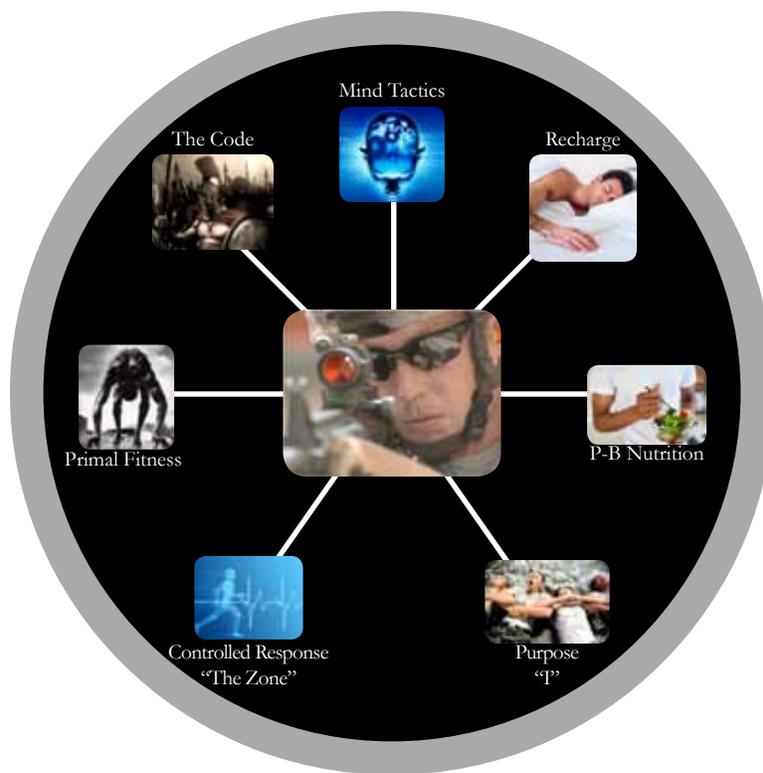


One Shot One Kill (OSOK Solo)

HANDBOOK

“Created by the Warfighter...for the Warfighter”



“Reach your full potential”

Warning

The following program was created for the Warfighter by the Warfighter. OSOK-IP is a holistic program in a sense because it addresses the “whole” Warfighter. Its modules target key systems that when mastered enhance the Warfighters performance in and out of the combat environment. As such, its modules cannot be separated nor its delivery method modified; to do so would compromise the integrity of the program and its intent.

OSOK-IP was created for the Warfighter community through military consultants working closely with line representation to identify performance-based factors that influence Warfighter’s performance and resiliency. In addition it provides Warfighters with specific strategies to improve their combat effectiveness.

Due to the intensity of this program, attendees should check with their commanding officer before considering attendance.

Common side effects include:

- increased strength, muscle mass, endurance, speed, power, accuracy, agility, focus, and concentration, courage, motivation, and reaction time
- improved problem solving, memory, sleep, recovery time, immune system, emotional regulation, work performance, and unit cohesion
- decreased headaches, stomach problems, body fat, sick call visits, and need for medication

Find Your Purpose!!!

***Instruction:** Attach photos, pictures, letters, drawings, notes, etc. of those goals, people, things, etc. that give you a sense of purpose, keep you motivated, and provide you with the extra strength o persevere.*

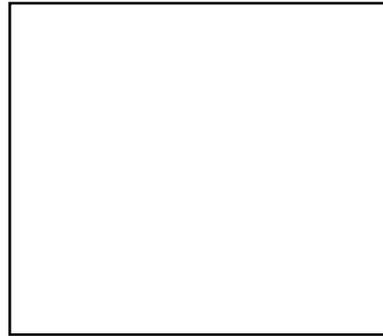
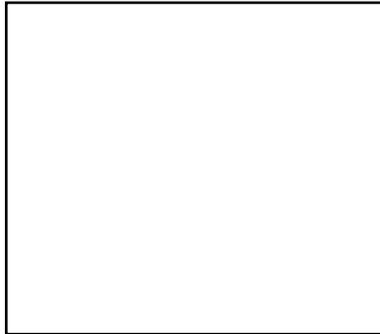


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One Shot One Kill: Solo

This step-by-step guide was created to help Warfighters on the line establish a culture of enhanced performance and resiliency within their own units. However, there are times when an individual needs to work on his or her own. OSOK-Solo provides an arsenal of evidence-based strategies as part of a holistic package that can easily be customized to fit the unique cultural framework of each individual.

