

Gunsparring™ Instructor Course

Overview

The Setcan® Gunsparring™ Instructor course utilizes an Ecological Dynamics methodology incorporating a Constraints Led Approach to improve officer's hand gun performance for real world encounters. Instructors first learn the language of this approach and how the course was constructed specifically to address firearms training. Instructors will learn how to design and deliver training evolutions using the Constraints Led Approach. This includes using advanced training products like StressVest® to optimize training feedback. This is followed up with guiding the students through self-assessments and identifying where further training needs to be focused.

Topics include:

- Understanding the difference between Information Processing and Ecological Dynamics Methodology.
- How the Constraints Led Approach operates under the Ecological Dynamics umbrella.
- Identifying the three constraints used in this approach and how are they manipulated.
- Understanding the overarching skill we are trying to develop with students and its two main subcomponents.
- Identifying the invariant(s) in a handgun battle at close range.
- Understanding the importance of perception action coupling using a representative design.
- Identifying the metastable regions and how to use them to explore and create affordances.
- Identifying attractors and why and how we need to break them to create degeneracy (various movement solutions).
- Learning to interleave related tasks vs isolation.
- Applying the idea of "Repetition without Repetition".
- The big three and action capacity training.
- Differential learning strategies.
- How to use the ADAPT model under the Ecological Dynamics Approach.
- How to use the StressVest® and related products safely.

And so much more...