

## Podcast #214 Transcription: Daily Tactical Habits Of A Navy SEAL

Jeff Anderson: It's one of those horrible stories that people repeat when they talk about tactical training. The story goes something like this. There's this horrific shootout between law enforcement and some heavily armed thugs, and this was back in the days when law enforcement really, like all they carried, basically, were revolvers, back then, and multiple officers were killed in the shootout, but it was what they found after the shootout that really surprised everyone. When they found empty brass from the revolvers inside their jacket pockets, and that was because they had always practiced on the range to empty the revolvers and save the shells rather than scattering them all over the ground. We'll never know if the few extra seconds they took to do that made the difference in the fire fight, but that story, as well as other incidents of real gun fights, were the awakenings behind the common tactical mantra, "As you train, so shall you fight." In other words, whatever you make part of your routine now will have a great impact on how you respond to any crisis when you're under stress, so what daily practices can you implement that will help you program tactical habits into your training and your lifestyle that will give you a better chance of surviving in an emergency or an attack. Well, that's what we're here to find out.

Everyone, this is Jeff Anderson, editor from Modern Combat and Survival magazine and executive director of the New World Patriot Alliance with another podcast to help you better prepare for any threat you face in your role as a protector and a patriot, and who better to ask about how to ingrain effective tactical habits into your lifestyle than a former Navy Seal instructor? Please welcome back to the program Chris Sajnog. Chris, welcome back, man.

Chris Sajnog: Jeff, thank you so much for having me. I'm honored to be invited back. I must've done something right the first time.

Jeff Anderson: I think so. We've had great feedback on the tactical stuff that we've done with you before, but one of my passions is always about how people implement tactical training into their daily lifestyle outside of just going to the gun range or these little snippets that they get, so I've done this before with some other tactical trainers and some other military guys about what they actually do, so I'm really excited about this interview with you.

Listen, if you haven't caught any of our past interviews with Chris before, he is the best selling author of the books How to Shoot Like a Navy Seal and Navy Seal Shooting. He is a family who, after retiring from the Navy, created his company Center Mass Group that provides elite level weapons and tactics training to military, paramilitary, law enforcement, and civilian personnel. Now, he's coached and mentored thousands of young men as a Navy Seal instructor, has led security teams across the globe, and quite literally wrote the book on

Navy Seal sniper training. When the Navy's special warfare command center selected Chris to develop the curriculum for the current U.S. Navy Seal snipers. Now, his latest achievement is a daily tactical trainer app that helps everyday citizens put into place the principles that Chris developed for firearms training as well as other types of tactical preparation for self protection. Now, for more information on Chris, his training, and the app, make sure that you visit him online at [www.chrissajnog.com](http://www.chrissajnog.com). And that's S-A-J-N-O-G.com.

So Chris, when we're talking about like, daily habits for tactical training and being better prepared, it's really forcing people, or it's really asking people or urging people to really walk the talk, right? Like, we talk tactical. We go to the range. We do all these things, but it's the things that you do on a daily basis, I think, that develop these habits that can really have the biggest impact, so what I want to do is basically take a look at your day and how you recommend for people they develop these habits, and the best place to start there is with first thing in the morning, and one of the things, and I have the app, the Navy Seal training app that you have out there, and one of the things that really surprised me is like, early on in the training that you offer in that app, you talk about meditation.

That's one of those things, I'm sure you've found, like as soon as you bring up meditation for people and how it is, it can be a tactical tool, people start, they start raising an eyebrow like, "Okay, that's a little esoteric for me. Do I need to get incense? Do I need to be a Buddhist? Like, what would I do here?" But explain a little bit. Like, why is meditation a good tool for tactical training, and what is something that will make it easy for someone that they don't have to go and wear robes and live in slippers and stuff like that? So how do we demystify and make it a tactical habit for somebody?