The athletic orientation and unique delivery system allow for easy integration and application to enhance Warfighter skills in garrison and combat—a system created to enhance warrior capabilities and keep them at the tip of the spear. Originally created by warriors on the line in Iraq during 2007, and refined by warriors in Afghanistan during 2010, OSOK has blossomed into an integrative platform to address the needs of the complete warrior.

Q. *What specifically will this platform do for me?*

A. Benefits include improved physical fitness, marksmanship, job performance, leadership, and combat effectiveness. In addition, improvements in speed and reaction time, physical strength, weight maintenance, mental abilities (endurance, pain tolerance, sleep, energy, motivation, problem-solving abilities), mental strength (attentional focus, concentration, patience), overall health, and recovery time can be expected.

Q. *What makes OSOK unique?*

A. OSOK-Solo is an integrative platform, NOT just a program. As such, its unique format calls for total integration into the unit's cultural framework, and it can thereby enhance performance in almost every aspect of a warrior's professional and personal life. And since delivery occurs at multiple levels, enhanced performance and resiliency become "muscle memory" and an everyday event to allow skill sets to be easily generalizable to all areas of a warrior's life.

Q. *Why is culture important?*

A. Culture is the totality of the ideals, beliefs, language, skills, practices, traditions, values, customs, and behaviors shared by each military unit. It is the glue that holds units together and allows them to perform well in and survive the rigors of combat. OSOK-Solo provides individuals the opportunity to work on their own and customize OSOK-Solo to suit their own unique cultural framework.

Q. *What is "holistic" and the concept of the complete warrior?*

A. Optimal human performance comes from being able to maintain control and balance of a number of life systems. At any given moment external and/or internal changes can affect balance and degrade performance. When addressing the complete warrior, equal importance must be placed on each life system and its relationship to the others, and it is necessary to acknowledge how the ability to adapt to internal/external changes helps keep warriors at their optimal level of performance.

Q. *Why is OSOK-IP's athletic orientation important?*

A. Combat is very similar to an athletic event both in orientation and the demands placed on the human body. Those with athletic experience already possess many of the skill sets that can be easily generalized to enhance their personal and professional lives and combat experience. Many warriors are unaware of these skill sets and how they can be generalized to other life challenges.

Q. *What does "created by warriors" mean?*

A. Much of the OSOK-Solo content was contributed by warriors who were identified on the battlefield as "gold medalists" because of their multiple combat tours and health and performance status within their field and unit. Those individuals were identified during course attendance and shared strategies that helped them sometime during their deployment. In essence, OSOK-Solo was ***created by warriors for warriors***.

Background:

Despite continued efforts to reduce the stigma of mental health services in the military, lasting change among the warrior culture remains an uphill battle. Year after year we continue to refine our programming, push services to the front lines, and recruit leadership involvement. However, improvements with stigma and voluntary attendance, particularly with our high-risk populations, remain modest. In addition, some who attend conventional programs find it difficult to relate to the materials presented, and others report little benefit. This was consistent with our findings in Iraq (2007) and Afghanistan (2010) where warriors continued to report being resistant to seek traditionally offered services for fear of 1) being labeled as weak or as a failure; 2) negative repercussions from their unit; 3) lack of trust in mental health staff; 4) limited confidentiality; 5) perception of therapy as too emotion-focused; 6) losing their weapon or being removed from their assignment; 7) being treated differently by peers; and 8) negative impact on their career. Furthermore, command support continued to be sparse, as leaders tended to perceive the services as a deterrent to their mission.

These findings prompted the creation and further refinement of the One Shot One Kill (OSOK) platform, a holistic performance optimization and resiliency delivery system for the warrior elitist. OSOK evolved from a program to a vehicle that enabled change at a systemic level from within its host unit. Currently two versions of OSOK exist within the Army Community: TF-65 (Version 1.0) and 173rd Army Airborne Brigade (Version 2.0) customized specifically for their respective unique cultural framework. OSOK was developed as a tool to empower the line to take care of their own members, not to be delivered by clinicians.

Understanding the culture of a host unit is paramount to the evolution of OSOK. Defined culture is the totality of ideals, beliefs, language, skills, practices, traditions, values, customs, and behaviors that are shared by a specific group. Each culture has performance-based tasks that are reinforced by the institutional framework; they affect

the individual's self-identity and his/her relationships with other group members. Certain behaviors and traits may be seen as positive and adaptive in one culture but abnormal and maladaptive in another. When separate cultures interact without an awareness of or appreciation for the other group, the results are often misunderstandings and conflicts in relationships (see figure). Often, the degree of difference is so great that one culture may view the other's actions as a threat to their identity, no matter how noble the group may be. The warrior culture is built upon values and ideals—infused during basic training and reinforced by the cultural framework—that ultimately strengthen each member's ability to thrive in and survive combat. These strength-based values/ideals, however, clash with traditional mental health services, which focus largely on identifying and treating psychopathology. Culturally insensitive approaches perpetuate stigma, distrust, and underutilization of mental health services.

