

Reality Based Training Association

Glossary and Terminology

Note: Any underlined word in any of the terms has an independent definition in this document

A

ACTIVE – the term given to any Control Area within which training is being actively undertaken as indicated by proper signage and Site Activation Markers

Administrative Timeout – this is a Pause that occurs in order for training staff to make some sort of adjustment, either to PPE, a Role Player behavior, a training setting, or any other requirement where the behaviors of the training participant are not the cause of the Pause

Airsoft – a simulated firearm that fires plastic BB's using compressed air or specially stipulated gases that are either generated by mechanical compression, small electrically driven compressors, or compressed gas cylinders that fill small reservoirs with the simulated firearm

All the Gear All the Time – a phrase used to describe a best practice for training participants during scenarios to remind trainers of the importance of providing training versions for all carried items such as firearms, batons, chemical agent, functional radios and even notebooks.

Ammunition Categories – a list of terms useful in categorizing small arms ammunition such that they are less likely to be confused as to their purposes. These Categories, more fully described in this Glossary include Conventional Ammunition, Blank Ammunition, Non-Lethal Training Ammunition, Lethal Training Ammunition, Unhardened Structure Target Ammunition, Extended Range Impact Ammunition, Inert Training Ammunition and Unknown Generic Ammunition.

Anxiety - a feeling of physiological and mental Arousal born of lack preparation or readiness where the participant does not believe they equipped with either the tools and/or the talent to perform a task at an optimal level and as such is negatively emotionally engaged

Approved – any person, place or thing that is deemed as Approved by the Governing Authority for a specifically stated purpose, as described within written guidelines governing the use of the item for which Approval is deemed necessary

Area of Operations (AO) – any training area in which training is occurring or about to occur, and which is under the direct control of an approved control operative such as a Safety Officer (SO), Exercise Control Officer (XCO), or Safety Coordinator (SC). The AO includes the entire area where training will be occurring and is inclusive of any Safety Areas, Scenario Areas, Choke Points, etc.

Arousal – an emotional engagement typically triggered by the Sympathetic Nervous System as a precursor to the primary actions of Fight, Flight or Freeze

Attention - a state of awareness in which the senses are focused exclusively and selectively on aspects of the environment. Therefore, the central nervous system is in a state of readiness to respond. Because human beings do not have limited attentional capacity, they focus on certain items at the expense of other

Audio Video Simulation – simulations or simulation systems that are for the most part static in nature and utilize technologies that function through the use of presented two dimensional visual images and associated sounds. Some of these systems are immersive in nature such as large screen AV simulators such as those pioneered by F.A.T.S. (Firearms Training Systems) or VirTRA for example. As a means of triggering a stress response or as a consequence to tactical error, some of these systems include “pain penalty devices comprised of technologies such as electric shock devices and shoot-back cannons

Augmented Reality – an interactive experience of a real-world environment where the objects that reside in the real world are enhanced by computer-generated perceptual information, sometimes across multiple sensory modalities including visual, auditory, haptic, somatosensory and olfactory

B

Back To You – a phrase utilized to re-engage a training participant after any sort of time out or intervention

Ballistic Micro Fight – a Ballistic Micro Fight, or BMF, is a training concept developed by Tony Blauer, and is a formula-based training protocol that applies science, psychology and safety to scenario-based simulation training. The key is in using what Tony Blauer has coined as the 'replication formula'

Basic Student Gear – for any dynamic simulations where projectiles are in play, basic student gear consists of face protection, head protection, throat and neck protection, hand protection, groin protection and the covering of any other exposed skin, preferably with a tight weave piece of clothing such as denim or nylon BDU style clothing. For non-projectile environments, Basic Student Gear is governed by the PPE Best Practices Guidelines

Basic Role Player Gear - for any dynamic simulations where projectiles are in play, basic role player gear consists of at least the same level of protection as Basic Student Gear, with additional padding as deemed necessary for the type of force likely to be encountered during the scenario. Because the Role Player will be subjected to multiple iterations of force applications within the training day, additional padding is recommended to reduce hazards to the Role Player

Black Box – a special box into which any dangerous items or contraband that are discovered before or during a training exercise may be placed. The Black Box will be under the direct control of the Safety Officer and shall not be accessed during the duration of a training exercise except under the direct supervision of the Safety Officer and in the presence of another person directed to do so by the Safety Officer. The Black Box shall be sealed during the duration of a training event and will only be unsealed at the conclusion of the training and following the End of Training Declaration, at which time all items within the Black Box shall be returned to those who own them or to either deposit additionally discovered items or if a participant must depart prior to the end of training and needs to retrieve an item. The Safety Officer shall only open the Black Box in the presence of another person and resealed immediately thereafter, confirming with the other person that the process is complete. Any rogue items such as loose ammunition that is unclaimed after all participants have left shall be removed from the training site for sequestration and/or disposed of in a manner consistent with safe handling.

Blank Adapted Firearm (BAF) – a live, conventional firearm that has been converted for use with any type of Blank Ammunition

Blank Ammunition (Condition YELLOW) – ammunition that produces a report and, on occasion, a flash when fired. Blanks are often used to cycle training devices or create a special effect for the simulation of gunfire. Blanks have been misunderstood over the years and have proven hazardous or deadly to those who did not understand the dangers. There are different types of Blank Ammunition, some of which can be used at close distances for Opposed Force Trainings under specialized circumstances and some of which proving lethal at close range. Specialized knowledge and training must be acquired prior to using Blank Ammunition in any training setting.

Blank Firing Attachment (BFA) – a device developed by the military that clamps onto the end of a firearm to create back pressure utilized to function a firearm using Blank Ammunition. There have been many types of BFAs created over the years. With most BFA devices, there is no impediment to chambering or firing conventional ammunition

Blind Man – a term used by some trainers to indicate an actual and potentially serious injury so as to alert others within the simulation that a casualty has occurred and that activities within the training area must cease in order to address the casualty. Calling Blind Man immediately stops the training and activates any emergency protocols that have been put in place for dealing with actual casualties

Boost – providing a training participant with an answer. This is different from Bumping the Needle because in that situation the training participant has already received training and “knows” the answer. A Boost is given where the training participant does not know the answer, for whatever reason, yet the scenario must continue. In the event a Boost is required in order to complete a scenario, it is essential that the training record reflect that the training participant got a Boost, and that training in the Boosted area is necessary and must be retested in the future

Branching Scenario – a scenario that changes and adapts within the confines of pre-scripted branches, and which are based on the predictable or unpredictable behaviors of a training participant.

Boyd’s Cycle – an information analysis and response model based on the premise that parties to a conflict, or competitors, are systems that operate through a rational decision-making process that follows a cycle of Observation, Orientation (or situational awareness), Decision Making, and Action. This cycle is also often referred to as the OODA Loop

Bumping the Needle – a poke, prod, suggestion, question, or other micro-intervention by an XCO when a training participant gets stuck in a Wheel Spinning moment. Bumping the needle can only occur when the training participant has received training in how to respond to the situation where they are Wheel Spinning, but cannot because of the stressors being experienced, access the correct answer because they have no experiential reference with which to connect the desired and previously learned behavior

C

Cargo Bin – a container used for shuttling training items back and forth from a storage area to a Control Area

CAS – Chemical Agent System

Categories of Small Arms Munitions – see Ammunition Categories

CCMCK – the ARMY acronym for marking cartridges and training weapons which stands for Close Combat Marking Cartridge Kit

Cease Fire – a phrase used during any type of training session where any person wants to immediately stop a training situation for any reason. Upon hearing a Cease Fire, all participants shall immediately cease any activity, Make Safe any weapons they might be in possession of and wait for any further instructions from any person tasked with control of the training session.

CEW – see Conducted Energy Weapon

Challenge by Choice – the concept developed by Project Adventure, a company that popularized Outdoor Based Experiential Training (OBET) and where participants are not forced into participating in a fear producing activity, but where they might learn through observation that the proposed activities pose no real harm, either physically or psychologically, and whereby hesitant participants might otherwise be encouraged to participate knowing that no harm is likely to come to them

Cheat the Muzzle – moving the muzzle deliberately off target for any number of reasons, often to ensure the safety of anyone that is not an active participant in a training session and who might otherwise be hit by a projectile because they are in the line of fire. Surprisingly, when Cheating a Muzzle, a training participant will be unaware that it is happening. The goal of firing a weapon at a training participant is to precipitate effective return fire – **NOT** to necessarily hit the participant with a projectile. Role Players must be specially trained to avoid emotional involvement in a scenario such that they are not “running and gunning” but are, instead, constantly aware of their target, their backstop, and beyond. When they are aware of potentially unintended targets, they can Cheat the Muzzle in order to both engage the training participant as well as avoid hitting an unintended target.

Checklist – a specialized list that details a list of items or a sequence of procedures that will aid in the repetitive and predictable performance of events necessary to achieve a pre-determined outcome

Choking – choking is a metaphorical expression frequently used to describe occasions when severe unexpected decrements occur in performance under anxiety provoking situations. Such occasions potentially can be invoked by the presence of life or death, an evaluative audience, the possibility for high reward, competition, or factors unique to each individual choker

Choke Hole – a small hole in the Sabot of the various Reduced Energy Cartridges manufactured by SIMUNITION. The choke hole acts as a pressure regulator and allows a very tightly controlled amount of energy to make it from the combustion chamber of the cartridge through to the projectile

Choke Point – a funnel point into a Control Area which requires people entering the area to pass through as a means of movement and equipment control

CLASS A Control Area – an area that is under the control of training staff for which a CLEAR inspection must be completed before entry to ensure Prohibited Items are not brought into the area. Devices and munitions falling under CLASS A include Condition Blue, Condition Yellow, Condition Purple, Condition Green and Condition Red. In order for the area to become Active, there must be a controlling member of Safety Staff, signage must be posted and there must be a clear indication that the area is ACTIVE (flashing light preferred). Entry to the area should be controlled by staff.

CLASS B Control Area – an area that is under the control of training staff for which no CLEARance Inspection is required before entry, but depending on the Color Code Condition, all weapons and ammunition must be inspected prior to the start of any training exercise to ensure no inappropriate or dangerous items are being brought into the area. For example, a plywood structure being utilized as a CLASS B training area where Unhardened Structure Target Ammunition is being utilized is incompatible with Conventional Ammunition (Condition Black and Frangible Munitions (Condition Grey)). Therefore, all weapons and ammunition must undergo inspection prior to the beginning of training to ensure the correct munitions and weapons are being used. Devices and munitions falling under CLASS B include Condition Black, Condition Grey, Condition White and Condition Orange. In order for the area to become Active, there must be a controlling member of Safety Staff, signage must be posted and there must be a clear indication that the area is ACTIVE (flashing light preferred). Entry to the area should be controlled by staff.

CLASS G Area – an area that is not under the control of any training staff. No CLEAR inspection is required although persons who have been CLEARed can transit CLASS G areas provided they do not deliberately come in contact with any Prohibited Items, in which case they forfeit their CLEAR status.

