

Center Axis Relock System (CAR)

5 day Basic Instructor Course

- ❖ There is some post course work required to be completed successfully to receive your Basic CAR Instructor Certification but everyone who attends the course in full will receive a Certificate of Attendance immediately following.
- ❖ Simply paying your fee and showing up do not guarantee you will receive “Instructor Certification”.
- ❖ Post course work to achieve Basic CAR Instructor Level is:
 1. Creation of a CAR System instructional syllabus for your agency or clientele.
 2. Video footage of you shooting the CAR System – Personal performance evaluation.
 3. Video of you instructing various points of the CAR System.
 4. Video Footage of you Shooting and passing the “Basic CAR Instructor Test” (see Appendix A).

The goal is to keep a minimum Student to Master Instructor ratio of 6 or 7:1 on the Basic Instructor course. This is to offer the most direct exposure to the system we can and to ensure that adequate attention is paid to each students unique needs.

There are three variations of this course that offer three “packages” for the student to choose from which are as follows:

5 Day CAR System – “Bronze Package”

\$1099.99 if paid 30 days prior to course start.

\$1299.99 if paying within 30 days of course start.

You can reserve your spot with a \$250.00 non-refundable deposit.

1. 5 Day Basic CAR Instructor Course Fee.
2. Emailed “Certificate of Attendance” upon successful completion of the 5 days of training.
3. Requirements for Basic Instructor Include:
 - I. CAR System Syllabus (for intended audience)
 - II. Successful Completion of CAR Shooting Exam (Appendix ‘A’)
 - III. Successful video review of you teaching various components of the CAR System

Cost to review each of the preceding three requirements to achieve the level of Certified Basic CAR Instructor is \$39.99 per each item per each submission. **This is only if you wish to go onto becoming a Certified Basic CAR Instructor**

5 Day CAR System – “Silver Package”

\$1499.99 if paid 30 days prior to course start.

\$1699.99 if paying within 30 days of course start.

You can reserve your spot with a \$250.00 non-refundable deposit.

1. 5 Day Basic CAR Instructor Course Fee.
2. Basic CAR System Manual (84 pages).
3. Emailed “Certificate of Attendance” upon successful completion of the 5 days of training.
4. Emailed “Certificate of Basic CAR Instructor” upon successful completion of the Basic CAR post course requirements.
5. Unlimited Number of Proof Reads for CAR Syllabus.
6. Unlimited number of viewings for your CAR Shooting Exam.
7. Unlimited number of reviews of your CAR teaching demonstration.
8. Complete CAR online eLearning Course including PDF downloads and access to archived video lectures.
9. 1 hour of private instruction time/Q. & A. via live webcasting with CAR Master Instructor (can be used pre or post course for eLearning or other training).

****100% SATISFACTION GUARENTEED****

(Only for those pre-paid in full 30 days prior to course start)

If after the first day of training for the live 5 Day CAR Basic Instructor Course you are not 100% satisfied I will refund 100% of the course tuition to you.

5 Day CAR System – “Gold Package”

\$1999.99 if paid 30 days prior to course start.

\$2199.99 if paying within 30 days of course start.

You can reserve your spot with a \$250.00 non-refundable deposit.

1. 5 Day Basic CAR Instructor Course Fee.
2. Basic CAR System Manual (84 pages).
3. Emailed “Certificate of Attendance” upon successful completion of the 5 days of training.

4. Emailed "Certificate of Basic CAR Instructor" upon successful completion of the Basic CAR post course requirements.
5. Unlimited Number of Proof Reads for CAR Syllabus.
6. Unlimited number of viewings for your CAR Shooting Exam.
7. Unlimited number of reviews of your CAR teaching demonstration.
8. Complete CAR online eLearning Course including PDF downloads and access to archived video lectures.
9. 4 hours of private instruction time/Q. & A. etc via live webcasting with CAR Master Instructor (can be used pre or post course for eLearning or other training).
10. Common Operator Faults document (6.5 pages. Diagnosing common faults with beginners shooting the CAR System).
11. You will receive a Registration Number which will allow you to receive all future updates and revisions to the Basic CAR System Manual and Common Operator Faults document.
12. "NTS Firearms - CAR System" t-shirt.
13. Body Head Drill Triangle Patch - Upon successful completion of course.

