
WHAT TRAINING DO I NEED?

A guide to determine your desired goals, what your capability is now, and what your training needs are to reach your goals. Here you'll learn which FATCAT courses fit your needs.

With YouTube, social media, magazines, etc., opinions and showmanship abound. Determining what your goals should be and how to reach them is not as complex as it might seem. FATCAT is committed to simplifying your pathway to whatever goals are right for you.

Goals

Shooters often tend to focus too much on some aspects of their development while totally ignoring others. The key goals for anyone wanting to be able to defend themselves and others, include the following:

- You need to be able to carry and operate your firearms safely and competently. You need to be able to hit what you're shooting at. Collectively these are called "technical skills".
- You need to be able to know how to move, use cover and employ your firearm and other defensive skills to solve problems. For this you need simple problem-solving skills that you can employ while under serious stress. These are called "tactical skills".
- Lastly, practicing scenarios along with acclimating to stressful situations in the training environment prepare you to solve problem real-world problems in real time.
- All of these goals are essentially the same regardless of your application, which include: law enforcement, civilian self-defense, competition, hunting, etc.

Assessing Your Current Capability

To truly determine the gap between where you are now and where you want to go, one needs a measuring stick that is relevant and objective. At FATCAT, a no BS, honest and non-judgmental assessment of where your skill level is the foundation of what I do. Let's be honest, it is intimidating to have someone assess you and difficult to not feel judged. I understand. What I teach is designed specifically to allow you to progress as your speed.

To keep things simple, I offer here a quick self-assessment that you will give you an idea whether you are a beginner/novice, intermediate to advanced or professional level. My areas of expertise are in pistol, tactical rifle (AR-15 and the like), and precision rifle (sniper and hunting rifles). Below are self-assessments for each type of firearm.

Beginner/Novice

You are at this level if:

- If you grew up owning and shooting firearms, but have never attended formal training (hunter education does not count). Please understand that most of us learned to shoot from our parents, grandparents, friends, etc. We have great love and admiration of these awesome people. Please understand that nothing can replace professional instruction.
- If you've attended a concealed carry class, but fired less than 100 rounds to graduate and get your certificate, you are at this level.
- If you don't know how to disassemble, clean your gun and perform a functions check.
- If you don't know the difference in how to address one threat vs. multiple threats.
- If on demand without any warmup, you can't routinely hit the following:
 - Pistol – 6" target at 25 yards in 3 seconds from standing to kneeling
 - Tac rifle – 6" target 100 yards 5 times in 20 seconds from standing to prone
 - Precision rifle – 6" target at twice 600 yards in 20 seconds from standing to prone

Intermediate/Advanced

You are at this level if:

- You can routinely pass the self-assessment shooting tests found [HERE](#).
- You've been taught at least once how to use cover, break corners, and incorporate medical skills into your training modules.
- You know how and when to perform a reload or clear a malfunction vs. performing a transition.
- Under any conditions and on demand you can set up a hasty kneeling position and hit:
 - A 12"x18" target at 50 yards in 7 seconds with your pistol
 - A 12"x18" target at 250 yards in 10 seconds with your tactical rifle
 - An 8" target at 400 yards in 10 seconds with your precision rifle

Professional

You are at this level if:

- You can perform all the skills related above fairly easily
- You can perform and routinely practice CQB, interior movement (hallways and T-intersections), exterior movement, and other tactical skills as an individual or a team. Being capable of these skills as an individual is critical for concealed carry and home defense.
- You understand and can perform over-watch safely and effectively.

- You test your skills from time to time through reality based scenario training where you must make and execute justifiable decisions and execute those decisions at the unconscious competence level.

FATCAT Courses for Your Skill Level

Beginner/Novice:

- Tactical Pistol for Concealed Carry – this 3-4 hour course provides in an introduction to critical knowledge and skills for self-defense. This course will qualify you for a permit and provides you a skill set that you can use to protect yourself until you can get more in-depth training.
- Tactical Pistol Operator – this 2-day course provides you a complete technical skillset and basic tactical skills for the employment of the pistol.
- Tactical Rifle Operator – this 2-day course provides you a complete technical skillset and basic tactical skills for the employment of the tactical rifle.
- Precision Rifle Operator – this 2-day course provides you a complete technical skillset and basic tactical skills for the employment of the precision rifle.

Intermediate/Advanced:

- Most shooters (civilian and law enforcement) greatly benefit from the following courses since most are somewhere short of professional level competence when measured using the full set of FATCAT/CSAT standards.
- Tactical Pistol Operator – this 2-day course provides you a complete technical skillset and basic tactical skills for the employment of the pistol.
- Tactical Rifle Operator – this 2-day course provides you a complete technical skillset and basic tactical skills for the employment of the tactical rifle.
- Precision Rifle Operator – this 2-day course provides you a complete technical skillset and basic tactical skills for the employment of the precision rifle.
- Advanced Tac Pistol/Rifle Operator – these courses provide those with developed technical skills with more in-depth instruction in tactical skills outside and around vehicles.
- Rifle/Pistol CQB – these 2-day courses provide civilians and patrol officers with skill for dealing with tactical problems moving up to, entering, and clearing structures.
- Patrol Counter Ambush – this 3-day course provides law enforcement patrol officers with skills that are critical to their survival in their day-to-day operations.

Professional:

- Patrol Counter Ambush – this 3-day course provides law enforcement patrol officers with skills that are critical to their survival in their day-to-day operations.
- Tactical Pistol/Rifle Instructor – these courses provide instructors with training methodologies to teach operator courses and is designed for students that are serious about training their officer corps.

- Instructor Development Courses Alpha and Bravo – these courses provide law enforcement firearms instructors teaching methodologies and skills for providing technical and tactical instruction to their officer corps.
- Other professional level tactical courses (Basic and Advanced SWAT, Live-fire Hostage Rescue, etc. are available through Paul Howe at [CSAT](#)).