

THE MAXTACTX KNOWLEDGE BASE



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THE TACTICAL BITS: Information and tips from the fields of security, law enforcement, and protective services.

Body Armor Drills, Why Distance Matters

“Two shots to the body, one to the head.” Good principle when training for possible body armored shooters. The problem arises when the principle is applied to non-tactically sound distances. Effective shots to the head at distance do vary given the weapon employed, however one thing that is a constant, the greater the distance, the harder it is to hit the head. Multiply this with the fact that most likely the person’s moving, than you see how complex the principle gets in practice.

At greater distances, target stability becomes an issue. The best way to look at it is to think of the body as if it were a record on the turn table (for those who remember record players). The outer end moves faster than the center. The head is like the outer end while the core (pelvic girdle) is like that center.

The core/ pelvic area shot serves many purposes at distance. First, as explained the core is more stable than the head, second the core is a larger target, third shooting the core takes out the threat’s mobility which makes him easier to defeat in the gun fight, and fourth if the target is missed the downward angled shot is less likely to cause serious damage beyond the target due to mitigation (not stopping the round) from ground impact.

In training a little creativity helps when practicing the two body armor drill techniques. One exercise that helps make believers out of the techniques is to place a balloon in the position of the target head and two to three in the area right below the 5 ring or to the sides of the 4 ring (Below the chest/stomach). For an indoor range, move the targets from its furthest distance (50-25 yards) to the 7-5 yard line. With the movement representing the fact that the target has body armor, move the target in until one of the two body armor target points (the balloons) is hit.

In cases where the targets can’t be moved forward, turning the targets can represent the fact that the target is either stopped or is still active. In either drill, the main point is to enforce the operator’s ability to respond to the target and not the commands. After all there probably won’t be any range instructors around during a real gun fight.

These exercises not only enforce the concept of the body armor drill they also give each operator a chance to get comfortable with the distances that are most effective for them to take each type of shot. Since each person is different, this part of the exercise is important. Follow through with an immobile target is also a principle that goes without saying given the fact that the pelvic shot is not in itself a threat stopping shot. This aspect of the engagement should also be exercised.

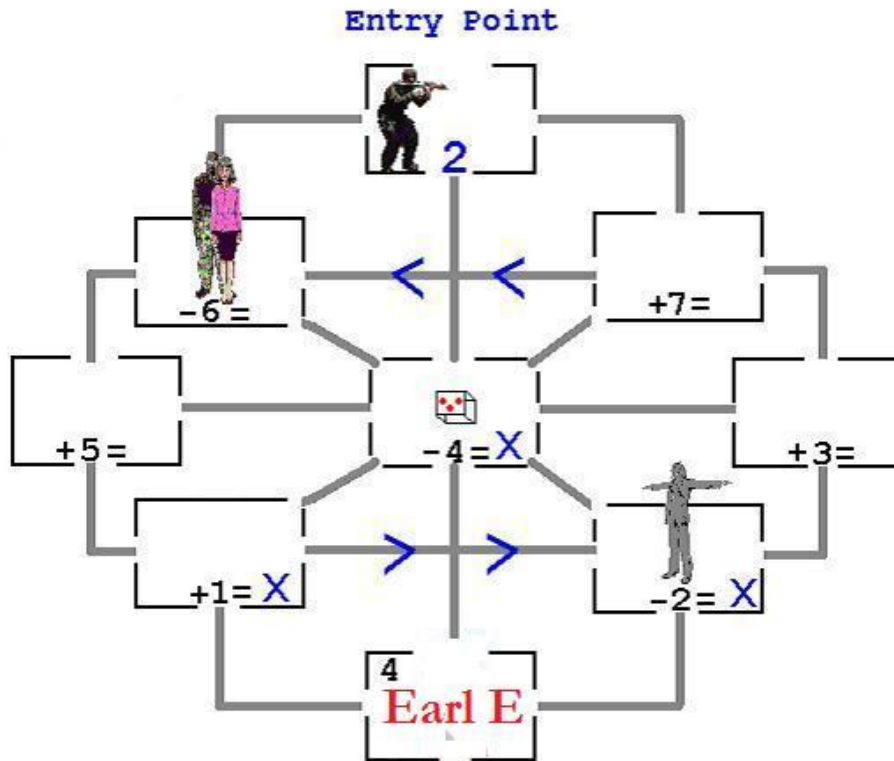
Shooters wearing body armor are likely to be the most dedicated threat an operator will ever face. Given the fact that body armored drills serve as the most critical of shooting techniques, training to realism and doing it as much as possible is critical for those of us who protect and serve.

Clyde J. Lucas

ACTIVITIES CENTER: Exercises for the mind to keep you sharp. Not just games.

Cell Seeker 4 Team Contact

The main plots have been prevented thanks to your efforts. Now we know where the true ring leader of this organization is hiding. You must lead a team and capture this terror leader, bringing him to justice.



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From the entry point you start with 2 team members. From that point trace a path along the gray lines (the corridors) adding or subtracting values (members) from the squares (rooms) you cross along the way. Your objective is to end with a value equal to the bottom room, in this case 4. The end value must be in one of the rooms marked with an X connected to the bottom room.

- You don't have to enter every room.
 - You can only trace any line once.
 - Your value can't be zero or a negative value at any time.
 - Any line with an arrow on it means you can only move in that direction.
- All other gray lines can be traced in either direction.

