

Deep Breathing Drill: 12 seconds

1. Sit comfortably with your back straight, hands on a table or in lap in front of you.
2. Breathe in through your nose inflating the “stomach”, making the stomach blow up like a balloon. ...Do not move shoulders. 4 seconds, keep trying to take in more air
3. Hold for 4 seconds
4. Exhale through your mouth, pushing out as much air as you can. Keep pushing, 4 seconds

Tactical Breathing: ½ second: For emergencies

1. Breathe in thru mouth inflating stomach as in #2 above
2. Push out thru mouth as soon as stomach is inflated.

This drill should be incorporated with other moves: moving to cover, drawing your weapon, etc.

Toe to Head Relaxation Drill:

After completing Deep Breathing Drill, above; while seated in a chair, back straight:
(Please note that any cramping during these drills indicate probable dehydration.)

1. Squeeze toes inside shoes as tightly as possible as though you are picking a quarter off of the floor. Squeeze harder and harder: 10 seconds
2. Lift toes up inside shoes in opposite direction from (1.) above: tightly: 10 seconds
3. Lift both feet off of floor making your legs straight and push toes downward: 10 secs
4. Keeping legs straight and feet off of floor, pull toes up toward body, stretching calves and hamstrings. Pull hard; 10 seconds
5. With feet back on floor, push your knees together. Push hard: 10 seconds
6. Place hands on outside of knees: Push hands toward knees and knees toward hands: Push hard, make it shake and hurt. Keep Pushing! 10 seconds
7. Squeeze the secret sacred private place on your person (anus) tightly for 10 seconds.
8. Tense every muscle in your stomach tightly. Tighter and tighter: 10 seconds
9. While clinching fists, place hands together at chest level. Squeeze fists tightly while pushing merged fists together tightly. Make it tremble and shake. 10 seconds
10. Interlock fingers at chest level so that you allow a “pulling” motion without separating the arms. Pull tightly for 10 seconds
11. With right hand to right side of head, push your head towards your hand and your hand towards your head: 10 seconds.
12. Repeat with left hand to left side of head: 10 seconds
13. Lock fingers behind head as you would doing a sit-up. Push hands toward your head and your head towards your hand: 10 seconds
14. Repeat but with hands to front of face or forehead.
15. Squeeze eyes tightly shut. Keep squeezing harder and harder. 10 seconds
16. Repeat breathing drill: 4 seconds in thru nose, 4 seconds hold, 4 seconds out thru mouth

Relax and breathe normally.

Visualization: (also known as “vacation”)

After completing the 12 second breathing drill and the relaxation drill:

1. Close your eyes and imagine your favorite place on earth. Relax. 20 seconds
2. Think about all the things you see: 20-30 seconds
3. Think about all the things you hear: 20-30 seconds
4. Think about all the things you feel: 20-30 seconds
5. Think about all the things you smell: 20-30 seconds

Relax and come back to “reality” slowly