

**ACTIVE SHOOTER HANDGUN TRAINING MANUAL**

**ADVANCED LEVEL I TRAINING**

**ENGAGING A MOVING ASSAILANT**



Copyright 2015-2017  
INTELLIGENT TARGET SYSTEMS, LLC  
All rights reserved

# **INTELLIGENT**

## **TARGET SYSTEMS**

### **TABLE OF CONTENTS**

CHAPTER 1	DESIRED OUTCOMES OF THE ACTIVE SHOOTER TRAINING PROGRAM .....	3
CHAPTER 2	ACTIVE SHOOTER ENGAGEMENTS AND "SUFFICIENT FORCE TRAINING." .....	3
CHAPTER 3	AN OVERVIEW OF THE LEVEL OF FIREARMS TRAINING TODAY .....	4
CHAPTER 4	THREAT ENGAGEMENT IN AN ACTIVE SHOOTER ENVIRONMENT .....	5
CHAPTER 5	OVERVIEW OF THE ACTIVE SHOOTER TRAINING SYSTEM™ .....	5
CHAPTER 6	SUCCESSFULLY ENGAGING A THREAT IN A CHANGING ENVIRONMENT .....	8
CHAPTER 7	WHEN ARE YOU JUSTIFIED IN USING LETHAL FORCE? .....	9
CHAPTER 8	MOVING TARGET SHOOTING TECHNIQUES.....	9
CHAPTER 9	PREPARATION FOR LIVE-FIRE ENGAGEMENTS OF MOVING TARGETS .....	10
CHAPTER 10	ACTIVE SHOOTER ADVANCED TRAINING, PRELIMINARY TRAINING DRILLS .....	11
CHAPTER 11	ACTIVE SHOOTER ADVANCED TRAINING, LIVE-FIRE TRAINING DRILLS.....	11

**CHAPTER 1                      DESIRED OUTCOMES OF THE ACTIVE SHOOTER TRAINING PROGRAM**

*“Our mission is to provide you training in both the physical skills and situational awareness you will need to successfully respond to an Active Shooter Confrontation.”*



**REFERENCES:**

1. Active Shooter Manual
2. PowerPoint Presentation (optional)
3. Online Active Shooter Training Course
4. Individual Target Score Sheets
5. Videos of training classes and technical information can be viewed at: <http://www.intelligenttarget.com>
6. State law for certifications and licensing as required
7. John Desmedt's "Use of Force" model



**An Active Shooter Confrontation will most likely be in a crowded, moving environment!**

**CHAPTER 2                      ACTIVE SHOOTER ENGAGEMENTS AND “SUFFICIENT FORCE TRAINING.”**

No one that carries a firearm, whether civilian, military or law enforcement is more challenged than in an Active Shooter Confrontation. When the decision to use deadly force is reached, you very likely will have only one opportunity to resolve this deadly conflict.

Your response and critical thinking must be immediate and decisive in this demanding situation. There will be no second chances.

## **INTELLIGENT** **TARGET SYSTEMS**

But are armed individuals in our society really being trained for a dynamic deadly force confrontation? Are you yourself prepared to not only neutralize a dangerous threat but to just as importantly, ensure an innocent bystander does not also become a victim?

Active Shooter Confrontations have been the subject of much discussion. A deranged person enters a workplace, mall, school or other safe location where people are going through their everyday routines and in a fleeting moment a peaceful environment turns deadly.

Law Enforcement used to adhere to a doctrine with the first officers on the scene securing the area, attempting to evacuate as many people as possible until the SWAT Team arrived.

The rules have changed. An Active Shooter can kill or injure dozens in the few minutes it takes for SWAT to arrive on scene. Today most everyone believes they have the responsibility to attempt to locate, contain and if necessary, aggressively stop the shooter.

### **CHAPTER 3                      AN OVERVIEW OF THE LEVEL OF FIREARMS TRAINING TODAY**

With many people that are licensed to carry a firearm believing they are being tasked with that level of responsibility, each one should ask themselves a very important question:

*"Am I trained to a level that will allow me to use a firearm effectively against a moving attacker in a crowded environment?"*

Entrance level firearms training on a static range is necessary for more than just safety. The skills gained prepare you to safely and efficiently operate a firearm and to understand the basic aspects of self-defense. Weapons handling, sight alignment, combat reloads and malfunction clearing should be run until they become "second nature." To qualify as being competent, shooters then perform basic training drills on stationary targets.

But, is the shooter really prepared for the reality of the situation?

A key limitation in this stationary target training is that knowing beforehand the target is a threat and will not move in any direction – it will remain stationary at a known distance. This leaves the shooter only partially trained and ill prepared for an actual moving confrontation.

