

Podcast #215 Transcription – 5 Military Concealed Carry Lessons

Hey there, welcome back everyone, this is Jeffrey 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 may face in your role as a protector and a patriot.

Now, you've heard me tell my war stories in probably several podcast episodes in the past and in webinars that we've done for our New World Patriot Alliance members and it's because those stories, that practical application of tactics on a battlefield or even just in training that I've done in the military has had so much real world application to what I do now as a civilian. Whether it's concealed carry or whether it's preparing for a disaster, I've just seen it pretty much just blanket every element of my self protection universe. And there are so many lessons learned there that civilians really don't get.

And it's not just on the battlefield, it's also in the training that we do as well. And the military has been around for ... I'm not gonna give a number there but let's just call it a bazillion years. So we've had a military for our country and that training has become very ... it's been very planned out, it's been tried, it's been tested, it's been battle proven, it's been battle proven wrong. We've learned from mistakes, we fine tune things, we make them doctrine. There is a reason for the things that we do in the military as a unit, as a force, as a soldier. There's a reason why we train a certain way, there's a reason why we have certain regulations out there. They are all meant to create this unified force where everybody is basically going in the same direction and you know how everyone else is going to find and train with and right alongside you, right?

So what I thought I'll do is just take five things that ... I was just looking back on my military years, five things that I've noticed from either training or being in combat that have a true application for those of you out there and whether you have military experience or not doesn't matter but in relation to carrying concealed and being ready for a real gun fight out on the streets that these five things have a direct application to whether or not you survive that fight.

And some of these are gonna be kind of maybe a little bit strange. You haven't maybe even thought of them before or you haven't thought of them in the way that I'm gonna present them. So I'm gonna challenge you here, I want you to listen to all five of these and really get these, okay? All right, so let's just go down this really quick here. So number one is to keep your hands out of your pockets. Now, this is a military regulation of AR670-1 which talks about how you are supposed to wear your uniform and it's all about how you dress and how you present yourself. Well, one of the things that you're not allowed to do in the military is put your hands inside of your pockets.

Now, part of this was really for discipline reasons, right? If you see somebody with their hands in their pockets, it looks casual, right? It looks kind of sloppy, it looks shabby. We wanna present ourselves as soldiers. You wanna look STRAC, you wanna be in a ... when I was there, it was like pressed uniforms and it was shined boots and you want to look disciplined and a disciplined force is going to fight better. So part of the reason for not having your hands in your pockets was really for presentation and really projecting yourself as a disciplined soldier.

Now, the same thing happens on the street, right? If you have your hands in your pocket, you're walking down the street with your hands in your pocket, it's a very casual presentation that you're giving. It looks casual. It looks shabby. And that's really not what you wanna project out there. If there are

criminals out there that are looking for their next victim, they're looking for somebody who is not ready. Now, if you don't have your hands in your pocket, then you look strong and confident, you wanna walk with confidence, you wanna imagine, I've said this before but when you walk, you wanna imagine that you have the superman cape, flowing behind you. That visual makes you actually walk like with superhero confidence in a way. It exudes out of you, it just does.

On the other side of that, if you have your hands in your pocket, it looks shabby, you don't wanna do that. Now the other part of this is, it also decreases reaction time, okay? So, as we said before and you'll probably hear me say it a couple times even in this podcast, most attacks happen in extreme closed quarters. It's like an ambush. So, when that happens, if your hands are in your pockets, then your reaction time is going to be less than if your hands were not in your pockets. Same thing if you're standing there. Doesn't matter if you're walking, standing, moving, it doesn't matter. You wanna keep your hands out of your pockets. Now I promise you that this is going to be a really hard habit to kick. The best thing I can tell you is to get in the habit of catching yourself with your hands in your pockets and I'm hoping that just listening to this podcast will get you to do that, but then get used to having your hands in front of you instead.

And think about the difference between having your left hand over your right hand. So basically, you're putting your hands basically across in front of you, basically over your crotch in a way if you wanna just kind of imagine that. So it's kind of like the bouncer look. The bouncers do this at the club because you've gotta be ready if somebody is gonna haul off and take a swipe at you. You wanna have your hands in front of you where you can get them up very quickly. If they're in your pocket, obviously, you're gonna get probably cold cocked, right?

So, you wanna get in the habit of having your hands in front of you instead. You'll catch yourself doing it now, just don't beat yourself up too badly, just take your hands out of your pockets, put them in front of you and you will instantly notice more confidence in being able to defend yourself, should something happen in a split a second. Okay?

All right, so, number two on my list is the first one to get metal into meat is to usually the victor. Now, I've seen where enemy combatants, basically, when somebody gets shot, you don't know how they're going to react but a lot of those one stop shots that you might see, even in police records, are psychological stops, they weren't even physical stops where somebody shot one round at someone and it punctured their heart in just the right way or it hit the brain and that one shot literally just took them out of the fight. A lot of those times where somebody is shot with one bullet and they go down and they're not a threat anymore, it's a psychological stop, they realize that they have been shot, that they're bleeding, that they could die and they don't wanna die. So they don't wanna keep up the fight.

