

ADVANCED
TACTICS

G.A.R.
SYSTEM



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From The Editor

What if there was a tactical shooting system that universally allowed you to apply the same exact principles across all weapons platforms—pistol, rifle and shotgun?

What if you could master an integrative firing method that gives you the power to transition seamlessly from one firing position to another, and quickly engage targets at all ranges with lightning fast speed?

What if training in this system was so intuitive that it didn't require you hours and hours of practice to master its principles, so you could literally become a better protector of yourself and those you love... practically overnight?

If all of this sounds like a dream, something that's too good to be true, I have news for you. It's real, and it's called the Center Axis Relock system, or CAR for short.

This not an attempt to be different for the sake of being different, nor is it a new "solution" in desperate search of a problem to solve. This is a genuinely useful, comprehensive shooting system, which we are sharing with you courtesy of Gary Belanger. We think Gary and this system have a lot to offer you, and that's why this report exists.

As always, train hard, stay safe, and prepare now.

Yours in Survival,



Jeff Anderson



About The Expert

This report was compiled with the input of Gary Belanger. Gary is the North American Regional Director and firearms expert for Sabre Tactical, the organization behind the development of the Center Axis Relock system.

The Center Axis Relock system was originally developed by former detective and weapons trainer, Paul Castle, who developed the system with one goal in mind — to create a universal combat shooting strategy that could save lives.

Paul passed away in 2011, but not before his training was picked up by law enforcement, military and security operatives, to be proven on the battlefield through real-life stories of soldiers and police.

These are people whose lives were saved because of this very effective combatives approach.

Today the CAR system legacy is carried on by experts such as Gary Belanger, who teaches classes in Center Axis Relock to men and women serving on the battlefield, the streets, or just at home protecting their family.

For more information about Gary, Sabre Tactical and the CAR shooting system, visit them online at...



www.SabreTactical.com

Advantages of Center Axis Relock System

What is the Center Axis Relock (CAR) system?

Basically, CAR is a non-discriminatory platform for stability.

One of the problems that shooters have is becoming stable in order to get their shooting done properly.

This system is so intuitive.

It is so natural with the way the body wants to do things.

For instance, we shoot from a bladed position.

We don't shoot from the normal typical isosceles stance.

We shoot bladed, because it's just a stable platform when you're shooting bladed.

Imagine any five or six year old kids being face-to-face.

You give one of them a lollipop or soda pop and then just wait a couple seconds and ask for it back, that child will instinctively shift over to a bladed position.

He'll take that lollipop or soda you just gave him, hold it nice and close to his chest.

This is just like you would do if we were walking around in a bar.



We don't walk around in a bar with our bottle of beer hanging out a foot or two feet from us.

We keep it in.

We drive it in nice and close to our chest as we're walking through the bar scenario.

It's just something we instinctively do.

It's nothing we were taught how to do.

That's one of the things that CAR uses.

It uses things that our body does naturally.

One of the things it does naturally is go to a bladed stance when we get into that fight or flight syndrome.



If you look at any boxer, martial artist, everyone is operating from a bladed stance.

As police officers, you're taught to talk to people in a bladed stance, or what's commonly known as a field interview stance.

This is where your weapon is out, away from your opponent.

You don't talk to people face on, square on.

It's just something you don't do if you're in that little nervous, fight or flight zone

By being in this bladed stance, you have great control of your weapon.

You have great control over the effects that your weapon has on you.

For example, look at a plain old box of cigarettes just standing up on a table.

If you begin to poke on that little box, within two or three little pokes that box is wobbling, then boom- it's over.

If you start to poke at that box of cigarettes with your finger on the edge of it, you'll tap it, tap it, tap it...

You'll keep pushing it, but it's not going to rock; it's not going to fall.

As opposed to what happens when you tap on the face.



That's why the bladed stance is so much stronger.

Just using that as an example, you can see how the bladed stance works.

We employ it simply because it's a stronger stance, and your body knows that.

The system was designed by Paul Castle.

His big thing was firearms and looking at why people do things, how the body works, and what it likes to work at best.

