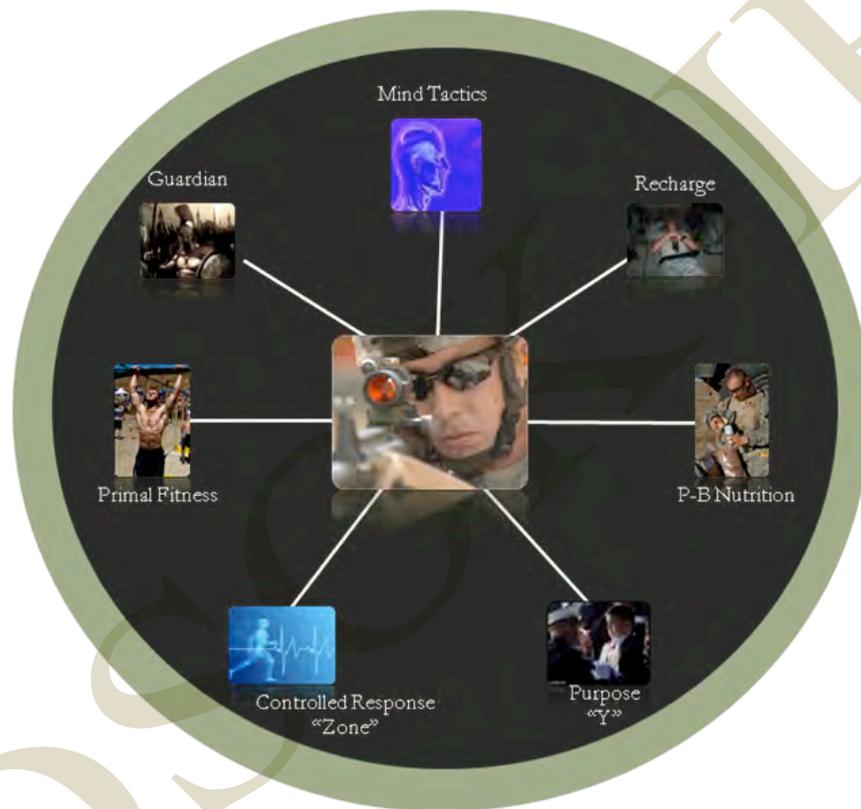


# One Shot One Kill (OSOK-IP)

## STUDENT 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.

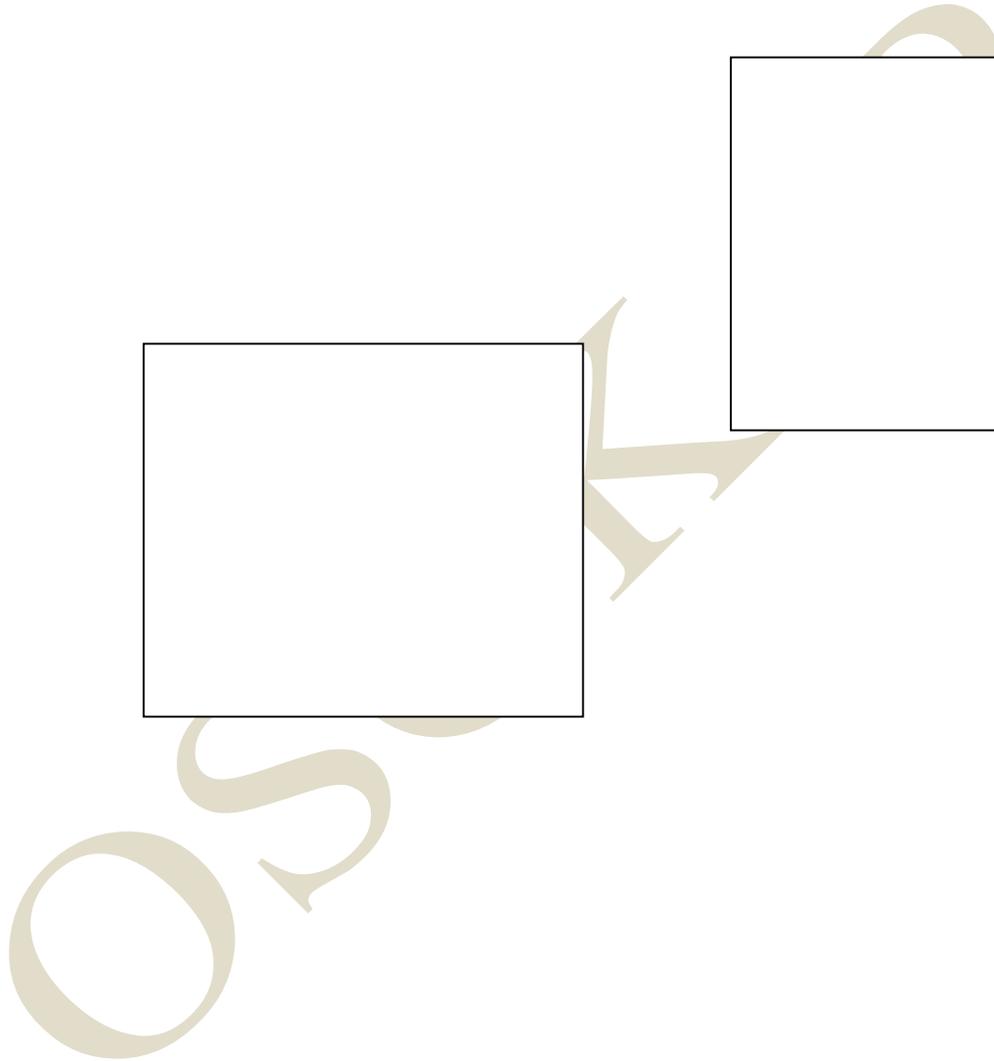
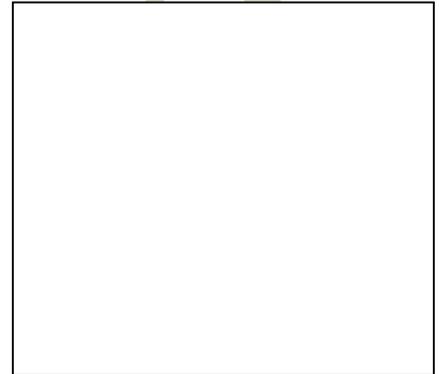
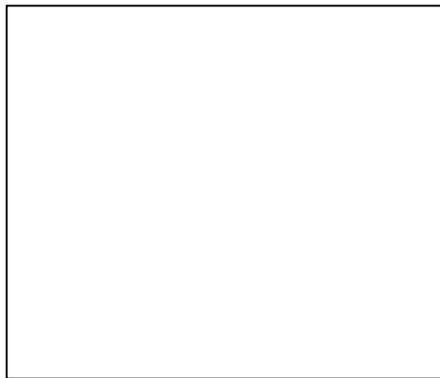
Due to the intensity of this program, attendees should check with their commanding officer before considering attendance.

