



The Future Of Center Axis Relock

with Jeff Johnsgaard of <https://www.NaturalTactical.com>

The Biggest Benefits Of Center Axis Relock (CAR)

As compared to traditional shooting mechanics:

- The CAR system works in conjunction with more “conventional” stances and systems.
- CAR allows you to operate in a 360 degree range of motion with aimed fire.
- CAR is excellent for shooting within vehicles.
- The system offers an excellent weapon retention and protection platform, with its compressed positions, etc.
- It is an excellent extreme close-range shooting system. It works from the holster out at any range, not based on strength.
- The system also offers improved speed, accuracy, and field of vision.

What Makes CAR Different

(As compared to other systems)

- The system is reverse-engineered from “absolute zero,” from contact outward.
- There are 3 shooting positions in the CAR system, one of which is the familiar conventional position (Weaver/Isosceles). You already know 1/3rd of it.
- The system eliminates dual sight picture without the negatives of closing an eye (such as losing depth perception).
- There are specific muscular, mechanical components to the system, too, which reduce felt recoil, etc.

Should You Abandon Your Current Shooting System?

This system has great value to the shooter:

- You can modify what you already do and use this system to approach your training.

- Context matters, and CAR allows you to work in harmony with your body and the techniques you know under stress and pressure for maximum performance.

Bringing Together Your Shooting And Empty Hand Skills

You want a comprehensive defensive system:

- We don’t want to add “cognitive load” to the student. We want to use terms that already have clear meaning to the learner.
- Learn to shoot, punch, and block “with your feet” in tying your body mechanics together.
- We want our methodology to be usable quickly, especially under stress & pressure.
- We must be able to operate in 360 degrees, to face a threat from any direction.

Developing And Learning These Skills

To develop these methods quickly, consider:

- You must reframe your mistakes into positives, or you’ll obsess on negatives.
- You don’t want to imprint on negatives.
- If you don’t have the tools, you’ll feel anxious rather than exhilarated.
- Context is everything. You can develop training scars from practicing improperly (and you won’t even know it).
- Maximize your time and learn better, faster.
- Focus on the foundational elements of HOW you learn in order to retain that training.

- [Natural Tactical Website](#) / [Kelly Worden’s Website](#)
- [Jeff Johnsgaard’s YouTube Channel](#)

AR System articles in the IALEFI Journal:

- [Part 1](#) & [Part 2](#)
- [Online eLearning Course for CAR System](#)

Prepare. Train. Survive.