day course.
- ◇ Duty Uniform or Plain cloths may be worn.
- ◇ Weapon of choice and 500 rounds of suitable ammunition required.