CLEAR – a status given to an individual who has undergone a Level One Safety Inspection for entry into a CLASS A Control Area

CLEARed – a term used to affirm that any firearm or other training device, whether converted or unconverted, has been physically and visually inspected to ensure that it is unloaded and that both the chamber and the barrel have been physically and visually inspected to ensure they are free of any projectiles or debris. This also applies as well as any person, place, vehicle, bag, cargo bin or anything else that will be utilized during a training event that has undergone the Safety Clearance Protocols and has been tagged with a CLEAR Safety Clearance Indicator

CLEAR Inspection – a systematic search procedure utilized to ensure no Dangerous or Prohibited Items are in the possession of the training participants prior to entry into a CLASS A Control Area

Closed Eye Protection – (see Sealed Eye Protection)

Closed Skill – closed skills are skills that are not affected by the environment. There is a static environment, fixed apparatus, defined space, defined time, and sequential performance. Examples include, running, performing a solo gymnastics routine on a fixed apparatus or diving into a pool

Color Code (RBTA) – this color code is completely separate and distinct from Coopers Color Code, and is a system of discriminating various categories and classes of devices, munitions, and the training areas as a means of determining what Category of devices or munitions, and provide a means of discriminating different items from each other, often times through visual identification. The RBTA Color Code uses 11 different colors to distinguish between different weapons and types of ammunition, and between the areas within which each different Category of device are permissible during a training event

- Condition Black – Conventional Munitions
- Condition Grey – Lethal Training Ammunition
- Condition White – Unhardened Structure Target Munitions
- Condition Orange – Extended Range Impact Ammunition (and other pain compliance or intermediate weapons)
- Condition Pink – Distance Sedation
- Condition Blue – NLTA or other Opposed Force Training technologies

- Condition Yellow – Blank Training Devices
- Condition Purple – LASER Training Devices
- Condition Red – Inert Training Devices
- Condition Green – Temporarily Disabled Conventional Weapons (Professionally Engineered Device)
- Condition Brown – Unknown Generic Devices requiring sequestration

Cold Firearm – a nebulous term often used by some trainers in reference to an unloaded firearm. A firearm that has simply been unloaded is NOT cold. It is a hot, albeit unloaded, firearm (See Condition Green)

Combat Breathing – deliberate diaphragmatic breathing technique designed to exert control over some parts of the Sympathetic Nervous System. It is accomplished by breathing in through the nose (ideally for a count of four), holding the breath (for a count of four), blowing out all the breath held in the lungs (for a count of four), and holding the breath out (for a count of four). Ideally it should be repeated for at least three cycles. It has been shown to reduce many of the effects of an overstimulated SNS, one of them being a reduction in heart rate due to the lowered SNS alarm state. See also Physiological Sigh and The Four Cs

Combative Suit – see Impact Reduction Suit

Complex Scenarios – Role-Player exercises that incorporate High Level Scenarios but have a much longer timeline and usually involve multiple levels of response and often occur in more than a single location and involve a variety of coordinated responders such as police, fire, EMS and a command/control element

Condition Black – the Color Code utilized for unmodified conventional weapons, ammunition, facilities and training participants within that area

Condition Blue – the Color Code utilized for firearms and other training devices designed or converted for use in opposed force projectile-based training, the ammunition or projectiles for such training, facilities, and the training participants within that area

Condition Blue CAT I - the Color Code utilized for firearms and other training devices that utilize a cartridge-based technology similar to a conventional cartridge in that the cartridge is composed of a casing, a propellant and a projectile. (e.g. FX Marking Cartridges)

Condition Blue CAT II - the Color Code utilized for firearms simulators and other training devices that utilize compressed gas to propel a plastic BB or similar projectile for target or opposed force training. (e.g. Airsoft)

Condition Blue CAT III - the Color Code utilized for firearms simulators and other training devices that utilize compressed gas to propel a marking projectile or similar projectile for target or opposed force training. (e.g. Paintball, RAP4, etc.)

Condition Blue One Way – a term that refers to the use of projectile-based training where the ammunition or projectiles for such training are only being fired at either the Role Players or the Trainee

Condition Blue Unopposed – a term that refers to the use of projectile-based training devices where the ammunition or projectiles for such training are only being fired at targets

Condition Green – the Color Code utilized for firearms that have been rendered (by a professionally engineered device for the purpose) temporarily INCAPABLE of firing any sort of cartridge or munition. An example for use would be large-scale training event for an Active Threat situation at a local school where participants are using their otherwise operational or departmentally issued weapons, and for safety purposes those weapons need to be rendered inoperable

Condition Grey – the Color Code utilized for Lethal Training Ammunition, which is defined as a category of ammunition that has specialized design features that make it specifically suitable for certain types of training, and which features may not make it an optimal choice for conventional purposes such as gun fights where the munition might lack penetration or expansion properties that would otherwise be desirable in a conventional cartridge. Condition Grey ammunition requires no conversion kit for weapon function and utilizes conventional casings and propellant. An example includes Frangible Ammunition

Condition Orange – the Color Code utilized for firearms, Conducted Energy Weapons or any other technologies anti-personnel devices loaded with Extended Range Impact Munitions such as “bean bag” rounds, or devices otherwise designed or configured for use in pain compliance

Condition Pink - the Color Code utilized for devices designed to deploy Distance Sedation technologies

Condition Purple - the Color Code utilized for firearms or any other training devices that emit LASERs for target practice against any type of targets or individuals

Condition Purple CAT I – the Color Code utilized for firearms or any other training device that has been converted to fire simulated projectiles by the way of LASER beams that are **NOT** eye safe and require the use of specialized protective eyewear

Condition Purple CAT II – the Color Code utilized for firearms or any other training device that has been converted to fire simulated projectiles by the way of LASER beams that are eye safe and do not require the use of specialized protective eyewear

Condition Red – the Color Code utilized for completely Inert Firearms or other inert training devices

Condition Brown – this is a category into which any ammunition or training device is uncertain and must be sequestered for safety purposes. This is often referred to as Unknown Generic Ammunition. It must be placed inside a Condition Brown container to keep it out of the hands of those who might otherwise make inappropriate and potentially lethal decisions about a device or munition since it’s true design purposes are unknown

Condition White – the Color Code utilized for firearms that are modified for, and loaded with, Unhardened Structure Target Ammunition

Condition White CAT I – the Color Code utilized for firearms that are modified for, and loaded with, Unhardened Structure Target Ammunition that has the capacity to cause serious injury or death and that utilizes a full powder load for projectile acceleration. An example is Olin M862 ammunition and Dynamit Nobel Blue Plastic Training Ammunition

Condition White CAT II – the Color Code utilized for firearms that are modified for, and loaded with, Unhardened Structure Target Ammunition that has the capacity to cause serious injury or death but utilizes a lower energy cartridge base with a reduced velocity such that it can be used in structures that are not equipped with a hard impact area. Examples include SIMUNITION CQT ammunition and UTM Target Bullet Rounds

Condition White CAT III – the Color Code utilized for firearms simulators that has the capacity to cause serious injury or death but utilizes a reduced velocity projectile such as air powered conventional BB guns and pellet guns

Condition Yellow – the Color Code utilized for firearms and other training devices designed or dedicated for use with Blank Ammunition

Condition Yellow CAT I – the Color Code utilized for firearms and other training devices designed or dedicated for use with blanks or other report generating technologies that utilize full power or near full power loads, and can cause serious injury or death in close proximity due to the blast created

Condition Yellow CAT II – the Color Code utilized for firearms and other training devices designed or dedicated for use with blanks or other report generating technologies that utilize low energy cycling systems or compressed air noise generators, and are much less hazardous due to the significantly reduced powder load

Condition Yellow CAT III – the Color Code utilized for firearms and other training devices designed or dedicated for use with blanks or other report generating technologies that utilize low energy cycling systems and are much less hazardous due to the significantly reduced powder load. These devices and munitions contain the propellant within the device and have little or no report upon firing. They are suitable for very close quarters training where the cycling of the firearm might prove advantageous for training, but proximity prohibits any of the other Condition Yellow devices. Contact shots are permissible with a CAT III blank

Conducted Energy Weapon – a weapon that uses energy to cause pain or incapacitation such as a TASER or a Stun Gun

Conscious Competence - the ability to perform a task effectively, but with the need to have a large amount of conscious attentional resources directed toward the performance in order to do well

Conscious Incompetence – having conscious awareness that you completely lack competence in a certain task, skill or knowledge area

Conscious Competence of Unconscious Competence – having the conscious awareness of the mechanics involved in performing a task, skill or knowledge area with a high degree of Unconscious Competence

Control(led) Area – any area under control of a Safety Officer when declared ACTIVE

Control Point – a funnel point through which people must move in a controlled fashion such that any chaos created by multiple people can be managed by the Safety Officer. No one shall be allowed beyond the Control Point without them and their belongings having been physically and visually searched by the Safety Officer or his qualified designee

Control Zone - an area into which training participants are brought for the purposes of preparation for training. Preparations may include searching, briefing, equipping and de-equipping training participants. Also referred to as Outer Sanctum

Conventional Ammunition – ammunition that is designed for conventional purposes such as hunting, target practice and defensive/offensive purposes and always considered to be lethal munitions.

Conventional Firearm – any firearm that has not been modified in any way to utilize non-conventional munitions

Conventional Range – a shooting range that has been designed for the discharge and containment of conventional munitions

Conventional Target – two dimensional printed targets that are made out of a two-dimensional paper or plastic product that usually have scoring rings, shapes, silhouettes, colors or numbers and are usually used for basic marksmanship training

Conversion Kit – a device that converts a conventional weapon for use as a training device and which renders that weapon incapable, either temporarily or permanently, of discharging its conventional payload

Converted Conventional Firearm (CCF) – a live, conventional firearm that has been converted for use in a training event. All CCFs must be converted and marked with the appropriate Color Code to ensure staff understands the training parameters for which it has been converted

Converted Weapon – any conventional weapon converted either temporarily or permanently to fire non-conventional munitions. Use of the term Converted Weapon should not be used to imply that the weapon has necessarily been converted to fire NLTA, but rather just that the weapon has been converted to fire non-conventional munitions

Cooper Color Code – initially developed by Col Jeff Cooper as a means of mental preparation for a decision to shoot, but often conflated with Situational Awareness contrary to the original intent. Cooper's Color Code moved through four stages of readiness, from White, to Yellow, to Orange, to Red. This set of colors for the reasons taught by Col. Cooper has nothing whatsoever to do with the RBTA Color Code for training munitions, devices and areas.

Crawl / Walk / Run / Assess – A term used to describe the framework and process for the initial skill or concept learning, reinforcement through various stages or methodologies such skill building drills or contextual/non-contextual 'scenarios', and finally the testing of those skills or concepts through dynamic and contextual means. See also Tolley Curve

Cue Card – a term for a procedure or skill that is housed in the Mental Rolodex. A Cue Card can be tagged for easier retrieval by "highlighting" it with emotional context and relevance through properly facilitated Experiential Training

D

Dangerous Item – any item that is designated by the Safety Officer as an item that should be inaccessible to a training participant. The Safety Officer may, in his sole discretion, render any item a Dangerous Item for the purposes of a training event. A Safety Officer *cannot*, in his sole discretion, decree the following items as non-Dangerous Items:

- a. a. Conventional firearm
- b. b. Conventional ammunition
- c. c. Any edged weapon (with the exception of a knife included on a multi-tool when the multi-tool is closed and encased)
- d. d. Any conventional cartridges for conducted energy weapon
- e. e. Any conventional intermediate weapons (with the exception of a collapsible baton, but only under tightly controlled conditions stated elsewhere)
- f. f. Any pyrotechnic devices not under the direct control of the Special Effects Controller

Debrief – a thorough and guided discussion designed to extract as many possible learning points as possible from any sort of training endeavor

Dedicated Training Weapon – a weapon that has either been designed or modified for use within a training setting. Because some dedicated training weapons still have the potential to pose a dangerous or even lethal threat, dedicated training weapons need to be in control of the Exercise Control Officer until issued to the person using them and after the user has been thoroughly briefed on any potential hazards and usage limitations

Deliberate Indifference – a legal term that suggests a deliberate lack of care for the safety of one or more of the participants in an event

Designated Search Point – a point or area designated by the Safety Officer through which people must pass and undergo a CLEAR inspection prior to continuing on to the training areas

Disengaged – a training participant who would much rather not be there and who is demonstrating behaviors consistent with checking a box instead of attempting to glean experience with the situation at hand. Disengaged training participants can be toxic to a training program and often either don't buy into the training or are horrified to fail so they turn in a lackluster performance hoping to get a check in their box

DMC – Dye Marking Cartridge. See Marking Cartridge

Do Over – the process of re-running a simulation or a part of the simulation that did not produce an effective result. Scenarios are repeated until all of the Performance Activities have been successfully completed and the training participant has demonstrated performance that both meets the Performance Objective and is Six O'clock News Ready

Double Up – the swapping in of a Role Player wearing a higher level of PPE

Double Down – the swapping in of a Role Player that is wearing a lower level of PPE