For instance, when we hold our weapon in the CAR position, we don't hold it in the staggered grip that we're accustomed to seeing in the isosceles.

We hold it in more of a handshake cant grip.

We grip at about a 30 to 45 degree angle.

It's all about the individual.

A comfortable cant for him may be 30 degrees, whereas a comfortable cant for the person next to me may be 45 degrees.

If you look at how you're the body works, when we shake hands, we don't drive our hands straight out at a 90 degree angle and shake hands with someone.

Our hand is automatically canted, because that's the way the body wants to work.



Now, if you hold your hand out like we shoot, where we keep our hand out at a 90, we're forcing our hands.

It doesn't want to do that.

We make our hands do that, but if you stick your hand out, just for general purpose, stick it out there and shake somebody's hand, it comes out at that 30 to 45 degree angle.

That's something the body naturally does.

In CAR, we employ that concept in our natural grip; the natural position of 30 to 45 degrees that we shoot with.

Why?

Because that's the way the body wants to work and hands work best.

Your wrist joints line up.

Everything in your hand lies more proper than it would if you were holding that hand at a 90 degree angle.

The system works well with handguns.

It works the same if you want to take a shotgun or a sub gun.

With this style, you can also see pistol grip 12 gauge one ounce slug shotguns held by 80lb girls with the grip in the center of their chest, squeeze out the round, and even do it standing on one leg and not get knocked back.

A shotgun is a pretty powerful weapon, but if you can gain your strength by knowing how to grip that weapon, this system is unbelievable.

Imagine what it could do to a handgun!

What's important here is that no matter how much you train in the relaxed atmosphere of the range, these natural movements under the fight or flight adrenal stress scenario, when your life is really on the line, is advantageous, because they are instinctive.

Your body is going to react instinctively, and the only way it knows how to react and it prefers to react, is through natural motions.

This whole system is built on a foundation of using what your body is going to do naturally and using that for a tactical advantage, such as shooting with both eyes open.

We train and shoot with both eyes open.



We use both eyes to our advantage, because when crap hits the fan you cannot — it is physiologically impossible for you to close one eye.

Constantly guys train day after day after day shooting with one eye, their favorite eye, and closing the other eye.

When things go sour, your body is not going to let you close an eye.

It is in fight or flight and it's scared.

It is not going to do anything self-destructive as limit the vision that it can take.

It wants to see everything that's going on.

It is not going to close an eye.

If you never trained with shooting with both eyes open, you are going to get double vision if you don't know how to plan for it.

If you don't know how to use your dual eye open to its advantage, you're going to have a problem.

Your eye can only focus on one thing at a time, and if you don't know how to use both eyes open to concentrate on your front sight and your target, you're never going to hit it.

One of the advantages of the Center Axis Relock system is that it's universal to all firearms, whether someone is using a handgun, a rifle or a shotgun.

Weapon Positions

One of the stances CAR uses to hold a firearm is in the **high position**.

We're bringing the pistol grip of that weapon into the central portion of our body.

If you imagine yourself walking around in a bar scene, and you're holding that bottle of beer somewhere in your chest, your beer shelf (if you live on the big belly side) or somewhere in the center of your chest.



We can shoot from this position where that weapon is up in our chest.

It's our weapon retention position.

From that position, we gain a whole lot of strength.

We have massive control over that weapon.

It's not going to flip around.

It's not going to give you big recoil.

You can do this with any handgun, rifle, or shotgun.

Imagine using a pistol grip shotgun.

If you take that pistol grip shotgun and just stick it out there as if you were shooting off-handed with a pistol, that shotgun is going to literally fly out of your hands.

If you take that same shotgun with the pistol grip, and you drive it into your chest just the way you would be holding that bottle, this one hand

maneuver of placing the pistol grip in your chest to squeeze off the trigger, will make the shot go where you want it to go.

The shotgun is going to do what it's supposed to do.

The action is going to work, yet it won't be flailing around.

It will stay right there, rock hard solid.

It's the same whether you're shooting a sub gun or a handgun from there.

