



## One-Handed Shooting

with Jeff Anderson from [www.ModernCombatAndSurvival.com](http://www.ModernCombatAndSurvival.com)

### Square Range Training Is Unrealistic

The way you're training now, and the realities of a violent confrontation with a handgun, are too often very different from each other.

- Firing at static paper targets, which is how most shooters train, does NOT prepare you for a real gunfight.
- Square-range shooting at 7-10 yards does NOT represent how you will actually engage an attacker.
- To fight realistically, you've got to be able to shoot with one hand.

### Why One-Handed Shooting Matters

There are multiple reasons why you MUST train to shoot 1-handed for real-life encounters:

- You could be injured and unable to use both hands.
- You might need to use your support hand for navigating obstacles, opening doors, fighting with an assailant at close quarters, etc.
- You might need to hold a spouse's hand to guide them, carry a small child, or use that free hand to otherwise care for a dependent
- Actual picture-perfect two-handed shooting is extremely rare in real-life gunfights. No matter how much you train, your natural reaction in a gunfight will be to fight with one hand.

### One-Handed Shooting Fundamentals

Here are some basic tips for 1-hand shooting:

- Carry in a position where you can reach your gun with one hand — ideally, with either.
- Practice managing recoil in order to shoot accurately with one hand. Your natural reaction will be to extend your weapon

toward the threat. Picture how you would punch: You don't do this completely vertically, but at a slight angle (between 20 and 45 degrees). Keep your palm down and your thumb raised to align your bones, tendons, ligaments, and muscles.

### Engaging A Threat With One Hand

When it comes time to engage a threat with one hand on your gun, consider the following:

- Get distance FIRST. Forget those "push, then draw" techniques. Get out of the danger zone where you can be hit.
- You won't really be aiming. Contact shots are a very real possibility at these ranges.
- The pelvic girdle, rather than center mass, is easier to hit and will rob the attacker of his structure at close range. This target gives you more room to see and to counter attacks.
- Think "doorknob." If you can turn a doorknob, you know how to "aim."
- If you're not already using your other hand for something else, like fighting, keep it at your chest and at the ready.

### One-Handed Training Tips

Here are 4 tips for training with one hand:

- Use dry fire to practice your 1-hand draw.
- Play with your 1-hand grip angles while doing live fire at the range.
- Practice force on force with airsoft, BOB-type training dummies, and padded simulations with training partners.
- Train with your "off" or "weak" hand, both in live fire and in simulation training. Train that off hand to do day to day tasks like showering, brushing your teeth, etc.