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PROFESSIONAL TRAINING OF ANTITERRORIST AND COUNTERTERRORIST FIGHTERS

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Abstract: *The process of training anti-terrorist fighters harmoniously blends training, development, skills improvement, abilities and specific battle skills with the relentless training and development of the capacity to overcome difficult situations with intense demands. The possibility to prepare in order to overcome the unknown is synonymous in battle with mental strength.*

Keywords: *professional training, general military training, military performance, military profession skills, counterterrorist fighters, counterterrorism group.*

By repeatedly overcoming difficulties, the fighter realizes that problems without any solution are rare. He feels and is aware of the fact that by overcoming difficulties he has gained more encouragement, energy, patience, speed of execution, smoothness of movement, strength, perspective, intellectual ability, higher availability for complex actions, more courage and boldness, and better knowledge of self and comrades. In this sense, the training and instructing of counterterrorist fighters is done in specially designed firerange, where the tactical field and the stresses under which they work are very similar to those that may be encountered during operational missions.

1. Fighter training - Each fighter must be aware of his individual value, the value of his teammates, his team leader value and the value of the entire team. Fear of the unknown can be conquered only by the feeling of superiority next to a potential enemy. For this reason, general military training, the level of special training and the performance rates of

each special forces fighter should not be less than very good.

Normally, the conduct of ordinary people found in extreme situations can be quantified as follows: 10 to 15% keep their capacity to act, 70-80% have a limited combat capability and 10% are practically paralyzed or act chaotic. While an army of masses can afford the luxury to throw in fight such soldiers, admitting that 25-35% of losses will be caused by combat stress and the stress within the battle, for the special forces, who are numerically smaller, these numbers can not be taken into account. Each fighter in these structures is mandatory, subject to overcoming stress factors which incapacitate military performance. This can be done by being able to surmount: fear of the unknown, the waiting, an instant threat or a surprise attack, by having the capacity to deal with the responsibility towards himself and towards his comrades, by resisting fluctuations of tempo and the inhibitory uncertainty, and by managing to

overcome the obsession that failure could mean pain, disgrace or death.

If in ordinary military structures every soldier receives a qualification and is trained rather after a method that resembles with prefabrication and after that he is discarded and lost in a inhomogeneous mass of soldiers similar to him, while for professional elite fighters things are totally different. His professional training includes in addition to traditional training categories of any military (firing instruction, physical training, sanitary training, topography, protection against weapons of mass destruction, camouflaging, etc.) - but which have a different composition, emphasizing specific aspects of the counterterrorism fight - a special training involving: solid knowledge of pyrotechnics, communications, patent in parachuting, diving and climbing, technical and automobile training, specific psychological training, knowledge of foreign languages, knowledge regarding the psychological warfare.

The product of such a complex and complete training clearly resembles with a war machine. Thus, counterterrorist fighters are trained and prepared to become specialists in hand to hand combat, elite snipers with weapons from their own endowment and that of potential adversaries, owners of solid knowledge of pyrotechnics, technical communications, topography, notions of first aid, capable of driving different types of vehicles and even to fly aircraft, masters in camouflage and dissimulation, speakers of foreign languages and capable to get by in an environment different from those already experienced. Their preparation and training in general, is based on two precepts beloved by the instructors and commanders of these special structures: *more sweat in training will make less blood flow in battle and what does not kill you will certainly strengthen you.*

Through the practice of such complex and almost real situations, it is intended to form the skills and capabilities of the counterterrorist fighters as well as his psychophysical hardening, emphasizing in particular the **following dimensions**:

- Keeping calm and self-control in complex and difficult situations when the fighter is

requested simultaneously from different directions, when events take place fast, when "terrorists" have been able to achieve the surprise;

- Ability to shoot accurately from all positions, in any conditions of time or season, standing or moving, rested or after intense efforts, by direct aiming or no aiming on fixed targets that appear and disappear, or on targets that move at different speeds and angles;

- Ability to shoot accurately from vehicles that are still or moving or from helicopters at a height that allows an effective shooting against targets;

- Bearing the effects of cold, heat and dust, vibration, rain, smoke, unpleasant odors and other stress factors;

- The courage to show initiative in situations in which it can not receive orders, when there is no direct contact with comrades or the direct head;

- Resistance to momentary or prolonged physical effort;

- Ability to operate effectively in conditions of deprivation of sleep, water, food and even in the case of some nearby explosion;

- Bearing long loneliness, darkness, screams of the wounded, without losing the ability to act;

- Learning to work quietly in the dark or light;

- Development of the spirit of brotherhood, team, self-help and mutual trust between the group members (team);

- Learning to act rationally, calmly, and to take responsibility;