Dueling Simulator – a video simulation system that utilizes video images of live performers where conventional or non-conventional munitions can be fired at the visual representations of the images of actual people during interactions that are happening in real time

Dummy Round – see Inert Training Ammunition

Dynamic – putting a situation in motion as opposed to staying in one place. Often used during a walk-through of a situation as a means of activating the experiential memory of an event through reconnecting a person with the where and how of their performance of a certain task – the opposite of Static

Dynamic Exercises – training exercises and simulations that where participants are actually moving through the experience

Dynamic Socratic Debrief – a beginning to end walk through of a training event where the XCO takes the training participant back to the beginning of the event and physically walks the participant all the way through their behaviors and thought processes. Prior to this walk through, any projectile firing training devices are physically removed from the training participant and replaced with a Condition GREEN or Condition RED version of the device before the Debrief begins. Due to the Dynamic nature of the Debrief and given that the Role Players will be place back into the positions they were at each stage of the event, and because this walk through is done without head armor worn, it is essential that neither the training participant nor the Role Player has the ability of inadvertently discharging a firearm as they move through the various positions they were in throughout the scenario discussing the performance . In the event there were some errors made that require a remediation (such as any one of the Performance Activities being missed) the training participant will re-run the identical scenario at the conclusion of the Debrief, or on occasion, only a critical part of the scenario in order to achieve 100% demonstrated completion of the Performance Objective by successfully completing each Performance Activity

E

Elevated Heartrate – the increase of the heartrate either through physical exertion or emotionally driven hormonal engagement. Both can be connected to an elevate heartrate. But the elevation of the heartrate in response to hormonal engagement is an *effect* of hormonal and emotional engagement as well as a sympathetic nervous system activation. Contrary to pop culture mythology as furthered by some popular books on the subject, heart rate increase *does not* have direct correlation to physical impairment and skill fade nor is it *the cause* of a sympathetic nervous system activation

Emotional Engagement – the activation of one or more emotions during either a training or operational event

End of Training Declaration – a formal declaration to all training participants that training is concluded. Following an End of Training Declaration, no further training shall occur unless all participants once again go through the Safety Clearance Protocols

End Scenario – this phrase is often used to terminate a scenario by the XCO. Following this command, the XCO must ensure that all participants are aware that the scenario has ended and that weapons are secured prior to the removal of any PPE

Engaged – a training participant who is physically and emotionally involved in a scenario as if it were real

Enterainment – the ability to make training exhilarating and enjoyable while still leaving an effective training residue on the training participants

Enthusiastic Amateur – many trainers enter the Reality Based Training realm with little to no actual training themselves on how to set up or conduct effective RBT. While many of these trainers are enthusiastic and desirous of doing a professional job, without the training on how to do this they are truly amateurs. This is not a derogatory term, as the word Amateur comes from the Latin word for “love” – enthusiastic people doing something that they love. But it also denotes a potential lack of professionalism given that they were either unaware of the necessity for a high degree of training on how to do effectively deliver this style of training properly or they simply ignored that necessity

Evaluation Criteria – (see Tick Sheet) this is an alternative means of tracking training participant performance but is vastly different from a Tick Sheet since 50% of what is recorded is the effective behaviors of a training participant, and the other 50% is the areas where they need to improve. Utilizing this model and employing a collaborative Debrief methodology for discussing the areas that need improvement have been shown to eliminate a training participant looking up at an evaluator in the event they have self-recognized a potential failure moment since there are no consequences – in fact there are rewards – for a training participant to self-recognize their own challenge areas

Evaluation Form – a specialized form that contains any of the Evaluation Criteria and which serves as a Go/Nogo checklist to record whether or not the criteria being evaluated are indeed demonstrated

Exaggerate – a word often used to a Role Player as a means of directing them to be over dramatic or display a weapon in an overly overt way. Exaggeration is often required during the early days of an RBT program since participants are struggling with the sensory overload often experienced in an RBT exercise and will often miss very obvious threat cues and weapons. XCO's will often direct an RP to Exaggerate the display of a weapon, a threat cue, a phrase that should precipitate a predictable response, or any other aspect of a scenario that is often being tested

Exercise Control Officer – the person who is directly in charge of running and facilitating a training scenario and who interacts directly both with any Role Player on the scene in an “actor/director” relationship and will also be the interaction point with any of the involved training participants or observers within the functional training area. This person is in direct supervision of a training participant and will focus the bulk of their attention and energy on observing the behaviors of the trainee and facilitating the scenario. The Exercise Control Officer shall be responsible for site safety beyond the view of the Safety Officer and has immediate authority over all aspects of the training within their Area of Operation

Exercise Controller – See Exercise Control Officer

Exhilaration – a feeling of excitement born of preparation and readiness where the participant is equipped with both the tools and the talent to perform a task at an optimal level but is still positively emotionally engaged

Experiential Training – training that is accomplished in a manner that provides actual experience with a skill or decision-making process, usually done in a dynamic fashion under realistic conditions

Experimental Training – training that is performed in a manner that has no pre-determined outcome, often utilizing individuals where the skill level of the participants with a particular skill set is unknown or unpredictable. This type of training can be extremely hazardous if done in a haphazard manner

without defined goals, controlled conditions, effective facilitation, tight safety protocols, and highly skilled trainers. The opposite of Experimental Training is On Purpose Training

Exposed Skin – any skin that is visible during a Twisting “T” Check prior to the beginning of a Dynamic Exercise where the possibility of a projectile strike on the training participants exists

Extended Range Impact Ammunition (ERIA) – a category of munitions that are specifically designed for pain compliance, apprehension or area denial. These munitions often take the form of “bean bag”, rubber bullet or other projectiles that are intended to deliver kinetic energy and pain to an intended target and are designed to lessen the likelihood of lethal effect if specific areas of the body are targeted. Because these munitions can be lethal in certain instances, the popular terms “Less Lethal” or “Less Than Lethal” should be avoided or replaced due to the potential of having those terms discussed in a litigation scenario where the recipient of the impacts of such projectiles has caused or contributed to the death of an individual

External Focus of Attention - Directing one's attention to a situation, object, or outcome outside of their own body

F

FATS Machine Ready – a term used to describe a training participant who basically stands in front of a Video Simulation System or even a live scenario waiting for a threat cue as they try to out draw the simulator or their opponent. This type of behavior is often created by trainers and training systems that seek to “beat” the student, causing the student to be hypersensitized to threat cues which often leads to inappropriate displays of force

Final Firing Grip – a properly trained hand placement on a pistol designed to optimize the position of the hand(s) on the grip of the gun to ensure optimal control over the pistol when being held or fired. There are two Final Firing Grips. The first is a one-handed grip when getting (or preparing to get) the pistol out of the holster (see Holster Ready) and then a second grip that is an optimal two-handed grip

FIST Suit – an impact reduction suit made by the company FIST. The company makes several different versions of the suit. It is constructed using a resilient exterior material with significant padding in the protected areas. The FIST suit comes with many of its major components connected together with nylon loops, allowing a very quick donning and doffing of the suit, unlike many other suits that require each individual piece of the suit to be put on one at a time

Fix the Role Player – this refers to the process of spending a little time with a Role Player to ensure there are no residual training scars through the repetitive performance of sub-standard performance while acting, often done for the benefit of the trainee (such as going down after being shot by the trainee ‘cheating’ muzzle position off target, etc.) It is important for a Role Player to sequence back into a more realistic and tactical mind set and no longer playing a Role. This has also been called Role Player Cleansing in some circles.

Force on Force Training – training that is accomplished using live, scripted Role Players

Four Cs – (4 Cs) a set of processes utilized immediately after a critical incident has occurred. This technique is used to keep a participant actively engaged in the event with focused behaviors directed

toward maintaining an optimal level of Arousal and procedures for leveraging advantage until other responders arrive to render assistance. While the 4 Cs have many components within each of the Cs, the main four are Combat Breathing, Cover, Condition and Communication

Four Possible Outcomes – There are four outcomes to any decision or action when compared against the optimal Learning Objectives. The person could have done:

- Right thing for the right reason
- Wrong thing for the right reason
- Right thing for the wrong reason
- Wrong thing for the wrong reason

The process used by the RBTA to identify which of these outcomes occurred, in order to assess the student and decide what if any remedial action or training is necessary, is the Socratic Debrief and the Meta Model

Fragmentation (Frag) Drills – see Isolation Exercises

Frangible Ammunition – an ammunition cartridge with a projectile that is designed to break apart upon impact with a hard surface. Depending on the version of the cartridge, there will be various degrees of break up. Some versions completely pulverized into a fine powder whereas others will break up into chunks. It is **essential** when contemplating the purchase or use of this type of ammunition that you specify in advance the **effect** you are requiring. **Do not simply utilize the word ‘frangible’ with an expectation that such projectile will completely fragment on impact.** Frangible ammunition is a Condition Grey munition that falls into the category of Lethal Training Ammunition

FRICS – Free Roam Immersive Combat Simulator. This is a virtual reality, free roam system developed by the Australian Defense Force for advanced combat rehearsals

Frivolous Behavior – any behavior that is unprofessional or borders on dangerous and that downplays the serious nature of a training event. Frivolous Behavior is often displayed by participants who either don't take the training seriously or who use the disruptive behavior as a means of allaying their own discomfort or nervousness. In the event of a display of Frivolous Behavior, the participant displaying the behavior will be cautioned by the XCO or the SO. Cautions should be as discreet as possible and should be a consequential statement indicating that the behavior will not be tolerated. Continued offensive behavior that occurs following such a caution will result in removal of the participant from the training event and a written reprimand detailing the behavior will be completed by the SO or SC and passed along through any necessary administrative channels for corrective or remedial action

Full Speed - a tempo used by any scenario participant as dictated by the XCO allow a situation to proceed at a normal operational speed

G

Gear Up – the process of donning of any type of gear required for a training event that is about to occur

Gear Up Zone - (Outer Sanctum) the area under control of the Safety Officer where equipment is issued and training participants are issued all the equipment necessary for the simulation

Gear Down – the process of removing any type of gear that had been worn for a training event that has been completed

Good Job – similar to Nice. A quick phrase for providing positive feedback to a Student

Goofy Loop – often described as a “broken record” on the part of a training participant, a Goofy Loop is the demonstration of an inappropriate technique being displayed over and over and over again by a participant who cannot figure out that the technique is not and will not overcome whatever level of resistance is being encountered. Should a Goofy Loop be encountered, there are techniques available to break the loop, often through the use of the Pause Button, in order to get the participant moving once again in an effective direction

Gotcha Game – this is a concept often used by well-intentioned trainers and has proven counter-productive since it often leads to a shaming of the training participant. In Gotcha Game scenarios, training is usually set up as unwinnable and will often employ the use of Ninjas, Jack-In-The-Box moments and Trunk Monkeys

Gotta Do – a behavior that must be demonstrated in order for a scenario training situation to be deemed appropriate and successful with as many of the Seven Survivals wins as possible

Governing Authority - the highest authority overseeing an area of activity, or the person or persons deemed to be the highest authority within an area of endeavor with the Reality Based Training realm

Green Gas – a type of propellant gas made from a mixture of propane and silicone that is used to propel the Airsoft projectiles

Groin Armor – protective gear designed to be worn over the groin area, and is utilized to reduce impacts from any type of training technology designed to increase the safety of the training participants

Guided Imagination Exercises – stimulation of the imagination in a deliberate manner which often involves the use of a coach who is responsible for directing the content of the imagery

Gunfight Behaviors – a set of skills tied to processes to help ensure optimal actions and behaviors in the event of a lethal force confrontation

H

Half Speed – a tempo used by any scenario participant as dictated by the XCO to slow the situation down to approximately half the speed that would be used operational

Hand Armor – protective gear designed to be worn over the hands and is utilized to reduce impacts from any type of training technology designed to increase the safety of the training participants

Hardened Structure – a training structure specially designed to contain any munition fired within it, within the limitations designated by the manufacturer of the structure

Head Armor – protective gear designed to be worn on the head and face, and is utilized to reduce impacts from any type of training technology designed to increase the safety of the training participants

