

The Training Methods Research of Rapid Shooting Based on Human Instinct

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Abstract—At present, domestic violence cases of assaulting a police officer is increasing, to the police in the amount of law enforcement itself and the country and the people's lives and property caused a great loss. Rapid reaction shooting as a skill of police, in the face of violence assaulting case, for the success or failure of law enforcement and law enforcement of the police to protect the personal safety has a decisive role, so it is the main content of the public security organs at all levels of police combat training. But due to the grassroots police work status, resulting in couldn't spare the time for the system to the rapid reaction shooting training, resulting in the domestic existing rapid response shooting training method has little effect on promoting grassroots rapid reaction police shooting skills to master. Therefore, from the perspective of human nature, the human "center toward instinct", "finger towards instinct" and "attention towards instinct" applied to the rapid response of shooting training, greatly reduces the degree of difficulty of the rapid reaction of the shooting skills, relationship of trainees for fast firing technology to master time, make up the grassroots police due to lack of training time caused by unstable status of skills to master, and hope so as to provide a reference for other policing skill training.

Keywords—Instinct; Rapid; Shoot; Training method introduction.

I. INTRODUCTION

Since 2015, China has been a certain degree of terrorism under the powerful anti-terrorism measures of public security organs at all levels in China. But in a gradual decrease in terrorist events at the same time, cases of violence and assaulting a police officer is increasing and caused very serious police casualties. From the recent spate of violence assaulting case shows: police casualties are caused by the sudden violence assaulting case. In these cases, the police and law enforcement use weapons in accordance with the law is not a problem. The problem is that the police law enforcement when suddenly subjected to violence, the ability to quickly, effectively use weapons, that is commonly referred to as rapid response shooting. Therefore, grassroots police fast response shooting ability will directly affect the sudden violence assaulting case law enforcement success and police enforcement of personal safety, and shoot fast reaction is also bound to become the main content of China's public security organs at all levels in the future period of time police combat training.

II. TRAINING STATUS OF THE BASIC POLICE IN RAPID RESPONSE SHOOTING

A. Present situation to carry out training

In recent years, the public security organs at all levels of police actual combat drillmaster through foreign exchange of learning opportunities, has brought back to the domestic and foreign advanced quick response fire training philosophy and training methods, and accordingly the localization transformation, so the training level and abroad has no significant difference. Especially in the special police training, in the guarantee of enough time and equipment, the training effect is more obvious.

B. Present situation of personnel

Under the guidance of scientific training idea and method, under the condition of sufficient training time and equipment, the training result of rapid response is very significant. However, in China's national conditions, police intelligence and police equipped with such conditions, the vast majority of the police group of ordinary grassroots police simply enjoy less than adequate training time and ammunition support. The use of a weapon training for a year or a few years before training. Therefore, this interval is longer weapons use training content basically limited in the category of basic shoot; the police did not have the ability of fast shooting training, even if reluctantly to the rapid reaction of the shooting training, the training objective also can not be achieved.

Therefore, the carry out of the current domestic rapid response fire training for grassroots police with the trained rapid reaction shot is not in proportional; and the actual enforcement capabilities for rapid response requirements of fire with the police rapid reaction shot is not proportional to the ability to grasp the situation. The fundamental reason for this situation is the contradiction caused by the work and training caused. Away from work to train, work can not finished; no training to work, work will not done well. for this contradiction can not be resolved in the short term under the shackles of domestic, grassroots police rapid reaction fire training must find some certain special methods and means to make the trainees grasp the skill of rapid response shoot in the shortest possible time and consume the least ammunition. After the police grasp the skill, it can be used and service for the combat of the police .

III. TRAINING METHOD OF RAPID RESPONSE SHOOTING BASED ON HUMAN INSTINCT

Instinct means that everyone has. Therefore, the human instinct is to point to the innate nature of human beings, not to be taught and trained, the innate ability to produce the basic desires and behaviors in human evolution. If the quick response shooting skill training can combine with the human instinct, not only can greatly shorten the process of the formation of sports skills, and can effectively improve the accuracy and stability of the implementation of the skills.

Quick response includes a series of shooting process, fast and quickly drew to rapid firing and hit. Seen through training, quickly pulled out a gun and fast firing action can be acquired by simple training, and there is no shortcut. And the key to determine the success or failure of the rapid response is the quick point. Quickly point accuracy or not determine the accuracy of the hit. so, the focus of the training of the rapid response shooting should focus on the quick point of the target.

