



Stress Inoculation Training

with Todd Lamb from www.AlphaNationTactical.com

From “Freeze” To “Fight”

People who are successful in life-and-death encounters have gone through mental and physical rehearsal.

- This is not just for a single task, but for an entire skill set. Physical preparation matters.
- of visualization makes all the difference. You are preparing your mind to take the steps necessary to overcome whatever you are dealing with.

Employing Mental Rehearsal And Visualization In Tactical Training

Chuck Norris spoke of how important these practices are to success in competition.

- Visualization and mental rehearsal are critical to success.
- You don't just rehearse the steps; you attach emotion to them. Incorporate vivid detail.
- When you couple visualization to emotion, your frontal lobe fires and changes the way your brain is wired. You are literally rewiring your brain to be better prepared.
- You can even rehearse mistakes you've made to produce a better outcome.
- Draw on what you felt like whenever you were successful. Tie that to your visualization.

Ramping Up Your Training With These Methods

You want to focus on the emotional content around executing perfectly in every aspect of a use-of-force or emergency encounter.

- The fear comes anyway.

- Visualize every element of various possible encounters. Tie your situational awareness to these, viewing the world around you through this new lens.
- Go through the physical motions as realistically as you can.

Make Your Training As Realistic As Possible

Anyone can increase the realism in their training for better success and stress inoculation.

- Vary the speed at which you train.
- Train at an 80-95% threshold.
- Introduce a pain element to produce better realism (like paint balls, shock knives, etc.)
- Add the physical element to get your heart rate elevated. Simulate injuries where applicable, too. Keep up the pace; don't just say “time out.” Keep it real.

Solo Training For Stress Inoculation

Increase your situational awareness.

- Be more aware.
- Go through the physical motions.
- Use training aids like weighted dummies.
- Video yourself doing things and review it.

Make Stress Inoculation A Lifestyle

Your skills are perishable.

- Be aware of the people around you.
- View the world through a low-level tactical lens at all times.
- Assess every place you are tactically.

Prepare. Train. Survive.