The experience and awareness of engaging a moving assailant is not part of the training taught by other firearms instructors in New Mexico. They have the shooter move and the target remains motionless – very unrealistic. Engaging moving targets requires a skill set that is much more advanced than engaging stationary targets; all too often we have observed trained law enforcement and military shooters experience "situational awareness" disorientation when first exposed to moving targets.

Being disoriented in a gunfight can be fatal. The distraction caused by a moving threat can cause the loss of valuable engagement response time on your part and the attacker can gain time and positional advantages.

Unless you are prepared and experienced in engaging moving targets, this all works against you and your attempt to protect yourself and others. If you die in the gunfight you cannot help anyone.....

## **CHAPTER 4                    THREAT ENGAGEMENT IN AN ACTIVE SHOOTER ENVIRONMENT**

The United States Department of Homeland Security defines the active shooter as "An individual actively engaged in killing or attempting to kill people in a confined and populated area; in most cases, active shooters use firearms and there is no pattern or method to their selection of victims."

Multiple participants and bystanders have to be considered in planning and training for this eventuality. A priority task in our training courses is to engage and neutralize the Threat and, at the same time, to not hit any innocent bystanders.

The consequences of "a good shooting gone bad" are dire. Juries care little of the challenges and circumstances you faced before and during the shooting.

When an attorney in a court proceeding asks you, "Did your firearms training require you to assess the level of danger the shooter presented to you and the innocent bystanders in the area and train you how to not iaccidentally shoot them?" the answer you give is of the utmost importance.

## **CHAPTER 5                    OVERVIEW OF THE ACTIVE SHOOTER TRAINING SYSTEM™**

With our patented Active Shooter Training System (ASTS), you can present a description detailing how you were trained on moving, decisional targets; presenting variable and changing threat levels. With random moving Threat and No Threat targets the level of training we provide is unsurpassed and unavailable from any other firearms instructor.

Target movements certainly add an additional challenge to firearms training. "Wobblers" add some realism but only move repetitiously and smoothly like a metronome and with no repeatability they cannot be used to assess your firearms capability in varying environments.

The ASTS presents a realistic training environment employing reactive and non-reactive targets that mimic the movements humans make.

Our instructors start you with training drills that are easy to master and build your confidence. The difficulty of the training drills is then configured to bring more realistic and difficult challenges. This training will better prepare you for the complex set of events you may face on the street.

## **INTELLIGENT** TARGET SYSTEMS



**Shooter with bystander**



**The ASTS incorporates multiple moving "target pairs".**

The Instructor variable training parameters presented by our proprietary and unique program include:

- Varying the *Lateral Stand-Off Distance (Offset)* between the Threat and No-Threat targets.
- Changing the *Speed* and *Arc Magnitude* of all the targets movements as they appear from behind one another and "wobble" back and forth.
- Altering the *Type of Movement* the targets make. For inexperienced shooters unfamiliar with moving targets, the Instructor sets the target motions to be smooth and rhythmic. As the student advances in capability, the targets will move in more aggressive and faster human-like random movements.
- Moving the *Position of the Threat Target* to be either in front of or behind the No-Threat target. As the complexity of the drills increase, No Threats are positioned in front of AND behind the Threat.
- *Altering the Height* of all the targets relative to one another is easily adjusted (everyone is not the same height).
- *Changing the Target Threat Status.* The ASTS system uses a patented mechanism that allows the Instructor to change the threat status of the targets in real-time. The targets change from a No Threat to a Threat, from a Threat to a No Threat, or a No Threat that remains a No Threat. This is invaluable for training in protecting innocent bystanders.

## **INTELLIGENT** TARGET SYSTEMS

- Changing *the Angle of Entry*. Terminal ballistics in a dynamic gunfight are three dimensional. Anatomical Shot Placement is critical to immediately stop the criminal act. The ASTS system provides excellent training with this skill.
- Changing *the Angle of Engagement* is an important tactic to help place rounds effectively and accurately and to protect innocent bystanders. Movement is also a critical protection medium for you, the shooter.
- *No Shoot Engagements* are included in our training to ensure a balanced response. If the Threat drops his weapon and you are in a safe position, you legally should not engage him.

As you can see, as your capabilities and confidence increase, the complexity of training drills is increased.

These capabilities allow the ASTS to be used in almost any training modality.



### **Active Shooter Rifle Training**

Using the ASTS, the Instructor can easily generate Training Drills with a level of difficulty matched to your ability.

