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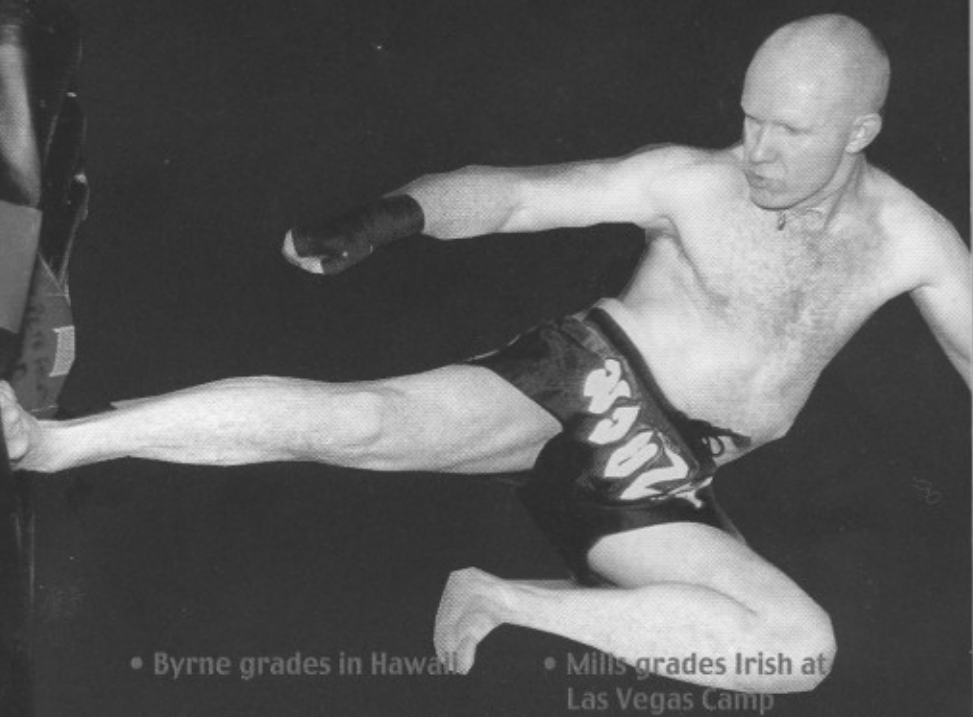
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AN OVERVIEW OF CLOSE QUARTER BATTLE (CQB)

BY MAJOR AVI NARDIA AND ADRIAN 'SAM' MARKEY

CLOSE QUARTER BATTLE (CQB) can be described as combat taking place within buildings, cars, hallways, stairwells, rooms, enclosures, and other constricted spaces. Although CQB training first started with military and law enforcement personnel, it's now being taught to security personnel and civilians. CQB is important to security forces because the techniques associated with it serve as the foundation for recapture tactics. As a result, security units and their personnel must have the ability to respond to a 'worst case scenario' by recapturing the asset that it is protecting.

CQB can involve individually or collectively, hand-to-hand combat, weapons, and more. As a result, we need to be proficient with every move. For instance, with hand-to-hand combat we cannot assume that the enemy will freeze up when we engage him or her. We need to think that he will counter our moves, so we need to consider this and be ready for it in the fight – whether it is with a firearm or with a knife. That is why in Kapap we include these elements as a part of the hand-to-hand combat programme

Violent confrontation

This term is used to describe a meeting of two or more combatants (even if one or more is passive) where there is the potential for, or actual use of, extremely destructive force. This type of confrontation usually occurs at close range in a short amount of time. Some time ago the 'SOP 9 Study' was conducted in New York. The research examined every shot fired by law enforcement officials in the line of duty during the course of one year. Out of a total of 2,047 shots fired, only 217 actually hit their intended targets, and only 10 percent of these shots hit vital organs. During interviews with officers involved in the shootings, the majority of them commented that they never even acquired their front sights when they engaged their target.

Additionally, these officers also experienced some, or all, of the following:

- The confrontations took place at the range of ten feet or less with duration of less than four seconds. During this time, fewer than five rounds were fired.
- The typical response was from the holster.
- A sudden feeling of shock and surprise overwhelmed the officers.

The end result of this study showed that the police officers were NOT trained properly enough to handle these life and death situations. Now, can you imagine what it would be like for a civilian who has even less training than these officers? That is why, for civilians, realistic training is needed and should be conducted by experienced firearms instructors.

Things to consider

Psychological aspects: under severe stress, the normal mental processes become extremely difficult and the mind resorts to its most basic processes.

The following are examples of psychological effects you may experience during a combat situation or any other high stress situation:

- Tunnel vision: under extreme stress your attention will primarily be focused on the greatest threat and, as a result, you will have a temporary loss of peripheral vision.
- Auditory exclusion: as with tunnel vision, you will focus on the greatest threat and will have the



Major Avi Nardia (front, centre) and his Kepap Ireland host Adrian 'Sam' Markey (back, extreme left) are pictured with participants who took part in the first Kepap instructional seminar in Ireland last year.

inability to hear for a period of time. For instance, you will probably not hear anyone shouting at you.

• Electro dermal stimulation: a reaction of the skin that makes the hair stand up on the arms and the back of the neck.