Chris Sajnog:

Well, going back to the app, the Seal training app, what Seal stands for with this app is Science based education for accelerated learning, so although I obviously used the Seal name to get some clicks to the app itself, everything is science based on there, including meditation that you mentioned. Meditation is extremely well studied, and it really affects and improves every area of your life. As far as pain control, it's just as effective as narcotic painkillers for back pain. It's been proven for business people to give them more time, so if you meditate 20 minutes a day, they say that gives you two extra hours, that day, of performance improvement, so two more hours of work improvement. It helps in every area of your life, and it helps build awareness is one of the most important things it does, as it relates to shooting, so when it comes to shooting, the problem that we have as a society is we are becoming less and less aware of things around us.

We've all got our mobile devices. Our faces are in that. People are on computers all the time. We're sitting, watching TV, and we're literally losing awareness. We used to get awareness by being outside in nature, and we would have to be aware of all the stimulus that was coming to us just by the mere fact of being outside, but we're closing ourselves off, and we need to open our minds back

up, and you know, I know the word meditation has you know, some negative connotations for a lot of people in the west, but as far as me, I'm Christian, and I have an article on my website. I think it's 25 Places Where the Bible Says to Meditate, so if you're afraid of the word meditation, you can look at it that way, or if you're not into religion at all, just think of it as focusing your mind. Clearing your mind and being present with where you're at.

The way to do it just simply to close your eyes and focus on your breath, and of course, I've figured out a way to put Seal into that, too. So Sit Eyes Closed and Listen. So that's it. That's all you have to do is just sit with your eyes closed and listen, and if you do that, you are meditating. You're doing it right, and that's one of the biggest problems people have with meditation is they think they have to do it a certain way, or they don't think they're doing it right, or, "Oh, I always have racing thoughts through my, going my head," and well, if you don't have thoughts going through your head, go see a doctor because you should have thoughts going through your head. The point of meditation is controlling your thoughts, and focusing on what you want to focus on and that relates back to shooting when you're in a violent encounter, the person who's gonna win that is the person who's able to best focus on what's most important at that moment in time.

Jeff Anderson:

That makes a lot of sense. Meditation is one of the things I do every single day, and the challenge is really like, trying to do it when you don't need it. Like a lot of times, when people get stressed out or like you say, they're in pain or something like, "Okay, I meditate. Wow, that helped fix things." You go off when things are fine again, you stop doing it, but one really, I think, good point that you brought out is that it clears your mind, so even just doing ... even just getting used to mindfulness, when you start to go into training, when you start dry fire training, or when you go to the range, just being able to clear your mind allows you to think better. Not only perform better, but also to assimilate that training more, right? It starts to get feedback, and start to absorb that feedback, and your training kind of accelerates from that.

One of the things I like about your app, also, is that you start off early on with getting people into the habit of meditating, but then there's also like, a ... you also recommend and you have resources in the app for like, guided meditation, which makes it super easy for people, right? Just throw the headphones on. Just let the guided meditation go through it with you, and it doesn't have to be ... you're not sitting there for an hour, but it's an easy way for people to start to see the benefits without feeling like you gotta go read book after book after book about how to do it, so it is simpler, like you said, and I just think people, they really need to experience it to really see how it can benefit them.

But now Chris, the second thing I think that most people think about when you think like a ... like being in shape tactically prepared every single day is, we talk about physical fitness, right? And how that should be a habit. It's good for us. We all know it's good for us, but coming from a Navy Seal, I'm thinking a lot of people are thinking, "Well, you've got these grueling workouts. People have to

got to go through ... they're gonna be on the beach, covered in sand, carrying a telephone pole with their next door neighbor and their dog running after them," so how do we truly make ... and we can go to the local shopping center and look around and see that physical fitness is not necessarily a part, even if you go to a tactical training course, a lot of the guys look like they're not putting in a lot of physical fitness, so how do we make this part of a habit? How do we make it easy for people to be able to get the best results in the shortest amount of time? Which everybody wants, but what can they start doing to really take ownership of their personal level of physical fitness on a daily level?

Chris Sajnog:

Well, Jeff, first off, luckily for me, I haven't had to do those types of workouts you just described in over 20 years, so that is good because they are grueling, and it's not fun getting the, having sand in your ear for like, two weeks after you get it impacted in there. But one of the best things that people can do is what we're talking about is making it a habit, and one of the best ways for anything that we're talking about here, 'Making things a habit,' besides obviously downloading this Seal training app so you can keep track of it and stay motivated is to have a reason why.

