Master CQB Course

This course is designed to ensure the operator has the complete ability to perform their duties as part of a specialized team utilizing special weapons and tactics. This course covers and ensures ability in the following areas.

Mindset

Physical Fitness

Marksmanship

Medical

Tactics

Breaching

\*You must have completed an APOST approved basic and advanced SWAT course to be accepted into this one. Upon completion of this course you’re eligible to become an APOST SWAT Instructor.

You will receive a training block along with a testing block. You must meet the standard to proceed to the next block. This course will train you, but also test you. You must have the ability to perform.

These are the abilities of high performers.

1. Emotional stability and self control.
2. Precise cognitive abilities in lethal, rapid, and vague environments.
3. Exceptional work ethic.
4. High Skill levels, performance on demand.
5. High level of functional fitness.

These are the traits of loser’s.

1. Excuse maker.
2. Low level of fitness.
3. Unable to process information at a fast pace.
4. Low skill levels.
5. Poor work ethic.

You will be trained in fast and accurate CQB marksmanship, breaching (Mechanical/Explosive), Flash Bangs, Combat First Aid, and Tactics. You will be in the kill house and on the range.

This course is designed to produce high performers who will be assets to their teams, this will not be an easy course. You must come prepared to perform, we do not accept losers.

Gear List

Helmet

Plate Carrier

Duty Belt

Rifle

Pistol

3 mags for each weapon

2 tourniquets

1 flash bang

Eyes

Ears

800 rifle rounds

500 pistol rounds

100 sim rounds

Ruck Sack/frame

Note Book/Pen

Water

Food/Lunch