

Tac:Fit by Group Espada

TAC:FIT

A three day, intensive and hands-on workshop, focused on development of critical tactical skills, thinking and physical fitness.



TAC:FIT OVERVIEW

When the time comes, will you not only know what to do, but be able to perform? TAC:Fit by Group Espada integrates Tactical Response, Advanced Shooting and Leading Edge Fitness so you not only know, but do!

TAC:Fit is a comprehensive and intensive three-day workshop, focused on the integration of tactical skill development, thinking and fitness. The program is purposefully designed to be mentally and physically challenging, thereby replicating the real-world operating environment of front-line Law Enforcement units. Attendees of TAC:Fit are presented with ever increasing challenges that help them internalize appropriate responses to high-risk situations.

TAC:Fit assumes no prior Tactical training and can be used as a foundational program for future skill development. The program utilizes highly realistic scenarios, leading edge content and controlled stressors to help students become comfortable with high-risk response.

A unique component of TAC:Fit is that it views the Law Enforcement Officer as an

athlete. In this context, the attendee is also introduced to advanced fitness and nutritional training concepts, that improve their tactical platform and increase their readiness.

Over the course of the program, attendees will be exposed to a variety of material. The program combines theory and hands-on training to help students not only learn how, but why, which we have found to be a critical component to long-term skill retention. The program is intensive and those attending should be in good health and fitness.

Due to the nature of the program, we do require that all attendees are from a single agency or team. One of the goals of the program is to help build bonds between team members, which is critical to success in tactical operations. This program is not open to civilians and is considered classified.

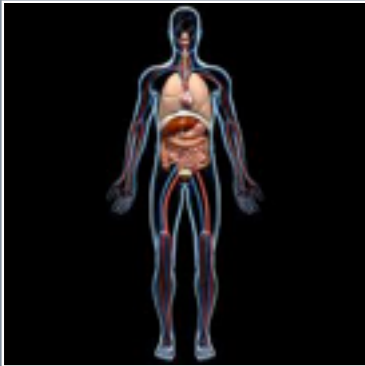


Tactical training that exceeds expectations

TRAIN TO LIVE

This, first of its kind, program was designed to develop leading edge skills and performance levels for front line units.

TAC:FIT DAY I



How and why?

Group Espada programs not only present the “how” but also work to empower the attendee to understand the “why” - this combination helps to improve retention and connect the mental and physical aspects of intensive training.

Tactical Psycho-Dynamics I

During this module, students are introduced to the Psycho-Dynamics of Tactical Situations. Attendees become aware of their natural response to high-risk situations, key factors in managing their emotional state and it's affect on their physiology.

Tactical Anatomy & Physiology

Students become aware of the impact of shoot placement and it's affect on human anatomy. This section of the program reviews the body's key systems, their interdependence and structure and how they can be disrupted through effective hand-to-hand techniques. The program further examines combatant stress response from an anatomical perspective and considers the implications on tactics.

The Officer Athlete

Attendees being to learn the similarities to Professional Athletics and Law Enforcement. Attendees review principles regarding proper use of form, load balance, the use of agility drills in Tactical training and how it impacts shooting and

H2H scenarios. Nutritional approaches are also reviewed and placed within context of Tactical training. By the end of the module, attendees will be able to develop an on-going fitness training program for their specific needs.

Immediate Action Drills

One of the most critical aspects of overcoming a tactical encounter is learning to operate in the funnel. The “funnel” is the center of any combative engagement and those who are not comfortable in the funnel often lose. Through a series of drills and scenarios, of increasing complexity, students will gain comfort and confidence in their ability to defend themselves and gain control of a rapidly deteriorating situation. The goal of this training is to provide a foundational grounding by which students can fall back upon if other techniques fail. It is critical that regardless of environment, injury or stress, the operator is able to fall back on a core set of drills, which are fundamental and basic. This module provides that foundational set of responses.

Ground Essentials

The ability to get to the ground or recover from a fall is a core skill. This module works on overcoming challenges related to getting to and working in ground environments.



Shoot-Move-Communicate Protocol

Attendees are introduced to the “Shoot-Move-Communicate” (SMC) protocol. This protocol is used as the foundation for all other training in the program and becomes the standard method of response for high-risk immediate actions scenarios.

Tactical Shooting Part I (classroom)

The theoretical concepts behind tactical shooting and core tactics are presented. Students are presented with the reasoning for the approaches they will soon be executing as well as how these approaches build upon the SMC protocol

Tactical Shooting Part II (range)

During Part II of this module, students move to range environment and begin to put into practice what was learned in the classroom earlier in the day. The emphasis is on skill development and consistency. Students begin to employ the SMC protocol and common mistakes or bad habits are corrected. The goal is to shoot in a controlled accurate manner under stress.

High Risk Response I (classroom)

Here we evolve the SMC protocol and begin to focus on common officer involved scenarios (active shooter response, ambush, hasty hostage, etc.) and establish shared protocols that scale from a single officer to multiple officers

High Risk Response II (range)

Students return to the range and other environments to develop high-risk response skills through practical application. Students will continue to refine their skills by working through increasing complex challenges and scenarios. Emphasis is placed on establishing coordinated responses and preserving life. Students will work on coordinated fire, tactical reloading, victim evacuation, location security and much more.

Tactical Psycho-Dynamics II

Students will work on specific skills to transition from high-stress states to stress control and after action postures.



