



Episode #356 Show Notes  
7 Challenges For  
Tactical Mindset Mastery



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Jeff Anderson spent ten years in light infantry in the military and is a combat war veteran. Most of Jeff's military service was spent with the 10th Mountain Division – an elite light infantry force of highly trained warriors specially trained for warfare under all conditions – arctic, jungle, desert, mountains, urban terrain – you name it.

After 10 years of military training in additional elite infantry units around the world, Jeff began working as a security consultant and executive protection specialist for private clients and the entertainment industry, eventually earning his industry recognized Certified Protection Professional (CPP) designation. Later, he went on to instruct hand-to-hand combat and weapons combat and eventually organized a unique combatives association focused on all areas of survival, called The International Society Of Close Quarter Combatants ([www.ISCQC.org](http://www.ISCQC.org)).

Jeff's work has been published in several magazines and expert blogs and his manuals and survival combat training DVDs have long been best-sellers. As the Editor in Chief of Modern Combat & Survival, a publication of the ISCQC that provided focused training strategies for all areas of survival for men and women of all walks of life, Jeff determined the next step: the lifestyle brand **Warrior Life**. To learn more about *Warrior Life* and the way of life it promotes, [visit us online](http://www.warriorlife.com).

## 7 Challenges For Tactical Mindset Mastery

with Jeff Anderson from <https://www.WarriorLife.com/>

### 1. Challenge Your Identity

- Ignorance isn't bliss. It will hurt you.
- Buying a gun and gadgets and gizmos without training just creates false confidence by making you feel "tactical."
- It's not enough to be confident; you have to be competent.
- The gun doesn't do the protecting; it's the person pulling the trigger who does that.
- Be honest with yourself about where you're at. Chart a path to where you want to be.

### 2. Challenge EVERYONE (Even ME!)

- Just because "most people" are doing it, doesn't mean it's right.
- Just because they're a Navy SEAL, doesn't mean they're an "expert."
- You have to be willing to look at EVERYONE critically, without hero worship.

### 3. Challenge "Failure"

- In the words of Ken Murray, "The biggest gift you can give me at training is your vulnerability. Allow yourself to be wrong."
- There's a Spartan warrior creed that goes, "He who sweats more in training bleeds less in war."
- Train to get where you want to go, not where you are now, even if that means "failing" along the way.

### 4. Challenge Yourself DAILY

- The Japanese call it "kaizen" (continuous improvement).

- 5 minutes of dry fire training done regularly is FAR more effective than a single weekend tactical course. Commit to continuous, incremental progression with a "1 degree shift."
- Will you commit to just 5 minutes a day?

### 5. Challenge Yourself "Outside The Box"

- One of the keys to using the brain's learning superpowers is to do NEW things to build new neural pathways.
- People fear public speaking more than death. How will YOU challenge yourself in new ways?

### 6. Challenge REALITY

- To be a protector, you have to be ready for real-world violence and threats.
- When you look at your latest training, what was your "reality?"
- Does your training reflect the reality of what you'll ACTUALLY face?

### 7. Focus On "Competency" Before "Mastery"

- Being truly "competent" is more masterful than 97% of the population, including criminals.
- You don't need to be an expert to reach your goals. 80% of your results will come from the 20% most critical tasks it takes to get there. Get COMPETENT now and survive!

*Prepare. Train. Survive.*

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Hey there. What's up Warriors? It is Jeff from WarriorLife.com and welcome to podcast episode number 356. This week, we are going to take a little trip down that rabbit hole of your cranium and I've got seven challenges here to help you develop a mindset for tactical Mastery. And I warn you right now, I really am going to challenge you but got a sneaky suspicion, I think you're up for it. So let's go ahead and get started.

Hey there. Welcome back Warriors. It is Jeff Anderson. From worry, life.com. And, you know this week I've had some very interesting conversations and listen to some different talks that are out there a couple of other podcasts not even in the Tactical world mostly in the self-help development, personal development world. And it really got me thinking about tactical learning, tactical mindset, how we establish better skills, how we train better skills, how we Master new skills?