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Further Information

Course Eligibility: As always, only persons who provide a current background check (concealed weapon permit, agency credentials, etc.) are allowed to attend. Current Law Enforcement, Military and Corrections etc. personal are given preference as they actively need the training to protect themselves and us. We welcome those without prior "tactical shooting" courses under their belt but they must have a strong grasp of Range Safety. Safety is paramount and will be covered in depth and re-covered every day there is live fire. All shooting drills will start off basic and move toward more complex as the students demonstrate the ability to complete them safely.

Range Fees: Depending on the range and classroom being used for the course there may be an associated fee for the facility rental. This fee varies depending on the facility and id due the morning of the first day of the course. Please ask about the fee for the particular course you are on.

Ammunition: Ammunition requirement for the 5 days is approximately 1800 rounds (typical ammunition expenditure is 1650 - 2000 rounds). This is an Instructor Course in teaching a variation on a shooting at close quarters (ie. CAR System), it is not a shooting course though, shooting proficiency and shooter ability is a strong component and a volume of rounds will be fired.

5 Day Syllabus:

- ❖ Each day will run for 8 hours. Approximate times are 0830hrs – 1630hrs daily. There will be a lunch break and a few breaks during the day.
- ❖ 100% attendance is required for successful completion of this course.

Day 1 AM = Introduction to CAR System, Vision and Sighting, 4 CAR Shooting “positions”.

Day 1 PM = Live Firing using various CAR Positions; Shooting Fundamentals Review; Introduction to the 6 R’s (Reacting, Reducing, Reloading, Recovery, Returning, Retention).

Day 2 AM = Continuation of 6 R’s with dry and live fire drills.

Day 2 PM = Live fire shooting; Introduction to teaching CAR; Diagnosing CAR Shooting; Common errors and corrections.

Day 3 AM = *Basic CAR Course begins. During these 2 days the persons in the Basic*

Day 3 PM = *Instructor group will be tasked with teaching, monitoring, diagnosing shooting, safety and lesson planning.*

Day 4 AM = *This will be with complete guidance and is meant to educate the Basic Instructor not to stress or fail them.*

Day 4 PM = *They will also take part with everyone in a lot of Fun & Stress Shoots in these two days.*

Day 5 AM = Critiques of Teaching & Instructional Performances from Day 3 & 4; Range setup, protocol, safety procedures. Live Fire intro to the CAR Basic Instructor Test Shoot.

Day 5 PM = Further shooting (Fundamentals & Advanced); S.H.O.T. Program (Single Handed Operating Tactics), Low Light Tactics, Advanced Defensive Tactics, possibly Force on Force training.

Note:

- ❖ Upon successful completion of the Basic Instructor course you have the opportunity to become an “Officially Recognized CAR Instructor” by Sabre Tactical and listed on the Sabre Tactical Web site. Sabre Tactical would in turn refer inquiries for training in your area to you. To accomplish this you must also have and do the following

The following requirements must be met and verified by Sabre Tactical prior to this Agreement taking affect:

- Completion of the C.A.R. Instructor Course from an authorized representative of Sabre Tactical (copy of the completed certificate must be provided).
- Must be an NRA certified instructor, Range Master or equivalent.
- Recommendation from a current C.A.R. Master Instructor. Mentoring from a C.A.R. Master Instructor will be made available.
- Must maintain no less than a \$2,000,000.00 (two million) Firearms Instructor Liability Insurance policy (copy of the policy must be provided). Please note that this requirement is not applicable to In-Service Training.
- Must be willing to submit to a current Law Enforcement background check.
- Must have no felony convictions, criminal charges pending and/or other restrictions that will in any way make it unlawful or otherwise impermissible for you to possess, use, operate or control any firearm.
- Must do a minimum of 40 hours of “Instructor Development” within each three (3) year period. Instructor Development does not need to be C.A.R. related; however, C.A.R. related Instructor Development will be available.
- You agree that Sabre Tactical may, at its sole discretion, change the C.A.R. Instructor requirements (both initial and continuing) at any time, with or without prior written notice. Sabre Tactical will provide you with a reasonable period of time, as determined solely by Sabre Tactical, in which to comply with any such changes.

As already described, the student is responsible to provide ammunition, lodging, transportation, food, and equipment. Facility dependent there may be a range fee necessary as well payable on the first day of class.

