



■ The Range Complex
is located in North
Carolina.

COMBAT MINDSET

DEVELOPING THE "ULTIMATE WEAPON" IS ONE OF
THE KEYS AT THE TRAINING COMPLEX

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THE MIND IS THE
ULTIMATE
WEAPON. MINDSET
IS THE CON-
SCIOUS OR SUB-
CONSCIOUS

**WILLINGNESS TO COMMIT HARM
(LETHAL OR NON-LETHAL) AGAINST
ANOTHER.**

When engaging in combat, mindset – more often than not – will be the determining factor as to success or failure, regardless of technical proficiency. Anyone can train in a martial skill, but few have the mind and will to use their skills for killing or inflicting serious injury.

Mindset's partner is "mental trigger," and this trigger is the defining moment that forces you to engage your opponent with the goal of injury or death.

Throughout the training, we impress on students what they are really training for – to save their own lives or the life of a teammate and to visualize an adversary aiming a weapon at them.

The adversary visualization increases the intensity, seriousness and productivity of the training session. When a weapon malfunctions or a shooter makes a mistake, there is no "going admin." Students are coached to stay in the fight until the engagement is over

and the threat is eliminated.

Our weapons training programs are the primary vehicles to teach a combat mindset to students here at The Training Complex.

LE & CIVILIAN & MILITARY

Combat mindset is defined as the awareness and willingness to apply the appropriate level of force and prevail – including up through the use of deadly force when justified.

In law enforcement or civilian parlance, this philosophy is most often expressed and taught as a use of force continuum and is primarily governed by the actions

(or inactions) of the aggressor. In concept, the law enforcement officer or citizen is generally allowed to elevate their level of force at one level higher than that displayed by the aggressor up and through the use of deadly force. The overall objective in a law enforcement or civilian application is to use only the minimum amount of force necessary to contain the situation and place the aggressor into protective custody.

In military applications, this philosophy is expressed and taught through approved Rules of Engagement (ROE), the Uniformed Code of Military Justice (UCMJ), and agreed upon Laws of War, such as the Geneva Convention. In concept, the soldier is allowed to use up through deadly force against specified threats. The overall objective in war time military applications is the capture or killing of enemy combatants.

THE BEGINNING

Founded by two former Army Special Operations soldiers, The Range Complex (TRC) is a training and security consulting company located in Autryville, NC.

Drawing largely from more than four decades of combined tactical and military experience, spanning from the tumultuous world events of the 1990s through the current conflicts in Afghanistan and Iraq. Subsequently, TRC's business model was designed to address shortcomings in tactical training standards that have been brought to light since the events of 9/11.

Their ultimate goal in setting up such a company was simple yet dynamic: Instruct police, military and select members of the American public using the same training methodologies designed to forge some of the military's top special operations personnel. These techniques are not conceptual, they are reality based and combat proven, with all of the company's top-notch instructors themselves former special operators, each having accrued many years of recent "downrange" experience.





**THE BUILDING BLOCKS OF
A WARRIOR MINDSET ARE
CONTINUOUS TRAINING,
MENTAL PREPARATION
AND REAL LIFE
EXPERIENCES ...”**

■ The weapons training programs are used to teach a combat mindset to students.



TACTICAL TRAINING

Although force is a measurable attribute, the military application is intentionally vaguer and better suited to the variances and fog of warfare. The law enforcement or civilian application is much more open to legal scrutiny and thereby restricted and constrained.

What is the net result? Military and law enforcement mindsets are different by design. Although both require the same individual will to prevail, the law enforcement officer is in the public eye, expected to follow the letter of the law, and subject to both criminal and civil sanction for any deviation from procedure or exercising of wanton force. Simply put: law enforcement officers face a far greater degree of restriction and constraint in their ability to use force.

MENTAL CONDITIONING

For the soldier, law enforcement officer or armed civilian, the required mindset equates to the conscious and subconscious willingness to commit harm up through the use of deadly force against another person.

The mental conditioning begins with an understanding of human physiology; variances in state of mind affect the release of hormones, resulting in changes of behavior and the capacity to physically and mentally perform. The greater the perceived danger or threat, the larger the release of fight or flight hormones into the bloodstream.

Up to a point, these hormones are beneficial and improve the individual's chances of survival. After a point (i.e., sheer terror), these hormones can shut down rational thought and basic motor function. Although these physiological responses cannot be eliminated, they can be harnessed and focused through



TRC'S TRAINING METHODOLOGY

TRC instructors repeatedly posit that, "There are no such things as advanced shooting skills, only perfect execution of the fundamentals under stress."

How do instructors introduce this stress into the training environment? One way to do this is by incorporating a shot timer into every training scenario. This makes the events take on a naturally competitive air, and by having other students watch the scenario, the firer is placed into a stressful situation.

In keeping with TRC's training mentality, J.D. (one of TRC's instructors), described the proper rifle training mindset by stating, "The rifle should be no differ-

ent than the samurai's long sword. You should train with it in all capacities and its use should be as natural as breathing."

This, in turn, frees up the cognitive areas of the brain to process the "fog of war" and releases the operator from burdening himself with the minutiae of weapons handling when seconds truly count.