Those when it comes to being a better protector because I can always draw these things back to back to my number one passion. So it got me thinking that this is a really powerful podcast topic because we always say that the mind is the number one weapon that you have. I mean that guns not going to shoot itself, you need the mindset behind it, that is going to pull that trigger that's going to it's the tactics of the thing like it's the things that that but it all starts with your mind whether that's learning a skill or whether that's applying that skill to

A real life situation but I think it's also the area that very few people ever look to develop because it's a lot easier to try to develop the the tactile skills. The the reloads, the karate chop to the Carotid artery like it's easier to do those things than it is to really figure out if you have the mental Mastery to be able to apply those techniques in the right situation or to learn the right techniques, the right way and

Really Master those different techniques. So I decided, I, what I did was I sat down with kind of a journal and I and I wrote down all the best tips that I could from the different conversations that I had in these talks. And I thought, you know, this would be a great topic. So I have seven challenges here because I really do think that it is a challenge to move away from the tactics so to speak and really focus in on the mind.

And the part that it does play in your response to any threat, that's out there. Whether that's for my survival standpoint or from a self-defense and combatives standpoint or Firearms, doesn't matter. So, I have seven challenges here for you based upon his, how these things that I've been going through here. So we're going to go ahead and do

these seven challenges to the Tactical Mastery mindset. Now, challenge number one is the challenge your identity.

actually got this out of a Tony Robbins podcast, really, I thought this is a, this was a brilliant saying that he said, he said, ignorance isn't Bliss, ignorance will hurt you and that's absolutely true when it comes from a tactical standpoint, also because most people will like buy a gun to feel safe and confident that they're protected from an attack and then they go and they buy the coolest gadgets and gizmos and it really makes them feel tactical and kind of confident with their firearm that they have a

Arm and that they can use it under realistic conditions. Now this is false confidence and in my opinion it's a very dangerous false confidence because it can get you into a situation that you're really you don't have the you don't have the skills to back it up your writing checks that maybe your skills might not be able to cash for you.

It's not enough to be confident, you have to be competent and competency is what drives true confidence. Most people have a false confidence because they don't really trained enough of their firearm, or they take a few classes or they used to take a combatives martial arts, whatever self-defense system they used to. And so, they feel like they've got it under their belt. I know what to do, or they used to fight a lot when they were younger. And this can also be like a false confidence

Remember, it's not the gun that does the protecting that gun and going to shoot itself. It's the person pulling the trigger, even having the mindset to be able to pull the trigger is a very difficult thing to do. I've seen it in combat. I've seen guys that just could not pull the trigger when it came down and these are highly trained guys. It really comes down to the mental mindset. So you need to be honest with yourself and where you're at in your training and whatever path that you're choosing as a protector and then chart a path to where you want to be where you see mastery

Being what does success look like. And then chart your path to be able to get there Challenge. Number two is the challenge everyone and and that includes me.

Just because most people are doing something, does not mean that. It's right. Just because they're a Navy, SEAL doesn't mean that they're an expert. One example, I give and I won't give any names of this, but there's a bug out bag that was put out there. I don't think it's on the market anymore but it was a Navy. SEAL bug out bag. I'd seen this thing highlighted on Fox News and, you know, it was the it was the Navy SEAL bug out bag.

And it was bright red and it had horrible straps that had horrible waist belt. Like I can tell you from being in the military 10th Mountain, we like we, we rode marched all the time. We went. It was our lpc's that got us out to the field and back and everywhere in between lpc's being your leather personnel carriers. We hoped it everywhere. And so you realize quickly what that backpacks going to do. Well, this was obviously just a marketing thing. This Navy SEAL that had this

I got back out there. There's, there's no way this Navy SEAL would ever have. Used wouldn't have used it on the bug on the in a survival situation would not have used it on the battlefield. So challenged everyone, and I do mean challenge me. Also my whole thing is to be a better protector, and if that means being wrong, that means being wrong. But just because I say it doesn't mean that it's true. I give you the best information that I have based upon my training, my experience and most of the time that is standing on those shoulders of giants from other people before.