It's one of the key weapon retention positions simply because of its rock solidness when shooting from that point.

Gun retention is strongest there.

You can even imagine the firing hand, whether that hand is holding the pistol or it's holding the stock of a shotgun or of a rifle, wherever that trigger is can essentially be in that same place regardless of what the weapon is.

If you can train to fire from that position using this system, then it really does become universal.

It doesn't matter what trigger your finger is on.

You're firing from that same position, and that's what is really interesting about it the most.

Whether it's a shotgun or can of OC spray, your finger trigger position and grip is the same.

It doesn't matter what system you're holding, be it rifle, shotgun, OC, it doesn't really matter.

You're bringing everything into the center of our body.

Most people aren't shooting from that position.

That might be a ready stance for most people.

Then if they go to fire the shotgun, it goes up to where their eyes are, and you might not even have time to be able to do that.

If you're at that position, all the time and know how to shoot from this center line position gives you a huge advantage over time, and especially if you're accurate with it.

The Four Positions

The first position, as we have already discussed, is known as the **high position**.

That's where you grip your handgun like you normally would, only the left hand doesn't really get involved with much of the gripping.

In normal isosceles style shooting, what you're doing is gripping the pistol with your strong hand.



Your left hand comes in long if you're a left-handed shooter.

That high part of your palm gets into the pistol grip, making a nice solid grip.

That doesn't come in CAR using the high position.

You are grabbing the gun like you normally would with your strong hand.

If you're a right-handed shooter, you are gripping the gun nice and solid.

Your left hand just basically goes meat upon meat and you're placing that gun into the center of your chest.

If you were to look at someone holding this weapon in his upper chest position, you would see that they've contrived some sort of a triangle.

If you look at the gun, where the gun line is as the base, you'll see his left arm and right arm going up towards the head, creating a triangle if you look at it.

Imagine seeing someone holding a weapon in their chest like this.

You create this triangle position, one of the most stable positions there is out there.

That's where you'd hold your weapon for retention purposes, so no one can grab it from you.

If someone does get their hands on it, you can easily shirk their hands free from the weapon just by rapidly moving your upper torso.

Now you have control back on the weapon.

Normally this is just a weapon retention position in this high position, but from five feet and in it is tremendous what you can hit.

That is, as long as you aren't in a bladed stance facing your target, not head on but in a bladed stance.

Imagine yourself at a 90 degree angle and placing your left shoulder in line with your assailant's right shoulder.

He's facing you, but you're facing him bladed.

You have thereby created a 90 degree angle, and there's no way for you to miss.

That gun is rock solid in your chest.

When you fire off those rounds, they are going into your target.

If the fatness of your body, from your back to the front of the gun, is now 12 inches of body mass and gun, then that round is going in 12 inches from the assailant's shoulder.

If you've lined up shoulder to shoulder and make an L, then those rounds are going in 12 inches.

The rounds are going in as high as the gun is off the ground.

If your weapon is four-and-a-half feet off the ground, then that's where the rounds are going.

It's just simple geometry, and there's no real way to miss as long as you create this 90 degree angle with your assailant or your opponent.

From there, all you're really doing is moving up a little bit.

You are lifting that gun up into what's known as the **extended position**.



What you're doing is moving that gun, not pushing it way out there.

Just lift the gun up a little bit, so that your front sight is within your focal distance.

Your focal distance can be measured by how high you have to lift your wrist to see the time on your watch.

That certain distance is your individual focal point.

For most people it's between 12 and 17 inches.

As a general rule of thumb, most people who shoot isosceles push their gun out while focusing on a front sight dot, which is smaller than anything on your watch.

If you're being asked to focus on that front dot as you're pushing that weapon all the way out, then that's 24 to 28 inches.

How can you focus on that little dot like at 24 to 28 inches, when your true focal point is 12 to 17 inches?

That's what CAR does for you.

You use your natural focal point.

What you're doing is pushing that weapon out, so your front sight is no more than 12 to 17 inches from your focal point.

That's where you need to place something small like that, so you can concentrate on it.

You're asked to concentrate on the front sight.

