

**Pat McNamara (Mac) has 22 years of Special Operations experience, 13 of which were in 1st SFOD-D. He has extensive experience in hostile fire/combat zones in the Middle East, and Eastern Europe. He trains individuals at basic and advanced levels of marksmanship and combat tactics.**

**When he worked in the premier special missions unit, he became an impeccable marksman, shooting with accurate, lethal results and tactical effectiveness. McNamara has trained tactical applications of shooting to people of all levels of marksmanship, from varsity level soldiers, and police officers who work the streets to civilians with little to no time behind the trigger.**

**His military experience quickly taught him that there is more to tactical marksmanship than merely squeezing the trigger. Utilizing his years of experience, McNamara developed a training methodology that is safe, effective and combat relevant and encourages a continuous thought process. This methodology teaches how to maintain safety at all times and choose targets that force accountability, as well as provides courses covering several categories, including individual, collective, on line and standards.**

**While serving as his Unit's Marksmanship NCO, he developed his own marksmanship club with NRA, CMP, and USPSA affiliations. Mac ran monthly IPSC matches and ran semi annual military marksmanship championships to encourage marksmanship fundamentals and competitiveness throughout the Army.**

**He retired from the Army's premier hostage rescue unit as a Sergeant Major and is the author of T.A.P.S. (Tactical Application of Practical Shooting).**

**Pat McNamara 1-Day Combat Strength Training – May 24 AND May 27, 2016. (Two Separate courses)**

### **Combat Strength Training**

**CST is a system that retrofits the combat chassis and command center so that it performs efficiently at maximum capacity.**

**Focusing on self preservation and longevity, CST will enhance one's performance and tactical effectiveness through maintenance, education, and combat replicated movements while following a safe, comprehensive, systematic, and progressive format.**

**As the chassis is upgraded it will become a battlefield multiplier which in turn**

**becomes a force multiplier.**

**Topics covered include;**

- Power (Rate of force production)**
- Strength**
- Muscular development**
- Speed and quickness**
- Visual acuity**
- Proprioception**
- Close quarters unarmed combat**
- Functional flexibility.**

**The CST methodology will work within the individual's own performance level to develop a better, more efficient, stronger, and more capable self.**

**Instructor:** Pat McNamara

**Dates:** May 24 AND May 27, 2016 (Two separate courses)

**Cost:** \$250

**Location:**

Kent Police Training Center

24523 116<sup>th</sup> Ave SE

Kent, WA 98030

**Registration through SGT. Bill Blowers / bblowers@kentwa.gov**

**Required Gear:**

Workout Attire