So anytime you want to get better at something, you need to know your why. What is your why for getting better? In this case, what is your why for staying in shape? And you need to make it personal. So if you're just saying, "Well, I need to exercise because I'm supposed to," or, "I need to exercise because I want to lose weight," you're not gonna get up early in the morning and go for a run or whatever you choose to do. You're gonna hit the snooze button, and that's with any of this training, whether it's dry fire training, your meditation, you need to know your why, and just break it down, and the closer you can come to something truly personal, like, "My why is for my boys. My two sons. I want to set an example for them, and I want them [inaudible] a better version of me, and the only way I can do that is to show them every single day, "Oh, look. Dad's getting up. Dad's meditating. Dad is going for a run. Dad's doing this." So that is my reason, so I wake up every morning with that reason in mind, and if people have that, it's gonna be great.

Now, when it comes down to the actual exercises that I do, right now, I'm really into trail running, and this comes from a great book that I read. It's called Go Wild, but it talks about the reason that we have so many bones in our ankles, and our feet are made to articulate, and we're used to running on trails and having all this information, millions of pieces of information going back and forth from the bottom of our feet to our brains and back throughout our bodies to keep us stable as we're moving along a trail, and as we're being aware of all these things that are coming past us. And if you think about trail running, like if you can just imagine running down a trail, you're not looking down at your feet. What you do is you look out in front of you, so you're aware of what's coming in front of you, and then you have to process that information and remember it and tell your feet what to do, where to go, when to do it, while you're now processing further information up in front of you. But what's happening is, and I talked about this with us losing our awareness, this is part of it.

People that do work out, they compress their feet into these molds, so your feet can't move, your ankles can't move, and then they get on a treadmill, and then we're just like little mice on wheels on treadmills, so we're actually losing our awareness, and so, when it comes to exercise, I say get outside and work out. Whatever makes you happy outside, go do it. Sweat every day and make sure, even if you can't move, sit there and do some deep breathing.

Jeff Anderson:

Yeah, the other thing I think is important about what you said is it should be something that you enjoy doing, right? Like, if exercise is considered a four letter word ... that doesn't even make sense, but you know what I mean. Like, if people, they have an aversion to exercise, then it becomes this drudgery that when you ... suddenly, your reason why isn't as important, anymore. You stop doing it, and so fitness can be anything that people like doing, but I like getting outdoors, also. It also offers the opportunity, you know, as you build up stamina, to put a backpack on, and then do things like that challenge yourself. Make it a little bit more challenging, but make it fun, as well.

The other thing I like about your ... the app, which I know, we're talking a lot about the app, but I've always found when it comes to physical fitness, it's easy to let yourself down, you know? It's easy to, "Oh, you know what? If I don't exercise today, and I'm the only one that knows it, like I'm the only one that cares, and I don't really care, today." It's gonna be pizza day, today, but if you let other people know about it, it makes you accountable to other people. One of the things in your app is that you have this community built in there. I'm gonna ask you about that, as well, but there's a community built in there, so you can become accountable. Like, you can have other people help you to stay on track because it's easier ... it's harder to let other people than it is, yourself. So it was one of the other things that I found useful with it, as well.

Jeff Anderson:

So Chris, you have the number one rated firearms training book on Amazon. You have Navy Seal Shooting Secrets, How to Shoot Like a Navy Seal, I'm sorry. And Navy Seal Shooting. And one of the things that you talk about in there, and just in my conversations with you and in the work that I know of yours, dry fire training is a huge part of being able to develop those skills for when it's actually time to pull that trigger in a real gun fight, but I also think that dry fire practice, as much as people even might know about it ... we can talk about what that is, real quick, about like, what dry fire training is and why it's important, but I think a lot of people just procrastinate on it. Like, it's not part of a program. It's not part of a regimen of them. It's not a habit of theirs even though we all know it can have so much of a positive impact on your firearms skills. So, how do we get over this? First of all, for those people that don't know what dry fire training is, a snippet about what that is, and then, how do we get over that procrastination? How do we make it actually part of our regular firearms training people, and what's something simple that somebody can do that would be an example of that?