The Instructor begins with simple Training Drill which presents a smoothly moving Threat target behind a stationary No Threat target. The stand-off (offset) distance between the two targets is set at maximum. This drill will immediately present you with a new dilemma; you now must be responsive in your actions to two planes of people, not all of whom are Threats.

We call this approach "Multi-Plane Training™."

Unlike the relative ease of engaging stationary targets, engaging moving targets on the ASTS you will have to concentrate on not only the Threat target's position and movement but also the position of the No Threat target(s). You cannot simply draw and randomly fire at the Threat target as you have in the past with stationary targets. Not only is precise, focused aimed fire at the Threat required the No Threat can and will obscure the Threat.

## **INTELLIGENT** **TARGET SYSTEMS**

You will be instructed in methods of advanced trigger control, which are paramount in this situation. Deciding on the correct anatomical targeting relative to the Threat's position behind or in front of No Threats is also discussed in-depth.

With the ASTS and its ability to mimic human movements, ineffective trigger control will cause you to either miss the assailant or hit a bystander, certainly limiting the potential for an immediate incapacitation of the assailant.

As your skill advances, the instructor increases the challenges in the training drills by closing the stand-off distance between the targets, having both targets move at faster speeds but still smoothly, altering the height of each target, then having both targets move randomly, relocating the attacker to be in front of the innocent bystander instead of behind it and adding additional bystander targets in the Area of Engagement.



### **SWAT engaging Threats in a moving environment crowded with No Threats.**

The Active Shooter Training System was developed to train you for a complex and difficult armed confrontation. When it "all goes bad" the person that intervenes must be able to instantly assess the situation and mentally respond with,

***"I know what I need to do .....I did it in training."***

## **CHAPTER 6                      SUCCESSFULLY ENGAGING A THREAT IN A CHANGING ENVIRONMENT**

YouTube has videos and reenactments of hundreds of real-life gunfights and most are very fast moving events. View some of them and take a moment to write your own personal notes on what happens in each one. You will see there is one common thread in almost every video-almost no one on either side of the conflict stands stationary!

A worst case scenario doctrine was developed by Lt. Colonel Rex Applegate of the OSS after his experiences in World War II. His book, *"Kill or be Killed"* was published by the US Marine Corps. This doctrine is part of the foundation of all our self-defense programs.

When a physical confrontation becomes violent what really happens?

### **WORST CASE SCENARIO DOCTRINE**

- 1. Extreme Fear**
- 2. Limited Visibility**
- 3. Convulsive Physical Response and Violent Movement**
- 4. Multiple Assailants and Field Dangers**
- 5. Multiple Weapons Overt and Unseen**



# **INTELLIGENT**

## **TARGET SYSTEMS**

In videos of a gun fight you will see each of the 5 Elements of the worst case scenario doctrine and you will note that each confrontation is in a different physical environment. An ever-changing environment is the dominate variable in any conflict.

### **CHAPTER 7                    WHEN ARE YOU JUSTIFIED IN USING LETHAL FORCE?**

*“Deadly force is justified when it is reasonable to believe you, or another person who is known to be innocent, is placed in the immediate, unlawful and unavoidable threat of death or great bodily harm.”*

The concept mentioned above is a high standard of conduct, which may be valid in any common law based legal jurisdiction. You may travel to other states or countries. This concept should be matched to any situation you foresee. Consult with a licensed attorney in the jurisdiction you are in or going to about the use of deadly force and possession of weapons.

This concept was adapted from John Desmedt's *“Use of Force”* publication.

### **CHAPTER 8                    MOVING TARGET SHOOTING TECHNIQUES**

#### **Opponent Movement Potential**

1. Unexpected Direction and or Positioning
2. Nonlinear
3. Random or Smooth- Varied Speed
4. Turning

#### **Reactive Shooting and Your Instinctive Responses**

1. Point Shooting- Total visual focus on the threat, or
2. Flash Sight Picture- Minimal visual sight use
3. Trigger Control- Convulsive Contraction of the Entire Hand.
4. High volume of Fire
5. Maximum Speed - Half second increments

#### **Deliberate Shooting-Conscious Response**

1. Sight Alignment
2. Angle of Entry Control
3. Trigger Control- Staged Trigger Control
4. Controlled Volume of Fire
5. Speed - Two to Ten Seconds Increments

## CHAPTER 9                      PREPARATION FOR LIVE-FIRE ENGAGEMENTS OF MOVING TARGETS

Course Duration: Approximately 5 hours

Ammunition: 250 rounds Practice Grade Ammunition (PGA) and 50 rounds Duty Grade Ammunition (DGA).

Supporting Equipment: Strong side holster and three magazines or speed loaders with carrier. Eye and ear protection.