Heuristic – any approach to problem solving or self-discovery that employs a practical method that is not guaranteed to be optimal, perfect, or rational, but is nevertheless sufficient for reaching an immediate, short-term goal or approximation where there is a Context, Intention and Result. Heuristics can be mental shortcuts that ease cognitive load but in certain instances may lead to cognitive biases

High Level Scenarios - a role-playing exercise that is more complicated than a Low Level Scenario in that there is a story line and there is a potential for more dynamic interaction with a Role Player. High Level Scenarios are used to test a previously taught range of possible behaviors and responses. Hence, there is, by design, a higher level of emotional arousal in the training participants that is useful as a methodology for both testing and integrating response options and behaviors under those emotionally engaging conditions

High Gear - a highly flexible and functional Impact Reduction Suit developed by Tony Blauer

Hit Man Suit – an impact reduction suit made by PACA armor that was constructed with a resilient exterior material and lined with a similar material as that used in memory foam mattresses

Holster Ready – a ready position for pistol use where the hand has obtained a Final Firing Grip on the gun and all the holster retention devices are de-activated but the pistol is still in the holster

Hop Up – a system used in Airsoft weapons to impart a spin to the projectile for improving accuracy

Hormonal Engagement – activation of various hormones inside the body often as the result of an emotionally engaging event

Hot Firearm – any conventional and unmodified firearm that is capable of discharging any type of conventional or non-conventional whether it is unloaded or not. **An empty firearm is not a Cold Firearm**

Hot Zone – Hot Zone is a phrase that may be called out at any time for any reason by any person in the event that an *unauthorized and menacing* person or persons have entered the training area. In the event of a declaration of a Hot Zone, any and all personnel shall consider training immediately terminated and use whatever means are legally authorized to control the situation. The re-arming of personnel is immediately authorized with no further direction from staff, and no further training shall occur until the training area is subjected to full and thorough safety inspections as if training were beginning for the day. Any Hot Zone declaration must be documented through the filing a report with the administration

Humanoid Target – a target that takes the shape of the human form to simulate a person for gunfight or defensive/offensive skills training. Humanoid targets are differentiated from Realistic Targets in that they are 3-dimensional and look from all angles like a human

Hyper Realistic Training – training that goes well beyond dynamic, realistic training and is much more immersive in nature. Hyper Realistic Training often brings in battlefield effects, very realistic Role Players, combat casualties that appear extremely real and even smells that can be encountered in catastrophic battlefield situations. This term was coined by Stu Segal from Strategic Operations in San Diego, California who was the first to truly bring the world of movie special effects to police, military and EMS training. His world-class training methodologies were adopted by the US Military in many of the workups prior to the wars overseas and were credited with creating some of the most efficient and resilient combat troops in the history of the US Military

I

Immersive Training – training in which the participant is fully immersed in an event as if it were an actual event. Immersive training is different from Virtual Reality or even Augmented Reality in that there are no “rules of the simulator” that need to be overcome, but rather the participant behaves exactly as if the event were an actual occurrence

Impact Reduction Suit (IRS) – a category of suits designed to lessen the danger associated with physical contact that may occur during opposed force training. They are used in defensive and combative training and are made out of varying degrees of padding to reduce the impact of physical blows or intermediate weapon strikes. Many of the headgear portions of these suits are NOT suitable for projectile based training in their native form, with the exception of the Redman WDS suit. Others, such as the High Gear suit from Blauer Tactical, have add-on shrouds that permit the headgear to be used with the various types of marking cartridges. There are different levels of IRS, and training staff must be knowledgeable as to the limitations of a suit to ensure they are not exceeded for the safety of the person in the suit

Improvisation – unscripted role-playing, or departing a previously agreed upon script. Often referred to as MSU (Making Shit Up) Improvisation is *rarely* a good thing and should be discouraged in favor of rehearsed role-playing. Any Exercise Controller who is unsure of the direction of the scenario once Improvisation begins should halt the scenario

In A Box – a phrase used to denote a person or item being placed into an area or state of temporary control by the training staff

Inattentional Blindness - A failure to perceive objects or information in one's field of view when attention is directed toward other objects or events. "Looked but did not see" events

Index – a confusing term sometimes used by trainers at the conclusion of a scenario to indicate that they want all of the participants to re-holster handguns and to place any long guns on safe and let them hang prior to the beginning of any debrief or discussions. It has also been used in reference to a position behind a piece of cover (i.e. ‘index’ to the threat) or the position of a firearm relative to a body position (i.e. ‘temple index’). Because of the confusing nature of the term it is discouraged within the RBTA Best Practices Guidelines within any experiential training event

Inept Behavior – dangerous and inappropriate practices that are being demonstrated by any person inside a training or operational event because they do not know any better. Inept behavior must be stopped as soon as it has been recognized. Corrective or remedial training must be administered, and a record of remediation must be completed by the person in charge of the training event

Inert Firearm (see Condition Red) – a completely inoperative (unable to discharge any type of cartridge) replica of a conventional firearm

Inert Training Ammunition (see Condition Red) – a completely inert replica version of a conventional ammunition cartridge often used as a demonstration prop or for practice in loading, unloading and malfunction drill training. Also often referred to as a Dummy Round

Injury Tape – a brightly colored plastic tape that can be wrapped and tied around areas of injury on a training participant in the event a pre-existing injury is brought to the attention of the Safety Officer so that the staff and Role Players are aware and mindful of the injury in an effort to ensure no additional damage is done during the training

Inner Sanctum – see Safety Officer Control Area

Inspection Trays – small trays similar to those encountered in an airport into which the pocket contents of a training participant may be placed prior to a CLEAR Inspection

Interesting – a phrase that is used to question a behavior which is inconsistent with one’s own beliefs or thoughts about how an expressed thought or demonstrated behavior might otherwise have occurred. Using the term “Interesting” is often used as a precursor to the interrogatories of

- “Talk to me about what you just did.”
- “What did you do?”
- “What was your thought process that led you to that choice?”
- “Can we *do* that (physically, legally, etc.)?”
- “What are the benefits or consequences?”

Interesting takes a trainer out of the judgmental realm and into the province of discovery. Anyone uttering the word *interesting* to any person in a scenario must deliver it in a manner that comes from genuine frame of curiosity striving for it to be received as non-judgmental

Internal Focus of Attention - directing one's attention to aspects of their own body or emotional control, including sensory information

Intervention – a technique used to immediately pause a scenario for the purposes of redirecting action by one of the participants. Interventions are typically used after an XCO Presses the Pause Button

Inverted U Principle - created by psychologists Robert Yerkes and John Dodson in 1908 that describes a clear relationship between pressure and performance

Isolation Exercises – practice drill used to develop responses to simple stimuli. Also referred to as Low Level Scenarios

IWS – Impact Weapon System

J

Jack-In-The-Box Moment – a Role Player producing himself or an object very quickly in a manner that deliberately creates a startle reflex in a training participant

K

Kings X – A phrase used by some trainers to end a scenario. (See End Scenario or Cease Fire)

Kobiyashi Maroo – this phrase comes from the television show Star Trek and describes an unwinnable scenario designed by Star Fleet to allegedly test a commander’s ability to deal with the humility of having his entire crew and ship destroyed by an enemy attacker. There are many trainers who believe that unwinnable scenarios have training value. The RBTA believes otherwise and prohibits their use by its Best Practices. Such scenarios can create lasting emotional scars in a training participant which often has the exact opposite effect of what the trainer was attempting to achieve

L

Laser Training Device – any device designed for any training purpose that emits a LASER

Left of Bang – a term that originated with the USMC after a requirement by Gen. Mattis to originate a program that would create a hunter-like mindset in Marines. The concept comes from a traditional timeline, in which time zero - the beginning of the frame – is on the left. A critical event – BANG! – is in the middle, and everything that happens after bang is to the right.

Less Lethal (or Less Than Lethal) – erroneous terms created by the Specialty Impact Munition manufacturers and the tactical community to describe a category of munitions and other devices that is designed for use in riot control and non-compliant violator apprehension. The error lies in the fact that these products can in fact cause death even if not designed to do so either by misuse or unintended consequences of use. For this reason, the RBTA seeks to avoid the use of the terms Less Lethal or Less Than Lethal. Hence, the terms Intermediate Weapon, Specialty Impact Munitions, Conducted Energy Weapon and others are more specific and appropriate. Examples of devices that have been categorized under this category include “bean bag” munitions, certain rubber bullets, Conducted Energy Weapons and some chemical munitions

Lethal Training Ammunition (LTA) – a category of ammunition that has specialized design features that make it specifically suitable for certain types of training, and which features may not make it an optimal choice for conventional purposes such as gun fights where the munition might lack penetration or expansion properties that would otherwise be desirable in a conventional cartridge. Two of the main differences between Lethal Training Ammunition and Unhardened Structure Target Ammunition are that LTA does not require a conversion kit in order to cycle a firing platform (in reciprocating weapons) and LTA typically (though not always) has a larger surface danger zone and higher destruction and penetration capabilities. One of the more popular versions of LTA would be Frangible Training Ammunition

Live Fire – the discharge of conventional munitions or other lethal munitions or potentially lethal munitions in an environment that is unsafe for being down range of the projectiles

Live Fire Shoot House – typically an environment designed similar to an urban structure which is built out of materials that permit the firing of conventional or otherwise lethal munitions. Internal walls are typically made out of bullet resistant material also, so that a true 360 degree shooting environment is possible as long as training participants are aware of the location of other training participants within the structure. While most shoot houses permit 360 degrees of ballistic protection, there is still often the potential for projectiles to leave the structure above the level of the top of the walls, in fact many such structures incorporate the use of scaffolding or catwalks to allow training staff to observe from a relatively safe position above the training participants. Lack of muzzle awareness however could result in catastrophic results should a round be fired above the wall

Live Threat Engagement Training (LTET) – a term used by the Texas DPS for their dynamic simulation training program

Load and Make Ready – a command given to training participants to get their training weapons loaded and chambered in anticipation of the beginning of the training event

Low Level Scenarios - a role-playing event more aptly termed a “stimulus-response” exercise wherein a stimulus is used in order to facilitate the demonstration of the appropriate previously trained response. Low Level Scenarios are used to teach or perfect a technique and are characterized by relatively low emotional arousal

M

Make Safe – a process of placing a firearm into a where safety mechanisms are activated, and the weapon is holstered if it is a handgun and slung if it is a long gun

Man on Man Training – see Force on Force Training

Man Marker – a version of a Marking Cartridge version manufactured by UTM

Marking Cartridge – a training cartridge that loads into a modified conventional firearm that permits the chambering and firing of projectiles that leave a small mark on impact and also typically induce a pain response which, if properly used, provides a measure of training value due to the risk aversive nature of people

Marksmanship – a set of skills concerned with shooting accurately that can have a carryover to winning a deadly force confrontation, ideally accompanied by Gunfight Behaviors in order to optimally prepare a person for such a confrontation

Melt Down – a term used to describe a state of breakdown that can include the breakdown of a technology, a person in a state of physical distress or a person in a state of mental distress. During any type of Meltdown, the person in control of the area of operations in which the Meltdown is occurring shall immediately stop the training to ascertain if the Meltdown is fixable or if training has come to a complete halt. Often, a Technological Meltdown can be overcome through deliberate action on the part of the training participant. Physiological or Psychological Meltdowns can also often be overcome but require special training on the part of the person facilitating the Meltdown. Failing to overcome a Physiological or Psychological Meltdown have the capacity to do irreparable or irrecoverable harm and must be handled appropriately by well trained personnel

Mental Model - a person's internal understanding and thought process for something in the world. The individual understanding of how a thing works, operates, or is linked to other things are understood through Mental Models

Mental Process - is an umbrella term to describe any process, whether psychological or physiological, which occurs in the mind. Author Daniel Kahneman describes two specific types of Mental Processing in his book Thinking Fast and Slow that explains two systems. Type 1 is fast, intuitive and emotional, whereas Type 2 is slow, more deliberative and more logical

