

# S. A. M.

Skill  
Acquisition  
Model

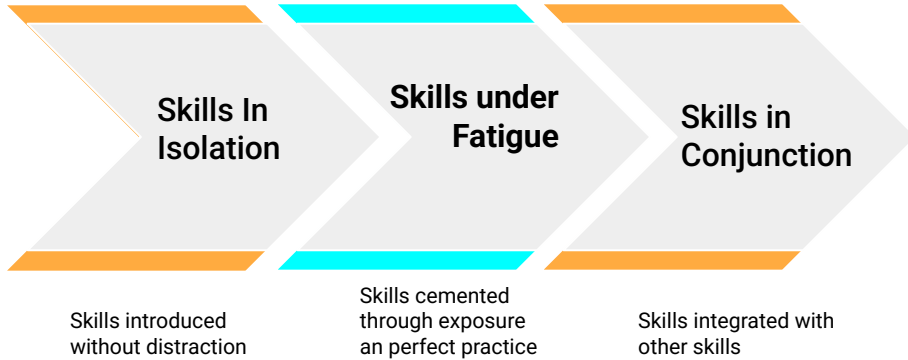


# Background

- Years of experience
  - Teaching
    - Outdoor survival
    - Fitness
    - Climbing
    - Line Infantry
    - Specialty Platoon
    - Private Contracts
- Critical Thinking
  - If training everything at once worked, why aren't we all elite operators?
- Add stress to the equation, and information retention becomes almost impossible
  - Adrenaline: "I just blacked out and acted"



# The Skill Acquisition Model



- Skills in Isolation
  - Skills have to be honed separately from all other stimuli
- Skills under Fatigue
  - Skills are cemented when performed in stressful conditions with adequate recovery
- Skills In Conjunction
  - Skills can only be utilized in complex situations once they're practiced as part of a larger scope



# Skills in Isolation

- Driving a car
  - What do the pedals do?
  - What does the wheel do?
  - How hard do you push the pedals?
  - How hard do you turn the wheel?
- Practice
  - Start-and-stops in a parking lot
- What happens if you jump steps?
  - Crash into a telephone pole
  - Rear-end someone at a stop light



# Skills under Fatigue

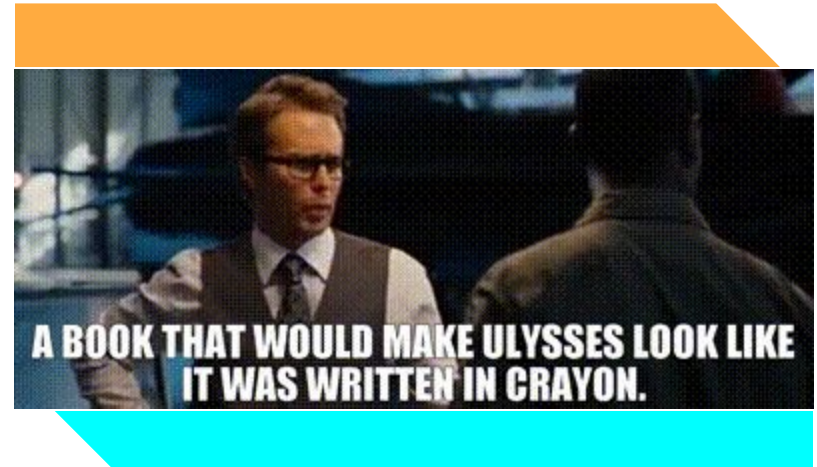


- Back Squats
  - Back squats are the act of squatting under load
  - One squat at a time doesn't break down form, too much load and too many reps break down form
- Practice
  - First you bodyweight squat, then you squat with just a bar, then you add load, then you stop just short of failure
- What happens if you skip steps?
  - Acute Injury
  - Chronic Injury



# Skills in Conjunction

- Writing a book
  - Apply multiple skills
    - Spelling
    - Grammar
    - Sentence structure
    - Connecting ideas
    - Pacing and Plot
    - Publishing
    - Promoting
- Practice
  - First draft, second draft, on and on
- What happens if you skip steps?
  - How many books do you think are written and never go anywhere?



# Skills in Isolation

- Function and use of a firearm
  - Shooting alone is Skills in Conjunction
    - Weapons manipulation
      - Use of Safety
      - Use of Sights
      - Trigger Discipline
      - Et Cetera
  - Applying Skills in Isolation
    - Ready Ups
      - Focusing on different skills, one at a time



# Skills Under Fatigue

- Function and use of a firearm
  - Often taught purely through repetition
  - “Practice Makes Permanent”
  - Bad reps make bad skills
  - Better to practice perfection with a dose of stress
- Applying Skills Under Fatigue
  - 10 Burpees, 3 Ready Ups, Rest, Repeat





# Skills In Conjunction



- Function and use of a firearm
  - Running straight into a shoot house with a firearm you've never seen before is a terrible idea for obvious reasons
- Applying Skills in Conjunction
  - First you have to know how to be safe
  - Then you have to know how to be precise
  - Then you have to know PID
  - Then you have to know movement
  - Then you have to put it all together



# Who We Are

- SAM Combat Training
  - It's in the name
  - It's in the logo
  - It's what we believe
  - It's how we train
  - It's how we live
- Every course, every module, every lesson is built upon this purpose