Chris Sajnog:

Yeah, so I think part of the problem is that the general definition that most people think of with dry fire training is they think of pulling the trigger without

the gun going back, and that's it. When I talk about dry fire training, I actually like to use the term dry weapons manipulation because it is anything that makes you a better shooter besides that one little part of shooting, which is really a very small aspect of shooting is making the gun go bang. Right? So everything else, so working with your gear, doing magazine changes, clearing malfunctions, drawing your weapon, working on like, finding out what you need to work on the most. So say you're at the range and you're shooting, and your grip on your pistol keeps loosening up. Well, you don't need to practice shooting. You need to work on your grip strength, so dry fire training, in my book, which I talk about a lot, is working on your grip strength, and specifically, even breaking it down to go, "You know what? Actually, the three lower fingers on my support hand are what's weak, so what can I do specifically, what tools can I use specifically to make those stronger, and working on that, and it's called weakness biased training, always looking at what is your weakness?

Although, I also don't like using the term weakness. I like trying to think of what can I improve on the most, but anyways, so finding out where you're gonna get the most improvement and focusing on that during your dry fire training, and it could be, say, focus. So you're having a hard time picking up the sight, so you need to work on your eyesight. So you're literally wasting time and money going to the range trying to work on your focus when you could sit at your desk and pick up a pencil or pen and practice focusing on that. So thinking about what you need to work on ... it's the same, you know, I learned this by studying the great athletes in different sports and different skills, and they all do the same thing. Professional football players don't practice games. They practice drills, and those drills in shooting are called dry fire training.

Jeff Anderson:

That's a really good point. I was a big basketball player, and I just, I loved the sport, and as much as I wanted to dunk, you know, all whopping six foot one of me. Like, I studied the sport as, "I'm gonna dominate the sport," which I did on a local level, but I knew that I had to start with right handed layups. Just the very simple things, and I think you may see this, also, at your firearms training courses, but often times you see people who are very experienced with a firearm. Like, they go to the range. They can get a super tight shot group, but when they go to reload their magazine, they're fumbling all over the place, or they don't know how to clear a malfunction, or they're fumbling around with it. They're looking down at it. Instead of it being like, second nature to them, and that all comes from drills, like you talked about, but making it part ... it doesn't have to be ... the dry fire drills that you have aren't, they don't take a long time to do, but just focusing on one of those a day can make a huge difference, and that's all part of like, inside your books and stuff like that, so it really is something that can be a fun experience for somebody to make part of their daily regimen.

Now, one of the things, Chris, in your app is ... which I think probably catches people a little off guard, and you've mentioned this before when we talk about dry fire training, is about focus. It's about vision. It's about your eyes. You actually even talk about eye exercises that people will do, that you propose out

there. So why ... I mean, obviously, you have to be able to see your sights. You have to see your target, but why are eye exercises ... I think most people don't even realize that's a thing, so what are eye exercises? Why do them? Can you give me an example for somebody of like, something that they can do for an eye exercise that would actually have a tactical benefit for them?

Chris Sajnog:

Sure. I started working with other top end sports trainers, so for instance, I'm working with Titleist Performance Institute in helping train golfers, and we've been doing studies on the top athletes in the world. For instance, doing visual assessments. 3-D visual assessments looking at players' eyes, say, in soccer. Where Messi is looking when he's got all these other players trying to get the ball away from him, it all comes down when we're finding out across every sport is the greatest athletes have the best vision out of ... the best vision, and the best visual perception, the best visual awareness, so being able to have peripheral awareness. Like, most people don't understand that you can train your peripheral awareness, and like I was talking about earlier, we're all losing that awareness in general, so you can build that very quickly, and it's pretty amazing once you start realizing, "Oh, wow. I can see things off to the side, like, this is pretty cool." When the best athletes across the board, like we've studied this scientifically, have the best vision, so it makes sense that if you want to be a great shooter, you need the best vision.

There's very easy things you can do. You can sit at home and just practice focusing near to far, so hold up a card with some writing in front of you, and then find some writing across the room, and just practice not looking back and forth at both of those, because that's what a lot of people would do. It's like, "Oh, yeah. I see the writing. I see that writing. Head up. Head down." No, like actual, you're gonna keep your head in direction, just like you were shooting, and your eyes are going to move from the near focus, so it's crystal clear, and not until it's crystal clear do you move to the far focus, and that's crystal clear. But that's gonna start happening faster and faster.