Mental Rolodex – a term used to denote highly formed, often emotional engaging experiences and memories stored within the experiential brain that are available for use during a future event as well as the process of accessing those behaviors during a critical incident

Metal Detector – a hand-held or walk-through device specially designed to find and alert on metal items when a participant is subjected to its use

Meta Model - the meta-model in NLP or neuro-linguistic programming is a set of questions designed to elicit specific information, challenge, and expand the limits to a person's model of the world. It responds to the distortions, generalizations, and deletions in the speaker's language

Meta Monster – a person who inappropriately or heavily over-uses the Meta Model to the point where it becomes overly interrogatory or at times embarrassing

Michelin Man – wearing too much PPE. Being a Michelin Man will degrade the training value of an RBT exercise since much of the training value exists in the potential for some measure of Pain Penalty. If a training participant becomes the Michelin Man, they will often act in a realistic training event as if they were bullet proof. A Michelin Man is *not* desirable

MILES – an acronym for a LASER engagement training system that consists of a man worn receiver and weapon mounted LASER emitters that is used in large and small battlefield engagement training. One of the limitations of conventional MILES is that once a combatant is struck in a LASER receiver with a LASER strike, the combatant is ruled “dead” or otherwise removed from the battlefield. Later versions allowed for the integration of medical personnel by nominating certain injuries after LASER hits through the uses of type of playing card style ‘casualty cards’ that would dictate an injury. MILES stands for Multiple Integration LASER Engagement System

Mind-Muzzle-Finger – an RBTA set of primary safety principles that evolved from the original 4 rules developed by Jeff Cooper. The Mind-Muzzle-Finger approach builds on Mindfulness first, meaning the *reason* that someone is manipulating a firearm. Once the firearm is being mindfully manipulated, a concurrent consideration for the mindful direction of the muzzle is required. Once the previous two steps are accomplished, the mindful placement of the trigger finger on the trigger following the manipulation of any mechanical safeties is necessary when desirable to fire the gun

Mobile Heavy Bag – a term applied to an Impact Reduction Suit worn by a person that trades off a substantial degree of mobility for a much higher degree of protection during simulation training drills and scenarios. Examples of Mobile Heavy Bags would be the Red Man WDS suit and the FIST suit

N

Near Peer Training – Force on Force training at an extremely high level where the enemy force is working in competition against the trainees to provide a very realistic test of capabilities. This is a ‘testing’ model and should only be attempted once training participants of been thoroughly prepared in advance of the test. Tight controls must be in place to ensure the event does not deteriorate into a chaotic situation. Such training is highly staff intensive and must be geared towards a specific test of capabilities

Neck Armor – protective gear designed for the neck and throat, and is utilized to reduce impacts from any type of training technology designed to increase the safety of the training participants

Neuro Linguistic Programming (NLP) – a system developed by Dr. Richard Bandler and John Grinder based on modeling therapists such as Virginia Satir, Fritz Perls and Milton Erickson, and that has been used as a methodology for optimizing human change and behavior

Nicely Done (or Nice) – a punctuational phrase used to support the behaviors or explanations of a training participant after they have performed or explained their performance well (see also Good Job)

Nice to Do – a behavior that falls below the threshold of Oughta Do or Gotta Do, yet is still worthy of mentioning as it might improve participant safety. For example, approaching a door during a domestic disturbance is a Gotta Do. Standing to the side of the door such that a shot through the door, or the opening of the door by one of the perpetrators, does not put a respondent in serious jeopardy. Listening before initiating contact and formulating a plan is a Nice to Do

Ninja – a member of a training cadre that jumps out and surprises a training participant. Ninjas have been a mainstay of various styles of realistic training and are counterproductive to installing effective response options in training participants. The use of Ninjas is prohibited by RBTA Best Practices

NLP – Neuro Linguistic Programming

Non Lethal Training Ammunition (NLTA) – an ammunition category that has properties and features that are especially suited to opposed force training and are less likely to cause serious injury to training participants who are wearing tested and approved personal protective equipment. NLTA is a cartridge based training system and falls under the broader category of Non Lethal Training Devices (NLTD)

Non Lethal Training Device (NLTD) – a category of training device that has properties and features that are especially suited to opposed force training and are less likely to cause serious injury to training participants who are wearing tested and approved personal protective equipment. Aside from NLTA, NLTDs can include training versions of IWS, CEWS, CAS, etc.

Not Ready – a response elicited from any training participant who, having been asked the question if they are “Ready?” is, indeed, not Ready

O

Observer – any person who is merely observing a training event and who has permission by the Safety Officer to observe the training. All observers are required to wear visible identification markings that alert all participants within the training area that the Observer is in no way involved in the training other than as an observer

OBV – See Observer

Off Limits Area - any area designated by the Safety Officer or Safety Coordinator as a storage area which may contain Uncleared or Dangerous Items. Any items placed within the Off Limits area are considered inaccessible from participants without the direct supervision of the Safety Officer or Safety Coordinator, or until the area has been declared by them to no longer be Off Limits. Off Limits areas should be sequestered by some form of physical barrier or markings such as signage or barricade tape and all participants must be briefed that they are in Off Limits

Officer In Charge (OIC) – a term used by SIMUNITION that for the most part exercises the functions of and RBTA Exercise Control Officer

Off Script – departing a previously agreed upon script. Going off script can cost an Exercise Control Officer both the control and the value of the training and should be avoided through proper Role Player selection, training, proper control and directing

Off the X – also called Left of Bang, is a term for moving out of the area you are physically in when being assaulted.

OIC – See Officer In Charge

On Purpose Training – also known as Purposeful Training, it is goal directed training with a predetermined purpose or goal that is measurable by either (or both) objective or subjective means

One Way Projectile Based Training – a highly specialized type of opposed force training where one of the sides is using projectiles against the other, but the other side is firing only some type of Blank Ammunition (usually one of the blanks specifically designed for close range opposed force training such as SIMUNITION's Securi-Blank)

OODA Loop – see Boyd's Cycle

Open Eye Protection – an eyeglass style of eye protection, rated to ANSI Z.81 impact protection, the equivalent or higher that does not have a gasket that seals around the entire eye to protect against any type of projectile intrusion from any angle and makes participants and observers vulnerable to eye damage under certain conditions

Open Skill – open skills are skills affected by the environment. There is a dynamic environment, object manipulation, no set time parameter, group performance (typically), simultaneous opposition, and multi-tasking in nature. Examples include playing a game of basketball or surfing

Opposed Force Training - see Force on Force training

Oratic – a one way, relatively ineffective method of information delivery where a single person of some measure of authority gives their own views of a situation, often characterized by “telling” as opposed to “asking” a participant what occurred during a training event – the opposite of a Socratic approach

Oughta Do – a behavior that should be demonstrated given a certain situation, but if not performed should at least be articulated as to why such a behavior was not employed

Outer Sanctum – see Gear Up Zone

Own It – the effective demonstration of a technique such that the training participant has made the correct force choice for the correct reason. Often, in the event a remediation is necessary following a Walk Through, the XCO can tell the participant “knowing what you now know, let's go Own It.” This helps the training participant to understand that they have the tools and talent to solve the situation and at the successful conclusion of the scenario they will emerge as a winner, having made the effective behaviors their own

P

Pain Penalty – the use of any sort of pain stimulus used as a means of demonstrating a tactical inefficiency or intended to correct a substandard behavior during a training event. Pain penalties have value when used appropriately but when used inappropriately (for some comedic or inappropriately punitive purpose) or overused can have an adverse training effect such as creating a risk aversion to a situation where risk management is the more appropriate response. Dangers of technologies that utilize pain penalties as one of the teaching methodologies can, if inappropriately used, lead to serious physical or psychological injury to a training participant. Such technologies and methodologies must only be used by highly skilled trainers who are familiar with the advantages, disadvantages and serious dangers associated with pain penalties

Paintball – a friable plastic or gelatin projectile sphere that is filled with a marking substance used in the recreational paintball world for opposed force training

Paintball Gun – a device that is usually powered by compressed air that simulates a firearm and is used to propel paintball projectiles

Pause – a term used to temporarily pause a training situation so that information can be sought from a training participant, an adjustment can be made to a piece of equipment, or any other administrative task can be performed without completely ending a simulation. Implementing a Pause during a scenario is often referred to as “Pressing the Pause Button.” A scenario will never end without a pause being called. This is at the heart of the RBTA model as the XCO must identify what is in the mind of the student in order to terminate a scenario at the appropriate time. This is contrary to most scenario models that end the scenario immediately after the major action/decision without seeking to understand the students frame of mind and reference.

Pause Button – the act of touching a training participant on the shoulder during a scenario and saying the word “pause” as a means of immediately and temporarily halting the action during a scenario in order to seek clarity of a participants actions, reconnect them to the moment, reflect on their current course of action, recalibrate their decision making process, gather information, break a Goofy Loop, interrupt a Meltdown, or otherwise temporarily halt a behavior for an administrative purpose

Pause/Play – see Pause Button

Perceptual Distortion – a distortion that is experienced by an individual where there is a disparity between what they perceived happened during an event and what actually happened during an event

Performance Activities – a checklist of the objective behaviors that must be demonstrated by the training participant that must be achieved in order to complete the Performance Objective. The performance activities are considered “Gotta Dos”

Performance Objectives – A performance objective is a statement of a specific desired end result or output. A popular model for a performance objective follows the SMART model as developed by George T. Doran in 1981

Personal Protective Equipment (PPE) – equipment utilized by those participating in realistic training situations to protect them from hazards that might be created by any of the technologies utilized

Physical Search – the thorough physical searching of a training participant to ensure they do not have any Dangerous Items in their possession. A Physical Search in the RBT world is different from a Physical Search that might be utilized in a setting such as that used in a correctional setting. The purpose of a Physical Search is to find the big things that are hiding in plain sight. Most of the tragedies that have occurred in an RBT setting have occurred in the absence of the most cursory of Physical Searches. For the RBT world, checking the contents of pockets, duty gear, waist bands, arm pits, ankles and the front/back surfaces of the body in addition to any items being carried in should be sufficient. A Physical Search is designed to find the significant things, not insignificant things. In a correctional setting, the little things matter. In an institutional setting such as the military or law enforcement, it is the big things that are killing people. Assuring that magazines and other pouches are empty, the main areas of the body and body armor are physically inspected, weapons are demonstrably converted or secured in a safe area, training munitions are under the positive control of the SO, and PPE is properly issued and worn will pretty much guarantee that the big bad stuff won't happen. This is **NOT** a guarantee that problems won't occur. But it would have eliminated every single shooting death at the back of *Training at the Speed of Life – Vol 1*

Physiological Melt Down – the physical injury of a training participant where the participant either cannot, or chooses not, to continue in the training event. Where appropriate, training must cease to tend to the physical trauma of the participant. Sometimes, though, the trauma may be relatively insignificant, such as in a shot to the leg with a marking projectile which might hurt a little but is certainly not sufficient cause to stop the training before the participant has responded to the shot with appropriate and proportional action. The importance of this can't be overstated, since there are many instances of training participants who have been “killed” in training following the simple act of being struck with a marking projectile or, in the case of the MILES system in the military, a LASER beam and who are removed from the action. Such short-sightedness on the part of the participants and the training staff may actually contribute to inducing failure on the battlefield, since under emotional conditions, the mental programming a “failure” state has the potential to program a participant to quit at an inappropriate time under combat conditions. This unintentionally preprogramming to quit is one example of a Training Scar

Physiological Sigh – a type of deliberate breathing discussed by Dr. Huberman. His studies have shown that it is the fastest way to activate Parasympathetic Nervous System and is accomplished using a double inhale, followed by a long exhale and repeated between two and four times while looking for the sweet spot of Alert and Calm

Piston (FX) – see Sabot

PPE – see Personal Protective Equipment

PreTSD – a psychological precursor to PTSD that is a set of conditions such as learned helplessness (Training Scar) that can predispose a person to forming PTSD. Trainers can inadvertently set up training conditions to create PreTSD in a training participant through poorly conceived training methodologies