OSOK-Solo is an adaptation of the original OSOK-IP that enables individuals to make use of the OSOK platform when it is not possible to participate with their units. However, it is important for the individual user to keep his or her own warrior culture in mind while pursuing OSOK alone.

Warrior Culture (Left)	Mental Health Culture (Right)
Collectivistic	Individualistic
Interdependent	Independent
Self-Sacrifice	Seek Help
Fulfill Role within Group	Pursue Individual Goals/Interest
Group Achievement	Individual Achievement
Hierarchical Decision Making	Self-Determination and Individual Choice
Maintain Tradition	Progress and Change
Pain: Increased Tolerance	Pain: Reduction
Emotional Suppression	Emotional Expression
Unique and Separate	Common and Ordinary
Locus of Control "External"	Locus of Control: "Internal"
Model: Strength-Based	Model: Pathology
Shame/Guilt Due to Failing Group	Shame/Guilt Due to Individual Failure

Description:

OSOK-Solo is a culturally sensitive system that can be customized to the unique framework of the warrior and his/her unit—a system that builds on and strengthens cultural values/ideals unique to the warrior elitist to enhance individual performance, resiliency, and improve mission effectiveness. OSOK-Solo is a system created for the warrior elitist—by the warrior elitist. It is a unique system that addresses the whole warrior and helps him/her reach and maintain his/her optimal level of performance. OSOK-Solo's unique characteristics include:

- ⇒ Sensitivity and respect towards warrior cultural values, practices, and traditions
- ⇒ Acknowledging that you may already possess skill sets acquired through athletics and military training that enable you to be resilient, although you may lack the knowledge of their generalizability
- ⇒ Strength-based focus due to cultural interpretations of weakness, failure, and shame
- ⇒ Integrating and adapting of services to fit the cultural framework
- ⇒ Use of language/vehicles consistent with culture (e.g., fitness, combatives, combat, shooting, etc.)
- ⇒ Feedback of focus and pilot groups incorporated into curriculum to allow program evolution and effective authors to be “by the warrior...for the warrior”
- ⇒ Targeting pre-existing skills acquired through athletics, combat, and specialized training
- ⇒ Focusing on injury prevention to maintain optimal level of performance
- ⇒ Interactive and entertaining format to capture your attention
- ⇒ Empowering you to execute initiative by “taking care of your own” through shifting of traditional roles of participants (i.e., driven by line vs. driven by the medical community)

Key Features:

- ⇒ Line Driven: OSOK is a line-driven delivery system where traditional roles associated with helping agencies and line members have been exchanged. OSOK was created by and managed by warriors on the battlefield, with peripheral agencies (Mental Health, Nutritionists, Chaplain, Medical, etc.) providing consultative services by request and related to module content.
- ⇒ Experiential: An important aspect of its delivery rests on you learning through experience. For instance: The necessity for performance-based nutrition becomes apparent as you engage in your normal dietary regimen prior to the Primal Fitness session. You quickly learn through experience what meal plan best sustains the energy levels you need to survive the anaerobic load of combat.
- ⇒ Holistic: You are educated on OSOK's interdependent format and its relationship to optimal performance and resilience—a concept reinforced through its experiential design and self-assessment tools. Its various modules are designed to be an “interdependent and synergistic package” and should not be separated; doing so would compromise its integrity.
- ⇒ Generalizable: OSOK targets pre-existing skill sets acquired through participation in sports, athletics, and combat training. OSOK assists you in generalizing these skill sets to enhance job performance in garrison, augment combat effectiveness, reduce the impact of the combat environment on the you, and ultimately achieve your personal and professional goals in life.
- ⇒ Challenging: For instance, the two-day training format of OSOK conducted in Iraq and Afghanistan incorporated functional fitness and stress-shoot exercises where students utilized learned strategies in practical environments. Each session was designed to mirror the rigors and demands of the combat environment. At each event, students utilized generalized skill sets to demonstrate their potential and ability to move beyond preconceived limits.

⇒ Identification and Cultural Sensitivity: A unique identity is an important aspect of being a warrior; it separates you from the general service population. This identity is forged through your advanced training and collective practices. Although the underlying concepts of OSOK can be applied to the general service population, OSOK was tailored for specific units, with content and references designed to be in-line with your unique culture and identity.

⇒ Audience Specific: Module content was tailored to attract and gain acceptance from a high-risk target audience (e.g. 18-26 y/o, infantry, male, single) through the specific marketing strategies to include focus groups.

