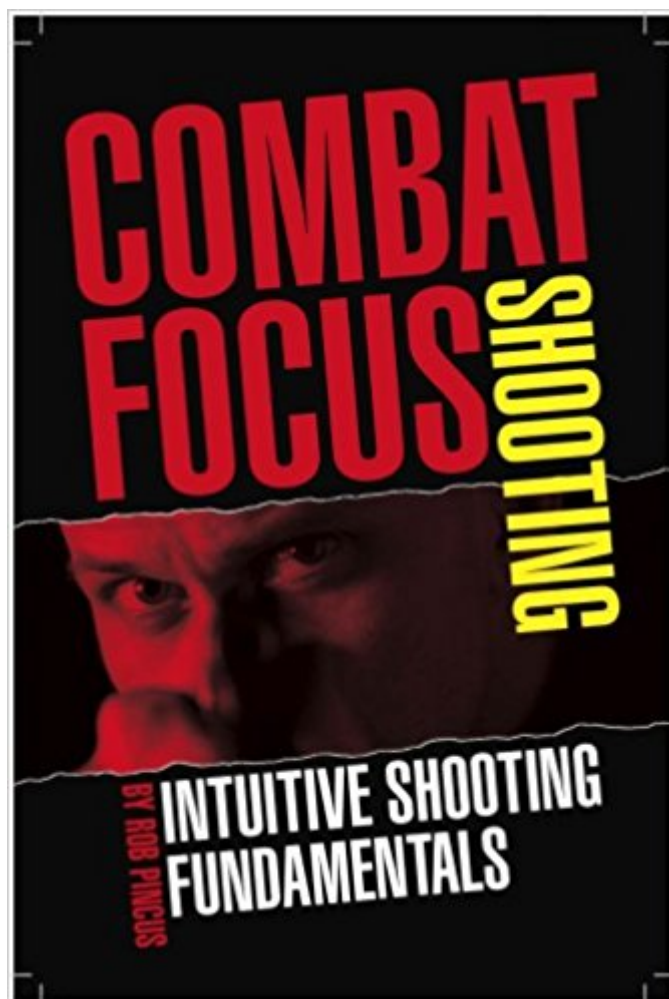


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# Combat Focus Shooting: Intuitive Shooting Fundamentals



## Synopsis

Praised by experts and students alike for his practical approach to intuitive shooting techniques, Pincus has brought his program into a skillfully written dialogue featuring sections including: Working with what the body does naturally, Background and Philosophy of Combat Focus Shooting, Combat (or Defensive) Accuracy, Combat Focus Range Drills, The Critical Incident Reload, Volume of Fire, and The Balance of Speed and Precision. Pincus book covers the content and underlying principles of the revolutionary Combat Focus™ Shooting Course in their entirety. Combat Focus™ Shooting is the intuitive shooting program that is designed to work with what the body and mind do naturally during a dynamic critical incident. This program helps the shooter to learn the Balance Between Speed & Precision and use either sighted or unsighted fire as appropriate to get combat-accurate hits efficiently during a lethal force encounter. Pincus' Combat Focus Shooting program has been incorporated into law enforcement and military training programs across the country and has been taught to security and police officers, military special operations personnel and instructors from around the world. In addition to these armed professionals, hundreds of self-defense students and beginner shooters are taught how to be safer through more efficient shooting in the Combat Focus courses every year, both at Valhalla Training Center and other locations.

## Book Information

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## Customer Reviews

It was interesting, not that long ago, to see a fellow writer refer to a book as software for the brain.

Quite so. No matter how good our hardware (body) is, or how competent we are with our tools, if the software is faulty then the system will fail - eventually. To Rob's credit the book starts out with two pieces that are neglected by many other experts who produce printed material, call it a book and sell it for a high price: 1) He starts out talking about Background and Overview - his own background, the background of the shooting fundamentals he's going to discuss in the book and overview of those fundamentals; 2) Warrior Experts - now I put experts in quotes above, because a great many people consider themselves expert at something - even if it's basket weaving. Rob isn't talking about the experts who offer to teach you their particular skill at a price. He's talking about how if you're going to carry a gun then YOU need to become a Warrior Expert. Simply carrying a gun does not make you capable of adequately defending yourself with it - not anymore than owning a piano makes you a musician. It's always refreshing to receive training from an instructor who starts out by telling you exactly what he's going to try to teach you. Bear in mind that training goals doesn't have to be a detailed list of minutia, the mastery of all of which are required to properly draw a handgun from concealment... or some such. In this case he cites two: Comfort and Competency. It seems to me, in other training I've had, that those same two training goals have been listed, and if you think about it, they are VERY important. Comfort is most often required before competency can be achieved. Rob goes on to make the excellent point that many of us prefer to train within our limits. That is to say that rather than pushing ourselves to be better in some way EVERY time we train, we perform a given task adequately and don't seek any progression. The problem is that - especially in a combat environment - if your skill level remains static then it's falling behind that of others who are constantly training. Bad guys training more than most of us like to think about. Rob makes the excellent point that we should take every opportunity in our training time to learn SOMETHING. From there on Rob goes into some detail about HOW to develop your combat focus in shooting and WHY it matters in particular to you. The reality is that the training program / information outlined in this book may be general information but it's individually specific in its application. Why does that matter? A great many trainers today will happily custom tailor a training program just for you: and you'll pay one heck of a price for it. Other trainers will take a given training program and expect every student to mold themselves into the techniques being taught. The problem is that we are all different and what works perfectly for you may not work as well for me. I have my own personal best level of efficiency in shooting and that level should be maximized - but never expected to match Rob's or anyone else's. I have to admit that when I first got this book to review I looked at the page count - 112. My first thought was, How much really good information about shooting can be contained in a book only 112 pages long? An impressive amount of straight

