

Matt Harden Instructional Biography

Matt Harden is a nationally recognized tactical instructor and the owner of OpTempo Training Group, providing advanced firearms, CQB, and tactical training to law enforcement, military, and security teams across the United States. With more than 30 years of operational experience, Matt specializes in turning complex tactical concepts into practical, high-performance skills that enhance officer survivability and team effectiveness. His mission extends beyond individual instruction—he focuses on developing the instructors who will return to their agencies and deliver stronger, more relevant training to their personnel.

A former U.S. Marine Corps Infantry Squad Leader, Matt served during Operation Iraqi Freedom and trained international partner forces in South America. He continued his career in law enforcement as a SWAT Sniper, SWAT Team Leader, firearms program supervisor, and narcotics detective. During this time, he redesigned his agency's firearms program and authored two instructor-level courses now taught across multiple states.

Since founding OpTempo Training Group in 2017, Matt has trained hundreds of officers, taught for major associations including CNOA, CRPOA, and MSSTC, and worked alongside foreign police in Israel, Austria, and the Netherlands. He continues to serve as an instructor, curriculum developer, and training advisor dedicated to elevating tactical readiness nationwide.