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Waterborne Environment Training FOR LAW ENFORCEMENT & WILDLIFE RESOURCE AGENCIES

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2.

THE DEVELOPMENT OF THE C.A.R. SYSTEM FOR WATERBORNE OPERATIONS AND FIELD CRAFT



Paul Castle

The Original developer of the **C.A.R.** System

I first developed an interest in shooting as a *Member* of Her Royal Majesties Army Cadets. At the grand old age of 11 years old I joined the 2nd Queens Battalion ACF, formerly known as the '*BUFFS*.' The '*BUFFS*' were well *bloodied*, and served with distinction around the world for over 150 years. Drawn mainly from the Kent area of the United Kingdom. This being common practice, for locally raised Army Regiments in those days.

After a brief spell in the TAVR Regiment at 18 years, I joined the Police Service in 1976. I graduated June 1977, and was posted to Chatham. Chatham was a *Naval* and *Army* town. To say it was often *rough* was an understatement. I learned quick, and well. You didn't often get a second chance on a *Friday* or a *Saturday* night. You knew it was going to be a *rough shift* when guys at the parade table wore gloves. We had no guns, only a wooden truncheon.

I spent the following five and a half years on Uniform Patrol. The first three of it was "*Walking The Beat*." The first lesson I learned was '*Never Run*' it tends to *panic* the general Public. Slow in *walk out*, fast in *carried out*.

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After a secondment to the C.I.D. department I felt right for a onwards move. I applied for an attachment to the *Support Group*. The SG. was a group of Officers who were selected as an **Armed Response** to high risk operations. When we were not on '*Stake out*' we were engaged on *Protection Duties* for VIP's, including Her Majesty, and the then Prime Minister, Margaret Thatcher. Thrown in with all of that were *witness protection* armed duties. I passed selection and waited for the next slot. It was *dead man's shoes* back then. Once you got on the "*Group*" you counted the days to when you had to leave, it was that good for me. I commenced my 2SG tour in 1983.

What started out as a great time, changed rather rapidly when we lost a Colleague within five months of being on 'B' Section. After that it got down to business. We were being tasked every day. Due to the increase in the activities of the P.I.R.A. we were trained by the Military in *explosive search*, and other *activities* that I am still unable to disclose due to '*Official Secrets Act.*' We were also cross trained with specialist *elements* of the Army and the Navy. Part of our duties included high speed escorts of *Terrorists*, and Category 'A' *prisoners* that needed to be transported by road.

The SG's weaponry ranged from S&W model 10, 19, 36, and 66-2 revolvers. Augmented by Enfield *Enforcer* rifles, mini Ruger 14's, 870 wingmasters with cut down barrels and pistol grips. The Browning Hi Power 9mm semi was issued for SWAT work. We had 12 gauge CS ferret, the first generation of flashbangs, and *boy* were they loud. *Oh*, and not to forget the biggest *base ball* bats I had ever seen. We drove around in unmarked grey *Land Rovers*.

The training back in the late 1970's was by today's standards crude, but effective. I first became authorized as an *Armed Officer* in 1981. Further trained in SWAT in 1983, and so on after that. Tactics change, that is a given. I obtained valuable training, *but it only went so far*. We never stop Learning. In 1982, I joined the Police shooting club. From there I really started to enjoy shooting, and the required discipline needed to win national competitions.

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During the late 1980's I traveled across the UK, and in Europe, shooting and training with various Military Units. The experiences were priceless. I trained with SEK / MEK / GSG9, and UK Military RMP C.P. Teams in Germany. For a while I trained with former East German SF. I had the chance to fly, jump out of aircraft, then blow holes in evacuated Russian Barracks.

In 1994, whilst training in Belgium, I met *two times* world champion in *Wing Chun Kung Fu*, Francios Toussaint. He proceeded to beat me to death in the DoJo. I struck up a deal with him. '*Teach me to fight*' I will '*Teach you to shoot.*' It was as simple as that, a chance meeting in *Europe* over a beer.

