



OHIO PEACE OFFICER TRAINING ACADEMY

BEAMHIT Training Protocol

By Samuel D. Faulkner, Law Enforcement Training Specialist

1) Motor learning principle

A person cannot learn a skill without feedback (Dr. Richard Schmidt - Principles of Motor Learning III)

2) Pavlov's dogs and desensitization

- > Individual riflemen firing rate in World War II was between 15 and 20 percent
- > Military process of desensitization increased the firing rate to 95 percent during the Vietnam War

3) B.F. Skinner's Rats and Operant Conditioning

- > Creating the automatic conditioned response - automatically
- > Three approaches to control combat stress:
 - > "Combat breathing" - before, during and after combat
 - > "Stress Inoculation" in combat from training
- > Nebraska simunitions scenario (2 & 3 Lt. Col. Dave Grossman, On Killing, The Psychological Cost of Learning to Kill in War and Society)

4) Perceptual Distortions in Combat

- > 88% Diminished Sound (auditory exclusion)
- > 82% Tunnel Vision
- > 78% Automatic Pilot
- > 63% Slow Motion Time
- > 61% Memory Loss for parts of the Event
- > 60% Memory Loss for Some of Your Actions
- > 50% Dissociation (detachment)
- > 36% Intrusive Distraction Thoughts
- > 19% Memory Distortions
- > 17% Intensified Sounds (50% of officers shot are shot in low light, close range conditions)
- > 17% Fast Motion Time
- > 11% Temporary paralysis

5) Weapons Safety Check of All participants by All Participants

6) Teaching Sight Alignment, Sight Picture & Trigger Management for Rapid Skill Acquisition

- > Proper stance for control of natural body reactions under combat
- > Constant "ON" laser training for initial skill learning & practice
- > Intermittent operation for improvement and confidence building

> "TWO EYES OPEN" shooting practice

7) Importance of Movement for Officer Survival if NOT Behind Cover

- > Forward and backward (groucho walk or step & drag)
- > Side to side (groucho or step & drag)
- > How to steady the top through controlled movement of the bottom
- > Muzzle management during movement:
 - > Guns up on hard targets
 - > Gun dips for minimal time off of target (third eye, chest ready or low ready)

8) "Camshaft" Movement Drills

- > Slicing the pie with dropouts
- > Dominant to non-dominant transitions
- > Repeat with movement of the line
- > Repeat with movement of the target
- > Repeat with movement of the line and target

9) Side to Side Movement Drills

- > Side shuffle
- > Groucho walk with non-dominant arm lock down
- > Side movement with stationary obstacles
- > Side movement with moving obstacles
- > Side movement with moving targets
- > Side movement with moving obstacles and targets

10) Shooting Drills While Moving From One Position of Cover to Another

- > Side-to-side, 45

11) Elephant in a Bucket Disorientation Drill

12) Officer Retreating in a "Tactical L" Drill (Decision-making possibilities)

- > Movement left & right with attacker moving directly toward officer
- > Movement left & right with attacker evading when moving toward officer

13) Room movement Drills with Cross Fire Concerns

- > Take whatever target you are given
- > Use whatever options you are given

14) Multiple Officer Hostage Drill

15) Ground Shooting Drills

- > To the front making a "shooting platform"
- > Side to side roll
- > 360 Degree drill
- > Lying - Sitting - Kneeling - Standing - Disengagement Drill

16) Auditory Exclusion

- > Muzzle Flash Drill