There's also, like I made a Front Sight Focus String, so I'd sell 'em on my website. I also sell 'em on Amazon, and they're amazing with helping people focus on their front, just on their front sight. That's why it's called the Front Sight Focus String, but getting your eyes to accommodate and be able to actually focus, and people be amazed so many times, people writing me about this, going, "Wow, I didn't know my eyes of my vision had so many problems," until they got it, and they started practicing it, but it's definitely ... your ability to shoot comes down to your vision, so improve your vision.

It also helps with another thing, like vision and awareness go together, so going back to meditation, fortunately or unfortunately on how people are viewing meditation now, but it's definitely gonna help you, but one of the biggest things with putting those two together, especially when it comes to shooting multiple targets, is you always need to move your awareness before your eyes, and your eyes before your muzzle. So what that means is if I'm shooting a target on the left, my awareness is on that target. My muzzle's on that target. My eyes are on

that target. If I know there's a target, I become aware of a target on the right, I need to basically picture that. I need to become aware of that in my mind, and then I'm gonna move my eyes to the target on the right, and then I'm gonna move my muzzle to the target on the right. As long as you always stay in that order, people are going to shoot twice as fast and ten times more accurately just by that one little step, alone.

Jeff Anderson: I've never thought about the sports reference that you made with that, before, but when you look at our like, normal people's ... I say normal people, like daily lives, right? Of how we're just not aware of our peripheral vision, so we watch television, right? It's you on a couch, programming yourself to look straight ahead at a television. People walk looking at their phones. It's very lane focused, right? Firearms training. You're in your lane. You're looking straight ahead, right? So there's all these ways that we program ourselves throughout the day to be so mono-focused, and this makes total sense. I had never thought about that. Like, in a basketball game or soccer game, you have to know where, kinda, everybody is, and in a real gun fight, you gotta know where cover is. You have to know if there are other threats around, other people around that you don't want to shoot. Makes total sense. I'd never paired those together, before. It makes a lot of sense.

Chris Sajnog: Yep. If you got a minute, Jeff, I can take you through a quick drill that's super easy. You can do it anywhere, to help build this awareness.

Jeff Anderson: Yeah, go for it.

Chris Sajnog: All right, so keeping your head where your head is level, all right? Look up about 20 degrees. So you're probably looking up over your computer monitor. Find something that's on a wall. A specific spot that you focus on, all right? So you just listen to me. Don't look at me. Just focus on that one spot, so your head is level. Your eyes are up about 20 degrees, 30 degrees, and this is going to physically get your eyes into a position where they understand you are trying to engage your peripheral awareness, and if you know anything about night vision ... I'm sure you do.

If it's pitch dark out, you don't want to look directly at what you're trying to see. You want to look off from it a bit, so that's what you're engaging right now. So while you're still looking at that, soften your eyes. Don't look at it with hard eyes. Just soften your eyes. Soften your gaze. Relax and breathe, but that is the only thing that you see is what you're picturing, and now, as you're doing that, just slowly start to see what you can ... like, what can you see that's maybe 45 degrees off to the left or right? Without your moving your eyes off that spot. So I'm doing this right now, and I see there's a light right there. I can probably, if I took the time, actually count how many light bulbs are in this little LED light that I have over here. I see some writing over there.

I can actually read what it is without moving my eyes off my point of focus, and as you do this in practice, you just keep moving further and further back to see



and expand your peripheral vision, and this is gonna help with your awareness, and that's it. When people start doing this, like people don't, I think, realize that these are all skills that you can just practice and build, and this is one of 'em, and this is going to be a game changer for a lot of people who have so often just, for so many years just been in there. "This is my life, walking down the street. Pic, pic, pic."

Jeff Anderson: Yeah.

Chris Sajnog: You know, on their mobile phone. We see it all the time.

