



PULSE 02DA

FIREARMS TRAINING, INC.

5-DAY MASTER

OF CHAOS-1

COURSE DOCUMENTS

Schedule
and
Preparation



PULSE O2DA FIREARMS TRAINING, INC. 5-DAY MASTER OF CHAOS-1

5-DAY MASTER OF CHAOS-1. Prerequisites: *MoC-2 or equivalent*

This course is for those serious firearms owners who are looking to learn the basics of teamwork and small unit leadership, primary and secondary weapons systems for self-defense in the home or their business, and desire a deeper understanding of the skills needed to win a fight for life in the team environment.

The fee for this course includes a one-year subscription to the Pulse O2DA Armory and a complete set of our training manuals - Strategy, Tactics, and Drills.

TOPICS

This intense 5-Day Our Master of Chaos 1 or "MoC-1" course begins where MoC-2 leaves off (starting with a skills test) and focuses all honing your individual skills while teaching you how to operate as a part of a team. This course is highly individualized as it intensive and unparalleled training course is designed to prepare the novice but serious shooter for the reality of a violent fight for life by exposing him to our unique range training which consists of our maneuver based drills designed to get you safely moving and shooting while demonstrating those tactical skills needed utilize cover/concealment properly. The skills you learn on the range will be reinforced in our extensive 25 scenario Reality Based Training or "RBT" program where you will learn to apply life saving aggressive gunfighting techniques by going toe-to-toe against some of the industries finest roll players who have but one goal in mind; to make you a skilled and confident fighter capable of decisively winning the fight of your life by practicing the skills needed to win a fight for life against real life human beings utilizing painful, yet non-lethal firearms training devices (Simunitions).

By using our building block approach to training in a structured and relaxed training environment, you will practice basic gun-handling skills and shooting fundamentals via both dry practice and live-fire drills. By the end of this course you will have the necessary experience and knowledge needed to safely handle and shoot your shotgun as well as having a base of knowledge and understanding needed to help you make the best decisions for future training.

In addition to the range work you will receive the unique support network that Pulse O2DA clients experience with our pre-course, concurrent, and post course training materials, which will surround you with quality educational materials that will aid you in your further improvement and training

Range Lecture

Review and practical hands on of:

- Proper practice and new motor skills
- Proper distribution and wearing of equipment for fighting
- Equipment adjustment and setup
- Review the four universal safety habits
- Definitions of directions specific to team fighting
- Definitions of building descriptions for easy communications
- Maneuver theory
- Leadership
- Team organization



PULSE O2DA FIREARMS TRAINING, INC. 5-DAY MASTER OF CHAOS-1

- Role selection
- Two, three, four, and five man team tactics
- Communication
- Intelligence gathering
- Threat and risk assessments
- Operational planning and coordinating
- Tactical planning
- Operational orders
- Defense and offensive symbiosis
- Mechanical breaching - theory
- Covert and deliberate vs dynamic room clearing
- Post action procedures
- Definitions of range commands
- Managing team training

Range Training and Team Exercises

Lectures, demonstrations, dry, and live practice of:

- Test of MoC-2 firearms skills and maneuver
- Refining of individual skills
- Team tactics and movement to contact
- Verbal communication
- Issuing operational orders
- Mechanical breaching - practical application
- Team dynamic structure clearing
- Low light fighting
- Open field formations
- Immediate Action Drills - actions on contact
- Casualty care and evacuation drills
- Vehicle assaults
- Fully integrated and progressively difficult team centered reality based training scenarios
- Constructive after action reviews
- Extensive firing drills from 0-200+ yards
- How to continually improve with dry practice

Pre, concurrent, and post course supporting material (manuals, white papers, articles, videos, and web-based content via the Pulse O2DA Armory)

- Mastering your mind for combat
- Concealed carry practical advice and techniques
- Recognizing reality and learning to operate in it
- How to operate in and master the chaos of a fight
- Unmasking violence, becoming comfortable with it, and how to use it to your advantage
- Psychology of fighting and steeling your mind for the fight
- Quickly mastering combative sighted and never doubting your ability again
- Avoiding the litigation landmines after a lethal force encounter
- Tactical fundamentals and adapting them for the situation
- Tactics vs. techniques