In reality, most of our shooting is front sight based, so that's all we really need.

You never really even need a set of rear sights.

If you put that front sight where it needs to be, you're going to hit your mark, but you need to concentrate on that front sight post.

If that dot is that size, you can't push it out there at 24 or 28 inches and expect to concentrate on it.

It's too far away.

If the body wants to do certain things, it wants to focus on something that's 12 to 17 inches away and not 24 to 28.

It can't do it.

You're asking the body to do things it can't.

The next position after that is the **combat high**.

We are already in that position where you have your front sight within your focal distance, which also means that the rear of the weapon is probably two to three inches from your face.

The most that slide is going to travel is an inch-and-a-half.



You have to get rid of some of that fear around having that weapon close to you, but if you imagine having that weapon close up in your face, you really do feel confident.

That weapon isn't out there drifting around in no man's land.

You own it; it is right in your face.

We have to remember, these weapons work for us.

You don't work for that gun.

That gun will do anything you want it to do.

It works for you, but you have to make it work for you.

You have to own it.

In this combat high position, we're back up in our front sight, within our focal distance somewhere between 12 and 17 inches.

All we're doing is getting our sight picture, and we drop the weapon down just so that it's out of our face.

By moving that weapon down, just dropping your arm a little bit so the weapon is out of your face, now you can see everything in front of you.

You know exactly what your assailant's doing.

You can see his hands, feet, belt line and everything about this guy, simply by just dropping the weapon down.

Should the need arise to where I have to shoot it's just a simple matter of picking the weapon back up.

You don't have to re-focal or relook at anything.

You know where it was.

All you did was drop it down one straight line.

If something happens and you need to shoot, it's just a simple matter of picking the gun back up.

It's going to stop exactly where it was before.

You drop the weapon down and fire off the round.

It's that simple.

You do not have to relook for anything.

Once you figure out where you want to be, you are watching your target, drop the gun down and I can see a little more clearly.

If something happens to where you have to shoot, all you're really doing is picking the weapon up and firing.

It will stop exactly where you were before just by simple muscle memory.

It knows where it was.

It knows what the good picture was, and it's going to stop.

You're brain is a powerful thing.

There's a lot of things it can do all by itself.

You just have to let it do it.

The fourth and final position is called the **apogee position**.

It's just like the extended position where you're bringing the weapon up and using your focal point, but because you're now looking at a long range shot (say 15 yards and out) you don't want to rely just on the front sight post at 15 yards and out.



You want to rely on altering your front sight post and your rear sight.

At this point all you're doing is pushing the weapon out just a little bit further than your focal point, so you're having your rear sight in your focal point.

Now you've gained all three sights, your front and your rear.

The difference between apogee and the extended position is in the extended you have your front sight in your focal point.

In the apogee, you have your rear sight in your focal point.

All you really did was push the weapon out maybe another four or five inches, depending on the length between front sight post and rear sight post.

One of the unique things about the Center Axis Relock system is in how you position your weapon in relation to your eyes.

For one, you train to keep both eyes open when shooting rather than closing one eye as most people do down at the range.

Another thing is that you position the sighting and the weapon in front of what most people would call their non-dominant or their non-aiming eye.

Then also it has this bladed angle of the weapon itself.

It's angled at 30 or 45 degrees.

Importance of CAR Strategies

We work with both eyes open simply because it is impossible to close one eye when you run into that fight or flight syndrome, and your body is taking over.

You are scared.

Your body wants to do certain things.



It doesn't matter how many times you've practiced at the range shooting with one eye closed, you cannot do it when you get involved in a real altercation and are in fight or flight syndrome.

Your body will not do it.

It needs to keep both eyes open.

It wants to see what's going on out there.

It is not going to hurt itself by lessening the amount of vision that it can take in.

If it can take in everything, then it's taking in everything!

It is not going to shut down an eye simply because it was some kind of rule that you had.

Your inner body functions are going to do that.

It is going to keep both eyes open, because it wants to see what's going on.

When you are in trouble, it is not going to limit itself by closing an eye.

It's looking for information to be able to make decisions.