Jeff Anderson: Yeah. Yeah, totally. So one of the things, Chris, that we talk about, we emphasize a lot, is on community, right? But a community of like-minded people, but that's not always easy to find, right? But we also caution people, like don't tell too many people about your stuff, right? Especially if ... we have a large audience of preppers. You don't want to go telling your neighbors next door you've got all these stockpiles of food and everything, ready to go for when the zombies come out of the ground because that's gonna make you a target if the zombies really start coming out of the ground, right?

So community is kind of like a double-edged sword, right? It's good to have that support, that network, but if you go onto forums. If you go into anything online, like in a lot of the forums, they really just get degraded down into egos, one-up-man ship. People just start getting vicious inside of there, sometimes, and it seems like everybody just wants to show what a badass they are, how they're smarter than somebody else, and that's not like, the best environment to go try and find your network of like minded people, but it can help you with a lot that can help you kind of keep pushing your skills forward, so I know that community is one of the things that you've developed inside the app. You have your membership program with your Navy Seal shooting. So community is part of these, so why did you, why have you made this community a big part of the programs that you've put together? And how can people, kind of, establish the right kind of network without throwing everything out there to the wolves and getting a bad taste in their mouth from trying to network with people?

Chris Sajnog: The whole community thing is it's so important just 'cause where I came from. I came from the Seal teams, and in the Seal teams, like Seals aren't the greatest at any one thing except for working together, as a team, better than anybody else. Like, that is what makes us great, and there's no other reason. We're probably not the best shooters. We're probably not the best skydivers. You know, probably not the best at any one thing, but you put us together, and we know how to work together, and it's that synergy that makes us great, so when I retired, that's what I knew. I knew about how to make teams work, so to get people to learn, I had to build that community.

I remember when I first retired, and I started my blog. This was seven, eight years ago, but I'm like, "Oh, I'm learning about marketing," and I was like, "Oh, I could do an article, like the top tips from the top firearms instructors in the

world." So I go online, and I'm looking up all, who are the most famous firearms instructors I can find besides me, you know? 'Cause I'm not famous, but I think a pretty good firearms instructor, so let me find some famous people, and I contacted like 20 of 'em, and just said, "Hey, I want to do a blog post. Can you just give me one tip, and then I'll promote whatever you want to promote? If you have a book. If you have a course. If you have a website. I'm not looking to make anything or get anything. I just, you know, want to put out a good article. Help some people out, and you know, help you out. Promote your business."

And I had, I think, half the people didn't reply at all. Most of 'em that did reply said, "What are you, crazy? I'm not giving away my training for free. My secrets to good shooting." Like there's some magic trick, which is kind of funny because that is something that's kind of known among firearms instructors who actually know what they're doing, not just regurgitating what other people had taught them, but you can tell people little tricks to do when you're on the range. Like, "Oh, do this thing," whatever it is, and they'll shoot better, and it's like magic. But it's just because it gets them to focus on one thing, which is the whole point that we've been talking about this whole time. And then, I had a few that did do it. You know, sent in something, so it is hard.

It's very hard, and I've had other authors, best selling authors, firearms instructors that have written books and doing very well, and they've contacted me and asked how, like, "Hey, Chris, how are you everywhere? Like, who does your marketing?" I'm like, "I do." Like, "Oh, can you give me some pointers?" And I'm happy to. Like, I'm now mentoring other people who are doing stuff in the online space firearms training because I believe that the rising tide lifts all ships. Like, it's not like somebody is going to buy his book and go, "Oh, I learned it all. I definitely don't need Chris' book, now, because I read this other book."

Like, if people find good content, they're gonna find other good content, but with the app, that is, you mentioned that. That is a great way for people to quickly stay motivated on a daily basis, and then with my membership site, the community there, it actually built itself, and it is like, I've got people that are in there. I've got coaches in there. It's a great community. Like, we're just all like a true team. Like, I call people. I send people videos when we do live hangouts once a month, and we sit and have a glass of wine together, and I make sure all my real guns are locked up before I do that, but you know, we have fun, and we get some training done.

