



SPARTAN
FIREARMS TRAINING GROUP, LLC
★ SPECIAL FORCES VETERAN-OWNED ★



DECISIONS UNDER STRESS



It is about how choices—**timing**, **coordination**, and **judgment**—can determine outcomes.

THE DIFFERENCE BETWEEN **SUCCESS** AND **FAILURE** FREQUENTLY COMES DOWN TO:

TIMING Acting too early or too late can create unnecessary danger.	COORDINATION Movement, communication, and positioning must work together.	JUDGMENT You must accurately recognize what is happening before deciding what to do next.	EMOTIONAL CONTROL Panic creates impulsive decisions; discipline creates options.	PRIORITIZATION Solve the most immediate problem first, not the loudest one.
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GOOD DECISIONS UNDER STRESS ARE RARELY ACCIDENTAL. THEY ARE DEVELOPED THROUGH:

- ✓ **REPETITION**
- ✓ **STRESS INOCULATION**
- ✓ **SCENARIO-BASED THINKING**
- ✓ **MENTAL REHEARSAL**
- ✓ **CONSISTENT TRAINING**

“ UNDER STRESS, YOU WILL NOT RISE TO THE LEVEL OF YOUR EXPECTATIONS. YOU WILL FALL TO THE LEVEL OF YOUR PREPARATION ”



TRAIN YOUR JUDGMENT—NOT JUST YOUR TRIGGER FINGER.



PREPARE. ★ / TRAIN. ★ / DEFEND. ★