forward valuable information is contained in those 112 pages. Extraneous BS doesn't exist within. Having read the book and learned a few good things (and I've been shooting for about three decades) I can recommend it as a good informative read for any shooter who wishes to improve his skills. --Frank Borelli, Blackwater Tactical Weekly 5/28/07

Most of you have probably seen the ads for the Valhalla Training Center over the last couple years. Valhalla features a fully realistic mock up of real fighting environme --James Yeager, Tactical Response, Inc.

Combat Focus Shooting by Rob Pincus (ICE Publishing Company, 2006) is subtitled Intuitive Shooting Fundamentals. And that, in a nutshell, is what this book is about. As Mr. Pincus explains in the book, his system is all about training to work with, rather than against, the human body's natural, instinctive reactions to perceived danger. Such training, he argues, is more efficient than training that goes against the body's natural reactions. Rob Pincus is the former director of Valhalla Training Center in Colorado and the founder of ICE Training Company. He has used analyses from video footage of actual dynamic critical incidents (his term) as well as research into human physiology and psychology to find out what sorts of things we do automatically when faced with danger and tailored his training methodology to act in concert with that. Mr. Pincus writes in an informal, yet educated style that neither talks down to the reader nor attempts to impress with pseudo academic language. His prose is simple, direct, and to the point. In a mere 106 pages, he outlines a complete system of combat-oriented shooting that allows even people who have never shot a gun before to , in his words, ...recognize and hit reactive and interactive targets...effectively while moving through a realistic 360 degree environment, in various lighting conditions with a lot of distraction, without using their sights after shooting less than 50 rounds EVER. This is not a course in target shooting. Mr. Pincus' focus is on Combat Accuracy which he defines as any shot that significantly affects the target's ability to present a lethal threat. By this definition, even a miss that causes an attacker to cease is combat accurate. But far from an excuse for sloppy shooting, his system focuses on putting the maximum number of effective shots on target in the least possible time. As he puts it, two hits in one second that are six inches apart on a target are infinitely better than two hits in three seconds that are in the same hole. Some of Mr. Pincus' techniques are sometimes at odds with what other instructors teach. However, he does a good job of explaining why he recommends what he recommends and the thought behind it. Through all this, he admits that there are other techniques that produce more accurate shooting, but that his techniques are the most efficient that he has found. Nothing, however is particularly oddball or exotic. In the course of the book, Mr. Pincus takes the reader through discussions of stance and movement, presentation of the firearm, grip and trigger control and on to shooting drills designed to hone your Combat Focus Shooting

skills. Through it all, he stresses consistency and efficiency of movement. I highly recommend this book for any CHL holder. While this method probably won't make you an IDPA champion, it will help you to better be able to successfully manage a dynamic critical incident, should you ever be so unfortunate. I believe that the Combat Focus Shooting method is great for those people who have little time available for training, as everything is totally streamlined, cut-to-the-chase and eliminates as many variations as possible. --Byron Dickens

Most of you have probably seen the ads for the Valhalla Training Center over the last couple years. Valhalla features a fully realistic mock up of real fighting environments: structures with rooms, furniture, 360-degree shooting, 3-D targets, sound and light effects, and so on. It has acquired a reputation as a cutting-edge close-quarter environments fighting school, where firearms skills are integrated with other close-quarter skills. A good many people from civilian, law enforcement, and military walks of life have been through the facility, and the doctrine developed as a result would seem to be well worth understanding. And indeed it is.