Me that I've learned from, or taken bits and pieces from put them all together into my own amalgam and, and made it something that works for me. You have to find what works for you. So don't just take what everybody else is doing and think that it's right. You've got to admit, you've got to learn to challenge the information that you're getting in Challenge. Number three, is to challenge. Failure challenge failure. So, so this weekend, I'm part of a, it's an online Firearms, kind of discussion.

Group if you will, but it is actual training and this week we had Ken Murray on. If you don't know, Ken Murray is guys just a freaking training genius. When it comes to realistic training when it comes like realistic, tactical training. So he's the author of a book called training at the speed of Life. Some of you may know of it out there. I mean it's I don't even think it's in print anymore. I think you can only find it used. And you pretty much have to take out a second mortgage on your house to get it, which I did.

Did it gotta try to take out a second second mortgaging, and got the book. And it's it's really like you want to go down the rabbit hole of your brain and what it takes to really learn things. Like Ken Murray is genius when it comes to this stuff. And so he and I were kind of going back and forth and part of this class here and he and one of the things that he said to me, that's really stood out he said to the whole group. Here was the biggest gift that you can give me a training. Is your vulnerability and allowing yourself to be wrong.

And he gave a really good example of this that as we were talking about going to like I go to the SHOT Show in Las Vegas, that's the number one business to business, Firearms Industry Show, that's out there. It's, I mean, it's gigantic, it's huge, it's huge. And you'll see different kiosk up there, a lot of different weapons that are coming out a



lot of different Training Systems. There's just a lot. It's just all things bullets and guns and stuff, and you'll typically see a very large crowd around the, like, the video.

Virtual reality type training because that stuff's getting really, really sexy and you can really get realistic training in there and it's like they'll have those large screen in front of you and you'll be shooting at different objects that are up there. That might be targets and might be bad guys. And you'll see a big crowd around there. And then you'll see the the instructor up there, or the person that's demonstrating it will demonstrate, it'll knock some things away because he's been practicing at it and then he'll point to a couple guys like, hey, why don't you come up here and give it a try? No, no. That's all right, I'm good. And then they'll start.

Walking away, you can take it doesn't matter who it is. I have seen this happen all the time, somebody like, nobody wants to get up there and do it and so can ask me like, why do you think that is? Why do you think these guys will not go up there? I mean, these are all obviously, they're in the Firearms industry, while they take their shot. And of course, you know, the answer, as well as I do. Like, nobody wants to get up there and show everyone how small their penises, right. Nobody wants to get up there and look like a fool and look like, oh, this guy doesn't know what he's doing and he doesn't know how to eat. Wasn't holding the gun, right? He wasn't standing.

He was like you open yourself up for scrutiny. You're open yourself up to vulnerability and that is what Ken says is what really holds people back from learning.

There's a Spartan warrior Creed that goes, and I'm going to, you know, there's lots of different versions of this out there, but it essentially says he who sweats more in training bleeds Less in war and you've got to really learn to challenge, being a failure in a way.

You should actually seek out failure. My goal when I was in high school was to play for the Boston. Celtics don't know if I've ever told this story before but I just swore I wasn't playing right there with Larry Bird. You want to know this kind of dating myself now, right? But I was going to play. I was going to play for the Celtics right alongside Larry Bird. Kevin McHale, Robert Parish, and I'm going to date myself here. So I wouldn't play basketball with kids my own age.

I would only play like Juniors and seniors when I was a sophomore, I'm sorry. I like a freshman and a sophomore in high school and I got my ass kicked all the time up on the top Court of our basketballer. I got my ass kicked because I wanted to get my ass kicked. I wasn't training for the top card, the top Court of my Podunk High School. I

was training for Boston Garden. You need to be training for an attack in the dark parking lot. When you've got your arms filled with groceries.

And your kids with you or your spouse with you, that's what you're training for. The criminals are training every day. How much are you training the best way to learn? I've found, is by failing by getting your ass handed to you by making by making yourself vulnerable by getting up there and feeling that that adrenaline going,

Challenge failure.

