

Training Name: Firearms

Course Name: Fighting Carbine Hard Skills (Phase 1)

Dates: 02/18/2026 - 02/19/2026

Venue: Houston Police Academy
Houston, TX 77073

Price: \$600

Instructors: Frank Proctor

Course Description:

****The Texas Tactical Police Officers Association (TTPOA) Regional 2 Directors will be available to address inquiries via email and will respond between the hours of 1500 and 0700 or on weekends as necessary.****

Carbine Hard Skills Phase 1

HARD SKILLS: Technical skills required for a job/profession. Learned abilities acquired through training and experience. Measurable and Quantifiable.

If you carry a gun as part of your profession or for personal protection this course is designed to give you the hard skills with the gun that you need to responsibly win a fight with a gun. This is a shooting course focused on shooting skills. Not tactics.

The course will begin with an installation of the Proctor Shooting Process that is the foundation that we will build everything else from. The Process will introduce very simple foundational concepts that apply to performance in shooting and training to perform.

In this course we will focus on core hard skills with the carbine and perform focused on exercises that will develop those hard skills and habits. In order to actually train and walk away from the 2-day course with more ability we will focus on specific hard skills until a level of proficiency or training is reached then move to another hard skill.

A strong focus of the course will be to achieve "accuracy with urgency". Each hard skill is measurable and has an associated evaluation. The evaluations will test a reasonable degree of accuracy with a reasonable amount of speed. In short, we are training to win a fight with a gun against another person. We are not shooting Bullseye and we are not shooting USPSA.

Shooters will walk away from the course with a classification based on how they performed through the Hard Skill Evaluations.

This is the Phase 1 course and is not all inclusive of every Hard Skill required with a carbine. This Phase 1 course is designed to develop hard skills necessary to responsibly win a fight with a carbine at CQB distances up to 25 yards.

TOPICS COVERED BUT NOT LIMITED TO:

Proctor Shooting Process

Concepts vs technique

Repetition

Focused exercises

Take away work outs for dry fire and live fire

Evaluations

Visual processing speed

Movement/Body Mechanics and Articulation

Manipulations/Manual of Arms

Ranking/classification

Accuracy with urgency

Optimal equipment set up considerations

EQUIPMENT:

Carbine with sling

OPTICS: magnification is not needed for this course. In the case of LPVO something with true 1X magnification is preferred. Fixed magnification such as 3x only or 4x only is not recommended.

2 magazines (more is fine)

Belt mounted magazine pouch would be recommended but not required

Plate carriers and armor are not necessary but bring them if you wear them for work etc. and we can make sure they allow for optimal work with the gun.

AMMO:

In this course we will be putting in a lot of reps on the hard skills in order to actually train and develop proficiency and ability, that means you are going to shoot a lot. Bring ammo-1500 rounds minimum.

PERSONAL ITEMS: Standard range items apply such as eye and ear protection. Bring anything else you need to sustain yourself and equipment for a day on the range. Courses may be indoor or outdoor so plan accordingly.

About the Instructor:

I served over 20 years in the military and the last 16 of those in the US Army Special Forces. In 2004 I attended SFAUC-Special Forces Advanced Urban Combat Course. I knew then that being a better shooter would be a life long passion. In between deployments and other duties at Group I was and assistant instructor for Combat Marksmanship, CQB, Breaching and the Sniper program. I later became the NCOIC for the Sniper program and Primary instructor for Combat Marksmanship. During that time I had the privilege to serve with and learn from some great dudes.

In May 2007 I started competitive shooting and found out what I didn't know about shooting! I started shooting a match almost every weekend and when I failed at something I would work on it during the week so I could see an improvement the next weekend. I joined a range and trained almost everyday sometimes 2 times a day. In January of 2009 I achieved the rank of Grand Master in USPSA Limited division. I was the 4th ranked Limited GM in the world at that time, but still made some mental mistakes in matches. I was shooting at my peak in the summer of 2009 and started gearing up for another deployment. In 2012 I started my training company full time. Most of what I have learned about shooting has come to me since then. Something happened and I took a much more analytical approach to training and shooting instead of the classic just go do it 10,000 times. Looking back to 2009 when I was at my peak as a shooter I didn't fully understand what was happening or really how to show other people how to do it. I still don't know everything about shooting and I don't think anybody knows everything about anything. I believe in having an explorative mind to continue to look for more information to make us better shooters. My current training programs take an easy but in-depth, cerebral approach to becoming a better shooter.

I offer training courses all over the USA (some international) as well as at my private training facility near Talladega, AL.

Since childhood I have been mechanically inclined to find solutions. My first job in the Army was a Light Wheeled Vehicle Mechanic and that was my civilian career for about 5 years afterwards as well. I enjoyed the diagnostic and problem solving aspects of being a mechanic. When I received a vehicle with a problem I found it easier to diagnose the problem if I had a full understanding of how things were supposed to work. When I became a shooter I definitely brought that aptitude with me. When I use guns and gear my mind looks for a better and easier way to get things done.

Thanks for reading this and I hope it provides you with some insight into why I do the things I do.

Cost \$600.00

Credit card payment is strongly recommended. Last day to cancel and get your money back will be 01-18-26. If paying by check, make checks payable to: TTPOA and send them to PO Box 304, Burnet, Texas 78611 Make sure the check has a note saying " Region 2 Carbine Hard Skills"

Any information regarding this course or refunds reach out to Regional Directors Victor Bachar or Michael Swartz

victor.bachar@ttpoa.org

908-596-0261

michael.swartz@ttpoa.org

281-882-2784

Training Description:

TTPOA believes in bringing in some of the best instructors in the country to share their knowledge and experience. If you have requests for a specific instructor or course, contact your [Regional Director](#).