By this time I had left the 2SG, and had become a *Detective*, working field duties. I was still shooting, in fact more than ever. I had already trained in the USA and was one of the first ASP, and PPCT Instructors in the UK. I was researching better ways to shoot, and how to get *faster* from the holster. During 1992 and again in 1993, I won the European '*Cop Shoot*' *NATO Championships* in Germany. I would guess that I shot about 1000 rounds a week. I shot the rounds as fast as I could make them on my '*Dillion Press.*'

When Francios saw the stance I shot from, he was suddenly interested in what previous *Martial Arts* I had studied. Very little was my reply. He insisted that I sit down write on paper exactly what I was doing, and why. That was simply the start of my problems. Not being a computer user, I had to learn how to *punch* a key board. *To Francios I owe a debt of gratitude.*

I found myself in a position where I was able to travel to the USA and take time to write, and shoot, and practice some more. In 1995, I was invited to enroll on an *FBI Firearms Instructor School*, being held in Tennessee. There I began to shoot and show the **C.A.R.** system in its basic form. Over the next four years I traveled between the USA and the UK, training and developing the system. I met many people and began to research deeply into the *human body*, and what we *do* under stress. I took all the information I could get from *Martial Arts*, *Books*, and just plain range experimentation.

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From 1999 to the present I have been full time training in the USA, UK, Canada, Greece, & central Europe. I have steadily developing the manual and system, by tapping into the skills of the many fine trainers I have met.

Every school I attend Students offer their *experiences* and *insights* into the area of '*Officer Survival.*' Without the assistance of many people I could not *know* what I know now. Their experiences, and sometimes even suffering, have helped me.

I have continued to research the **C.A.R.** system, and I am convinced that as a *system*, it simply *out performs* the traditional stances being taught around the world. I have of course, *detractors*. It is not too hard to imagine why some *Trainers* would like to rubbish the system.

Anything that is *new* is sometimes stayed away from. Or worse, attempts made to sabotage it. But in the main, when the **C.A.R. Active - Defense** system is showed, and explained, *Trainers* and *Operators* can see the improvements it makes.

All I am trying to do is keep *Operators* from *dying* in the field, and help reduce the number of *possibly unnecessary* shootings that occur each year. As trainers we owe that to them, the public, as well as to all of us.

How did it come into my head, I honestly cannot be sure. A deeply religious friend of mine expressed his belief, after I had trained him. He told me that he felt it had been revealed to me, and that I should continue to do what was in my heart. I asked myself how I felt about that statement, and came to the conclusion we just never know.

What I do know, and would like to share with you is simply this. When the *fight* is on, we must prevail. When the *darkness* descends, we are the light. When the *Operators need* us we are not physically there, only the *skills* we have passed on to them remain *they had better work.*

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I always believed that from day *one* of your *Service*, until the last day of your *30 plus year Career*, we never know what is going to happen. Just like that “*Unknown Vehicle or motor Vessel stop.*” You will never need your gun, until you need it badly.

Utilizing the C.A.R. Shooting techniques, should an Officer come under a direct threat, they will be able to respond, very quickly. The C.A.R. system offers the ability to fire and move while moving to the rear of the Target vehicle. The ability of an Officer to move is the critical issue.



This system has so many advantages, that it simply works better than any other. If there is a better way I will seek to find it, and adapt immediately.

In this way we have a duty to ensure that we continue to search for techniques that work *on demand*, and at a *moments notice*. To resist new ideas, to discard new thinking, to turn a blind eye. Is to put our *ego's* in front of the safety of an *Officers Life*.

My ego is not worth one Officers life.

I believe in the CAR system
Try it for yourself, and make up your own mind.



7.

C.A.R. BASIC W.E.T. SYLLABUS

Monday. 0800 hours course commencement.
Introductions, and C.A.R Syllabus overview
Equipment requirements / Physical Preparation
System Explanation / Practical Demonstrations
Weapon retention
Castle Combat Course
1600 hrs conclusion of day one.

Tuesday. 0800 hours course commencement
Introduction to *Live* shooting
Lesson Plan explanation
External and Internal Ballistics
1600 hrs conclusion of day two.

Wednesday. 0800 hours course commencement
Shooting drills / *Castle Combat Course*.
In-Vehicle / On vessel combat training
SRS system / O.C. deployment with C.A.R.
1600 hrs conclusion of day three.

Thursday. 0800 hours course commencement
Shooting drills / *Castle Combat Course*.
Shotgun / Carbine / Pistol
Course Project presentations.
Less lethal Applications
1600 hrs conclusion of day three.

Friday. 0800 hours course commencement
Full Course Review
Final shooting assessment.
1400 hrs GRADUATION