All right. Challenge number four is the challenge yourself daily. So the Japanese have a saying called Kaizen, which is stands for continuous Improvement. That's not, I don't think that's the literal translation of it but that's essentially what it means is that you're continuously looking to improve. And I talked about this before when I was talking about, after I got back from the warrior Retreat, for the working, with the veterans with PTSD, and that you should always seek this.

There's one degree shift because it all it takes is one degree 1. Degree shift of that cruise liner and 10 miles, a hundred miles of thousand miles out. You're going to be in a totally different destination than you would have been. If you'd kept doing the same thing that you were doing. So what you want to do is just focus, not on big giant leaps of training but more of the continuous continuous incremental progression.

Five minutes of dry fire done regularly is far more effective than a hoorah weekend. Tactical course that you would go to. So are you willing to commit to just five minutes a day? Are you willing to challenge yourself for the next? Let's just say, 10 days, to do five minutes a day, that's going to be less than an actual, our of actual training.

Could you do that?

Challenge number 5, here is the challenge yourself outside the box. So, one of the keys to using the brains learning superpowers, is to do new things, they're going to help you build new neural Pathways. It's the focus on new

That really forces you and forces your brain to build those new, those new neural Pathways say that three times fast.

To be able to master a skill. So think outside the box when it comes to how you can develop your skills. Kyle lamb was talking at one of the, I think it was at one of the shot shows we had or maybe it was the NRA show and he said that he gets, he feels more adrenaline and competition shooting than he did and he ever did in combat now, think



about that, it kind of makes sense. When you consider that surveys, find that people Fear, public speaking even more than they do death, think about that. All right, so how are you going to challenge yourself?

New ways than you've already been challenging yourself. Now, could you go and take a combative seminar? Because a lot of people aren't willing to commit to ongoing. Martial arts training, your self defense training. So is there a seminar that's coming in? But green stood in for me last week and had a really great webinar that he did about challenging. That concept of that you couldn't learn anything from a combative seminar. These things are really, really powerful, even if it's just for the experience of them and forcing yourself to go outside of the box.

What about taking a tactical firearms class? I just got done telling you that dry-fire done regularly is far more effective than a hoorah weekend but that who are weekend is going to have other benefits to it as well. It's going to give you an opportunity to take that dry fire training and put it into real use. Put it out in front of other people. Make yourself, vulnerable, be ready to fail with those tactics. Be the first one to raise your hand.

Could you go to a shooting club? Could you join a shooting club? Could you start shooting competition? What about Toastmasters? What about just getting like, getting up there in front of public the public and speaking on something. Yeah, that might make your hands tremble. And that's exactly what you want. One trick that I saw from a guy on YouTube that I thought was really kind of brilliant. Guys name was Aaron Aaron Cowan from Sage Dynamics, if you want to look up his his YouTube channel, we'll go ahead and we'll post a link in the resources section.

For it. But one thing that he went, then he said in one of his thing's was he uses really like what he calls dogshit ammunition in his gun when he goes to the live fire range because he knows that it's going to jam his gun periodically. And so that forces him under pressure not like he knows there's a, there's a snap cap in there and he's gonna he's gonna he knows there's going to be a malfunction of his weapon. Like I was watching this like the the whole video wasn't even about

out doing this. It was really about the hand grip of the gun like how you grip the gun?

And as he was firing like as he was demonstrating the gun jammed and like he didn't skip a beat. He didn't. I mean, he didn't even think he didn't have to think about clearing the Jam at all. He just did it and he was right back on shooting. It was a point. He made after that, it was kind of like a side comment of, you know, this is why I used

Dolly like. This is why I used dogshit ammunition because it makes my gun Jam so that was kind of its kind of funny but it's a really cool way to think outside the box. And

Lee force yourself to to, get better at stuff. All right, all right. Challenge number six is the challenge reality. All right, so, in this step, I'm not talking to you, that are out there that are into Marksmanship training. Or if your martial artists, for the sake of the art of martial art to be a protector, you have to be ready for real-world violence and threats.