- Tactical principles
- Individual movement techniques
- Basic area clearing techniques
- Room entry and clearing
- How to handle doors
- How to clear stairs
- How the decision making process relates to tactics
- The color code of mental awareness
- Drills to develop observation and situational awareness skills
- How the color code relates to Boyd's decision-making process
- Detailed dry practice guides



PULSE O2DA FIREARMS TRAINING, INC. COURSE PREPARATION

PLEASE BRING THE FOLLOWING EQUIPMENT:

(Visit our homepage; pulsefirearmstraining.com for our free downloadable .pdf brief: [*Suggestions and Considerations for the Purchase of Your First Handgun, Rifle, Shotgun and Accessories*](#) advice.)

Your firearm

The firearm that you carry or plan to use for self-protection and/or the protection of your family. No "race guns"/competition firearms or equipment please. If you have any doubts, feel free to contact us.

A quality tactical sling (rifle and shotgun)

Don't skimp here, a quality sling that operates well, is easily adjustable for positions and tasks such as climbing, and is comfortable can be a real life saver.

Magazines

At least two per system magazines if you are shooting a semi automatic firearm, at least one speed filler for revolvers.

Ammunition

Please bring at least 250 rounds. For safety reasons, only new factory loaded full metal jacketed (FMJ) ammunition is to be run through your firearm. Jacketed hollow points are allowed. *Reloads of any type are not allowed.* No copper coated/washed rounds are permitted. You can purchase your ammunition from your local supplier or if we are training a local store with a range you can purchase your ammunition at the store.

For your convenience please call the store in advance to ensure that your desired ammunition is in stock and reserved and for shipping of your firearms and/or ammunition if you need too. We strongly advise you to bring at least 100 rounds of the ammunition that you plan to use for self-protection, as the range is the place to practice and find out if your firearm will feed your carry loads (no need for this if you are shooting a revolver).

Shotgun shell tactical stripper

At least one tactical stripper if you are bringing your shotgun as your primary firearm

Holster

Many people will purchase expensive handguns and skimp on their holster. Expensive holsters do not necessary equal quality. Remember that a quality holster can save your life and spare you countless hours of frustration with poor presentations and poor practice due to a poorly made/designed holster.

Magazine pouch

A single magazine pouch or speed filler/loader pouch will be necessary to complete your training. Again, just like your holster, make it a quality piece of equipment and don't handicap yourself with an inferior product or a competition pouch that isn't intended for personal protection. The magazine pouch should have the same fit to your belt as the holster you will bring.

Personal Protective Equipment

Please bring your ballistic vest with strike plates and helmet as well as any accessories you normally carry (magazine/radio pouches, chest rigs, etc).

Belt

Please bring a belt that properly fits both your holster and your magazine pouch.



PULSE O2DA FIREARMS TRAINING, INC. COURSE PREPARATION

Ear protection

A mandatory precaution. We recommend “double ear pro” (Over the head muff type of hearing protection on top of soft/foamy hearing protection) especially if you are going to be shooting at one of our indoor facilities.

Eye protection

A mandatory precaution. We recommend a clear lens for the indoor range and low-light situations. Something that has an ANSI Z87.1 certification is ideal.

Hat

A quality tactical/baseball type hat to help keep hot brass off of your head/face (between the eyes and protective glasses) and the elements off of your head.

Trim nails and hang rings

For your comfort, we recommend that you trim your nails to a comfortable length, and if you have large rings with sharp edges please consider hanging them on a simple yet strong necklace.

Snacks & drinks

Please bring your favorite snacks and foods (cooler if necessary). We will provide snacks for you, but we can't guarantee that we will have exactly what you like every day that you are with us.

Sunscreen

Please bring your favorite sunscreen for any outdoor courses you take with us.

Insect repellent

Please bring a good insect repellent if you are taking an outdoor course with us. While vanilla works wonders on the gnats here in Illinois it doesn't do much for the other insects like ticks and mosquitoes, so please bring something that will keep the other blood suckers off of you.