- Courage to save people in difficult places and to provide first aid;

- The skill to put into service and effectively use unknown firearms;

- The determination to fulfill the received mission, even in minimum conditions of success;

- Long patience while waiting for an delayed event to occur;

- Mobile attention, concentrated, with a large volume, with a wide field of view, stable in the presence of strong disturbance;

- Guidance capacity in complex buildings, with many floors and corridors, studied earlier after schemes, drawings, photographs, plans, models, oral reports, and early unstudied constructions;



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- Ability to spontaneously notice and correctly use opportunities of housing available in the area in order to not be observed or fired at by terrorists;
- Targeting ability, during day or night, in open fields, plan or kneaded, in areas built or covered with vegetation;
- Good storage capacity of the spatial layout of objects and objectives in the field, changes in the setting of the landscape;
- Ability to recognize from crowds individuals seen in photos, films and vice versa;
- Good memory of voices, noises and characteristic sounds, with professional significance (gunshot, emissions stations, etc..) as well as human figures and all that involves them (gestures, mimic, tics, etc.);
- Strict adherence to a plan of intervention for a particular objective, in the established time and fulfillment of the entrusted tasks during the mission;
- Ability to communicate non-verbally during missions when the situation does not allow for normal communication;

2. The training system - does not seek the creation of automatic features, as you might think but every fighter is constantly aware of every move he makes in order to discern and respond to any changes in the situation. Although in the acquisition of skills, abilities and in the formation of the psychophysical characteristics mentioned above, the fighter puts great emphasis on individual training while collective training and applications have a great importance. During these, especially in quarterly applications, the aim is to synchronize and to conjugate the efforts of the participating forces, and that is why the participation of all counterterrorism structure personnel is very important. Also, a real interest in the applications in which they are involved, in addition to counterterrorism forces, catch at

other forces that participate directly in solving terrorist crises (police, gendarmes, firemen, etc..). Besides hot training of fighters, very important for training and testing reflexes and the ability to fire are simulated shootings, executed with devices specifically designed for this purpose.

A special preparation in the shooting domain is done with snipers. A great responsibility falls on the head of elite snipers during missions. Selected carefully between the experienced fighters, armed with special weapons, equipped with a very effective gear and sighting devices, these fighters are not allowed to fail. Along with their colleagues they do not know how to lose and they believe in only one way to end all that they undertake or make: to emerge victorious.

Even though approximately 35-40% of the counterterrorism fighter training program is occupied by shootings, however, the motto of these fighters training process requires the weapon to be the last thing that will be used.

A great emphasis in the education / training process is placed on trust. In essence, every counterterrorist fighter must trust in: his own physical and psychical capacity of effort, his level of military profession knowledge and skills, the subunit and unit to which he belongs, his commanders, the quality and performance of the armament and technique he is equipped with; the legitimacy of the received missions; his family. All this contributes to the formation of a strong moral support to the belief that the fighter should possess mastery, that he is the best, that nobody could resist him in direct confrontation. It should be pointed out the fact that some foreign special structures use unconventional methods along with traditional methods in the preparation / training of counterterrorist fighters. It comes to subliminal stimulation through short audible

and visual messaging, learning during sleep (especially on the background of "α" waves) and others.

While the preparation for war of such fighters is meant to be as complete as possible, it can be concluded that it will never be perfect. The important thing is to not lose sight of one basic fact, namely, that the fighter must be sure that what he learns and practices will be useful and will help him in battle.

The rapidity with which details of the problems change at the beginning of this millennium, influences one more than ever to think about how the future will look. And as the subject of the topic is the antiterrorist intervention fighter of our days, one can sincerely wonder whether today's image of the fighter will be valid over time, or whether his human qualities that serve him in his professional success today will be the requirements of tomorrow. One has the entitlement to ask himself the question mentioned earlier, because despite the explosion and diversity of new weapons and technology - which tempts one to look different at tomorrow's battlefield - one may amazingly find out that special forces fighting heads towards the First Wave[1] style instead of evolving. This is explained by their instruction, which focuses on physical strength, unit cohesion -creating strong links between the members of each team - along with efficiency in close combat. And still, technology and future technology will change the fighting tactics of these special forces and the image of the battlefield.

With a number of collectors mounted on his protective helmet, the counterterrorist fighter of the future will receive information about the battlefield, the position of the enemy and commands transmitted from the command post. A camera, placed sideways on the headset will provide images taken in infrared on a small screen, as well as his commander provisions. Next to the bulletproof vest the fighter will have a computer capable of distinguishing between friends and foes, detecting possible chemical or biological weapons, mines placed on the field while indicating the position of the fighter during the combat. The future Counterterrorist fighter will be equipped with a computer and

individual sensors for detecting, preventing and responding to threats in any situation. Such a warrior will have the following possibilities: to launch and order a small plane equipped with cameras and transmitters; to send to his commander an email and / or photos of the object with its GPS coordinates(Global Position System); to order firearms that can launch small devices in which flying beetles can be found in order to neutralize terrorists (scheduled to attack from angles and at different times) or computer viruses that can be implanted in the command(launch) circuits of the enemy's weaponry in order to destroy it when it is used[2].

