

## Appendix A Basic CAR Instructor Test



### Dry Portion

1. Demonstrate the Close Quarter & Close Quarter Ready, Combat & Combat Ready Apogee & Apogee Ready Positions, both Weapon Side and Reaction Side.
2. Demonstrate drawing a pistol from the holster and moving into the Close Quarter Position (two handed) Weapon Side. Do this while stepping Left & then stepping Right and be sure to demo it once smoothly then once broken down into its teachable parts.
3. Demonstrate drawing a pistol from the holster and moving directly into the Combat Position (two handed) Weapon Side, while stepping Left & then stepping Right. Be sure to demo it once smoothly then once broken down into its teachable parts.
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 Close Quarter and Combat 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, two handed hold, 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 solid, two handed grab/hold 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 your Weapon Side hand only, defeat a Right handed grab of the pistol using body movement and your Reaction Side arm to the extent that it has a broken clavicle and cannot be raised.
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 to the extent that it has a broken clavicle and cannot be raised.

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 Emergency Reload then describe when and why an Operator would perform such a movement.
12. Now perform a Emergency Reload in parts breaking it down and verbally speaking each part. The same way you would teach it after showing it completely the first time.
13. Perform a Retention Reload then describe when and why an Operator would perform such a movement.
14. Now perform a Retention Reload in parts breaking it down and verbally speaking each part. The same way you would teach it after showing it completely the first time.
15. Perform a Tac-Com Reload then describe when and why an Operator would perform such a movement.
16. Now perform a Tac-Com Reload in parts breaking it down and verbally speaking each part. The same way you would teach it after showing it completely the first time.
17. Perform a Phase 1 Stoppage Drill then describe when and why an Operator would perform such a movement.
18. Now perform a Phase 1 Stoppage Drill in parts breaking it down and verbally speaking each part. The same way you would teach it after showing it completely the first time.
19. Perform a Phase 2 Stoppage Drill then describe when and why an Operator would perform such a movement.
20. Now perform a Phase 2 Stoppage Drill in parts breaking it down and verbally speaking each part. The same way you would teach it after showing it completely the first time.

### 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, Close Quarter Position 4 rounds to Body. Scan, Retention Reload, Holster.
2. Complete the following drill twice: 5 feet from the target, Reaction Side, Close Quarter Position 4 rounds to Body. Scan, Retention Reload, Holster.
3. Complete the following drill twice: 5 feet from the target, Weapon Side, All from the Close Quarter Position 2 rounds to Body then 2 rounds to the Head. Scan, Retention Reload, Holster.
4. Complete the following drill twice: 5 feet from the target, Reaction Side, All from the Close Quarter Position 2 rounds to Body then 2 rounds to the Head. Scan, Retention Reload, Holster.

5. Complete the following drill twice: 5 feet from the target, Weapon Side hand only (simulated Reaction hand injury), Close Quarter Position (WS thumb into clavicle notch) 4 rounds to Body, Scan (Move to Cover).
  6. Complete the following drill twice: 5 feet from the target, Reaction Side hand only (simulated Weapon Side hand injury), Close Quarter Position (RS thumb into clavicle notch) 4 rounds to Body, Scan (Move to Cover).
  7. 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 Close Quarter 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 Close Quarter Position). Scan and stand facing down range to holster.
  8. 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 Close Quarter 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 Close Quarter Position). Scan and stand facing down range to holster.
  9. Complete the following drill twice – 5 feet from the target, Weapon Side, Close Quarter Position (two handed) fire 2 rounds to Body – then Weapon Side Combat Position (two handed) fire 2 rounds to Head. Scan, Retention Reload, Holster.
  10. Complete the following drill twice – 5 feet from the target, Reaction Side, Close Quarter Position (two handed) fire 2 rounds to Body – then Reaction Side Combat Position (two handed) fire 2 rounds to Head. Scan, Retention Reload, Holster.
- ❖ Total of 80 rounds fired so far (24 Head shots).

### Level 2 Drills (movement)

11. Complete the following drill 2 times (stepping once to the Left and once to the Right): Starting from facing the target in the “interview stance”, step while drawing your pistol from the holster and move directly into the Close Quarter Position (2 handed) Weapon Side and fire 4 rounds to the body.
12. Complete the following drill 2 times (stepping once to the Left and once to the Right): Starting from facing the target in the “interview stance”, step while drawing your pistol from the holster and move directly into the Combat Position (2 handed) Weapon Side and fire 2 rounds to the body then 2 rounds to the head.

13. Complete the following drill twice (stepping once to the left and once to the right): At the 1 yard line, Weapon Side, Close Quarter Position 2 rounds to Body – then Step and go to Weapon Side Combat Position firing a further 2 rounds to Head. Scan, Retention Reload, Holster.
- ❖ Total of 80 rounds fired so far (20 head shots).
  - ❖ Take a picture of the targets showing your score up to this point (end of drill #13).
14. 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 (Emergency or Retention), Move to Cover, Holster when Safe and Clear. Be sure to engage the targets early on so you are not rotating back to shoot.
15. 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 (Emergency or Retention), Move to Cover, Holster when Safe and Clear. Be sure to engage the targets early on so you are not rotating back to shoot.
- ❖ 128 rounds or 144 rounds fired in total.

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