⇒ Science-Based: Module content, although driven by the line, is based on the most up-to-date peer-reviewed scientific information.

How to use this handbook

The Importance

Your handbook will become your guide and compass as you attempt to increase your performance and resiliency towards preparing you for combat and strengthening many areas of your life. It will record your successes and setbacks; your inspiration and ideas; and ultimately it will map out your road to successfully achieving your personal and professional life goals.

This is a program that will ensure lasting results...

Use a Pencil

As you start your journey to enhanced performance and resilience you will find yourself setting goals and performance steps only to change them. This is a normal process and represents progress.

Making mistakes does not indicate failure; rather it is an essential element of growth...

Personalize It

Customize your handbook and add your personal touch to it (e.g., color it, add pictures, photos, letters, etc). Inspiration and motivation are key ingredients to enduring hardship and overcoming life's challenges.

There are many handbooks out there, but this one is yours...

Follow the ROEs

The ROE's will keep you on track in your attempt at achieving optimal performance and resiliency. For the first couple of weeks review the ROEs daily prior to using your handbook. This will ensure that you maintain the right mindset when setting goals, problem solving, etc.

Sometimes we must challenge those rules that we live by...

First Thing/Last Thing

Upon waking up, review your handbook and set the tone for your day. Put your plan into action. If you don't, chances are you will slip back into old routines, losing momentum towards reaching your new goals and transforming your life.

Prior to going to bed, review your handbook and assess the results of your followed plan. Modify if necessary and start the process over the next morning.

Write, Write, Write

Keep your handbook with you. As you continue through your day write down your ideas, challenges, observations, etc. Incorporate them into your working plan.

If you don't write them down, you'll forget...

Mastery and Harmony “The whole picture”

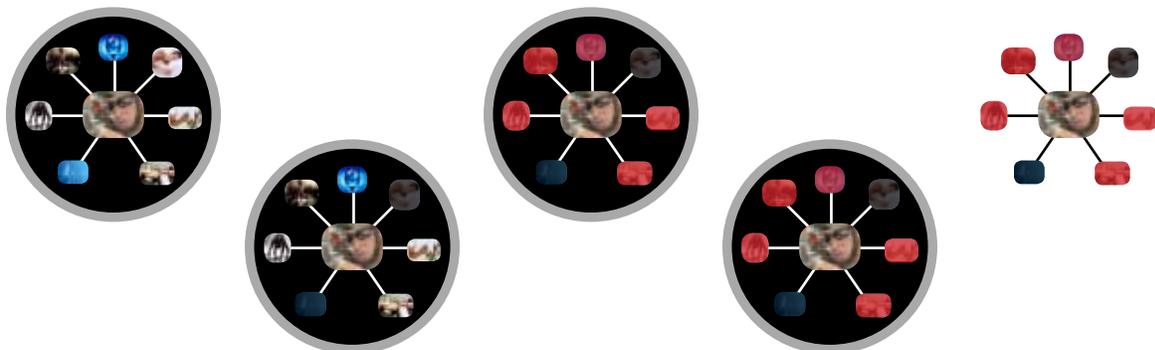
During basic training all warriors go through basic marksmanship courses—weapons familiarization, course orientation, and learning—many of the fundamentals before going out and firing. Some of these fundamentals include breathing, muscle control, focus, concentration, etc. For beginning shooters, sending the first round down range can be an awkward moment, but most improve with practice. Making a perfect shot, however, does not come from mastering one, two, or even three of these skill sets, but uniting all skills to a high level of mastery. This is what separates the “good” shooters from the “great” shooters ...

Mastery and Harmony = The Perfect Shot



Similarly, OSOK focuses on you—the COMPLETE WARRIOR—by targeting a constellation of INTERDEPENDENT life systems directly related to Performance and Resiliency (P&R). Although each contributes to your P&R, like marksmanship, OPTIMAL PERFORMANCE comes from mastering all systems working in unison. Mastery of this system not only enhances a your PERFORMANCE across a wide range of competencies vital to combat, but also increases your RESILIENCE against illness and trauma by providing a protective barrier.

Because of the interdependence of OSOK’s modules and guidelines, a lack of mastery or degrading of any of these systems will affect the other systems and compromise the entire program. The results would be a decline in performance followed by vulnerability to illness or trauma...



Students Become Experts

“Interview with Our Olympians....”

OSOK was truly created by the “warrior athlete” for the “warrior athlete.” Since its creation on the front lines in 2007, OSOK continues to evolve with the direct help of warrior athletes from the U.S. and coalition forces on the front lines. In addition, many of the strategies offered came from Warfighters like you with combat experience—and the strategies are also based on the most up-to-date scientific information.