Pressing the Pause Button – the act of utilizing the Pause Button technique

Professional Switch – there will be times when there will either be a lull in training, something funny has happened, a Role Player has departed the script, or the seriousness has for any number of reasons begun to leak out of the training event. It is the job of the XCO to recalibrate the training session by announcing that it is time for all participants to flip the Professional Switch to ensure training proceeds from that point in a safe, realistic, serious and meaningful manner

Prohibited - any person, place or thing that is specifically listed as Prohibited by any governing authority for a specifically stated purpose as described written guidelines governing the use of the item for which approval is deemed necessary

Prohibited Area – an area into which no one is allowed to enter except by specific designation by the person in charge of that area

Projectile Based Training – the use of any sort of training projectile that is specifically designed for opposed force training

Prop – a simulated version of something. Props are often inert, non-functional, molded, and reduce the cost or danger of using an actual item. Some so-called props, such as movie guns that fire blanks, can be dangerous or deadly if used inappropriately. Just because an item is considered a prop does not mean it is without hazards

Psychological Melt Down – a Psychological Meltdown is tricky and is often connected to a perceived failure of a participant in a scenario environment. Reality Based Training can be emotionally engaging and training participants from all levels of the operational community can find themselves overwhelmed during a realistic simulation. Frustration with their own performance can lead to an overwhelming emotional response and a possibility that a participant will storm off, refusing to continue within the simulation. There can be many reasons for feeling so overwhelmed, but it is essential that training staff have the training and capacity for effectively facilitation a Psychological Meltdown. Failing to effectively facilitate such occurrences can lead to future failure in combat or a decision to leave the profession entirely. It can also lead to the installation of what is often diagnosed as PTSD and must be guarded against in a training environment if at all possible

Purposeful Play – this is a concept of fun drills akin to skirmishing. Usually performed in man-on-man fashion, it is basic gunplay with no defined requirement for justified actions. The important aspect of Purposeful Play is that it should not deteriorate into Frivolous Behavior and it is essential that proper skills are demonstrated. Each participant is both good guy and bad guy. It is the objective of each participant to hit the opposing participant with well-placed gunfire while attempting to not get hit. It is, in essence, a game of gun tag. A facilitator is advisable to ensure that if improper techniques are being utilized that the game is stopped and recalibrated to proper displays of skills. This technique can be used for other force options as well

Q

Quarter Speed - a tempo used by any scenario participant as dictated by the XCO to slow the situation down to very slowly. Quarter speed is often used during the practicing of a skill in advance of increasing the speed once the basic movement has been mastered

Quiet Eye - the Quiet Eye is the period of time a performer fixated their eyes on a target just before the onset of a movement, particularly when an activity requires aim

R

Range Guard (RG) – a dedicated, posted individual responsible for watching over the perimeter of a training event to ensure no unauthorized personnel enter the training area during the duration of a training event. Range Guards are often armed personnel dedicated to providing an initial armed response

in the event of danger that might be posed to those who are in possession of training weapons and munitions who might otherwise be unable to provide their own armed response in the event of actual danger. A Range Guard must not interact with the training participants during the training event and must wear visible markings so that training participants and any observers clearly understand that this person is armed and shall in no way be involved in any of the training activities other than that of being a Range Guard. The Range Guard works under the direction of the Safety Officer or Safety Coordinator

RBT – Reality Based Training

RBT Program Coordinator – the RBT Program Coordinator shall be responsible for the oversight of all aspects of RBT within an organization. They shall report directly to the head of the organization or their designee

Reality Based Training – a comprehensive description of many different training methodologies that utilize tools, techniques or methodologies to approximate in a training setting or synthetic setting any situation that might occur in an operational setting

Reactive Target – any type of targetry that is capable of a number of different “responses” upon being hit with gunfire. Such responses can run the range of exploding in impact, to falling down. Well known types of reactive targetry include falling plate racks, steel humanoid targets and even robots

Ready? - a question and response that is both asked and answered of a training participants and training staff prior to starting a scenario to ensure all participants are ready to go with proper PPE in place

Realistic Target – targets that are designed to look more like humans through the use of drawings or photographs and are typically used for practicing shooting human or animated forms that might be encountered in an operational environment

Reckless Behavior – dangerous and inappropriate practices that are being demonstrated by any person inside a training or operational event. Behaviors rise to the level of Reckless when the participant knows that such behavior is unsafe, unprofessional and not within Best Practices but continues to allow such behaviors to continue unchecked. Reckless behavior must be documented, and corrective measures must be enacted to ensure such behaviors do not recur

Recognition Primed Decision-Making (RPD) – a term coined in 1989 by Gary A. Klein, Roberta Calderwood, and Anne Clinton-Cirocco presented what they called the recognition-primed decision (RPD) model, which describes how decisionmakers can recognize a plausible course of action as the first one to consider, and that after assessment, an optimal first decision and action can be trained. See also Heuristic

Red Gas - another type of propellant gas made from a mixture of propane and silicone that is used to propel the Airsoft projectiles

Red Man Suit – an impact reduction suit made by Macho Products branded under the Red Man name. The two main suits made by the company are the XP suit and the WDS suit

Reduced Energy Cartridge (REC) – the phrase used in the original patent for the FX Marking Cartridge casing design. The REC was developed by William Dittrich and utilized by SIMUNITION in all of their REC cartridge designs including the FX Marking Cartridge, the CQT Target Cartridge and the SecuriBlank. The extremely novel concept permitted the cycling of a firearm without the need of a

heavy bullet or high gas pressure. It did so through the use of a robust telescoping cartridge casing which, upon being fired, elongated through the use of a piston design which forced the action back with sufficient energy to cycle a modified firearm. After the introduction of the REC by SIMUNITION, other company copied the telescoping cartridge design for use in their own training munitions. Other companies who copied the concept included AirMunition, UTM, ATK and ATP

Remediation – the physical re-running of a training event, or critical portion of it that was not completed per the Evaluation Criteria in order to ensure 100% demonstrated completion of the Performance Objective by successfully completing each Performance Activity

Restricted Area – an area into which only those admitted by the Safety Officer are allowed. One example of a Restricted Area is the Safety Officer Control Area

Robotic Target – a Humanoid Target or Realistic Target that is controlled by a remote means and that displays realistic human behaviors such as running, charging, evading all in a mobile fashion by means of wheels or other conveyance system that can move the target in a 360 degree environment

Role Player (RP) – a person who presents a live, interactive, pre-scripted experiential aspect to a training simulation. There are 7 different levels of Role Player, including :

- Background (Level One - crowd scene, distractions, medical casualties)
- Information Giver (Level Two - reporting party, witnesses, etc.)
- Supportive (Level Three - backup officers, concerned involved parties, etc.)
- Involved Party – Compliant (Level Four - immediately or eventually, limited agitator)
- Involved Party – Non-Compliant (Level Five – combative or lethal threat)
- Behaviorally Disturbed – (Level Six - drugs, alcohol, mentally challenged)
- Specialized – (Level Seven - amputee, foreign speaker, child, inflammatory, specific personality type)

Role Player Cleansing – see Fixing the Role Player

Role Player Compliance – a phrase used to describe a compliant Role Player behavior in response to the proper use of tools or tactics that are being tested within a scenario. Role Players will demonstrate compliance following superior tactics, perseverance, direction by the Exercise Controller, or as a default behavior in the event the Role Player does not know what to do in response to an unanticipated Student behavior, in the absence of direction by the Exercise Controller

Role Player ECB Model (Azar-Dickens) – based on the research performed by psychologist/police officer John Azar Dickens, there are 8 levels of observable traits that can be modeled that are extremely useful during De-escalation Training

- Low Emotion/Clear Communication/Compliant Behavior
- Low Emotion/Clear Communication/Non-Compliant Behavior
- Low Emotion/Contaminated Communication/Compliant Behavior
- Low Emotion/Contaminated Communication/Non-Compliant Behavior
- High Emotion/Clear Communication/Compliant Behavior
- High Emotion/Clear Communication/Non-Compliant Behavior
- High Emotion/Contaminated Communication/Compliant Behavior
- High Emotion/Contaminated Communication/Non-Compliant Behavior

S

Sabot – for the purposes of training munition descriptions, a Sabot is the front slidable portion of certain training cartridges from various manufacturers that permits the cycling of a firearm through expansion of the cartridge length

Safe Direction – any direction where, should there be an unintentional discharge of a weapon, there will be no injury and minimal or insignificant property damage

Safe Word – a word that any person can use to stop a scenario at any time for any reason

Safety Bin – See Black Box

Safety Blank – a reduced energy version of blank cartridges that are used in conversion devices manufactured by marking cartridge producers that have been specially designed for close quarters opposed force training under tightly controlled conditions. Examples are SIMUNITION Secure-Blank, ATK Force on Force Blank and UTM Battle Blank ammunition

Safety Clearance Indicator (SCI) – a unique visual marking device used by the Safety Officer to visually marking a person or an object by the Safety Officer to indicate that someone or something has undergone the Safety Clearance Protocols where they have been searched, converted or otherwise made suitable for use within a simulation environment where training participants and Role Players will be interacting

Safety CLEARance Protocols – a written set of steps necessary to ensure that any training site, and all participants entering a Control Area, are not in possession of items considered to be dangerous within the Control Area. Safety CLEARance Protocols are applicable to people, places, vehicles, bags, cargo bins and anything else that may be entered into or accessed during the training event

Safety Coordinator – A Safety Coordinator is required any time multiple sites, venues, scenarios or training initiatives are being conducted. The role of the Safety Coordinator is to oversee the actions and activities of the training site and the Safety Officers functioning within that site. Ultimately, the Safety Coordinator shall be responsible to ensure all aspects of any safety protocols are briefed and carried out within the Best Practices framework. Any questions that arise with regards to the safe conduct of a training exercise must be briefed to the Safety Coordinator for final approval. The Safety Coordinator is responsible for overseeing all planning to ensure overall training event safety. In the instance of single site training venues, the Safety Officer fulfills the role of the Safety Coordinator

Safety Officer – the person who is in charge of all of the safety aspects of a training setting or scenario area during a High Level or Low Level Scenario Event. For a complete listing of Safety Officer responsibilities, please refer to the Safety Officer Checklist. The Safety Officer is typically responsible for choosing and setting up and cordoning the training area, communication and coordination with any agencies or organizations who might have jurisdiction over a remote or shared training location to ensure all affected parties are aware of the training event to avoid conflict or inadvertent armed response, any funnel and control points through which training participants will transit into and out of the training area, safety briefings, searching of participants, control, identification and issuance of any training devices, control and secure sequestration of any discovered contraband, issue and proper donning of any appropriate personal protective equipment, end of day briefings and departure protocols necessary to ensure all participants are aware of the completion of the training activity, documentation

of the training event, contact with and the coordination of any emergency response resources in the event of an injury or disastrous occurrence, the filing of any archival paperwork and/or videos of the day with the RBT Program Coordinator

Safety Officer Area – see Safety Officer Control Area

Safety Officer Box – a designated container that is used to house various administrative items and devices utilized by the Safety Officer such as Metal Detectors, Inspection Trays, SCI's, etc. to be used while performing their duties

Safety Officer Control Area – (Inner Sanctum) the Safety Officer Control Area is a controlled and cordoned area in which the Safety Officer keeps items under their direct control. Any dangerous or contraband items that are located within the Safety Officer Control Area must be locked in the Black Box during the duration of the training. Only the Safety Officer or someone invited in by the Safety Officer and at all times under their direct control and supervision shall be allowed into this area. Also referred to as the Inner Sanctum. Only the Safety Officer, the Safety Coordinator or their designees under their direct supervision are allowed into the Safety Officer Control Area at any time. Any dangerous items that are secured inside the Safety Officer Control Area must be in a Black Box, which shall be designated as closed and locked container that shall remain locked throughout the duration of the training with very tight exceptions to retrieve items or place additional items per the Black Box rules

Safety Vest – a piece of brightly colored clothing worn to indicate to training participants that the person wearing the clothing is not in any way involved in the scenario except as an observer or proctor