• Time/space compression: in times of high stress there will be a slow down in the perceived passage of time and a shift in perceived spatial relationship. This is caused by the inability to judge speed and distance and accurately balance the two. Also, you may experience a slowing down of time. In other words, everybody will seem to move in slow motion.

• Mental track: in most high stress situations, to include life and death situations, a person's ability to keep track of the details of the situation taking place around him or her becomes nearly impossible. In most police shootings, a police officer being debriefed after an engagement does not usually remember how many rounds he fired. This can happen even in training. Therefore, as a shooter, you must learn to beware of the number of rounds you fired so the weapon does not run completely dry in the middle of a firefight. This concept of awareness is not only applies to a shooting situation, but also applies to hand-to-hand combat and edged weapons.

Regardless of how much training an individual has, certain studies (along with the SOP 9 study) show that during a combat situation, one or more physical changes take place in an individual's body.



Kepap Ireland director Adrian 'Sam' Markey (left) with former member of the Israeli Special Forces, Major Avi Nardia.

That is why proper training is necessary to help minimise certain aspects.

Other physiological effects you may experience during a high stress or combat situation include:

• Pulse and breathing: in any excitable situation pulse and breathing will always be affected. Your heart rate increases and your breathing become rapid and shallow.

• Adrenaline: this is nothing more than a hormone that stimulates involuntary nerve action. The amount of stress you are placed under will depend on the amount of adrenaline released into the system. When adrenaline is released into the body it stimulates the muscles. This causes them to tighten. Depending on the individual and the situation, this is more than adequate to affect an individual's shooting position or fighting position.

• Co-ordination and reflexes: under any type of stress, hand and eye co-ordination degrade severely, especially the co-ordination of the hand and fingers.

The chemical cocktail

The reactions just discussed are the result of the body's survival response to a potentially lethal situation. When suddenly placed in a life-threatening scenario the body will dump a number of chemicals (including epinephrine, nor-epinephrine and cortazol) into the bloodstream where they mix with sodium. This 'chemical cocktail' creates an imbalance characterised by general muscle tightening and loss of fine motor skills. Epinephrine is an adrenal hormone that stimulates automatic nerve action (fight); nor-epinephrine is a hormone that is formed naturally in the body's nerve endings during times of fear (flight), and cortazol is a crystalline hormone released into the body's nerve endings during times of fear (fight).

The body's reaction

The body's response to this chemical imbalance is to release potassium to counteract the effects of the sodium. However, this process takes time and slows our ability to react. As a result, we must always seek to minimise the impact that this chemical cocktail has on us in order to improve our reaction times. We

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Owen Dempsey

● AN OVERVIEW OF CLOSE QUARTER BATTLE (CQB) - continued from page 6.

can do this by training to maintain the proper 'mindset'. 'Mindset' is a term used to describe an individual's state of mental readiness to act or react to a stimulus within in our environment that ensures survival. This proper combat mindset is not learned and cannot be taught - it must be developed from within. The tools you need for proper combat mindset can only be exposed in a schoolhouse environment to help you to develop yourself.

Breakdown of the mind

•Conscious mind: the conscious mind is the thinking part of the mind. It takes seconds to make decisions when using this part of the brain. In any type of combat situation the conscious mind's decision making process is too slow to keep you alive. The conscious mind is a hindrance, causing you to have to react to every situation instead of acting.

•Sub-conscious mind: reacts to situations. This part of the mind works in quarter seconds, which is much faster than the conscious mind. It has to be trained in order for it to work properly.

When training, the skills being learned need, not only to be simple, but sound and effective. The sub-conscious mind is only developed through proper repetition (muscle memory) in training.

You must strive for perfection each and every repetition.

If you train poorly, or if the training is too complicated or too detailed, when the sub-conscious mind takes over it will not be able to respond properly to the situation. What occurs is the conscious mind identifies the situation, realises it cannot handle it, and then turns it over to the sub-conscious mind to react. That is why we say that in any type of combat situation a person must rely on his training in order to survive.

Optimum combat mindset

Optimum combat mindset is the state of mind where you have prepared yourself mentally (both consciously and sub-consciously), physically, emotionally, tactically, and technically to endure the rigours of combat for prolonged periods of time and under extremely adverse conditions, and still remain effective.

Developing a combat mindset

Like the body, the mind needs to be conditioned to respond and function properly in combat. When faced with a combat situation you want your mind to be free of distractions so that all of your focus is on the mission at hand - such as getting out of a situation; and if it's at the killing zone, killing the enemy and surviving the encounter.

You need to be mentally prepared for death, and injury, and you need to go into the fight prepared for the worst. For instance, if you find yourself in a knife fight you should expect to get cut and if you go into a shooting scenario you should expect to get shot. Remember, response time is a critical factor in surviving a violent confrontation in a CQB environment. Do not waste time analysing and second-guessing in an attempt to make the best possible decision. The time that is saved in the thought process will in turn save your life as you fight to end the fight.

- At the invitation of Kepap Ireland chief instructor Adrian 'Sam' Markey, Major Avi Nardia, and Albert Timen, both former members of the Israeli Special Forces, will visit Ireland to instruct at a two-day open seminar on 19-20 August, 2006. Further details and booking: Adrian 'Sam' Markey (087) 6758072; e-mail: kapapireland@eircom.net
- Visit: www.360realitybaseddefence.com