Strategies Used by Our Olympians...



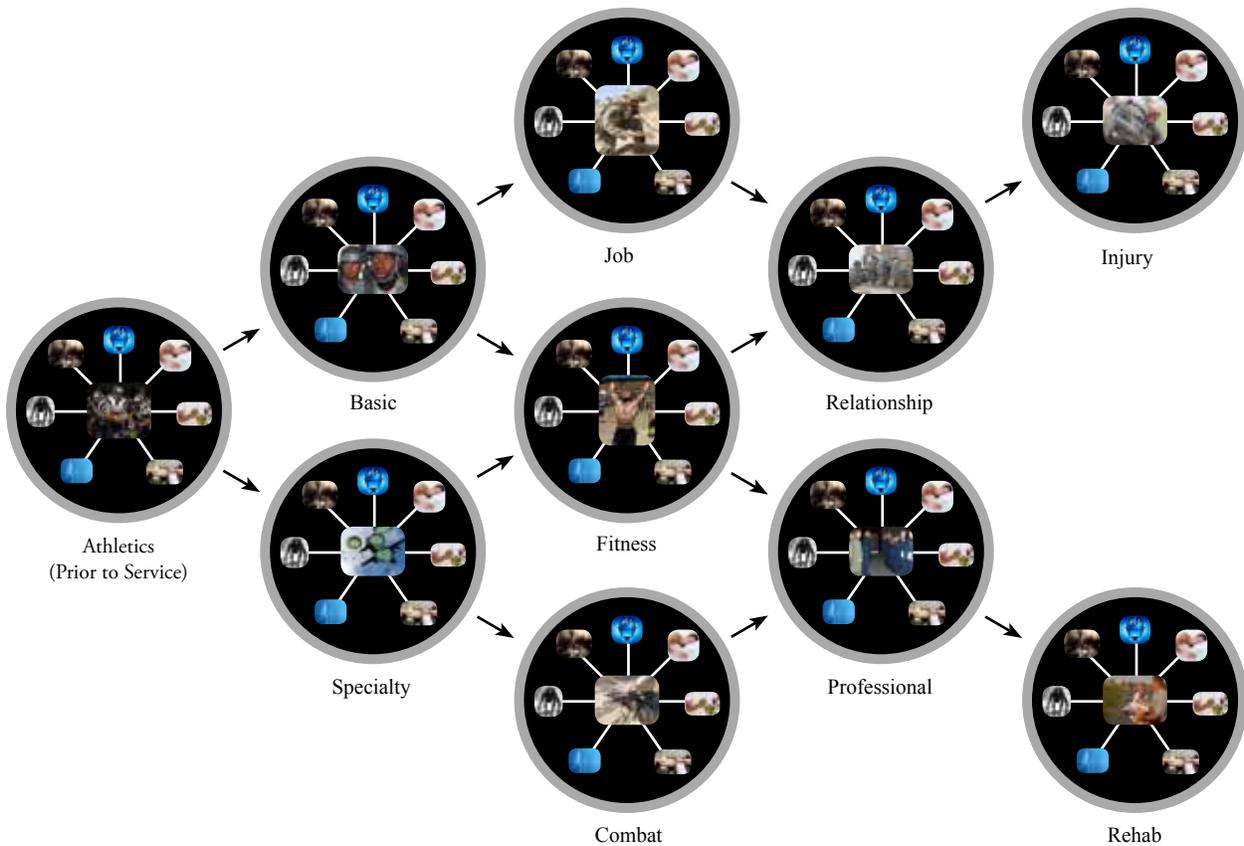
...and scientifically validated.

Pre-Existing Skills

“You already have it....”

OSOK-IP shows warrior athletes how to use the skill sets they already possess—they were acquired through athletics and combat training to enhance their performance in many other areas of their lives and help them achieve their personal and professional goals. These same skill sets can be tailored towards the combat environment and can aid in recuperation efforts.

Pre-Existing Skill Sets



Creating Muscle Memory “Target what you find important....”

A key feature of OSOK-Solo is its ability to generalize previously learned skills to enhance performance and resilience in other areas of a your life. Rather than being an event-driven initiative, the OSOK format makes it easy to integrate directly into activities consistent with the your cultural framework. For instance, OSOK-Solo strategies can be used to enhance daily physical fitness sessions, marksmanship training, combatives, studying skills for promotion boards, and many other efforts. In addition, pre-deployment packages only need to tailor already-learned skill sets to the specific combat mission.

Muscle Memory Through Integration

