



SURVIVAL TIME MEASUREMENTS

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Time is our most valuable resource. Developing your training program and your sense of time is critical. Survival and safety is a problem solving process. To be at the right place, right time and do the right thing is the skill.

If you don't manage your time, you don't solve these problems. Realize how much time you have, and train to exceed what you need to perform the survival action. Use timers, stop watches and verbal count to measure yourself.

TIME NEEDED TO SOLVE SURVIVAL PROBLEM

TIME(Seconds)

THE PROBLEM

.25	Recognize a face to face physical attack.
.5	Initiate movement to avoid face to face attack
2.5	Run 20 meters to safety
30	Wake up at 3 am and react to a threat.
3	Obey the three second rule, which is, never expose yourself to observation for any longer out in the open for more than 3 sec.
.25	Observe around an obstacle long enough to be able to see BUT NOT comprehend threat. (Peek)
4	Load your automatic pistol.

Survival Time Measurements, P.2

6	Load your revolver with speed loader.
15	Load your revolver, one round at a time.
.5	Shoot one shot from the ready position.
.5	Shout a simple command- like "Stop!"
1.5	Shoot one aimed shot attempting to use sights from the ready position.
2-10	Make a precision shot with maximum accuracy
1.5	Turn 180 degrees, pivot, fire one round from the ready
1.5	Move sideways 1 m and shoot one round from the ready
2	Draw and fire two rounds facing a target.
.04	Move trigger finger from outside trigger guard and touch trigger.
3.25	Clear malfunction in your automatic pistol.
6	From 2 m move to cover, observe and fire two rounds
14	Stop bleeding of 1/2 inch cut on Brachial Artery before loss of consciousness.
2.8	Survive the average gun fight.
16	Detect a crime in progress- home burglary auto theft
19	Move to prone position and hit a 200 m target with a rifle.
300	Stop frostbite from crippling your hands -40 below temperatures- 5 minutes
7200	Fatal injury survival window, inside one hour. Receive medical attention or perish.
1200-Infinity	Hope the police to show up- 20 minutes to 2 hours or not at all.

By shortening and extending your times in training you will increase intensity and your confidence. Once you have learned the concept of distance and positioning, develop your timing and the technique to solve the problem.