SC – see Safety Coordinator

Scenario – from the Latin word *Scenarium* which means a scene on a stage. A scenario is a realistic depiction of an actual situation and is used to either mentally or physically engage a training participant in a manner such that they can contemplate or rehearse a solution or options for resolving the situation

Scenario Based Training - any physical training where a mock situation is utilized in an attempt to create or recreate, as realistically as possible, a situation that has in the past, or may in the future, occur in an operational environment

Sealed Eye Goggle – a goggle style of eye protection, rated to ANSI Z.81 impact protection, the equivalent or higher that also has a gasket that seals around the entire eye to protect against any type of projectile intrusion from any angle and is secured to the head by means of an adjustable strap

Sealed Eye Protection – an eyeglass style of eye protection, rated to ANSI Z.81 impact protection, the equivalent or higher that also has a gasket that seals around the entire eye to protect against any type of projectile intrusion from any angle

Secure Area - see Control Area

Secure Storage Container – see Black Box

SESAMS – the Marine Corps acronym for marking cartridges which stands for Special Engagement Small Arms Marking System

Seven Survivals – an organizational philosophy developed and used by Ken Murray and the RBTA to ensure that an individual or an organization strives for both a training and operational ethos that encompasses considerations six other areas beyond physical readiness

Short Range Training Ammunition (SRTA) – a category of training munitions that fire in modified and also unmodified weapons that have specialized design features that reduce or limit the travel distance of those munitions when compared to the conventional versions of those munitions. SRTA munitions should be considered lethal, falling in the Lethal Training Ammunition category and are **NEVER** for use in opposed force training

Side Bar – a discussion that is had during a Pause. A Side Bar can occur between members of training staff or between the staff and a training participant. At the conclusion of a Side Bar, a scenario can continue as if it had not been halted

Simms – another erroneous term badly used by trainers to denote marking cartridge training. See Simmunitions

SIMs – A term often used by the tactical community for Specialty Impact Munitions. Easily confused with the erroneous term “Sims” that is often inappropriately used for Marking Cartridges

Sims Kit – an erroneous phrase used to describe a weapon converted to fire marking cartridges. Use of this term is dangerous and should be discouraged and eliminated in favor of functional and approved terminology

Simmunitions – an erroneous and potentially dangerous phrase used to describe any number of different marking cartridges. Use of this term is dangerous and should be discouraged and eliminated in favor of functional and approved terminology

Simmunitions Training - an erroneous and potentially dangerous phrase often used to describe various types of training that utilize marking cartridges. Use of this term is dangerous and should be discouraged and *eliminated* in favor of functional and approved terminology

Simulation Training – a style of training that utilizes various types of technologies to provide a user with a pseudo experience they might otherwise only have been able to experience in the real world in the absence of such training or training technologies. Simulation training has been shown to be, in some cases, just as effective as actual experience however it eliminates most if not all of the dangers, hazards or consequences in the event of an error or a failure during the event

SIMUNITION® – a company founded by David Luxton and Ken Murray in the late 1980’s originally to produce marking cartridges for use in tactical simulations, but grew into the development of other families of training munitions including Short Range Training Ammunition, Blank Ammunition, Frangible Ammunition and Unhardened Structure Target Ammunition

Site Safety Markers – clearly identifiable signage set up to indicate there is training in progress as a means of alerting observers and potential responders that the events occurring within the SSMs are simulations

Site Activation Markers – clearly identifiable flashing lights or other obvious means of alerting observers and potential emergency responders that the events occurring within the training area are ACTIVE

Six O'clock News Ready (SONR) – A phrase developed and used by Ken Murray and the RBTA that describes a process which ensure that the observed performance of a training participant is as optimal as possible such that if a video camera had been recording their behaviors and it were a real situation, the organization would approve of what they would be seeing on broadcast media – the Six O'clock News

SMART Acronym – an acronym that represents a way of measuring or evaluating a performance objective to ensure that it is Specific, Measurable, Achievable, Realistic, and Timely or Time referenced

SO – See Safety Officer

Socratic – a specialized and collaborative discussion methodology attributed to Socrates (399 BC) for the effective facilitation during topics of discussion wherein information is solicited from the training participants through a specialized technique of “asking” instead of “telling”. Using Socratic techniques has proven much more effective in the learning process than has the use of simply having anyone watching the training events relating to the participants their third-party observations. The Socratic approach draws out not only the training participants observations and impressions of what they did, but also seeks to discover why they did what they did and, whether or not upon reflection, it was in line with previous training, policy, law, or societal acceptance. Using the Socratic method/Meta Model is mandatory for optimal training according to the RBTA and is best done in a dynamic fashion. It can also be done for static training such as Table-Top Exercises to discover the thinking used to reach an action or decision.

The opposite is Oratic, which is more instructor centric and often received as being lectured to (see also Meta Model)

SPEAR Gear – see High Gear

Special Effects Controller – a specially trained and certified individual who provides support to a training event. Some special effects could be dangerous and normally impermissible within certain training events. When properly used, deployed and planned for special effects can create a higher level of realism although the dangers associated with their use are such that they must only be utilized by a specialized person that has been trained and tasked with their introduction into an otherwise sterile training area. A Special Effects Controller must not participate in any scenario training other than for the specific role in which the special effects are being deployed. For example, a military organization might wish to utilize live explosives for progressive breaching during a training event where there are Role Players involved as an aggressor force. The Role Players and the Special Effects Controller would work together in a collaborative way so that no Role Player would actually be in harm's way during an explosive breach. The Special Effects Controller would be imbedded with the entry team and would get called forward if the breach required an explosive charge. The Special Effects Controller would not then function as part of any assault element within the team so that he does not become “Engaged” in the scenario

SRTA – see Short Range Training Ammunition

SSM – see Site Safety Markers

Steel Target – a target that is made out of steel that is used during training. Steel targets have been used for a long time in the firearm training world and there are many different types. One advantage of the steel target is that it “reacts” when hit. Ways in which it reacts are varied, and include but are not limited to falling down, making a sound, triggering the presentation of another target, spinning, indicating a

visible mark and flipping over. Steel targets can provide positive, immediate feedback of accuracy and can be effectively used for competition style shooting as well as fun, recreational shooting. One danger of steel targetry is the splashback of bullet fragments or the ricochet of a solid projectile off of the steel surface. Shooters have been seriously injured and even killed following splashback or ricochet. Given the popularity of steel target usage in the military and law enforcement training communities, the Kennedy Space Center SWAT unit once commissioned an extensive study on the safe placement, angles of fire and distances that are optimal in the use of steel targets. In combination with Frangible Training Ammunition, steel targets can be used very successfully for a number of interactive training exercises. Because they do not typically require patching between shooters, they have proven to be a very effective training device when using conventional (and some non-conventional) munitions. As with many other devices in the training world, not all steel targets are created equally, and it is up to the user to ensure that the usage to which the targets are subjected fall within the safety parameters that are developed by the manufacturers or other organizations that are dedicated to the development of Best Practices in the use of steel targets

Static – staying in a single spot and addressing a situation where raw memory is used as a recall strategy during the replay of an event – the opposite of Dynamic

Stop Stop Stop – a declaration of urgency used to immediately stop all action within a scenario, usually predicated upon an observed safety hazard (see Timeout For Safety)

Stress Inoculation – a conditioning process to prepare individuals to respond to potentially stressful incidents through a systematic process of subjecting those individuals to increasing levels of difficulty such that they master it prior to becoming overwhelmed by the event

Stunt Double – a secondary Role Player who can be substituted in for another Role Player for various reasons, including the introduction of a Role Player who is wearing a superior amount of protective gear in order to allow the training participant to fully physically engage the Role Player with hard contact blows. Often, in order to not precondition a training participant that hard physical contact will be required in a scenario due to the presence of a Role Player dressed in an Impact Reduction Suit, Role Players will often be dressed in basic PPE. As a situation escalates and a training participant realizes that physical intervention will be necessary, the XCO can Press the Pause Button and ascertain the intentions of the training participant. Once they state that they are about to get physical, the Role Player in basic PPE will switch out with the Stunt Double who is wearing an Impact Reduction Suit and the scenario will continue. The process can go the other direction as well. For instance, a Role Player wearing an Impact Reduction Suit is likely inflexible to the extent that handcuffs or other restraints can be applied, or if a searching of the suspect is required as part of the scenario, the Impact Reduction Suit would make it impossible for effective searching. In such a case, once it is certain that the training participant will not be using their firearm, a Role Player with very little PPE (sealed eye protection is mandatory) can be swapped out for a Role Player that was wearing basic Role Player PPE or an Impact Reduction Suit and the scenario can continue. When swapping out to a Role Player wearing only eye protection, it is essential that such a Role Player be completely compliant and that the XCO is right physically on top of the situation to stop any unanticipated and potentially dangerous actions of the training participant

Suck ‘em and Six ‘em – a term used by poorly trained opposing force cadre where a training participant is baited into an area and the opposing force sneaks around behind them and attacks them from the rear. In most instances, training is terminated immediately after the ambush and training participants are subjected to some form of humiliation

Scenario Venue – see Area of Operations

Semi Safe Area – a confusing term utilized by SIMUNITION in their training materials that is neither completely safe nor completely dangerous. It seems to indicate an area much as that described as the RBTA Outer Sanctum. The RBTA does not recognize the term Semi Safe Area since an area is either safe or it is unsafe in the opinion of the RBTA

Scenario Area – an area in which an actual scenario will be occurring

Specialty Impact Munition (SIM)– see Extended Range Impact Ammunition

Street Ready – this is the status of a person who is either arriving for training or departing from training that ensures they are prepared for real world encounters with both the correct mindset and any devices they would normally be carrying in an operational environment

Street Ready Check – this is a systematic inspection by someone *other* than the person being checked to ensure they are Street Ready when departing a training venue

T

Table Top Exercises – a type of RBT using scenarios and simulations that are somewhat static in nature and that are often played out around an actual table or within a learning center. Table Top Exercises are typically used for organizations to play out possible responses to events but there are no actual situations in progress as there would be during Scenario Based Training

Tactical Error – an erroneous decision made by a training participant that would likely lead to injury, death or mission failure if it occurred in an operational setting

Tactical Timeout – see Pressing the Pause Button

Teaching Scenario – a Scenario in which behaviors which have been previously taught are now presented in a contextual setting and where a participant will not leave as a failure despite potentially terrible performance. In a Teaching Scenario, any ineffective action will be Debriefed and Remediated until the performance of the participant is Six O'clock News Ready – irrespective of the number of times it needs to be replayed

Technological Melt Down – a breakdown of a training technology, where quite often the training participant is unaware of the breakdown. The use of the Pause Button is often required to re-engage the participant's situational awareness such that they can decide whether or not the chosen tool can be fixed, adjusted or reutilized or whether an alternative option would be more appropriate

Ten Minute Warrior – a training concept developed by Ken Murray where skills and knowledge are developed in a systematic and progressive way through a series of incremental training exercises. Ideally using the concept of Random or Interleaved practice occurring for short periods of time and done over a long period (e.g. 10 minutes a day for a year).

Test – any event designed to ascertain a skill level of a training participant or group and where it is somewhat unknown what the outcome will be

Testing Scenario – a Scenario that is used as a filter at the end of a training progression where training participants have been provided all of the skills, knowledge, tools and experience to perform at an optimal level and must now demonstrate that level of proficiency to meet a predetermined standard. Testing Scenarios may be used in academy settings as a means of determining a pass or fail for various aspects of that academy. A scenario that functions as a test of the skill level of a training participant or group of training participants and during which there is no intervention or coaching by the Exercise Control Officer except where necessary for safety reasons or where the XCO chooses to intervene for expediency

Theater of the Mind – the use of deliberate Visualization to create or recreate internal imagery as sensorily rich as possible (using as many senses as possible ... i.e. visual, auditory, kinesthetic, etc.) in several modalities to include a fully integrated recreation (as if you are reliving the event as if it is using your own eyes, 2nd level disassociated internal imagery (as if you are watching a movie of yourself from the audience) or 3rd level disassociated internal imagery (as if you are watching your disassociated self from a third party perspective – as if looking down from the projection booth, watching yourself as you watch a movie of yourself)

The 10, the 80, the 9 and the 1 – a phrase uttered by Heraclitus in 500 BC who suggested that out of 100 people in combat, 10 should not even be there. 80 are just targets. 9 are good fighters and it is lucky that they are there, for they the battle make. Ah, but the 1. 1 is a warrior, and it is important to find The One, for that one shall bring all of the others home.