Many of the techniques taught are innovative and reflect paradigm shifts from previously held beliefs, while the foundation still lies within basic marksmanship fundamentals. For example, TRC teaches a much more aggressive shooting stance than is the current practice, where the

■ Brilliance in the Basics are stressed at the facility.



shooter is basically squared up to the target in an almost defensive position.

In sharp contrast to the norm, the TRC instructors teach the students to stand in a slightly bladed fighting stance, with the support arm placed far forward on the fore end of the weapon. By way of explanation, the instructors describe the reason for the adaptation of this technique in the following manner:

"By supporting the weapon (with the support hand) by the magazine well or by a forward vertical grip affixed close to the weapon's center of gravity, the firer is, in essence, trying to write his name with a 'pencil' held only by the eraser end," an instructor says.

By firmly gripping the forend of the weapon close to the barrel (as three-gun

shooters do), the shooter can effectively "drive the gun" from one target to the next. While this does expose a portion of the firer's armpit to the target, TRC instructors maintain that, "The gunfighter should not count on the enemy's marksmanship skills to save his life, but on his ability to put rapidly aimed shots on the target"

Aggressiveness is the key to surviving any shooting engagement, and this is one situation with which many police departments are now faced. In post-Columbine America, it is no longer acceptable to set up a perimeter and wait for S.W.A.T. to arrive. Patrol officers are now being trained to aggressively move to the sound of gunfire within a structure, and to then neutralize the threat(s) to innocent life.

training, mental preparation, and repeated exposure to threatening situations either by way of realistic scenario based training or immersion.

The best explanation I have come across for categorization of readiness mental states was made by "Jeff" Cooper more than 30 years ago and is still being taught to law enforcement and military special operations forces today. Cooper's mental states are defined in conditional form, and they are as follows:

White: Unaware and unprepared.

If attacked in Condition White, the only thing that may save you is the inadequacy or ineptitude of the attacker;

Yellow: Relaxed alert.

•Your mindset is that "today could be



■ Instructors provide close instruction to students.

the day I may have to defend myself." You are simply aware that the world is a potentially unfriendly place and that you are prepared to defend yourself, if necessary.

Orange: Specific alert. Something is not quite right and has your attention. Your radar has picked up a specific alert. You shift your primary focus to determine if there is a threat. In condition orange, you set a mental trigger.

Red: Fight. Your mental trigger has been tripped.

In warrior speak, I would add the following to Cooper's conditions; they are as follows:

White: This is a state of mind rarely used by a person who has been properly trained and conditioned in warfare or who is serious about their survival as a law enforcement officer. Use is generally limited to a very secure environment and

FOUNDATIONAL TRAINING PRINCIPLES FOR EXCELLENCE

1 TRC uses an outcomes based training methodology called "Brilliance in the Basics," which combines classroom instruction, talk-through/walk-through rehearsals, live-fire range training and scenario based force on force training to teach students how to think – not what to think.

This training methodology teaches expertise in basic individual skills and then trains in realistic, ambiguous scenarios that force students to not only exercise their individual skills, but to also solve problems and make tough 'life and death' decisions in a stressful training environment.

2 TRC's weapons training programs focus on teaching students how to place two rapidly aimed shots on an adversary before he can do the same to them. The training methodology takes the complex task of tactical shooting and breaks it down into smaller, more manageable sub-tasks (building blocks) that can be trained on and perfected in isolation before they are chained together. The training begins with the ability to place a single well-aimed shot on a single target.

THE STAFF

TRC's team is comprised of former special operations trainers from 1st Special Forces Operational Detachment – Delta, Special Forces, Special Mission Units – and elite law enforcement organizations. TRC's instructors have the training methodology, practical experience, expertise and trainer skills to prepare students to survive violent and potentially deadly encounters.

is never utilized when under arms.

Yellow: Standard mode of operation. The warrior or law enforcement professional is alert, relaxed, and actively scanning his or her environment for anything out of place, unusual or potentially threatening. Condition yellow is the minimal operating mindset when under arms.

Orange: For the warrior or law enforcement professional, this equates to the perception of direct or indirect exposure to attack or harm. The mindset switches to tactical with the realization that the use of force – up through deadly force – may be necessary. Concurrently, "what if" contingency planning commences and continues for the duration of exposure. Condition Orange produces the highest levels of mental and sensory awareness.

Red: The threat is real and attack or harm is underway. The warrior or law enforcement professional is willing and able to apply deadly force and prevail – if required. Survivability is now directly correlated to the sum of their experience and training.

■ Instructors teach students how to think – not what to think.



STUDENTS ARE COACHED TO STAY IN THE FIGHT UNTIL THE ENGAGEMENT IS OVER AND THE THREAT IS ELIMINATED."

BUILDING BLOCKS

The foundation of a warrior mindset is the intense will to improve, to excel and to prevail. The building blocks of a warrior mindset are continuous training, mental preparation and real life experiences. The net result and what truly defines a highly effective soldier or law enforcement officer are: wisdom, self-confidence, self-awareness, and yes, humility. **TT**

FOR MORE INFO

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