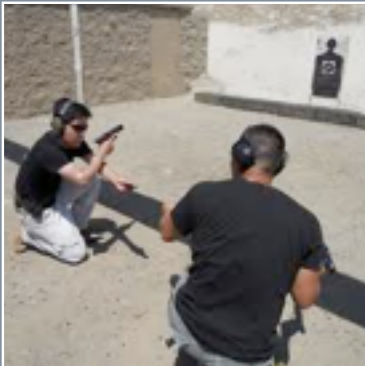
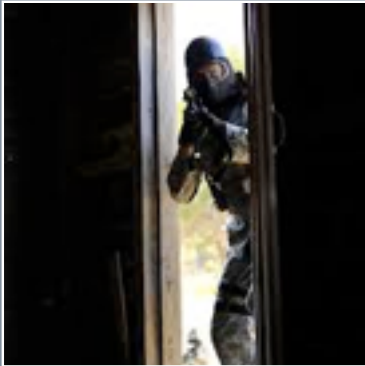
TAC:FIT DAY II



Layered Training = Effective

Our programs utilize a “layered” approach. This means that you start with the basics, and as the program evolves new information is layered on piece-by-piece, helping to assure effective and long term skill development.

TAC:FIT DAY III



Tactics + Fitness = TAC:Fit

Times have changed. Officers must not only have a sound knowledge of tactics, but also train like an athlete. This combination helps reduce injuries, improve confidence and preserve officer longevity. It is a formula that is long overdue.

Threat Identification (classroom)

Students are presented with TIP (Threat Identification Protocol) to better learn to identify threats and hazards which could compromise their effectiveness and response.

Tactical Challenge I (range)

Students work through a series of methodical challenges that help to identify their specific areas of weakness. Instructors then customize solutions based on individual needs to help prepare the student for their final exam.

Tactical Challenge II (range)

Complexity and variability are added to throw the student off balance mentally and physically, yet build confidence that they can and must continue to calmly perform their mission.

Red Circle Drills (range)

Students immediate response skills are honed using emotional and environmental stressors. The goal is to develop the students ability to respond to unknown circumstances and overwhelming stress in a safe and effective manner.

Tactical Gauntlet

A combination of physical and emotional stressors are utilized to test the students development, based on all of the material

presented in the program. Students are expected to solve a variety of real-world challenges with little to no Instructor input.

The goal of the Tactical Gauntlet is to assure that the students can take the skills presented during the program and employ them in a safe and effective manner.

Skill Index

TAC:Fit develops a wide variety of interconnected skills. The goal of the program is to create a baseline of tactical skills that are based on athletic platform.

- Active Shooter Response
- Ambush Response
- Developing an Athletic Mindset
- Coordinated Fire
- Ground Skills
- Hand-to-Hand Response
- Hand-to-Weapon Response
- High Intensity Fitness
- Stress Management
- Tactical Nutrition
- Tactical Shooting
- Tactical Skill Development
- Tactical Reloads
- Proper Falling and Recovery
- Victim Management
- Weapon Transitions



Practice
Practice
Practice

TAC:FIT STRUCTURE

Things to know and consider.

Length

TAC:Fit has been designed to take place over three days. Day I is typically 4-6 hours in length with Day I/III typically taking 9-10 hours.

Times & Locations

Exact training times and locations will be worked out during the planning phase of your training program.

Training Approach

TAC:Fit includes classroom training, hands-on training as well as quizzes and tests. This program is not just a checkmark, but a comprehensive and in-depth program. Students should be alert, take notes, ask questions and be prepared to work hard. Tactical responses high-risk and being prepared is critical.

Weather

Training is held regardless of weather.



Dress

Students should wear tactical clothing and appropriate footwear. Further tips can be obtained from your Proctor prior to class.

Fitness Standards

Although we do not test attendees to determine their fitness level, we do assume that they are in good physical health and have a good level of fitness. Students should be able to pass the FEMA US&R Physical Agility Test.

TAC:Fit exposes the student to advance fitness concepts based on Functional Fitness concepts.

TAC:Fit incorporates agility training, bodyweight training, cardio challenges, suspension training and other high intensity exercise challenges. Students should come to the program prepared to perform physically, throughout the training workshop.

Equipment

Any specialized equipment or other items will be detailed during the Planning Phase. Typically programs require: Climate Controlled Classroom, Outdoor Firing Range, Controlled Physical Structures (schools, buildings, warehouses). Further access to communication equipment, duty weapons and ammunition,



Train To Live

Patrol cars and other equipment that is part of the attendees, standard equipment profile should be used.

Weapons & Firearms Safety

Unless otherwise instructed, all weapons must be unloaded and carried in a safe manner. No drawing of any weapon or employment of any weapon is permissible without authorization of the Lead Group Espada Instructor. Failure to comply with this guideline may result in termination of the program without refund.

General Standards

We work hard to maintain a high level of quality. Our programs are not for everyone and we realize that the training is considered some of the most difficult and challenging available. Please discuss any limitations or other challenges you may have during the Planning Phase, so as to assure that program is appropriate to your agencies abilities and skill levels.

We are different!

Group Espada is not a typical training organization. We combine leading edge instruction techniques with practical and real-world training. Our goal is to assure our students retain what they learn and can immediately apply the content. We pride ourselves in providing high-quality programs.

Things To Know

- Our training is challenging and hard - to assure you are as prepared as possible.
- We update our programs often to keep up with a changing world.
- Why combine the "how" and "why" to help you retain what you learn.

Customization

All programs can be customized to an agencies specific requirements.

GROUP ESPADA

Sea Bright, NJ

732.889.4444

info@groupespada.com

www.groupespada.com

www.facebook.com/TeamEspada