



SHOOT STRAIGHT UNDER STRESS

7 Tips To Increase Your Handgun Accuracy





PISTOL SHOOTING should never be done frivolously; time spent on the range should always have a training element attached to it. Every round you send out of the barrel of your gun needs to be reinforcing proper form, technique and tactics. In pursuit of this, we here at the USCCA have assembled a few tips for you to improve not only the efficacy of your pistol shooting but also your overall range experience. (After all, nothing about every round having a training element attached to it means it can't also be a lot of fun.) Let's take a look at seven easy tips you can implement now to improve your defensive shooting skills.

7 TIPS TO IMPROVE YOUR DEFENSIVE SHOOTING

TRAIN FOR A PROPER DRAW

If you haven't trained in exactly how you will be drawing your sidearm from concealment, the time you spend on the firing line will only help you so much when it actually comes time to perform your draw under stress. No matter how good a shot you are when relaxed and standing at a shooting bench, everything can go out the window if you're scrambling behind the wheel of your vehicle trying to wrestle your pistol from under a parka or from a holster you've never really trained with.

When you train with your holster, you're improving your odds of winning a gunfight threefold. First and foremost, you're imprinting the proper sequence of "defeat cover garment — attain proper grip — draw pistol from holster — present pistol — deliver fire" into your mind. You'll train with the holster you intend to carry until you can almost instinctively

FOR MORE DETAILS

AND A FEW DRILLS THAT CAN HELP YOU IMPROVE YOUR DRAW, PLEASE VISIT THIS LINK (AUG/SEP 2014 DOTM).





FOCUS ON SIGHT PICTURE AND SIGHT ALIGNMENT

Though there are several schools of shooting based exclusively on “un-sighted” or “point” shooting, you need to master fundamental marksmanship skills before you pursue anything that advanced. The good news is that you can do so in your residence, and it doesn’t involve burning powder and loosed rounds.

Depending on the style of sights your sidearm has, you will either need to line up a single dot between two dots, a blade within a notch or some combination thereof. You will need to train in aligning these sights in the proper fashion, and the best way to do so is through dry-fire training.

After you remove all ammunition from the room in which you intend to train, visually and physically double-check to ensure that your gun and its magazine or cylinders are empty. If you wish to use snap caps, this is the time to introduce them. Once your gun is inert, practice drawing it from the holster in which you intend to carry your sidearm and acquiring that proper sight picture.

WORK ON TRIGGER CONTROL

If proper sight picture and proper sight alignment are half the battle, trigger control is the other essential half that wins the war. The ability to press the trigger of your pistol or revolver without moving the muzzle any more than absolutely necessary is the difference between combat-effective hits and wild shots that may even injure innocent bystanders or those you are attempting to defend. The bad news is that those two possibilities are very real, but the good news is that you can improve your trigger control by training in the privacy of your own home — and for very little money.

FOR MORE DETAILS

AND A FEW DRILLS THAT CAN HELP YOU IMPROVE YOUR DRAW, PLEASE VISIT THIS LINK (AUG/SEP 2014 DOTM).

draw your pistol or revolver from it, and the only way to do so is by starting slowly and only building speed as quickly as your competence allows. Remember: You need to draw your weapon as quickly as you can, but not so quickly that you drop it, tangle it in your clothing or discharge it negligently.

Speaking of negligent discharges, keep in mind that when you train for your draw, you’re lowering the chances of shooting yourself before you’re even in the fight. Though it may sound silly, an alarming number of people shoot themselves just trying to access their defensive firearms; they’re anxious — terrified even — and all they know is that they need to get the weapon out before they’re killed. This can lead to the defender trying to do

everything at once, which unfortunately sometimes involves simultaneously grabbing the grip of the gun, yanking upward and pulling the trigger.

You don’t have to be a “master gunfighter” to come out on top of a lethal force encounter; you need to be someone who has trained and who doesn’t make mistakes.

Finally, training in your proper draw brings your gun to bear on your attacker almost instantly when compared to an individual who’s threaded a holstered gun onto his belt but has never bothered to practice accessing it. When your fundamentals are sound and you’ve trained them into your memory as thoroughly as you have how to start your car or type at your keyboard, your chances of not just surviving — but winning — a gunfight skyrocket.





