

CLOSE QUARTERS COMBAT MINDSET



Close Quarters Combat describes actions taken to engage an enemy in a way that allows you to have maximum impact and efficiency to dominate the violent situation.

*The biggest component of your ability to succeed (i.e. not die) is
MINDSET.*

Just because you CAN defend yourself does not guarantee that you will. **You must train mindset like any other skill.**

How do I train mindset?

- 1 Attach training to survival
- 2 Focus on efficiencies
- 3 Train as you would fight

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Attach training to survival

Our brains are incredibly powerful, but we often need to play tricks on ourselves to change how we “see” something. Attaching training to survival means you are conditioning your “mental picture” to see the things you train as linked to protecting your life.

Don't go to the range and just blast away at a target. Train with a purpose.

Train to simulate fairly close, close, and extremely close violent encounters. Mentally work through these scenarios - dry fire them, then live fire them. Dry fire WAY more than you live fire.

Focus on efficiencies

As an example, I post my non-dominant hand on my chest with every draw, holstering, and other actions in my CQC training; allowing me to increase repetitions of that motion to the point of second nature. Now I don't need to focus on as many different hand placements for various actions.

Look for efficiencies and work them hard until they are second nature.

Train as you would fight

Most ranges require you to stand in a “box” and shoot in a single direction without moving. This is not how combat occurs.

Going to the range and only practicing marksmanship will do little to improve your chances of surviving a violent encounter.

Find other ways to train that allow you to move, apply close quarter techniques, and engage multiple targets. Laser ammo works great for this!

Applying these three philosophies will dramatically improve your survivability by changing your mindset about what exactly your training goals are. If you have any questions, email us at wltac@warlizardtactical.com