Yeah, and it's ... you know, like people don't want to hear, even from a Navy Seal like, "Oh, this is how you do it." You know? Because everybody has a concept of ... like, a starting point of what they think is true, so when it comes to shooting like, Jeff, if your grandfather taught you how to hold a pistol, and I were to come to you and go, "Hey, Jeff. I'm a Navy Seal, and this is how you hold a pistol," you're instantly gonna be like, "Whoa, whoa, whoa wait. My grandfather taught me how to hold a pistol. I don't care who you are," and right off the bat, we're starting off, you're not gonna ever learn from me. Right? So I have to find out about you. Learn about you. Literally become your friend, and

then find out what help you need, and then give that to you the best way I can, and the only way you can do that is through a community like that.

Jeff Anderson:

Yeah, I think one of the important distinctions that you really, the way I pulled out of what you just said also, is that when you're in a network with people with a common goal, so if it's just an online forum somewhere, like a firearms online forum, people could be going there for different reasons, right? And you see in these forums that there's all these different topics there, and people get into all kinds of exchanges within those topics, but there's not com-, like the website is maybe just about firearms. Navy Seals, you have a common goal, right? Like, you know you're gonna be working together for a common mission. Your app or the membership site that you have, people are there because they're joined together because of your training. They're there to experience your training to provide any other insights that they have that might help other people, but it's their ... I think the important part is that people are there, truly, to support one another.

Nobody's going in there to try and show other people what they're doing. I think that's ... and you know just from having a membership site, and it's the same with ours. Like, we kick people out if they don't exhibit the ways that we want them to be, and that means don't just come in as a master, come in as a learner. And I think ... and I know you do this, also ... I put out to people. Look, I'm constantly learning. Some of the best tips I've ever learned come from our readers who leaves a comment in our posts, or e-mails back after a podcast or something like that, so I think being ... if you go in as like, that master of the forum, to go in there and just kinda throw it on the table and see who's is bigger, then you end up attracting a lot of that feedback there, so I think the common goal is a big part of that, as well.

Listen, Chris. I've really been enjoying your app. I've been going in there. It's good accountability for me. I'm not consistent, yet, so I'm learning to make it more a part of my daily routine in there, but listen everybody-

Chris Sajnog:

You gotta get on the leaderboard, Jeff.

Jeff Anderson:

Yeah, the leaderboard. That's right. Little badges and leaderboard stuff.

Listen, everybody. When you start to put together all of these things, you can see how little pieces of your daily routine can make you more prepared every single day. So going through a lot of what Chris has in the app and what we've been talking about in this podcast, you get up in the morning, and if your first role is to awaken your mind, become more aware, by just meditating for a little bit, even if it's a guided meditation using headphones, that's a great start of your day, right? You do some sort of physical fitness just to be able to get the bod-, get the metabolism going, get the blood going, just kind of get your body awakened. So you got your mind awakened, your body awakened, right? Doesn't that make you already better prepared to be able to see a threat

coming as soon as you walk out your front door? As soon as you get in your vehicle?

Be able to have an open mind to be able to make better decisions for do I draw, do I not draw, do I shoot, do I not shoot? All of those things. Skill development as part of a community is a huge thing. Dry fire, just doing a little bit each day. It really comes down to brilliant mastery of the basics that makes you a better gun fire, not always just the magic tricks that are out there. So there's a lot you can do on a daily basis. There's a lot more you can do, so these are just a few tips. I do highly recommend, because I use it, and it's free, is to go and grab Chris' app. You can get it for either Android or, you know, iPhone or anything like that. Go over to Chris' website.

Chris, do you have links over to the app on the website over at chrissajnog.com?

Chris Sajnog: You know, I don't. Surprisingly enough. The app is fairly new. Yeah, but you know, finding the app is easier than typing in my name because most people can't spell my name and won't remember it, so if you just do Seal training app, that will come up, and you can download that. Much easier. That'll point you back to my website, and then you'll know how to spell my name.

Jeff Anderson: That's right. Awesome. Well, thanks for all the tips, today. Really appreciate it. Everybody, go check out the app as well as Chris' books and other training that he has over at his website. Go over to [www.chrissajnog.com](http://www.chrissajnog.com). That's S-A-J-N-O-G.com, and until our next Modern Combat and Survival broadcast, this Jeff Anderson saying, "Prepare, train, and survive."