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## The StressVest

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The first time I looked at the ad for StressVest, I asked myself, "I wonder how that thing works?" The short answer is: It works well, and I got the full rundown on this superb product. I look for any reason to get some trigger time in. However, static range-shooting is only good for target practice. The instant you have another person fully engaged in trying to kill, all static training is null. Wouldn't it be good to have something that can give you solid two-way training without the mess and mind-numbing pain associated with sim rounds? That's what the designers of the StressVest thought. The simple setup of this system lends itself to being used a lot. It consists of a vest with an integrated control panel and a shock/vibrate device that hooks to the inside of your belt. What makes the StressVest so appealing is that you can use either the dedicated, Glock-style training pistol or you can insert a Laser Ammo SureStrike insert into your duty pistol. This insert renders your firearm utterly incapable of chambering a live round and emits a laser pulse. Because there are no projectiles flying through the air, there's no need for padding and masks. Both officer and role player wear a vest and have a weapon. When the laser energy is registered as a hit on the vest the electrode gives a sharp snap of electricity to the officer. This is so intense that it has the ability to double you over in pain. If the training officer should choose to do so, the electrode unit can be programmed to emit an increasingly more painful jolt every few seconds so as to simulate one's injury getting worse. This teaches the officer to get cover and manage their combat focus through pain. I'm a cop, and, yes, I've been Tased. The StressVest is nowhere near that level of horror. It feels more like the hit you get from 110 volts of wall current, but only for an instant. It's this pain that takes the giggles out of training and gets your focus. Pain is the true litmus test of grit in combat. Delivering pain to the officer is a good idea. However, if you deliver repeated pain to the role player/trainer, they're pretty much going to start taking a dive so as to minimize their level of abuse. The StressVest can be tailored to handle this. For the role player, it can be set to just deliver a vibration impulse instead of electric shock. This allows the role player to know they're hit and react accordingly, without the compounding effects of getting zapped from repeated run-ins with officers. StressVest is, in my estimation, the perfect tool for small agencies that need effective training on a tight budget. Added bonus: With StressVest, you can run full scenarios in any environment or building without fear of destroying things with flying objects. StressVest

— [www.StressVest.com](http://www.StressVest.com)

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