### **Learning Outcomes:**

1. Using the Active Shooter Training System, the participant will successfully hit moving anatomical points of the body of the assailant at varying distances.
2. The participant will learn the correct techniques to successfully engage shoot both smooth and random moving assailants.
3. Participants will fire Angle of Entry drills to understand correct shot placement when the Threat is not directly facing you.
4. Participants will fire Angle of Engagements drills required when the Threat is partially obscured or being covered by an innocent bystander and/or cover.
5. Use of verbal commands, correct use of cover and movement/object distractions will be used in selected exercises.
6. Using Multi-Plane Training™ the participant will be trained on the specific techniques of movement, weapon manipulation and shot placement to successfully engage a Threat and prevent hitting an innocent bystander.
7. The participant will learn and demonstrate an effective "No Shoot Engagement" wherein a threat drops his weapon and becomes passive and responsive to the participant's commands.

### **Conditions and Standards**

1. Daylight Training Cycle.
2. Standard protected shooting range.
3. Understand and comply with range commands.
4. Handle firearms safely.
5. Score a 80 percent on tested relays taken at the end of the class.
6. Pass a short written exercise at class completion.

### **Active Shooter Level One Course - Safety and Orientation**

1. Safety Briefing.
2. Safety Rules.
3. Response to malfunctions.
4. Range commands.
5. Firearm handling.
6. Range behavior.

### **Student equipment check**

1. Verify firearm type and ammunition.
2. Ensure holster complies with Training Drills and Range Safety Specifications.
3. Validate eye and ear protection.
4. All participants must have a brimmed hat.

# **INTELLIGENT**

## **TARGET SYSTEMS**

### **Handgun Function Check**

1. Check cleanliness and fitness for use.
2. Lubrication and suitability for use.
3. Weapon function.

## **CHAPTER 10 ACTIVE SHOOTER ADVANCED TRAINING, PRELIMINARY TRAINING DRILLS**

Before the Training Drills commence, the Instructor will discuss and demonstrate the following techniques. Each student will mimic and complete each technique multiple times:

1. Normal body stance (No Combat Stance)
2. Movement left ½ step with weapon presentation
3. 3 part draw/fire technique
4. Procedures to use when your gun malfunctions
5. Movement ½ step left during reload
6. Correct reload procedures
7. Getting back in the fight

## **CHAPTER 11 ACTIVE SHOOTER ADVANCED TRAINING, LIVE-FIRE TRAINING DRILLS**

### **EXERCISE 1 TRIGGER CONTROL DRILL**

Purpose: Teaches the student to understand the importance of trigger control while engaging an assailant that is moving slowly but smoothly. Controlled pairs will be used to increase the probability of stopping the assailant.

Approximate time: 20 minutes per relay.

Ammunition: 6 rounds Practice Grade Ammunition (PGA). Student will fire 6 strings of 1 round each.

Target: Humanoid Image Target. Engage as instructed, Center Mass only!

Distance: 7 yards

#### Training Drill Description

##### Dry Fire Exercise

1. With the line SAFE, Instructor will demonstrate the correct procedure to be used.
2. All engagements will be executed using a standard two handed grip.
3. Students will dry fire and then hold the trigger to the rear after the firing pin is released.
4. Students will slowly release pressure on the trigger until it resets. Run the slide to reset the gun if required.
5. Drill will be repeated several times.

##### Live Fire Exercise

1. Students will load a magazine with 7 rounds into their weapon, make the weapon HOT and perform a "Press Check."
2. Students will draw to the Ready Position.
3. Students will fire 1 round and then hold the trigger to the rear after the firing pin is released.
4. Students will slowly release pressure on the trigger until it resets.

Drill will be repeated several times.

# **INTELLIGENT**

## **TARGET SYSTEMS**

### **EXERCISE 2**

### **NO SHOOT DRILL**

Purpose: Teaches the student the correct procedures while responding to an assailant that is aggressive and armed but not an immediate threat.

Approximate time: 15 minutes per relay.

Ammunition: None Fired- But weapons will be loaded during the exercise.

Target: Humanoid Image Target. Target will be armed with a knife, but not directly threatening the student with a weapon.

Weapon will drop upon student using correct verbal commands.