FOR MORE DETAILS

ON PROPER SIGHT PICTURE AND DRY-FIRE TRAINING, PLEASE VISIT THIS LINK (POW DRILL).



FOR A FEW SHOT TIMER

DRILLS YOU CAN DO IN YOUR OWN HOME, CHECK OUT THIS LINK (APRIL 2016 DOTM).



A GREAT DRILL TO

PRACTICE YOUR PROPER TRIGGER PRESS IS THE COIN DRILL, AND IT'S AVAILABLE HERE:



DON'T FORGET TO BREATHE

This is an old one, but it means just as much in self-defense as it does in batting practice or on the driving range. Though it may sound crazy to some, you have the ability to exercise a tremendous amount of control over your physiological responses to danger if you practice proper breathing, and it's not just us saying so. Our nation's military and law enforcement officers train in Autogenic Breathing, and if you integrate it into your training, you will notice the difference.

Autogenic Breathing is a way to ensure that your brain and body are getting the necessary oxygen even when you're extremely stressed and possibly even at risk of hyperventilating. To ensure you maintain control of yourself and your faculties, follow these steps as you train with your handgun.

Draw a deep breath in through your nose for a count of 3, hold it in your lungs for a count of 3 and then expel that air out through your mouth for a count of 3.

Yes, that's the same sequence you learned in business school or from your karate teacher. Yes, we're serious. Yes, people use this before large meetings or presentations or anything else that causes them stress. But it is also standard train-

ing for law enforcement officers to immediately begin breathing in this fashion after they've been forced to defend themselves with deadly force. Guaranteeing that your brain and body receive the oxygen they require helps prevent shock, it makes you less likely to act irrationally or impulsively, and it clears your head for the extremely important decisions you'll have to make in the next few seconds, minutes and hours.

Incorporate this style of breathing into your shooting drills. If you remain calm and relaxed while shooting at the range, you will be less likely to panic while defending against an attack and you will be prepared to insulate yourself against the enormous adrenaline dump that your body will absorb as soon as the attack stops.

INTRODUCE STRESS TO YOUR DRILLS

You'll never replicate the stress of a lethal force incident on a range no matter how hard you try, but pushing yourself past your usual zone of comfort on the firing line is essential. The safest and simplest way to accomplish this is to add a shot timer to your shooting bag.

A shot timer is a device that announces, with a series of loud beeps, when you are to start and stop shooting. You can set your timer to almost any configuration you want; you can have it simulate an unexpected threat with a randomly timed beep, and you can set it to dictate how long you will have to react to that threat. The number of drills you can run with a timer is really only limited by your imagination, and there are hundreds available online.

CONSIDER COMPETITION

All of these techniques will mean that you will be in a better position than most to compete in the shooting sports. You've decided to train with a handgun anyway; why not make it an exciting and challenging hobby? The International Defensive Pistol Association (IDPA) of-



fers multiple levels of competition, some of which allow you to compete in your everyday clothes with your everyday carry gear. Competition not only introduces you to other defensive shooters in your area, it also introduces another level of stress to your drills. Between shooting in front of an audience and actually competing head-to-head with others, competition is an excellent next step after you've grown accustomed to shooting against your shot timer.

SHOOT LIKE YOU MEAN IT

Shooting is like life: Some are born with great amounts of innate, God-given talent, some will have to train extensively just to master the basic skills, and most will land somewhere in between. They share only one constant: none of them will ever be their best without training.

When we talk about defensive handgunning, we're talking about life and death. We're not talking about adding 80 yards to your drive or raising your vehicle's fuel economy by a few percentage points. We're talking about doing everything you can to ensure that you not only survive a lethal force encounter, but actually win it. We here at the USCCA understand the gravity of armed self-defense and applaud you for your interest in honing your skills to their sharpest possible edge, and we're honored you took the time to read this list of 7 tips that will make you a better handgunner.

We would also ask that you visit www.USCCA.com for more information on benefits of membership.



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