

HCT TRAINING PHILOSOPHY

Three Core Skill Sets

Three skill sets form the cornerstone of HCT's training. They are **Mindset**, **Marksmanship**, and **Manipulation**. Practice and training in these skill sets provide the mastery necessary to predictably endure and win in stressful situations.

1st Skill – Mindset

An individual's ability to change their mindset instantly and react smartly at the moment when a non-threatening environment becomes a threatening situation is critical. HCT training enables instinctually correct reactions and prevents paralysis when caught by surprise, fear, or shock. Students are taught to handle their firearm and situation under the physical and psychological stress of an imminent threat. Students learn ways to identify and deal with stressful situations in a simple and efficient manner.

2nd Skill – Marksmanship

HCT specialized training teaches students proficiency in engaging and hitting small, moving, reactive targets that are exposed for fractions of a second. This is called **reactive shooting**. The goal is to identify, track, and engage moving targets at human-reaction speed.

The average human reaction time is just under .25 seconds. The instinctual ability to react safely and quickly at these real-time speeds is fundamental to establishing the best defensive posture in any situation.

Reactive shooting teaches students to break down movements into the optimum reaction times of .25 seconds each. For example, a target presents itself at 20 yards. A shooter with a holstered weapon would optimally:

1. Identify the target and make the decision to fire..... 0.25 seconds (one reaction time)
2. Shooter engages his body, hands move towards weapon 0.25 seconds (one reaction time)
3. Shooter grasps his weapon, unlocks any retention devices..... 0.25 seconds (one reaction time)
4. Shooter moves weapon towards target 0.25 seconds (one reaction time)
5. Shooter aligns sights 0.25 seconds (one reaction time)
6. Shooter achieves required sight picture and decides to fire..... 0.25 seconds (one reaction time)

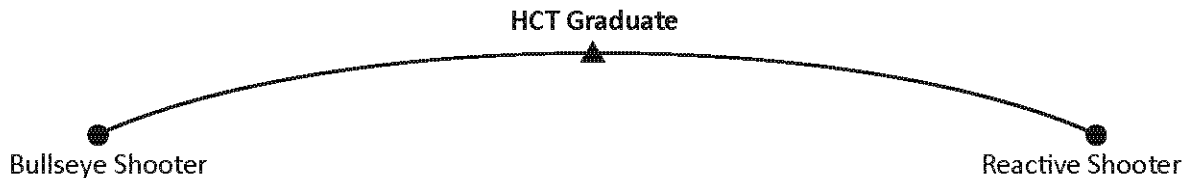
Total elapsed time is 1.5 seconds, the successful completion of six reactions by the shooter.

Reactive shooting provides real-life, real-time training and experience verses typical static precision shooting with unrealistic engagement times. It instills the fundamentals necessary to safely and responsibly handle a firearm under severe stress and pressure of actual engagement.

3rd Skill – Manipulation

Manipulation involves the process of employing the proper efficient actions required in handling a firearm. HCT students learn various methods to manage their firearm during challenging situations, including how to best manage their ammunition, firearm(s), and physical actions. The ability to deliver a fast accurate shot is the desired result.

Balance Skill Sets for Optimal Performance



Individuals typically fall into the category of either **Bullseye** or **Reactive** shooters. HCT leverages the skills of both and trains the student to evolve into a smarter, better, and more effective **HCT Graduate**.

An HCT Graduate is able to quickly, safely, and responsibly establish a secure defensible position with confidence and instinct. An HCT Graduate trains in real-world scenarios with real reaction times and possess heightened mental acuity. Recognizing and employing a best defense response is more than just firearms technology!

Bullseye Shooter's Attributes:

- Shots and manipulations occur within a conscious mind and thought process
- The shooter's goal is mastery of the fundamentals
- The properly trained shooter is in tune with all aspects of making the "perfect shot"
- Only one of HCT's three cornerstone fundamentals is required for success

Reactive Shooter's Attributes

- Is trained to operate within the subconscious mind
- Reacts within actual human reaction times (or less)
- Normally has a full-scope of the fundamentals, but employs only the necessary skills to be as fast and accurate as possible
- Applies two of HCT's three cornerstone fundamentals required for success

Three-Step Evolution from Bullseye Shooter to HCT graduate

The **first step** is to ensure a Bullseye shooter has thorough knowledge in the proper application of all fundamentals and manipulations. The shooter must be relatively accurate with his firearm which is accomplished with applied academics, practical application, and typically days of marksmanship drills.

Second, the Bullseye shooter is introduced to reactive shooting and taught to identify, track, and engage moving targets at human-reaction speed. This is sometimes a challenging transition for the typical shooter who is comfortable reacting within the speed of the conscious mind. By pushing beyond the usual comfort zone, the shooter's subconscious mind is trained to take over instinctually. This is accomplished through repetitive practice at limited exposure targets.

Finally, the shooter advances into scenario training that develops the proper responses required to complete a drill. The drills are purposefully designed in sequence to exercise the combined styles required for appropriate reactions. Through expert coaching and practice, the **shooter evolves** into a smarter, better, faster **HCT Graduate** as they balance and master the three skill sets. Students are able to feel and experience the intellectual transition between subconscious and conscious responses.

HCT Training Tools, Exercises, & Practices

- Enhancement shooting drills
 - Up/Bill/Phil drills
 - Spot shooting
 - Dot drills
 - Ball & Dummy Drills
 - HCT quals
- The focus on shot placement is primary
- Pushing beyond one's comfort zone is encouraged
- Shooting logs are recommended
- Group method training is utilized
- Honesty is expected
- Video debriefings are used
- Daily debriefings are held
- Best learning environment principles are employed

HCT values every student's time and investment and strives to deliver the maximum training and experience in return. HCT instructors employ modern adult teaching techniques that provide for maximum retention of course training and information.

To dramatically and quickly increase your Reactionary shooting skills, enroll in HCT's **Rogers Range course!** Find out more about Rogers Range at our dedicated website: www.RogersRange.com