Now when you look at your latest training, what was your reality for that training was your reality. A paper Target at 7 yards away in a fully lit live. Fire range with your gun out. Not holstered that. That paper targets just stationary was that your reality?

And were you working on like your shot group? Like why were you using that? What was the reality behind that?

Now, we know that most gunfights happen within 9 feet in the dark, you're not going to see your sights. So if you do carry of a gun, A gun for personal protection, and all you do is go to the range for Marksmanship training. Do you really expect to be competent under realistic conditions? Now again, this is where these tactile classes do come in, but dry, fire is even more important because you can do all of those things. You can have much more realistic training at home with your own gun.

Loaded dry fire or with an airsoft pistol or a BB gun. There's a lot of really realistic type firearms that are out there that are meant for this type of dry fire training. You can use Airsoft training. For example, that's one of the best ways to do it. But challenge reality, this goes back to, can you do ten days of five minutes of dry fire training, right? Okay. Number 7 is to focus on competency before Mastery. So, to meet technical Mastery, doesn't mean that you're some Beacon.

Bearded tatted up, camoed up, Tier 1, operator. You know, that like a \$5,000 AR-15 and cool sunglasses. The fact is that truly being competent is more masterful than 97% of the population out there and then includes the criminals to. You don't need to be an expert in order to reach your goals. You don't need to be an expert at every single thing out there for anyone skill set that you want to learn. There's really only a handful of things that you really need to know. So if you want to be good at hand-to-hand,

Combat. There's really only a handful of things that you need to know. If you want to be good at Ground fighting. There's really only a handful of things that you need to know. You don't need to go to BJJ classes, Brazil, Brazilian Jujitsu classes, and things like that. There are still only a few if truly like you want to be competent to be able to defend yourself on the ground. If it goes down there, then there's only a handful of

things you need to know if you want to be ready to in a forced evacuation to get out of the house in the right time.

Only a handful of things you need to know if you want to choose the best bug out bag and have the best bug out bag and survival gear. There's really only a handful of things that you need to know. That's it. What I do is I focus in on the 80/20 rule. So if you haven't heard that before 80%, 80% of your results are going to come from the 20% of the most critical tasks that it takes for an order for you to get there.

So again 80% of your success in the goal that you're trying to achieve is going to come from the 20%, most critical tasks that it's going to take for you to get there. Now, this is one of the goals with the next generation of where we're going with the warrior life platform, more on that in another time. But essentially, we're looking to give you

the 20%, most critical tasks that it takes to really call yourself.

Competent tactically, competent in those areas and tactical Mastery, comes after that. That's the icing on the cake in order to be a master in for me to be a tactical Master means that you can simply get out of this situation alive. As far as I'm concerned. But too many people are trying to master different things. When they're leaving behind all of the other skills that are reality-based and going to make you competent and truly save your life.

In a real-world threat scenario. So you want to focus in on those competency things identify what those 20% most competent? Most critical tasks are for your goal and focus in on those. Don't try and eat the whole elephant. All in one bite, take it as one bite at a time, right? Alright. So those are the seven challenges that I have for you Warriors out there and I want to hear from you what is it that in your own training that you think is best to challenge yourself?

Able to keep your skills going forward for that Kaizen, for that continuous Improvement. What are you doing to challenge yourself? And what have you seen other people do? That has been has worked really well, I'm looking for information on how I can challenge myself. I can tell you that. The one thing that I had planned for last year, that I was going to work on my own self Mastery and challenge myself was to get into shooting competitions, and unfortunately, the cooties came kind of Knocked all that out of the water, but I'm still

Training for all of that stuff. And so now that I've moved to Florida, you know, throw that in the mix as well. Plan on getting in some competitions down here, and I'm really looking forward to that. I'm also signing up for a tactical, combatives class in



September. I'm gonna be taking my son with me on that one, so that we can both go and, and challenge ourselves there. There's there's a lot you can do and I want to hear from you, what exactly are you doing? So, go ahead and leave it in the comments over on our blog. Where you find this podcast. Can't wait to see what

You come up with there and until our next Warrior life broadcast. This is Jeff Anderson saying, prepare train and survive.