Thick long-sleeve shirt

A simple heavyweight shirt that will protect your skin from non-lethal yet painful projectiles (airsoft, paint balls etc.) during the Reality Based Training portion of your course.

Your cell phone

Please bring the phone you actually carry and use on a daily basis with you. For the most part, it will remain stored in your vehicle, yet you will need for the Reality Based Training portion of your course.

Knee and elbow pads/protection

We recommend both knee and elbow pads for the 2-Day+ rifle, shotgun, and precision rifle courses.

Additional clothing

Please bring the appropriate seasonal clothing, as even an indoor facility can take on the temperature of the seasons due to the ventilation systems.

Firearms cleaning equipment

Please bring the appropriate firearms cleaning equipment for each of the weapons system(s) you will be bringing to the course with you.



PULSE O2DA FIREARMS TRAINING, INC. COURSE PREPARATION

Towel

A towel will come in handy when you get sweaty on warm days, or when you get various lubricants on your hands.

Water container

A canteen, or water bladder (a Camel Back type, any manufacturer) is always a good idea, and you will need it for any outdoor shooting.

Concealment garment

If you are taking a 3-Day+ handgun courses please bring an appropriate concealment garment. Please see our article [Concealed Carry Basics Part 2](#) for tips on what makes a good concealment garment.

Duffle or backpack

A gun-bag, duffle bag, or a range bag... something that will carry all of your daily needs in it (daily needs is the key phrase). You will bring this to the range with you every day so your equipment is not get scattered around and we can collect the entire bag and all of your equipment and secure it before your Reality Based Training begins. We will then lock it up safely for the duration of your Reality Based Training and then return it to you when the training is concluded.

Secondary (handgun) with all above mentioned equipment

Please bring an appropriate handgun and accessories because you will be practicing transition drills.

Questions? If you have any further questions, please don't hesitate to call (415.246.4337) or write us (info@pulsefirearmstraining.com).



PULSE 02DA FIREARMS TRAINING, INC. COURSE PREPARATION

Check List:

- Your firearm(s)
- Tactical sling
- Magazines
- Ammunition
- Holster
- Magazine pouch
- Belt
- Sling
- Ear protection
- Eye protection
- Hat
- Trim nails and hang rings for comfort
- Snacks/drinks
- Sunscreen
- Insect repellent
- Thick long-sleeve shirt
- Your cell phone
- Knee and elbow pads
- Additional clothing
- Firearms cleaning gear
- Towel
- Water container
- Concealment Garment
- Duffle Bag/Pack



PULSE 02DA FIREARMS TRAINING, INC.

IMPORTANT PLEASE READ: Your Pre-Course Training Begins Here

We highly advise that you come to our course prepared. This means that you need to do a little studying (homework) before you get to us, as our courses are designed for serious individuals who want to learn as much as possible as quickly as possible.

While you may not have the time nor the inclination to study all of the material that you *should* prior to attending our course, there are some important ideas we need you to understand before you come to any of the courses we offer.

We call these four important ideas the *four keys* to your success. These four keys represent - at the very minimum - what we would like you to know before you come to your training course with us. By having a basic understanding of the four keys, you will aid us in helping you to speed yourself to your end goal, and by having a basic understanding of the information contained in this pre-training material you will help us to communicate with and assist you in your training more effectively.

Our courses are designed to maximize your *experiential* learning (physically doing things) and cutting all unnecessary *declarative* knowledge (things you don't "do" but can instead be learned by study about) out of your invaluable range training. This type of strict segregation of the two types of learning domains allows us to maximize all of our training time - IF - you do your part and study before coming to your course.

This strict segregation of teaching methods is based on keen insight not oversight.

You see, we realize that we only have a few short hours with you in which we can affect positive and meaningful change in your life where we can impart those essential *experiential* skills that you will need to learn in order to save your life in a no-holds-barred fight for life.