Obviously, that's not what you wanna do if you are fighting for your life. You want to be able to defend yourself and you have to keep going, right? 'Cause you don't know when the enemy is gonna stop shooting at you. But a lot of times, the enemy will stop right away. Especially if it's somebody that's unarmed, if they don't have a handgun but maybe they just have a knife. So what I've always found is that basically speed is better than trying to be ultra accurate. Now, this goes in direct contrast to a very, very common model or saying that's out there, this quote that's out there in the tactical firearms world that was ... it was tagged to Wild Bill Hickok, you know, way back in the Wild West days, O.K. Corral days, right? And that quote is, "Speed is fine but accuracy is final."

Well, that's correct in the Wild West where your enemy is 10 paces away. And then you're supposed to ... you both draw at the same time, yeah, somebody might be too quick on the draw and for those of you that actually go to a range and try shooting at a target 21 feet away, if you try drawing really quickly and hitting that target, it's gonna be really tough. Not like in the movies, right?

Well, in the Wild West days, it was that same kind of thing. So if you had a gunfighter and he was really nervous, he goes to draw and tries to think that speed is going to be the victor here 'cause you have to be the first one to get that bullet in the other person, right? Well, most likely, they're gonna miss. So the gunfighter that was quick enough to get the firearm out of the holster but then took time to be able to get their sights on and to make sure that that round was going to hit that person and they were gonna the fight, right? Accuracy is final, you have to hit somebody.

Well, that's not the way that you're going to be attacked out on the street, okay? In our closed combat shooting course, we talk about the ways that you are most likely gonna be attacked are gonna be from an ambush or something like an escalated argument. Something where you're arguing with somebody and all of a sudden, they decide they're going to pull out a knife or pull out a gun, but it's gonna be right there, up in that bad breath zone there.

So in those cases, accuracy is not as difficult. I'm not saying it isn't difficult because even at that close range, and we talk about this in the closed combat shooting course, but even in close range, even the most highly trained police officers out there are only accurate 28% of the time. In extreme close range. So it's lots of factors that go into that. But speed is ultimately going to be the one thing that's gonna get you that offensive advantage. Now, I don't care, and so when I say the first one to put metal into meat, I don't really care where that meat is. If I'm struggling with that gun and they've got a handle on it, too and I'm trying to retain the weapon but I've got it at least pointed down, even at their feet where it's not pointing in my direction where it's gonna ricochet me.

I don't care if I get a bullet into his big toe because he's going to hopefully feel that, know that he's been shot. Wherever I can get that bullet, that's what I'm going for. It's not gonna be necessarily a center mass shot that's gonna take him out of the fight right away. But, I'm looking for a psychological stop, I'm looking for shock and awe with the blast of this weapon, a contact shot where that blast from the weapon is also gonna do damage. I'm looking to do damage wherever I can do it on this person as quickly as possible.

So, speed really is, in my opinion, more important than accuracy when we're talking about extreme close quarters combat. Now, by the way, if you want both speed and accuracy, a friend of mine, [Ox 00:10:51], some of you know him, we've done many podcasts and interviews with him and stuff, just came out with a new program, he calls it Draw Stroke Mastery and it's insane what Ox can do with a handgun. I mean, the guy is just crazy accurate, super fast and it's because of his dry fire courses and stuff like that. He's a master at dry fire and knowing how to get people to be super fast and super accurate with a firearm. So I'll put a link to that program in the show notes on the blog so you can check that out as well, all right?

Okay. Number three on my list is when you're ambushed, movement saves lives. So in the military, in an ambush, the enemy holds all the cards and it's the same way on the street. But in ambush, it's essentially, for those of you that maybe aren't familiar with the military term, essentially, you line all of your troops maybe along the road or some place where you expect the enemy to come walking along and you could be sitting there for a very long time. Trust me, I've been in lots of all night long ambush

locations, sometimes where the enemy didn't even come or the other soldiers didn't come along that way, right?

But basically, you line up in a certain pattern and you would even, perhaps, you might be lined up on one side of the road where you expect the enemy to come, you're all kind of camouflaged in there. On the other side of the road, you might put claymore mines that are there. So when the enemy comes along that road, they don't know that they're gonna get shot at, all of a sudden, everybody on the same signal just shock and awe. You shoot the hell out of the enemy on that road.

And a lot of them are gonna run away, they'll hear where the shots are coming from, they'll run across the road and they'll try and set up a position there and that's where you hit the claymores and where they're at. So it's a big trap. Essentially, you're gonna get riddled. It's not an easy thing to survive, right?