Jeff Johnsgaard

Founder/Chief Instructor

Natural Tactical Systems (NTS)

CAR Master Instructor & Regional Manager

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(306) 270-0540

Course Equipment List

The following equipment is REQUIRED and must be provided by the student:

- Copy of valid Concealed Carry Permit or Military/LE ID (needed on first day of class).
- A copy of your firearms training certificate and/or firearms safety training you have taken (needed on the first day of class).
- Handgun – preferably 9mm or larger caliber.
- Magazines - bring a minimum of 3 magazines, (4-5 if the magazine capacity is less than 10).
- Hip or Thigh Carry Holster and adequate Belt.
- Ammunition Carrier Pouches (preferably a double magazine pouch as a minimum).
- Training firearm, “blue gun”, “red gun” or something similar for classroom practice. A plastic pistol which is not a firearm, an airsoft or similar is acceptable. If you are purchasing one please consider buying the exact replica “blue/red gun” as the one you carry.
- Dummy rounds (minimum of 3) for every caliber of firearm you will use on the course.
- Eye Protection, Ear Protection, and Baseball Style Cap - Safety glasses must be of the wrap around type or employ side panels. If wearing prescription glasses, they must be covered with safety glasses unless they meet the above requirements. Electronic ear muffs are preferred but ear plugs are also acceptable. A hat such as a baseball cap with bill to deflect ejected brass must also be worn. NOTE: Students will NOT be allowed on the range without wraparound or side-panel safety glasses.
- Appropriate Clothing - Students should bring appropriate clothing to participate in the range exercises consistent with prevailing weather conditions. Range exercises will be conducted in inclement weather unless a safety hazard exists. NOTE: Shorts are NOT appropriate range clothing.
- Flashlight - Any hand-held, flashlight capable of one-handed operation.
- Note-Taking Material - Pen, pencil, and paper to take notes with in the classroom and on the range. A jumbo permanent marker for use on the range.
- Cleaning Equipment - Appropriate cleaning equipment for the firearm being utilized at the school. NOTE: There is no time allotted during the school for the cleaning of firearms. Students will be expected to perform cleaning of their respective firearms on their own time.
- Knee and Elbow Pads - Knee and elbow pads are optional for kneeling and prone position shooting (and range clean up!).
- Body armor if available.
- Ammunition (amount depends on which course you are taking). Good quality ammunition is a must.
- Personal Gear - Anything to make you more comfortable, sun block, rain gear, bug spray, etc.

- Water, snack foods and hand cleaner.
- An Open Mind and Willingness To Learn and Have Fun!

Other Training Opportunities:

CAR On-Line eLearning & 2-3 Day CAR Course

On Line Private Instruction with Master Instructor and \$100.00 credit for 2-3 day CAR Course =

- **\$1,000.00 if paid in full 30 days prior to course start.**
- **\$1,200.00 if paying within 30 days of course start.**

You can reserve your spot with a \$250.00 non-refundable deposit.

This is a complete package for the beginning shooter with little to no experience. Open to anyone with proper firearms licencing who is looking to learn to safely handle and use IF necessary a firearm in a self-protection scenario.

It starts with live on-line coaching with a Master Instructor for the CAR System and Range Safety Instructor. In the privacy of your own home you will learn at your pace about Firearms Safety, Safe Firearm Handling and the Mechanical principles of your chosen pistol.

Then you will learn how to safely set up practice sessions. You will be coached through live web cam chat sessions how to stand, draw your pistol, aim and various shooting and ready stances (weaver, Isosceles, SUL, high ready, etc).

Next, you will be taken through reloading and stoppage drills to be done if your pistol stops working in a combat situation.

Then, you will be taken through the specific points of the Center Axis Relock (CAR) System. The 6 R's of Reacting, Reducing, Reloading, Recovery, Returning and Retention. You will be shown how to incorporate the CAR System into a self-defense situation where you are in a confined space like close up to one or more attackers, or needing to defend from your vehicle. You will be shown how the CAR System increases your ability to perform and how you can practice it on a live range.

These sessions are completely tailored to you. They will go at your pace, are completely free for open questions and answer sessions and are scheduled when you and the Master Instructor have time.

Lastly, you will be given a \$100.00 credit to attend a 2-3 day CAR System for End User Course within 2 years of completing the on-line training (**Training course must be one being held by the same Master Instructor**).

****100% SATISFACTION GUARENTEED****

(Only for those pre-paid in full 30 days prior to course start)

If after the first live on-line training session is completed you are not 100% satisfied I will refund 100% of the course tuition to you.