In the anti-terrorist operation area, bacteria will be spread, bacteria which is programmed to attack metals and that has in its memory terrorists devices and that will make the terrorist devices unusable in a few hours. Also in the counterterrorist battle the use of psychologic weapons, synthetic telepathy, infrasound influence devices or the use of other unconventional weapons is not excluded. Even if these images briefly presented, may seem detached from a science fiction scenario, one should confess that the antiterrorist technique has passed long ago from ultra secret laboratory files into the firing fields.

3. The counterterrorist group - military groups, and these elite groups have been in the interest of specialists not only for the dynamic matter and its specific phenomena, but especially in terms of the efficiency and the effectiveness that the group must show in critical / tensioned moments. The counterterrorist group which is mainly based on formal criteria, is characterized by a less numerous composition (4-6 fighters). Group members are engaged in a joint activity and therefore, communication relations are mostly direct. This leads to a better mutual knowledge of its members, to the emergence of affective relations, norms and group processes. Once done, the cohesion provides a great unity of thinking and acting, contributing in large measure to the increase of the group's labor.

In building up counterterrorist groups there is a tendency towards achieving a high degree of cohesion. The selection of the fighters which are about to join a group is done in



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accordance with the number of affinities and mutual rejections that each fighter accumulates[3]. Also, another principle taken into account when building these special groups, consists in achieving, whenever possible, consistency between formal leadership and natural management. In this way, the natural authority enjoyed by the leader will ensure a greater discipline, contributing directly to achieving better results in the activity and to the elimination of negative influences. However, the purely formal character of these groups predominates in the sense that institutionalized relations prevail over personal relationships.

The insurance of the counterterrorist group cohesion is done through the correct coordination and distribution of individual and collective tasks, by close emotional ties between its members and a deep attachment for the common cause. After integrating in the counterterrorist teams, fighters find out the true values of the body spirit. Mostly coming from a society more and more individualistic and pragmatic, fighters accepted among special forces discover the true meaning of compassion, mutual aid, fellowship, spirit of sacrifice, agreement and mutual respect. Only in these conditions the sense of personal importance can be developed in the relation with the membership group, because the fighters from special units are infused with the conviction that they are necessary, that other team members are relying on them, that they represent a gain for the common good of the structure to which they belong to. By respecting their colleagues, the fighters end up respecting each other, experiencing the feeling of self-realization, which is placed so high in the Pyramid of Maslow.

The most important feature of these groups is that they tend to react as a unified organism to all demands addressed to them

This is revealed not only by the similarity between the group's functions and those of the individual (information functions, decision functions, response functions, self-control and adjustment functions, and certain peculiarities of character and personality) but also from the practical findings of the phenomenon. The quality of the counterterrorist military fighter requires a rigorous understanding and compliance of the military and moral conduct. Under the pressure of the opinion of the group, each fighter tends to conform to its internal rules. Therefore, the higher the standards are the better the individual performance will be. The morality of these fighters has not only a personal character, because deviations from it can cause great harm to the entire military environment, reflecting upon all those who wear the same uniform.

The morale of such groups is high, which means strong convictions about the justice of the common cause, complete confidence in the power of the group, firm faith in success, enthusiasm, courage and mobilization of all energy in joint actions. The morale is also proved by the compliance with the ethical rules and the building and supporting of the morale among the fighters, and it represents an important task for commanders and instructors[4].

Inside the counterterrorist group, the distribution of tasks and responsibilities is very clear and strict, depending on every status / role within it (squad leader, sniper, driver-fighter, etc.), each fighter being aware that in critical moments their survival will depend on the fulfillment of tasks. Shaping the attitudes and the opinions of the fighters, of these groups is made through methods that cover the entire collective, and less through methods that address individually to each fighter. In this sense the commanders and trainers of the counterterrorist forces know that facts are

more convincing than words, so they act according to this motto.

In conclusion, the anti-terrorist intervention fighter of tomorrow - warrior of the future - the mental and moral characteristics required to ensure the professional success will remain the same even if the fighter will be better equipped, better trained, more mobile, and will have an impressive logistical support, because true human qualities and military values are perennial. Moreover, its specific activity requires a special psychological assistance and training, with characteristics will be highlighted eventually.

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