Distance: 10 yards

#### Training Drill Description

Each student will:

1. Come to the "Ready Position" and remain behind simulated "cover" (barricade)
2. Assess the target as armed but not being an immediate threat to them or innocent bystanders which would require an immediate action engaging the Threat. (Target has back to the shooter)
3. Direct the threat with forceful and direct logical commands to:
  - "Freeze! Do Not turn around or you will be shot!"
  - "Drop the weapon and put your hands up!"
  - The Threat target will drop his weapon and his hand will be shown.
  - Give the command "Do not turn around. Don't look at me!"
  - "Keep your hands where I can see them and drop to your knees!"
  - "Now sit on your hands and cross your feet."
  - "Don't move."
  - (In real-life) If possible, slowly position yourself a safe distance away and let him see you do have a gun pointed at him. (If he cannot see you he is more apt to try to challenge you and force you to take action and possible have to go hand-to-hand or even let him escape.
4. Simulate calling in for help and backup or the police.
5. Discuss the difficulties in maintaining control over the Threat until law enforcement arrives. Students are instructed to not attempt to subdue or search subjects. Subduing high risk subjects requires additional advanced training.
6. Maintain a safe but controlling distance.
7. Discuss interacting with law enforcement when they arrive.

### **EXERCISE 3**

### **CONFIDENCE DRILLS**

Purpose: Allows students to warm-up with their handguns before engaging moving targets. Live-fire drills will test the functionality of each weapon and allow opportunity for the Instructors to evaluate each student's gun handling skills.

Approximate time: 15 minutes per relay

Ammunition: 24 rounds of practice grade ammunition (PGA) 6 rounds of duty grade ammunition (DGA)

Target: Skills Colored Target

Distance: 7 yards

#### Training Drill Description

1. The non-shooting students in Group B will observe those students in Group A that are on the firing line and engaging the targets. Rotating between engaging the targets and observing the other shooters on line will allow every student to complete all the training exercises.
2. No talking while the Training Drill is being run!

# **INTELLIGENT**

## **TARGET SYSTEMS**

3. Students will run a dry-fire Training Drill to ensure correct safety procedures are being followed.
4. Students will insert a fully loaded magazine into their weapon, make the weapon HOT and perform a "Loaded Chamber Check." (LCC)
5. Upon command, students will come to the standing "Ready Position."
6. Upon command the student will fire 2 rounds each at the Number, Geometric Shape or Color as called out by the Instructor
  - a. A Combat/Speed Reload will be initiated in gun runs dry.
  - b. Students will engage targets with both PGA and DGA to ensure correct handgun/ammunition operation.
7. Student and weapon performance will be evaluated by the Instructors.

### **EXERCISE 4**

### **SMOOTH MOVING ASSAILANT**

Purpose: Teaches the student to understand the correct procedures to be employed while engaging an assailant that is moving, slowly but smoothly. Controlled pairs will be used in the beginning to increase the probability of stopping the assailant.

Approximate time: 20 minutes per relay.

Ammunition: 24 rounds PGA

Target: Humanoid Image Target Engage as instructed, Center Mass only 2 rounds.

Distance: 7 yards

#### Training Drill Description

1. With the line SAFE, Instructor will demonstrate the correct procedure to be used.
2. Students will engage a smooth moving assailant with a dry fire drill first.
3. All engagements will be executed using a standard two handed grip.
4. A combat reload will be run after a student's gun runs dry.
5. Instructors will evaluate performance of each student with suggestions

### **EXERCISE 5**

### **RANDOM MOVING ASSAILANT**

Purpose: Trains the student to understand the correct procedures to be used while engaging an assailant that is moving randomly. Controlled pairs will be used to increase the probability of stopping the assailant.

Approximate time: 20 minutes per relay.

Ammunition: 18 rounds of PGA. Student will fire 3 strings of 6 rounds each.

Target: Humanoid Image Target. Engage as instructed, Center Mass 2X only

Distance: 7 yards

#### Training Drill Description

1. Students will load a full magazine into their weapon, make the weapon HOT and perform a "Press Check."
2. Students will draw to the Ready Position.
3. Student will engage a random moving assailant with 2 rounds in controlled pairs
4. A combat reload will be run approximately after each series of six shots.
5. Instructor will evaluate performance with suggestions.

# **INTELLIGENT** **TARGET SYSTEMS**

**EXERCISE 6**                    **ANATOMICAL ANGLE OF ENGAGEMENT**

**EXERCISE 7**                    **MULTIPLE PLANE ANGLE OF ENGAGEMENT DRILL**

**EXERCISE 8**                    **CORRECT USE OF COVER/CONCEALMENT**

**MORE.....**

## **ACTIVE SHOOTER LEVEL ONE COURSE -COURSE COMPLETION**

- Clean and close Range
- Return to the classroom
- Take student scores and weapon information for licensing.
- Double check data.
- Student Self Critique
- Instructor Comments
- Classroom Written Exercise
- Instructor Summary
- Distribute Training Certificates
- Review of future training
- Course Conclusion