Equipment you will need for CAR on-line course:

- Computer with camera, speaker & microphone.
- High speed internet connection.
- Rubber, plastic or inert training pistol.
- Holster.
- Magazine pouch (minimum of 2).
- Live Pistol (preferably in caliber 9mm or greater).
- Minimum of 3 magazines.
- Dummy training rounds in your pistols caliber (minimum of 6).
- A safe place in your home to be practicing firearms training (no distractions, children, and at least one wall suitable for dry firing).

Other Courses Offered in the Center Axis Relock (CAR) System

- ❖ These courses specifically address the advantages of the CAR System during close quarter and multiple threat deadly force situations.
- ❖ The CAR system is not the only firearms shooting platform we practice in close quarter situations though we believe it has definite advantages and is a valuable asset to know. It will be demonstrated where and how you can utilise the CAR system in certain situations, typically CQB or from inside a vehicle, to your tactical advantage. We believe CAR is a great “tool” for your tool box and should not be overlooked especially without first hand instruction by a Certified Master Instructor.

Civilian Programs:

- 1) Civilian Introduction to CAR – Defensive Based (1 Day).
- 2) Civilian CAR 1.5 – Defensive Based (2 Days).

LE/Military Programs:

- 1) CAR for Operators 1.0 – Law Enforcement/Military etc. (2 Days)

- 2) CAR for Operators 1.5 – Law Enforcement/Military etc. (2 Days). Must have attended CAR for Operators 1.0 or comparable course to attend.

Instructor Training:

- 1) Basic CAR Instructor – Must Qualify to Participate (5 Days).
- 2) CAR Instructor Development – (2 to 3 Days). Must be a currently certified CAR instructor to attend.

Further CAR Based Training:

- 1) CAR “Use of Force” – Incorporating Defensive Tactics skills for dealing with situations where deadly force may not be the proper reaction. Empty Hand Striking, Locking, Takedowns and much more all with Pistol Acquisition & Deployment in mind. How to transition to and from your firearm.
 - 2) CAR Force on Force – Defensive Tactics Close Quarters Based (3 Days).
- We also offer Firearms training which is non-CAR related dealing with Pistol, Rifle and Shotgun.
 - Defensive Tactics Training programs are offered for both Corrections/LE/Mil and Civilians. If you are interested in the courses listed or would like further information about our programs please contact us.

Appendix A

Basic CAR Instructor Test

Dry Portion

1. Demonstrate the High, Combat High, Extended and Apogee Positions both Weapon Side and Reaction Side.
2. Demonstrate drawing a pistol from the holster and moving into the High Position (two handed) Weapon Side, while stepping Left & then stepping Right.
3. Demonstrate drawing a pistol from the holster and moving directly into the Extended Position (two handed) Weapon Side, while stepping Left & then stepping Right.
4. Demonstrate a CQB situation where you drive your Reaction Side hand into the target as a sudden reaction to a deadly force threat. Then draw your pistol with your Weapon Side hand and go to the High and Extended Positions trying to gain time and distance. Key here is to not muzzle yourself and move with coordination.
5. Demonstrate the weapon protection skills of RETENTION with a training pistol show the "Tucked Pistol Punch" and the "Reinforced Pistol Drive".
6. Demonstrate the weapon protection skills of RETENTION. While holding a training pistol weapon Side defend from right and left handed grabbing attempts with Reaction Side arm.
7. Demonstrate the weapon protection skills of RETENTION. While holding a training pistol Weapon Side, two handed, defeat a two handed grab of the pistol using body movement and your Reaction Side arm.
8. Demonstrate the weapon protection skills of RETENTION. While holding a training pistol with Weapon Side hand only, defeat a Right handed grab of the pistol using body movement and your Reaction Side arm.
9. Demonstrate the weapon protection skills of RETENTION. While holding a training pistol with Weapon Side hand only, defeat a Left handed grab of the pistol using body movement and your Reaction Side arm.
10. Demonstrate the weapon protection skills of RETENTION. While holding a training pistol with Weapon Side hand only, defeat a two handed grab of the pistol using body movement and your Reaction Side arm.

11. Perform a Combat Reload. Describe when and why an Operator would perform such a movement.
12. Perform a Tactical Reload. Describe when and why an Operator would perform such a movement.
13. Perform a Tac-Com Reload. Describe when and why an Operator would perform such a movement.