It wants to know what's going on.

It needs to know what it's going to need to do, so it's going to keep both eyes open.

You can practice all day long every day shooting with the one eye closed, and when crap hits the fan it's over.

Sorry, those rules are out the window, and your body will take over.



A little example you can do at home is simply look at an object.

If you're sitting maybe 10 or 12 feet across from a picture on your living room wall, sit there in your easy chair and look at that photo.

With both eyes open look at that photo on the wall; concentrate on it.

Now put your thumb up as if your thumb is your sight on your weapon.

If you're concentrating on that picture, you're going to see one picture and you're going to see two thumbs.

You can't help but do it.

Which one of those thumbs is the real sight on your weapon?

Now you switch.

Concentrate on that thumb, and it will be one clear solid thumb.

The picture that you were just concentrating on two minutes ago in the background will now be two pictures.

Which one of those pictures is your target?

You cannot focus on two things at once.

That's a great point.

You have to be able to train how to use both eyes open, and hence the technique of using right hand shooting.

You position the gun in your right hand while using your left eye.

Don't forget to stand in a bladed stance, so you're not head on to your target.

You're not facing our target like you would in the isosceles technique.

You're standing bladed, and your head is turned to your right for example, if you are a right-handed shooter.

CAR will accustom you to turn your head slightly towards your assailant, so you will reach a point where that double vision now corrects itself.

The right eye isn't looking at the threat anymore; your left eye is.

Your brain will concentrate on taking the image and using what is closest to the threat.

If you're standing bladed and turn your head just a little bit, your left eye will pick up your threat — just your left eye.

Your right eye is picking something else out.

The brain will learn to take the image closest to the threat and use that as the primary image.

It won't involve the other eye.

That's why we shoot right hand, left eye, because we're standing bladed.

If you're standing bladed the other way, because you're a left-handed shooter, then your weapon is in your left hand and you're using your right eye.

Your right eye is focusing on your assailant.

Your left eye is still working.



It's still open, but the brain knows that the left eye is closest to that threat, and it will take that image.

Why?

Because it's a natural thing to do.

Everything about the CAR system is based on what the body wants to do naturally.

That's why it's such a success.

You don't have to deal with double vision.

There's no fighting to see what your real picture is.

It's automatically there.

When your firing arm comes up the actual weapon itself is at an angle, almost like gangsta-style where it's a little bit sideways, we're using what the body wants to do.



The body does not hold a gun out there at that 90 degree or perpendicular angle.

It's something we force our hands to do.

If you put your hand out there and shake someone's hand, it is at that same angle that you're seeing the gun being held at there.

It's at that 30 to 45 degree angle, depending on the person.

Some people have a tendency to cant their hands more than others.

It's all individualized.

It all depends on how much of an angle your hand has to be out there for your wrist bones to line up.

We have proof of this by looking at x-rays of a hand being held in that 90 degree versus a hand being held naturally.

If you push that hand out naturally, you see how the bones are in perfect alignment, because you put your hand out in a normal regular handshake cant.

That's something we don't do as humans.

We don't think about it.

If you look at anyone shaking their hand out in front of them, that hand is canted.

It is not held out there at a 90.

It's canted, because that's what the body wants to do.

We keep that same cant when we're shooting our handgun.

When that happens, you're dealing with one of the most difficult problems shooters have.

Coming back shot after shot after shot after shot and being as accurate and as quick as possible.

We have to overcome massive recoil when we fire a firearm.

What typically happens with a firearm, we fire off the round, the explosion occurs, the slide goes back, there's still a whole lot of energy that needs to go somewhere.

When we shoot in the isosceles and our hand is unnaturally perpendicular, there is still a lot of energy that's left over after working the slide and bringing the slide back.

It's pushing that gun in your hand.

It wants to drive that energy back, but it can't.

The bones in your wrist are now not in alignment, so as soon as that energy goes through the gun and hits your wrist it has got nowhere to go.

It can't continue the connectivity, because the bones are not lined up.

This forces your hand to lift up in the sky, and you get that recoil.

