



## MilCun Training Center

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### Police Sniper 2 – Stress Management

*“To Fire a Perfect Shot under Stress”*

This course teaches the police sniper how to shoot well in stressful situations plus learning advanced shooting skills, such as expedient positions and moving targets. Firing a perfect shot each and every time involves successfully dealing with physical, mental, and emotional stress. The student is instructed and guided through stress-control techniques so that the skills developed in PS1 can be consistently applied in any situation. The course includes marksmanship instruction, coaching, and practices. Subjects taught include:

- Advanced Marksmanship Skills:
  - Deliberate Fire
  - Snap Shooting
  - Rapid Follow-Up
  - Moving Targets
- Supported Shooting Positions (Support equipment and field expedient supports)
- Night Shooting
- Intermediate Barriers - Penetration Demonstration
- 3-phase Planning
- CCB Exercises (Ten CCB exercises under progressively more stressful conditions)
- Stress Exercises (Five major exercises under progressively more stressful conditions)



**25-29 September 2023**

**Monday to Friday**

\$1700.00 plus HST

Email us for a registration form

[lindamiller@sympatico.ca](mailto:lindamiller@sympatico.ca)

#### Prerequisites:

- All police sniper students must be serving police, military or armed security personnel.
- For PS2, PS1 must be completed to our standard.

#### Course tests:

- Final marksmanship test
- Continuous stress testing throughout the course

Standard: 80%

Ammo: 700 rounds and 2 “flash-bangs”

#### Course length:

5 days (0800 to 1700 most days, plus night shooting exercises); 90% range work)