



Tactical Habits Of A Navy SEAL

with Chris Sajnog of www.ChrisSajnog.com

Implementing Tactical Training In Your Daily Lifestyle

Becoming "tactical" is more than just going to the gun range.

- What you do on a daily basis matters.
- Emulating the habits of a Navy SEAL can help you become more "tactical."
- Chris Sajnog has an app that helps you do this.

Meditation

Chris' app is science-based education for accelerated learning. Meditation is actually based on science and has been thoroughly studied.

- Meditation improves every area of your life.
- Meditation is also effective for pain control.
- We are becoming less aware of the things around us. Meditation can help increase awareness.
- Simply close your eyes and focus on your breath. Clear your mind and be present.

Fitness

It's obvious that for most people in our society, physical fitness is not a big part of their lives.

- Making things a habit is the key to fitness.
- Make your exercise personal. Who or what is motivating your need to be fit?
- Get outside and sweat. Trail running is one great way to do this.
- Don't let your exercise become drudgery.

Dry Fire

Dry fire training should not just be pulling the trigger. It should also be "dry weapons manipulation."

- Work on anything that makes you a better shooter.
- Work magazine changes, malfunction clearing, gripping the weapon, drawing the weapon, acquiring a target, etc.
- Isolate what you need to improve, then work on getting better at it.
- Professionals use drills to improve. You can do the same.

Vision Exercises

Your vision is extremely important. There are actually exercises you can do to improve it.

- Peripheral awareness is very important.
- Practice focusing near to far, back to forth.
- Chris sells a "front sight focus string" that can help you.
- There are vision drills you can perform that will help you hone your visual awareness.

Community

It's great to have the support of a community, but these groups often devolve into ego.

- What makes preppers strong is their ability to work together if they try.
- Learn about your fellow preppers in order to learn from them. In that way, you can network with quality, like-minded people.

Prepare. Train. Survive.