The hardest part about shooting fast is overcoming the recoil from the previous shot.

If you can overcome the recoil from the previous shot, then you can shoot as fast as you want as long as you can move your trigger finger fast enough.

You can see this on film.

In CAR, by holding the weapon at that slight cant where our bones are all lined up, you can watch the recoil effect go through the arm.

You'll see the slide will go back, the gun will recoil and the energy will move through your bones.

The muscles in your forearms fluctuate and drive all the way through and out your elbow.

You can see the energy follow that straight path all the way back.

The gun acted exact as it was supposed to.

The energy went 100% straight to the rear and right out your body.

It just passes through it like an electrical current.

If you shoot the other way, in isosceles, it is all bound up with that wrist.

That's why you get that flip.

In CAR, shooters have been recorded at shooting speeds of four bodies and four heads in one second.

It's amazing when how fast you can shoot and be back on target when you don't have to deal with recoil.

You're not searching to get back to where you were.

Overcoming the recoil is the biggest part about being able to shoot fast and accurate.

CAR works with the body the way the body wants to work.

It is just a simple adjustment of unlocking those wrist bones, so that all that energy can just transfer through the firearm, through your wrist, down your forearm and out your elbow.

To see it live is amazing!

What's interesting about this, even from a combat standpoint, is that typically the adrenaline is going to make you fire very quickly anyway.

When you're in pull trigger mode, you oftentimes just pull, pull, pull, pull, pull.

If your body is naturally dealing with that recoil, your first shot might be on target, but with the other ones you're going so fast that you don't have time to recover and get back on line.

You should always know what your backstop is and be aware of possibly injuring a family member.

This type of a system stays on target, so you can pull fast, hit your target several times, and not have to worry as much about stray shots.

In that typical isosceles method, when you're shooting in that type of a nervousness scenario, your first shot should be on point.

With your second and third, you're shooting as that gun is still moving.

It's still on the fly up.

That's why we see this typical pattern of the shot in the 5 ring, and subsequent shots thereafter (if you're a right-handed shooter) are up and to the right.

They just keep on going up and to the right, because your weapon is still up in the air as you're shooting those other shots, whereas, that doesn't happen with the CAR system.

That recoil isn't there for you to worry about, so the shots are still where they need to be.

Training Drill

Without actually seeing it, it can be difficult to practice at home.

One of the things you can try to practice at home is getting used to working and commanding your brain to understand to use the left vision, if you're a right-handed shooter.

There are a lot of people out there that find this system a 100% perfect fit for them, because they are a right-handed shooter and a left eye dominant person.



They've had problems in the past shooting isosceles, because isosceles is designed for right-handed shooter, right eye dominant.

For those who are left eye dominant, this has always been a problem for them.

They've always had to twist or bend their head, or move their body over a little bit, so it was a little bit difficult for them.

They will find this system extremely natural to them right away.

Right-handed, right eye dominant shooters are the majority of the shooters out there.

They have to learn a little adjustment and learning curve on day one to use their left eye.

It's a little bit strange, but the brain understands it quickly.

It understands what you're trying to do as long as you're in that bladed stance.

It will pick it up, and by the end of the day everyone's in that zone.

One of the things you need to practice for doing this at home is learning to bring that weapon up and only focusing with that left eye.

For those who are right eye shooters, it's a great drill to bring that weapon up in that bladed stance and focus with just that left eye.

Just so you can get your eyes used to it, you may want to go to Wal-Mart or Walgreens to buy yourself an eye patch.

Throw it on the right eye, so that you are always using the left eye.

Your brain will learn to understand what you're trying to do.

If you've never done it before, it's a new thing, so it's going to take you a little while to grasp it.

Once you have it down and see what kind of a picture you have out of just that one eye, you'll see where your front sight is in perfect focus and your target is in perfect focus.

You're using that same one eye; you're not using the dual eye.

That's a great little tip too.

You can use dry-fire to practice this at home.

It's a great start to begin incorporating the natural movements by practicing the transition from the high position up to the combat high position, up to extended while using the non-dominant eye or the non-aiming eye that you normally would use.

