



Open Eye Shooting

with Chris Sajnog from www.NavySealShootingTactics.com

The Biggest Misconceptions About Shooting Under Threat

People think a live-fire shooting range is the best place to acquire real-life defensive shooting skills. It isn't.

- It's much more realistic to practice force-on-force at home when training for home-defense.
- If you train correctly under appropriate stress, you'll be able to use your sights when it counts.
- Repetition and muscle memory, under stress, develop the appropriate neural pathways for shooting accurately while under threat.

Why Shoot With Both Eyes Open?

You lose 15 percent of visual acuity in your open eye when you close one eye.

- In a dynamic gunfight, you can't afford to lose visual acuity that way.
- You don't want to take away half of your visual inputs to focus on your front sight in a gunfight.
- You can learn to shoot with both eyes open in about a week. You need to stay aware of your environment, which can't happen with one eye closed.

How Shooting With Both Eyes Open Actually Works

It's easy to open both eyes and shoot... but you need to practice the skill to actually be able to perform it under stress.

- Most of us have two eyes, which means two pictures are being sent to our brain.
- When you shoot with both eyes open, you'll see two front sight posts or two targets.

- A couple of minutes a day of practice can teach you to deal with these inputs. You just have to teach your mind which image to use.
- You can't poke out your other eye to get rid of one of the images. You have to train your brain to do it.
- Focus on a pencil at arm's length. Open and close your non-dominant eye to teach your brain which image to use for your front sight post. This “ghost sight” will serve you well.

Breaking The Habit of “Cyclops” Shooting

To change a habit you must change who you are and what you believe you're capable of doing.

- Don't overestimate what you can accomplish in a short period of time.
- You need time to make that new training part of who you are.
- Teach yourself to do this over a year's time. That sounds like a lot, but it's really not. Be prepared to invest the time.

Home Shooting Training Drills

The live-fire range is the worst place to learn this skill. Train at home for at least a few minutes each and every day.

- Train without stress, then slowly add stressors back in.
- Set up targets around your home and train with airsoft or even dry fire. You can't do that at the range.
- Visualization, grip strength training, meditation and focus, drawing and manipulation drills... all have real value.
- Don't forget the pencil drill we described.

Prepare. Train. Survive.