Because of this, we maximize your training time by strictly segregating those things that you can learn on your own (that *declarative* type knowledge that adults the world over learn through the internet every day at their favorite universities anywhere in the world), from those things that are best learned by actually *experiencing* them by doing (*experiential* knowledge - like actually moving safely on a firing line with other students and instructors, and with a loaded firearm), which you can't physically learn to perform correctly from just reading a book or learn just talking about the performance, nor by performing the actions alone in a dry-practice area. Could you learn much of this information all on your own without our help (or anyone else's for that matter) ? For sure, you could, it will just take substantially longer without the positive critical feedback that a qualified instructor brings to the table.

Add to the benefit of being instructed the pleasure of increasing your interaction with the world around you and meeting with and training with other like minded individuals with the same goals - well, there is no real good substitute for quality training. And while there isn't yet a good substitute for great training, there are great augmentations to training programs that can help you achieve your training goals as quickly as you are capable of achieving them.



PULSE O2DA FIREARMS TRAINING, INC.

It is for these reasons and many more that we have opened all of our curricula up to anyone who wants it before they ever have to prioritize their time and come out to train with us.

Be forewarned, if you come to any of our courses having sloughed off these basic instructions or otherwise not having done your “homework,” it will show and you will be feeling like you have been left playing catch up while slowing down the rest of the fighters who are there in order to squeeze the most out of their limited and invaluable training time.

While we highly encourage you to read the Strategy and Tactics manuals for more in-depth discussions on the below topics, if that is impossible due to time constraints we offer those of you who can not yet prioritize this information to the front of your to-do list, the following keys to your success with us.

First Key - Patience and a Positive Attitude

I would like to start by sharing with you some basic ideas about learning a new skill.

Be patient with yourself

Realize that as you learn new techniques, they may at first feel strange to you. Because they are new and may feel strange to you, you may feel slower and a bit awkward, and sometimes these very transient feelings causes some people to give up on a good technique without honestly evaluating it. This is a pride issue, an ego check if you will. Don't let your ego trip you up.

We want you to know that these feelings are perfectly normal, and just because you may feel slower or awkward in the beginning stages, you shouldn't get frustrated or give up.

The only thing you have to lose is learning something new, a new technique or procedure, and if it doesn't fit into your life after your training time with us, feel free to pick up whenever it is that best suits you. As long as you are safe, we are not going to get hung up over techniques.

Our curriculum has been painstakingly crafted (and continues to be honed) to speed you along the learning curve in order to maximize your training time with us. You need to have a little patience with yourself. Cut yourself a little slack, have some fun and you will quickly reap the rewards of having rock solid techniques that will be available to you any time you need them, even under high stress situations.

Because many of these techniques may be new to you, we will be watching you closely to assure that you do not repeat an improper technique (thereby having to unlearn the bad and then relearn the correct technique). You will be given ample opportunity to repeat the proper technique numerous times. You will find that the surest way to quick progress is to practice good and simple techniques correctly over and over again.

It was the great Vince Lombardi who had once said “Practice does not make perfect. Only perfect practice makes perfect.” (later on in his career he also said that there was no such thing as perfect practice), we believe that proper deliberate practice will lead to maximum gains in the shortest time. Therefore, we will get you as close to perfect as you have ever been, all-the-while illuminating the way for you to quickly gain new skills at your choosing.



PULSE O2DA FIREARMS TRAINING, INC.

Also know this: This learning experience will probably be different than any you have ever received before. As it has been carefully designed to give you the most learnable information in the shortest amount of time so that you have maximum opportunity to learn by practicing proven techniques time and time again, with the end goal of making your actions both natural and reflexive so you don't have to think about the appropriate response when you need it.

Therefore, when we see you performing any technique incorrectly (which is often caused by previous poor training habits), we will politely remind you and show you the proper way. We do this with your best interests in mind in order to shorten your learning curve and to decrease the frustration of having to relearn a poor technique and to speed you on the path of winning as quickly as possible. I am telling you this now, up front, so you will not take offense and think that you are being singled out or picked on, because everyone receives the same attention to detail.