Get used to that first, because that is definitely the first step of overcoming bad habits or what you think is the right way to shoot.

Set targets up at different ranges in your house.

Make 3D targets if you want.

Have them within the close quarter combat range, where you can go to the high position and shoot the SERT, dry fire or airsoft gun.

Just focus on shooting from that high position.

It's not typically bringing it up to your eye.

It's coming right from the position you take when you have no time to react other than pull the trigger.

Then the firearm can stay where it is, and you twist your body along that center axis.

Set up three different targets in close range, like a multiple attacker scenario.

Focus in on turning your shoulder and using your shoulder as that aiming point.

Then practice coming up to the next position at a target that is maybe five to seven feet further away.

Put targets at different areas within your home or within the range.

Try firing from each one of those four positions accurately.

Then practice bringing it up to the non-dominant eye and firing from there.

That's a really good transitional exercise to incorporate while trying to get used to these principles.

One of the biggest things you'll notice at the range is that a lot of shooters place a huge importance on being able to shoot targets at the 25 yard line or the 15 yard line, but they don't prepare for what really happens in a typical scenario.

It's close and fast when it happens, and if you spent all your time practicing at 15 and 25 yards you don't realize how much time it takes you to line up your sight and get those shots.

You'll get some nice hits, but you just don't realize how much time you are using up when you practice this way.

When crap hits the fan, your life is divisible by half second increments.

You don't have time to line up your sights like you practiced in the range.

If all you've ever done is shoot at 15 to 25 yards, then you may be a master at it, but you don't realize how much time you are taking up.

You need to know what it's like to shoot up close in your face.

The average room in the average person's house is a 12 by 14 or maybe 12 by 17, if it's a family room.

Those are the average sized rooms inside a person's house, but when things happen, it's most likely right in your face.

It's five feet or less, and if you don't know how to react to that and how to get that gun up where it needs to be, you are not going home.

You can't play around, line up your dots, line up your sights, and waste time.

This needs to be something that's instinctive.

Your body knows exactly what to do in this up close, upfront scenario.

If you practice, you can survive this encounter, because you'll know how to conserve time.

Time equals distance; we know it on the range and see it.

Look at the speeds and see what kind of time shooters use while practicing at 15 and 25 yards.

Their brain knows that at that distance they can take their time.

The threat is that far away.

When it's in your face, and you're not able to pull off four consecutive shots on your target in a second, then you're not ready for carrying a gun.

Parting Thoughts

It's so rare to find something so unique and unorthodox as the system we have described here, because we've all become so ingrained in certain training systems and styles.

It really takes a creative mind to think outside that box, wipe that slate clean and start from scratch.

CAR really takes a look at the body mechanics, natural reactions, and all the things that really make up a life or death scenario and starts with a fresh building block.

This type of cutting edge and revolutionary system is hard to come by.

Maybe your whole life as a shooter you were told you're shooting too fast.

You have a lot of time on the clock.

Maybe one of your shots that hit the 4 could have been a 5 if you had just slowed down a little bit.

You're not going to have that kind of time out on the street.

You need to know that you can make your gun think when you need it to think.

If you lose one point, a 4 versus a 5, you should be okay with that.

They're all center mass shots.

The whole industry is so concentrated on everyone trying to get all their hits in the size of a baseball.

To do that, you need time.

You need to make sure you're doing everything nice and slow by the book.

You have a center mass target to shoot at here.

Your life is dependent upon how fast you can get your rounds out of your gun into that target.

If you're still stuck on the old format of having to get everything in the size of a baseball, you know that requires time that you don't have.

When a gun is in your face, you have no time.

If you're still stuck in the old format of lining up all your sights, your nice really slow squeeze of the trigger, you're not going home; it's that simple.

I strongly urge you to test out these principles yourself.

Get on over to the www.SabreTactical.com website and check out a live training course, or take their online instruction program.

It's imperative that you dive deeper into putting this unique tactical system to work.

This report is really an initial primer to support your own training efforts.

The rest is up to you.

As always, train hard, stay safe, and prepare now.