Live Fire

- Target is to be standard black silhouette B-27 (because they are readily available and allow for scoring shot placement *not* because they are great targets to use for deadly force training).
- Test is 112 to 120 rounds (depending on 3 or 4 targets for Live fire test #9 and #10).
- All Rounds Must Be Within The 7 Ring (none outside the 7 ring but those 16 rounds fired into the head).
- Total score is calculated by adding up the points for each round fired with 7, 8, 9, 10 all counting that value and the "X" counting 10 also the total score cannot be below 80%.
 - You will fire 112 or 120 rounds, subtract the 24 in the Head, leaves 88 or 96 in the Body. 80% of that is a total score of at least 704 or 768.
- Head shots will count if within the black silhouette of the head or neck portion of the target, there must be 24 of these.
- There is NO time component to this Basic CAR Instructor test. Weapon handling and your shooting position will be evaluated via video. Assessment is based on your ability to demonstrate the CAR System with Safety as the ultimate priority.

Level 1 Drills (static)

1. Complete the following drill twice: 5 feet from the target, Weapon Side, High Position 4 rounds to Body. Scan, Tactical Reload, Holster.
2. Complete the following drill twice: At the 1 yard line, Weapon Side, All from the High Position 2 rounds to Body then 2 rounds to the Head. Scan, Tactical Reload, Holster.

3. Complete the following drill twice: 5 feet from the target, Weapon Side hand only (simulated Reaction hand injury), High Position (WS thumb into clavicle notch) 4 rounds to Body, Scan (Move to Cover).
 4. Complete the following drill twice: 5 feet from the target, Reaction Side hand only (simulated Weapon Side hand injury), High Position (RS thumb into clavicle notch) 4 rounds to Body, Scan (Move to Cover).
 5. Have a chair on the range facing to the right of the range at a 90° angle to the target 5 feet away. Stand to the right of the chair and face down range. Draw your pistol and keep it pointed down range while you rotate your body and sit on the chair with the pistol in the High Position two handed (your right hand). Fire 4 rounds to the Body of the target. Then fire 2 rounds to the body and 2 rounds to the head (all High Position). Scan and stand facing down range to holster.
 6. Have a chair on the range facing to the left of the range at a 90° angle to the target 5 feet away. Stand to the left of the chair and face down range. Draw your pistol and keep it pointed down range while you rotate your body and sit on the chair with the pistol in the High Position two handed (your left hand). Fire 4 rounds to the Body of the target. Then fire 2 rounds to the body and 2 rounds to the head (all High Position). Scan and stand facing down range to holster.
 7. Complete the following drill twice – 5 feet from the target, Weapon Side, High Position (two handed) fire 2 rounds to Body – then Weapon Side Extended Position (two handed) fire 2 rounds to Head. Scan, Tactical Reload, Holster.
 8. Complete the following drill twice – 5 feet from the target, Reaction Side, High Position (two handed) fire 2 rounds to Body – then Reaction Side Extended Position (two handed) fire 2 rounds to Head. Scan, Tactical Reload, Holster.
- ❖ Total of 64 rounds fired so far (16 Head shots).

Level 2 Drills (movement)

9. Complete the following drill 2 times (stepping once to the Left and once to the Right): Step while drawing your pistol from the holster and move directly into the High Position (2 handed) Weapon Side and fire 4 rounds to the body.
10. Complete the following drill 2 times (stepping once to the Left and once to the Right): Step while drawing your pistol from the holster and move directly into the Extended Position (2 handed) Weapon Side and fire 2 rounds to the body then 2 rounds to the head.

11. Complete the following drill twice (stepping once to the left and once to the right): At the 1 yard line, Weapon Side, High Position 2 rounds to Body – then Step and go to Weapon Side Extended Position firing a further 2 rounds to Head. Scan, Tactical Reload, Holster.

❖ Total of 88 rounds fired so far (24 head shots).

12. Complete the following drill twice: Have 3 to 4 targets set up 10 feet away with approximately 12” to 15” separating them. Start on the left holding the pistol in a two hand hold with your right hand. While walking left to right across the range in front of the targets at the 3 yard line fire 4 rounds to the Body of each target. Scan, Reload (Tactical or Combat), Move to Cover, Holster when Safe and Clear.

13. Complete the following drill twice: Have 3 to 4 targets set up 10 feet away with approximately 12” to 15” separating them. Start on the right holding the pistol in a two hand hold with your left hand. While walking right to left across the range in front of the targets at the 3 yard line fire 4 rounds to the Body of each target. Scan, Reload (Tactical or Combat), Move to Cover, Holster when Safe and Clear.

❖ 112 rounds or 120 rounds fired in total.

— END —