Through access to a large number of foreign quick response shooting training data, combined with exercise physiology, psychology and related disciplines, we will mankind's instinct application on rapid response shooting point to fast training process, and the rapid pointing precision and fast response shooting hit rate plays a huge role in promoting.

A. *The center towards instinct application in the rapid response shooting*

The center towards instinct is: when the human hands hold the gun, force the arms forward, the longitudinal direction of the gun is in the middle of the chest. Therefore, if the middle position of gun holder faced the middle position of the target, the gun's muzzle is approximately in the middle part of the target. This has greatly corrected the problem of horizontal deviation of the quick pointing and the hit of the quick response shooting in the process of rapid response. Now, the rapid response of shooting training in our country, no people aware of the human center towards instinct, so in some fast reaction shooting training, after the gun pull off ,the gun should be located in which part of the body do not have a clear concept. Of course, through systematic training, no matter the gun in which body position, can be quickly and accurately hit the target. But for the lack of training time of the basic police, the center towards instinct can make the rapid response shooting skills and application much easier.

B. *The finger towards instinct application in the rapid response shooting*

The finger towards instinct is: when people stare at a specific target, monopoly index finger can fast and accurate pointing to this goal. The index finger pointing shooting in foreign countries has been popular for a long time, the domestic has also been introduced and applied with special police, armed police in the rapid response training and achieved good results. Because of the horizontal deviation of the quick response shooting has been corrected by the center

towards instinct the main task of the finger towards is to correct the vertical deviation. But it is proved by experiments that the human body has the finger towards instinct r, but the path of the finger moving is more influence on the final direction. Generally speaking, when the index finger movement track is from the forward, the index finger of the vertical deviation is smaller, while the index finger pointing from the bottom up, then the vertical deviation.

Current domestic in rapid shooting process, the index finger pointing to the training is mainly that: when the gun off the holster, quickly take a shortcut forward t of the gun to the target. In this movement, the trajectory of the index finger is actually a process of the oblique upward. In this process, the trajectory of the index finger not only includes the front and rear directions, but also includes the upper and lower reverse, and precisely because of the upper and lower direction of the lead to the inaccurate of the point, and thus affect the hit rate. Such index finger pointing method, if you want to improve the hit rate must be a long time and ammunition as a guarantee.

More in line with the human nature of the finger towards instinct should be: pull the gun quickly to the middle of the chest and abdomen, then fast forward out of the gun, make the running track of the index finger by a single forward, such directive method although seemingly a little slow, but the pointing accuracy and the hit rate is greatly improved. In addition, if the situation is particularly urgent, when the gun to the chest part can be immediately shot and the center towards instinct can still play the effect.

C. *Attention towards instinct*

The police use rapid shooting mainly because the criminal suspects attack the police with apparatus. The author make a questionnaire survey for 560 police that: when a criminal with a knife in 7 meters distance and run to the police, police quickly pulled out a gun, point the criminal at the same time, 98% of the police look mainly the waving a knife or the arm holding the knife. It is proved that the attention of police is not criminal but the waving arm or the knife. There are two results. First case: the gun and line of sight is in the same line, the target is the arm or the devices, but the use of rapid reaction shots to hit waving arms or equipment skills is the unable to grasp the skills for common police. The second case: gun is not with the line of sight in the same line, which hit is just as the blind shot, hit rate is lower. Therefore, there are many cases, the gunman in a very close range; shoot many bullets but no one hit the target. Therefore, attention to the deviation often leads to non technical questions in miss. Then attention is directed to the application of instinct in the rapid response shooting is to through simple training, the trained police clear in crisis situations and keep the attention, concentration, and attention is directed to the shooting site, so that the center towards instinct and finger towards instinct can lead and jointly play a role directed by attention towards instinct.

With the continuous development of the economy of our country, all kinds of social contradictions prominent and all kinds of cases of violence and assaulting a police officer have occurred being with a growing trend. The front-line

police, as long as the master of the strong police skills to in cases of various types of violence assaulting can save themselves and protect the country and people's life and property safety. However, due to the limitations of objective conditions, the majority of police lack of necessary skills training in the current situation can not be alleviated in the short term. So, it is hoped that this method can provide a

reference for the training of other police skills based on the human instinct.

REFERENCES

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