Combat Focus Shooting is the title of the new book by Valhalla Operations Director, Rob Pincus. He wrote the book to codify the material he developed, and then refined, as a result of the student experience at Valhalla. The focus of the book is on close-distance (essentially room-distance) shooting, where almost all of the encounters we have occur. At this distance Mr. Pincus is not concerned with making you the best shooter you can be, but rather the most efficient shooter. That is, he doesn't want you to shoot the smallest group you can, but rather to place as many shots as possible as fast as possible into a combat-appropriate size group. In other words, he shows you how to shoot with you in control of your shot spread (AKA accuracy), by controlling your speed of shooting. Naturally, at these distances, threat-focus is most often called for (but not always.) This book is a valuable modern addition to the growing body of literature about close-distance, real-world shooting, in which the gap since the last works of Colonel Applegate and his colleagues is just starting to be filled. Combat Focus Shooting does an admirable job of pairing down the myriad shooting instructions we have all learned to those few instinctive essentials that really are in control of combat efficiency with a handgun. It offers the essential drills that Valhalla uses to impart these essentials to its students, and it does so in an easy to read way. The fact that the method works with so many disparate student types speaks well of it. I recommend this book to instructors and serious students. It is in the tradition of recent books by Lou Chiodo (Training for Success) and Mike Conti (Police Pistolcraft), both of which describe their experiences with instituting similar training with their respective state police agencies (and both of which are also highly recommended). We are coming into a much better understanding of the training necessary for us to win lethal encounters, and books such as these are invaluable. --Ralph Mroz, PoliceOne.com

This book is available to ship as of January 15th, 2007.

This is another of my favorite all time marksmanship books. It is packed with down to earth practical advice useful to beginners and experts alike. Had this one on my Kindle for awhile but I wanted a hard copy of it. Now I have it. It has been my experience with Rob Pincus and his writing of this book that it has been a transformative experience for my marksmanship. Do I shoot better because of this book? I would like to think so. I'm not a shooting competitor or a pistol "hot shot", just an everyday Joe who wants to shoot better. This small book has helped and is still helping me to improve. Recommend do buy.

Pincus challenges some of the conventional wisdom about self-defense training, by applying the lessons learned from observing actual incidents. For example, he suggests the Isosceles stance rather than Weaver, because he believes that this is the instinctual danger-confronting position for mankind, and thus the one that most people will automatically assume when confronted by bad guys. Similarly, he suggests learning how to shoot accurately when focused on the target, since that's what the brain is likely to have you do when danger appears. This is a clear, thoughtful, well-written book, whose points are worthy of consideration by anyone trying to prepare to protect family and friends from any bad guys who might appear.

This is one of those books that lives up to it's name! What else would you expect from Rob Pincus. His system "Combat Focus Shooting" is a system he invented to make the shooter faster on target, and resistant to outside influences. He covers the weapons, the shooters, the target, the environment and many other variables that can influence and affect where a shot could go without the proper "FOCUS". He covers other things such as stance, cover and the adversary. It's worth reading.

I like what Rob Pincus brings to the shooter, especially those of us who have a ccw and may have to use a weapon for defensive purposes. I received a lot of information from his series on SWAT Magazine TV, and wish it would continue. I thought what he presented in his book added to what information I had based on other books in my library; however, I was distracted by the grammatical problems that were prevalent throughout the book. His thoughts are based on intuitive shooting and what the body does naturally when the dynamic critical incident occurs. Would I buy his book again? Yes, but my feeling is that you need to read it at least twice in order to get the most out of this

presentation.

Being a police officer and use of force/firearms instructor, I'm always looking for ideas to increase officer safety. In reading this book, I've found Rob has come to literally the same conclusions and methodologies that I have come to based on my nearly 20 years of training. Grouping 10 rounds in a quarter sized hole at the range does not necessarily equate to winning a gunfight when targets shoot back. Rob references Tony Blauer's SPEAR System in the book and clearly understands the application to gunfighting. We have to train to respond to what is seen on dash cam videos, not what works in the friendly confines of the dojo or gun range. We have to account for physiological responses [startle-flinch/tunnel vision/lack of fine motor skills] that occur in reality and address them in training. That mindset is evident in the book and in the training philosophy. I've never read a firearms book that had me shaking my head in agreement more than this one. One reviewer was critical of the book's editing. While there are some editing glitches, the content of the book is what I bought it for, and it delivers!

The book impresses the need to rethink how and why we train, focusing on how our bodies work. Having been training others for 20+ years I believe the author makes some valid points. We who have taken the role of a sheep dog should always seek to increase our skills and never sit back thinking we have reached the mountain top.

This book has a lot of useful information - based on data (eg., dashboard video cams). I think it's very worth reading.

Rob Pincus is very good.

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