## 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 to persevere.



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# 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**

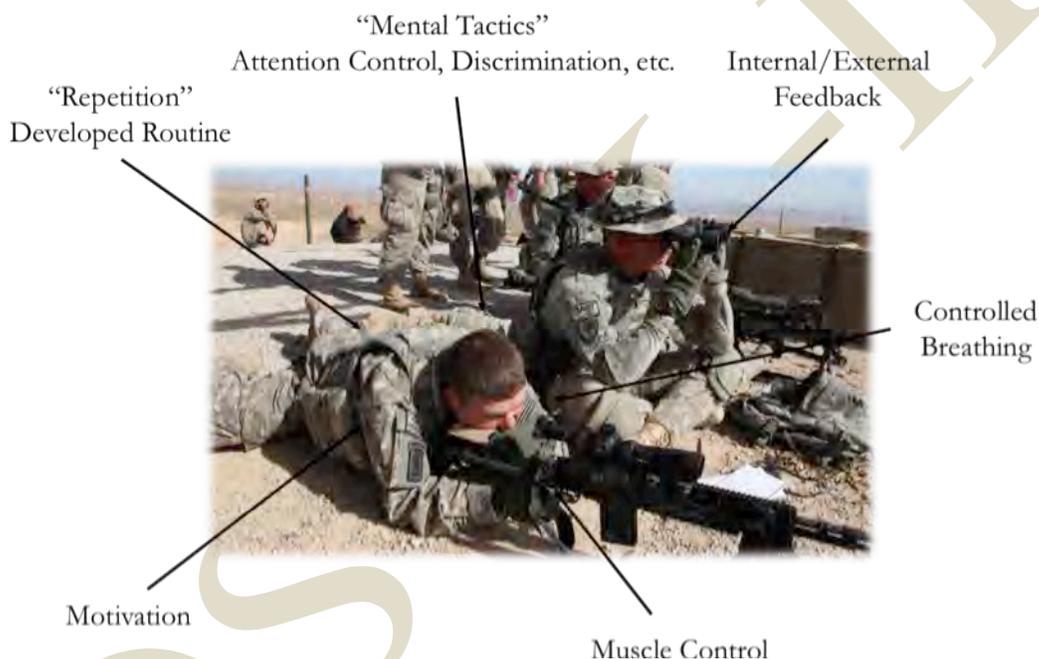
Keep your handbook with you. As you continue through your day write down your ideas, challenges, observations, etc. Incorporate them into your working plan.

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 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 shows you how to use the skill sets you already possess—they were acquired through athletics and combat training to enhance your performance in many other areas of your life and help you achieve your personal and professional goals. These same skill sets can be tailored towards the combat environment and can help you in recuperation efforts.