Finally for this subject, we realize that for some of our clients, this close attention to detail could seem a little overwhelming. So if you are working hard on a technique, and you feel a bit overwhelmed, or you are getting frustrated by the coaching, it is okay to let us know that.

Because we are being polite to you, please return the favor. We are teaching professionals, we understand that people learn differently and at different speeds. We are here to help you and to make you better, not stress you out and make you worse. Our exceptional staff is highly trained in exactly what it takes to get you from where you are to where you would like to be. No one will yell at you, no one will degrade you, we are there to help you every step of the way, even if that means giving you some time to decompress.

Bring and keep a positive attitude

"What we think about, we bring about." Motivational Coach-Anthony Robbins

"You keep getting what your getting because you keep doing what you do." CWO-3 Gene R. USMC - Leader, Mentor, Coach, and Shooter Extraordinaire

It is paramount at this beginning stage of your training that you learn how to focus on and reinforce positive behavior by focusing on what you are doing right and by reinforcing success while starving failure. If you have a chance, visit your local library and check out a copy of Lanny Bassham's book *With Winning in Mind* or better yet order a copy at Amazon. It's a relatively small book, but it is powerful and will help you squeeze every ounce out of your training with us.

I am asking you to take on faith what experienced, wise, and well seasoned combative instructors know, and what they help guide their students *toward*: Positive thinking and talk. They intuitively understand that negative thinking or verbal criticisms of yourself or - even worse - your fellow learners, can have a devastating effect on not only your shooting skills, but your survivability as well.

Just read what one acclaimed expert in the field of lethal force instruction had to say about this subject:

"Positive self-talk goes to the heart of self-confidence during a critical situation... Self-deprecating talk has no place in survival mindset theory, yet positive self-talk is rarely taught.



PULSE O2DA FIREARMS TRAINING, INC.

Telling yourself to win and that you are going to survive are some of the most important thoughts for your life.” - Kenneth R. Murray, the founder of Reality Based Training, in the seminal work *Training at the Speed of Life* (p.100).

I can tell you that all of my life experiences, and many of my peers have proven this principle to be true.

So keeping in mind that *you will fight as you train*, please practice positive self-talk and a winning attitude so that, should you need your skills during a fight for life, your training will not have failed you.

We can help you with this, but you need to step up to the plate and do the real work.

Second Key - Understand Combative Sighted Fire

Combative sighted fire is one of the two major firing techniques you will need to learn to be a proficient fighter with firearms. This is an extremely simple skill to master if you understand the fundamentals. Do yourself a favor and understand theoretical underpinnings of this technique very well before you come to our course.

Our in depth discussion on combative sighted fire can be downloaded by simply click [here](#).

Download it, read it until you understand it... Because by understanding this fundamental skill at the intellectual level will dramatically cut down on your learning curve while on the range, and should you have any issues in the morning with your sighted fire accuracy, we will be able to walk you down a known path to help you “get it” solidly.

Third Key - Understand the OODA Loop

The essence of the Pulse gun-fighting methodology is influenced by the work of John Boyd a U.S. Air Force Colonel and legendary fighter pilot. At the heart of Boyd’s work was research into the decision cycles of fighter pilots reacting in dogfights. Col. Boyd pioneered a mental process known as the Decision Cycle, or the OODA Loop. Boyd introduced the process in his lecture “The Patterns of Conflict.” The book *Warfighting*, from The United States Marine Corps, contains the following description of Boyd Cycles:

“Boyd identified a four-step mental process: observation, orientation, decision, and action. Boyd theorized that each party to a conflict first observes the situation. On the basis of the orientation, he makes a decision. Finally, he implements the decision - he acts. Because the action has created a new situation, the process begins anew. Boyd argued that the party that consistently completes the cycle faster gains an advantage that increases with each cycle. His enemy’s reactions become increasingly slower by comparison and therefore less effective until, finally he is overcome by events.”

