

Mental Preparedness



Readiness

- Mental Rehearsals for Life-threatening Situations
- Prepare mentally for the inevitable & the physical will follow
- In life threatening incidents you will make a split second decision. There will be a lot to consider in just a few seconds... Make sure you are realistically ready!

Brain Power vs. Firepower!

Brain Power will win every time,
before the **Firepower**, you WILL
use **Brian Power!**

**Without Brain Power, Fire
Power is useless!**

It will always be this way too!

Brian Power vs. Firepower!

Brain Power is an important issue for mental preparedness. You will use it in every step of this presentation. I will show you how important it is. Defensive shooting does not come naturally at all. You will have to train and think for this.

Everything we do in our lives has a preparation stage, just as defensive shooting incidents do too. In a defensive shooting incident you will squeeze everything you know into a couple of seconds. Are you ready and do you really understand this concept???

3 Fundamentals of Shooting!

They are:

1.SKILL

2.CONDITIONING

3.MINDSET

SKILL

- Stance
- Firing Grip
- Sight Alignment
- Sight Picture
- Breathing
- Trigger Control and Reset

CONDITIONING

- Safety
- Loading & Unloading
- Reloading – Stress & Tactical Reload
- Malfunction Clearing
- Presentation

MINDSET

- Awareness
- Tactics
- Mental Conditioning
- The Will to WIN!!!!

We will discuss mental conditioning in this presentation!

Mental Preparedness

Mental preparedness means staying calm, focusing on your opponent, seeking cover, and getting the bad guy before he gets you. Apply first aid to yourself. If you are injured, that is not the end; it's the beginning of a new stage in tactics that your positive mental attitude will get you through. Your will to survive will cause you to win the battle versus lying on the ground waiting to be slaughtered. Believe in yourself, train your mind to win, have confidence in your equipment by training and creating muscle memory and mental preparedness.

Mental Rehearsal

First, think of some actual incidents in your mind that you may encounter. Be realistic when you do this. Example, in your car, sitting in your house, sleeping, ect...

Play these in your mind and instruct yourself to react to them and win them.

Mental & Physical Rehearsal

So repeat specific threat situations (physically act them out) and repetitions of the tactics that have you winning those encounters.

Remember, just because something works out in thought, does not mean it will in actual practical use. So practice them mentally and physically!

Mental & Physical Rehearsal

Mental Rehearsal is both a mental and skills drill where you're actually instructing yourself through visual imagery.

Need some help with possible incidents....

Possible Incidents

Road Rage

3D TSA30735



Armed Robbery

2D AR30743



Possible Incidents

Home Invasion with a family member attacked

2D DV307003



Child Abduction

3D CA307002



Skills Training

Skills training, probably the most important element when it comes to mental preparedness. Positive thoughts and mental rehearsal aren't substitutes for thorough training and frequent practice.

You must have the physical skills you need to perform the tasks that will get the job done. Without them, these positive thoughts are just thoughts!

Injuries

You can get shot or stabbed while engaging in a life-threatening encounter.

You may be even seriously hurt.

Mentally rehearsing emergency first-aid procedures you might have to perform on yourself after you've won the fight and taken the bad guy is down or gone; isn't a bad idea either!!!!

Injuries

As a defensive carrying firearms owner you must commit your mind for survival. The truth is, you may be incapacitated if shot, you may fall due to the surprise; however, your mind needs subconsciously, to get back into the fight. The bad guy is looking to finish you off, if your tactical mindset does not take over. Your subconscious mind, and muscle memory need to activate into play. Your subconscious mind should be telling you: shot, move, cover, and neutralize the threat. You must, make a powerful decision in your mind that you will survive, no matter what, period!

Be realistic too...

Think of the following when training:

- Can I get to my gun? **(Getting to the gun first very well may not be an option).**
- Will I have to use physical force first? **(chances are you will).**
- What position will I be in when an incident happens to me? **(Don't make it easy for your self, train exactly as how you would be caught)!**
- Who and what is around when this happens? **(If you shoot, where will your rounds going)?**

12 Positive Thought's

- **On any deadly incident, I *will* survive!**
- **I *know* the tactics I need!**
- **I *know* how to make the physical moves I need!**

- **I am *skilled* with my firearm(s)!**
- **I can *stay focused* on what I have to do!**
- **I have *options* for controlling the problem!**

• **I can take each incident *step by step*, without rushing!**

• **I can breathe deeply to *control stress* any time I become tense!**

• **I can *decide* not to be afraid!**

**I can *defeat* any threat
against me!**

- **I can *use* deadly force to
save my life or the life of
someone else!**

- **I can *survive* and keep on
going, *no matter what*, even
if I'm injured!**

John Hansen
(623) 694-0377

