



## Spartan Firearms Training Group, LLC

Tip of the Week—November 3, 2025

### **Practical Strategies for Building Combat Calm**

The ability to remain calm in a life-or-death situation is crucial for maintaining safety, making effective decisions, and assuming legal responsibility. Combat calm is a state of mental, emotional, and physical control that enables you to act quickly, consciously, and safely when in a stressful situation.

This Tip of the Week offers several strategies for maintaining calmness (as much as possible, given the stress levels). We teach these tips in our wear and carry course.

#### **Adopt Col. Jeff Cooper's training advice.**

Think "I knew this could happen one day, and I know what to do about it" when facing a dangerous threat.

#### **Adopt Col. Jeff Cooper's Color Code**

White, yellow, orange, red, and black. Always remain in Condition Yellow when legally carrying a firearm. Practice informed situational awareness using the code.

#### **Breathing**

Practice "box" breathing daily, not just in emergencies.

#### **Scenario Training**

Engage in scenario training using Simunition, if possible. Follow strict safety rules. Or, use dry practice with an unloaded firearm (no ammunition in the gun or in the room).

#### **Visualization**

Imagine different threat scenarios that you could face. Visualize how you might respond effectively. Try to be as specific as possible.

**Micro-Stress Practice**

Use the stresses of everyday life to learn how to manage your stress levels.

**After-Action Reflection**

Use after-action reflection to assess your training. Ask yourself how the training went. Ask others what they thought of your performance. Learn from the feedback to make improvements.

**Fitness**

Workout to get in better shape. Strong people are harder to kill.

**Legal Education**

Know the self-defense laws in your state. Self-defense includes more than using a handgun. When you know the law, you will be less likely to hesitate. Hesitation will get you killed.

**Faith and Values Alignment**

Get right with God. Spiritual and moral grounding can help create calmness.