OODA explained:

Observe (observation) implies that through some perception - sight, hearing, smell, touch, taste, and even intuitive “feeling” that you have received/perceived some information from your surroundings. Once observed, your mind quickly moves to orient that information through the filter of your knowledge and previous life experience (hence the need for reality based training). Upon synthesis and analysis of this information you form a decision (decide) on what to do with this knowledge. Finally, you act (action) upon the above and hopefully effect the change to the situation that you desire, and as you observe the results of your action the loop continues to flow



PULSE O2DA FIREARMS TRAINING, INC.

situation that you desire, and as you observe the results of your action the loop continues to flow into the next cycle. These OODA Loop cycles can be very fast or slow depending on a multitude of factors.

We wish for you to understand this decision-making process so that we are all using the same language and can communicate more clearly with one another. By understanding the decision making process (and just how prevalent it is in everything you do), you can more intelligently begin to focusing your training on those areas you know you need strengthening in, and which will therefore help you to manipulate and shrink these cycles at will. Your ability to stack the odds in your favor during a fight for life are directly proportional to your ability to shrink and or manipulate your decision making process.

You will find that even an academic knowledge of this concept is helpful to understanding our strategies for fighting with a gun, and this understanding will give you an enormous advantage over your opponent not only physically, but during the equally critical planning and execution phases of a planned or impromptu attack.

For a much deeper understanding of the OODA Loop, please read Chapter 1 in the *Pulse O2DA Strategy Manual*, which is available in the Armory in HTML or .PDF, and if you already have your Armory credentials, you can click [here](#) to view the *Strategy Manual* now.

Fourth Key - Understand Cover and Concealment (begins on page 68 of the Tactics Manual)

Your ability to understand, find, safely move too, appropriately utilize cover and concealment is exceedingly important to your survivability in a fight for life. We consider the ability to safely maneuver to cover and utilize cover correctly as a basic skill, therefore all of our 1-Day+ courses you will be taught how to safely and quickly move to cover. While the proper use of cover isn't rocket science, it is extremely important to understand the basics in order to maximize what resources you have available to you.

Study the mentioned section now and become familiar with the concepts so that when we get you to the point in your training (the first day of your training) you will be able to start moving to cover our recapping of the high points won't leave you scratching your head.

During your training your basic understanding will be augmented with real life drills and plenty of opportunity to take cover swiftly and appropriately.

For a much deeper understanding of cover and concealment, please read *A Closer Look at Cover/Concealment* in Chapter 3 in the *Pulse O2DA Tactics Manual*, which is available in the Armory in HTML or .PDF, and if you already have your Armory credentials, you can click [here](#) to view the *Tactics Manual* now.

We encourage you to go much deeper - as do your peers who have taken this course before you.

If you are serious about your training, and if you not yet done so, you really should immediately log on to the [Armory](#) and click the [Kickstart 5-Day Training Plan](#).

We created this plan as way of getting you quickly immersed into the basic fundamentals of safe and effective gun ownership, which in our method of presentation, provides you with the training and resources necessary to with the fight of your lives, and this - not so coincidentally - will



PULSE O2DA FIREARMS TRAINING, INC.

better prepare our future students for their invaluable yet limited and training time with us. And we open all of this up to you now, specifically so you will be a better student when you come out to see us... so don't let us (you are included in "us") down.

Inside the Armory you will find the most powerful gunfighting resources on the internet including: all of our manuals (handgun, rifle, shotgun, Strategic, and Tactics) in PDF and HTML, all of our videos for the handgun, rifle, shotgun, still photos, numerous white papers, suggestions, and hints that will make you better immediately, which are available to you on or offline.

The contents inside the Pulse O2DA Armory are designed to get you fundamentally proficient on handgun, shotgun and/or rifle. If you follow our 12 month training program, you will be fundamentally proficient on all three weapons, should you desire to learn the three basic weapons for self-defense.

The most powerful aspect of the Pulse O2DA Armory is the way we have integrated the text and still photos in the drill manuals with the drill video sequences demonstrating the skill or technique. For example, you can read exactly how to load your handgun, see still photos demonstrating how to load your handgun, then watch a short video sequence pulling it all together.

Herein lies the information you will need to save your life in a lethal force encounter, and better prepare you to fully participate in your course with us for the same reason.