Three Dimensional Target – (3D Target) any target that is designed to create more than a single profile such as a flat piece of paper

Throat Guard – see Neck Armor

Tick Sheet – (see Evaluation Criteria) is an ineffective method of tracking training participant performance since it is often perceived very negatively by the training participant who ends up looking up to see if he got a tick rather than being focused on effective behaviors

Time Out For Safety (TOFS) – anyone can call a Time Out For Safety at any time for any reason. This concept, developed and popularized by Joe Robinson for the oil and gas exploration industry, empowers all persons to stop training if they believe there is a dangerous situation occurring or about to occur. All Time Out For Safety (or Stop Stop Stop) declarations will be treated as urgent and will cause all participants to stop all actions immediately until the situation can be investigated and, if necessary, remedied. If the incident giving rise to the declaration turns out to be nothing, there will be no recrimination or down talking to the person who implemented it, ever. Rather an expression of appreciation for the person speaking up when they thought there was a possible safety hazard will be done, every time. It may be that the participant is unaware of covert safety mechanisms in place, such as in One Way Projectile Based Training where due to the specialized nature of that training Role Players are not wearing what would normally be considered mandatory PPE. In such an instance, the participant will be educated as to why certain PPE is not being worn so that in future instances a TOFS would not be called again by that particular participant

Tolley Curve – a graphical depiction of the various stages and gates that the RBTA utilizes within the Crawl/Walk/Run/Assess methodology for skill and concept development. The Tolley Curve was created by Australian WO Dan Tolley as a mechanism for optimizing the teaching of the RBTA concepts to the Australian Defense Force

Training Area – an area designated for any type of training. This has the potential to be a hazardous term since many of the training technologies and methodologies can be incompatible, conflicting, and have the potential for unintended hazards

Training Ammunition Color Codes – colors that are used to designate and discriminate between varying types of specialized training munitions. The RBTA Color Codes for the 8 Categories of Small Arms munitions are Black (Conventional Ammunition), Grey (Lethal Training Ammunition), White (Unhardened Structure Target Ammunition), Blue (Non Lethal Training Ammunition), Yellow (Blank Ammunition), Red (Inert Training Ammunition) and Orange (Extended Range Impact Ammunition). The last color is Brown (Unknown Generic Ammunition) which is a category that covers trainers for something they don't know anything about, and into which category such munitions should be placed and sequestered for safety reasons

Training at the Speed of Life® – a book and a teaching philosophy developed by Kenneth R. Murray, co-founder of SIMUNITION®

Training Goals – training goals are similar to performance objectives but are much less formal than actual performance objectives. A good way to think of training goals is that they are a conversational description of the performance objective and often include the performance activities

Training Failure – a complete collapse of the training and performance objectives where there has been no, or perhaps negative, training value as an outcome. Training Failures occur when the intended behavior that was sought to be installed as a result of the training is not only not installed, but where a negative residue or potential Training Scar has been left upon the training participant

Training Officer (TO) – see Exercise Control Officer

Training Safety Officer (TSO) – a term used by SIMUNITION to describe for the most part the functions overseen by the RBTA Safety Officer

Training Scar – a sub optimal behavior that has been trained to the Unconscious Competent level and which may appear during a training or actual event and could lead to failure if performed

Training Venue – see Area of Operations

Transderivational Search – is a psychological and cybernetics term, meaning when a search is being conducted for a fuzzy match across a broad field

Triple Check – a searching methodology developed by several renowned trainers and popularized by SIMUNITION. The Triple Check proposes that each training participant search themselves, that they buddy up with a partner and have that partner search their gear, and then subject themselves to a final inspection by the Safety Officer. The problem with this method is that it is extremely rare that anybody does the first and second “safety” inspections, and if they do them, they do them in an uneducated fashion and often miss things hiding in plain sight. Once they arrive at the doorstep of the Safety Officer, they are then asked if they have searched themselves and each other. There is always a resounding “yes”. At that point, if the Safety Officer does a half assed job of searching people (because he believes they have already been searched once), weapons will be missed and training failure can easily occur. The RBTA believes that a single, dedicated Safety Officer who looks for the purpose of finding will find many more dangerous items than the Triple Check ever will

Trunk Monkey – a trunk monkey is the same as a Ninja, except they are often found during scenarios involving vehicles. Like Ninjas, they are counterproductive to training and are prohibited by RBTA Best Practices

TSO – see Training Safety Officer

Tunnel Vision - also called "Weapon Focus" or Perceptual Narrowing, is the tendency for a person's perceptual field to "shrink"

Twisting “T” Check – a visual inspection performed by the XCO of a participant in a scenario based training event that ensures the participant is wearing any necessary PPE and that any equipment they might be carrying is a training version of that equipment where necessary

Two Steps Is Too Far – this is a phrase that is taught to XCO personnel to help them to completely understand that during a scenario, in the event the training participant is closing the distance on the Role Player, that the XCO must be within grabbing distance of the training participant, because if things go catastrophically wrong, two steps away from the training participant is too far away to physically intervene. Ultimately, the safety of the Role Player is in the hands of the XCO who must be in complete control of the scenario and the training participant at all times

U

Unconscious Competence – the ability to perform a task effectively without the need to direct a large amount of attentional resources to its performance. Procedural (muscle) memory plays into this type of competence

Unconscious Incompetence - having no conscious awareness that you completely lack competence in a certain task, skill or knowledge area. Often referred to as someone who “doesn’t know what he doesn’t know”

Unapproved - any person, place or thing that has not been Approved by the governing authority for a specifically stated purpose as described written guidelines governing the use of the item for which approval is deemed necessary

Unhardened Structure – a training structure that is not designed to contain any conventional munitions or other munitions unless those munitions are tested and approved for use in the structure

Unhardened Structure Target Ammunition (USTA) – a category of training cartridges that can be fired in structures that can have much less hardening that a conventional firearms range. USTA cartridges require a conversion device for reliable cycling, and the quality of backstop is dependent on the version of the cartridge as some have much greater penetration capability than do others. All USTA cartridges should be considered lethal and are **not for use against human targets in training**

Unproductive – behaviors that are not moving a training event in a useful or predictable direction

Unsafe Direction – any direction which, in the event of an unintentional discharge of a weapon, it is not pointed in a safe direction

Uncleared – a person who has not been searched by a Safety Officer or his designee in a manner consistent with ensuring no dangerous items are being brought into a secured area

Unengaged – a training participant who is gaming a scenario and trying to find a way to “win” as opposed to reacting in a realistic fashion to any potential threat cues

Unintended Penetration – a penetration of clothing, flesh, personal protective equipment or training venues and equipment by a projectile fired in training where there was a belief that no such penetration could or would occur

Unintended Consequence – a consequence, occurrence, behavior or outcome that was not previously planned nor intended or otherwise unforeseen or intended within a training event. Unintended Consequences are often a negative thing, but if properly processed can sometimes be leveraged or facilitated towards a purposeful learning experience and ultimately result in a favorable future outcome

Unload and Make Safe – removing an ammunition source of any type of cartridge from a firearm or firearm simulator, followed by the visual and physical confirmation that the chamber *and barrel bore* are clear of ammunition or obstructions. Following this procedure, the firearm can be returned to a case, secured in a holster or slung

Unknown Generic Ammunition – a category that provides a safe place to place to deposit small arms cartridges or devices they do not definitively know the design purpose of the ammunition or device

Unsecure Area – any area that has not been inspected and cleared by the Safety Officer and which is not normally included within the Area of Operations. Any unsecure areas that might be located within an Area of Operations may be designated as unsecure with visible signage indicating that the area is unsecure and that training participants must not enter that area unless under the direct supervision of the Safety Officer

UOF – Use of force

Use of Force Continuum (UOFC) - a model often used by law enforcement agencies as a method for teaching approved force options. Often represented using a graphical reference model, UOFC models live at the Conscious Competence level of understanding and are inaccessible during a catastrophic event unless taught and integrated experientially through quality experiential training or actual experience. Continuum is actually the term that adequately describes an effective model for escalation and de-escalation of force because the word continuum suggests a state where everything is happening or possible at the same moment, as in the term “time-space continuum”

Use of Force Guidelines – administrative guidelines on when various levels of force may or may not be utilized, often predicated upon the Use of Force Model

Use of Force Model (UOFM) – at the academic level, a UOF model is a teaching tool used to help participants understand the range of force options appropriate to various levels of aggression or resistance. It is a model often used by law enforcement agencies as a method for teaching approved force options. Often represented using a graphical reference model, UOF models live at the Conscious Competence level of understanding and are often inaccessible during a catastrophic event if they are not taught and tested through the use of effective experiential training methodologies. The graph itself is NOT the use of force model only a representation of it. (Use of Force Continuum)

Use of Force Policy – an administrative document that dictates which levels of force are and are not appropriate and often when and when not they are viable force options. Use of Force Policy is often much more restrictive than what is permissible by law and are often predicated upon events that were costly to the agency, the municipality or to the community. Agency members might be held accountable by their administration for a violation of policy, but policy is not law. If a policy, for instance is restrictive to the point of putting a person in jeopardy and that person acts outside of policy for their own safety, they might be held accountable professionally for violating a policy and yet still be exonerated for holding true to the principles of self-defense. Policies are often a reactive document, predicated upon organizational grief. They should be reviewed on an annual basis to ascertain if each policy remains valid when contrasted with social trends, case law, Best Practices and the evolution of training technologies and philosophies. What might have been a valid policy fifteen years ago might actual be an impediment to the mission today

UTM – a company founded by Mike Saxby from the UK that produced a version of marking cartridges that utilize two primers for functioning the system. Mike Saxby was one of the original developers of the Saxby and Palmer Tandem Air Cartridge that eventually became the basis for the AirMunition cartridge developed and marketed by Crown Air Cartridge Company

Well-Intentioned Training – training that might have the best of intentions, but may have effects that are not optimal

V

Video Game – any video simulation system that is unconcerned with the consequences of behaviors

Video Simulation System – a training device that uses video or computerized graphics to simulate events that might occur in an operational setting and that is utilized within a comprehensive training program to teach and test training participant behaviors that are in line with organizational policy and law. Video Simulation Systems can provide some valuable experiential learning opportunities provided that the identical facilitation framework that is utilized with force on force simulation exercises. Care must be taken when using Video Simulation Systems that the training participant not become programmed for static and linear responses to threat cues

Virtual Reality – a system that utilizes advanced video simulation technologies and specialized eyewear to create a visual representation of a video model created using computerized imagery

Visualization – deliberate activation of the imagination where a visual image is created or recreated. Note – not all visualization is useful, in fact utilizing the ability most people who are untrained in how to effectively utilize their ability to visualize can do more harm than good, when they use the ability to catastrophize past, present, or future situations rather than as a remediation tool to optimize past, present or future behaviors

VR - see Virtual Reality

W

Walk Through – the process of taking a training participant through the scenario from beginning to end while using a Socratic Questioning Technique to get the training participant to explain at each stage of the event the choices that they made and any reasoning behind it. The phrase “Let’s put it in motion” is often stated during the debriefing of a scenario to refer to this, see Dynamic and Dynamic Socratic Debrief

Wand – See Metal Detector

Weapon Display – pulling out a weapon by a Role Player with the intention that the weapon be noticed and that should precipitate an appropriate verbal or physical challenge

Weapon Presentation – brandishing a weapon in a menacing manner that should precipitate an appropriate force response

Wheel Spinning – occurs when a training participant gets “stuck”. This is often displayed as a Goofy Loop or inaction – that deer-in-the-headlights look. This can occur while an individual is stuck in a Transderivational Search

X

XCO – See Exercise Control Officer

Y

Z