And the way that you get out of an ambush is just to move. If you freeze that is the worst option in the world is just to stand there, I'm just using the road as an example but to stand there on the road and just let the enemy try and shoot back but you're frozen there in the middle of the road. That is their kill zone, all right? Standing and drawing your weapon is the second worst option in the world because you're still right there in their kill zone;

The best option to do when you're ambushed is to move, you have to take action. And it doesn't matter if you are running at the enemy, away from the enemy, to the side of the enemy. Your best option is just to start running and firing to just be able to get yourself some space to get to a place outside of the kill zone because that's where you're gonna be able to counterattack or get everybody back together, get a plan there or just get out of the area, freaking call in some Apache helicopters and some artillery on them or whatever, you know.

But the thing is that in the real world, ambushes happen also. And the criminals know, when they're out there, looking for a target, they know all the elements that they basically ... they have all the rules and the odds in their favor. So they pick the place that they're going to be, they can place the time, so it can be nighttime. So they're gonna choose these places where they know you're gonna be unsuspecting, you're gonna be an easy target. They might have their own little trap set up for you, in other words, they might interview you, for example, like, "Hey, my car ran out of gas, can you spare a few bucks, man," that sort of thing.

So there's lots of little tricks that they can do to ambush you out there. Okay, now, let's look at some of the places that you might be ambushed, these are very common places where you should expect an ambush to happen. For example, parking lots. Right? So a parking lot, especially away from where other people are, they know that people are going to be putting their groceries or bags in the car or if it's at the shopping mall, it might be their bags full of clothing there. Gas stations is another place where you'll often see maybe homeless people or just people hanging out there at the convenience store where the gas station is and somebody will come over. I mean, I'm sure most of you have at least had somebody come over to ask for a few bucks if you're in the city at a gas station somewhere.

So these are always that they can get close enough to you to ambush you. All right? When that happens, movement is going to be critical. So part of that is just the awareness and knowing that you are in a potential kill zone if you will when you're in a parking lot, when you're in a gas station, when somebody

comes up to you that you don't know and they're walking in your direction. You have to think that these are enemy locations and this could be the enemy coming here, right?

And then you just wanna take action. You wanna take preemptive action. And I don't talk about this pulling out your gun but if somebody, for example, is coming up to you at a gas station and you don't know them and then you see that they're coming to you, you stop them long before they get to you. Stop right there, can I help you? And there is no reason for them to keep walking. I said, "Stop right there." They need to listen to you. Right? You need to be aware of that. So anyway, taking action is what really saves you in those ambush encounters.

Okay, item number four is every attack is a multiple attacker attack. Now I know you've heard me say this before. I mean, I've said this when it comes to self defense, we say this when it comes to tactical firearms training. That's why, when you take a tactical firearms class, when you've engaged the enemy, they say you bring the weapon back into retention but it's at high ready and you look over your shoulder, left and right, you make sure that you look around you, just to see if there is any other bad guys out there.

Now, I can tell you that on the battle field, you already know this. You already know this because on the battlefield, you know, you're fighting multiple enemy out there. Right? You know that. So there's no question in your mind, if you shoot somebody and they go down, you know the fight isn't done because there is other people that you still have to fight. But civilians don't operate that way. Civilians get tunnel vision, partially because of the way that we typically train. We normally are not doing tactical training. Most people are not out there, taking a tactical training course where they have an instructor saying, "Did you look to the left and right? No you didn't." Or doing things to make sure that they're forcing people to look left and right by surprising them with something or it might be in dry fire and you have another enemy come, another guy come out of the shadows or out from behind a berm or something.

So, it's those types of things that are really ... like those lessons really sink in. But most people are not doing that. Most people are going down to the gun range and they're shooting in an individual lane, in a straight line against their paper target that is not moving. It's marksmanship training. It's marksmanship training, right? So, that essentially programs you the wrong way to think linearly, in my lane. And so you really have to train to get yourself out of that.

And criminals often travel in gangs or they might just have a partner there, right? You'll have somebody that will come to you at a gas station and they will, "Hey man, do you have a couple bucks," or whatever. And meanwhile, while you're telling them, "No man, you need to get away from me," behind you comes their buddy who's gonna hit you over the head or surprise you from behind and that first one was just the decoy, right? So you've gotta look at everything as it's a multiple attacker attack.

Now, it's not just criminals who might be the "multiple attackers". All right. So you might engage somebody with your firearm, you might have it out and you don't even have to pull the trigger yet. But, somebody else comes out of the convenience store and they're a concealed weapon carrier, and they see you drawing down on this person. And maybe they can't tell that you are the good guy in this scenario. Maybe it's not that obvious. So all they see is a guy with a gun and somebody else with their hands up. And it might look to them like you're the bad guy. So they might actually draw their weapon on you. It could be the police that come in response to your 911 call. Or are just cruising by and see you with a gun out. And they jump out and we've seen situations where, you know, a police officer and/or a

concealed carry person might pull the trigger, preemptively, without thinking about it because human beings. Doesn't matter. It can happen.

This is one of the reasons why I carry a concealed carry badge, a true ... it looks like a police officer badge but it just says concealed carry on it. I carry that as part of my every day carry gear. Right? It's on my belt, I have a riggers belt and it goes like right in the front where the riggers hitch is and I put it there. It has a 550 cord around it. So if I have to, I can take it out, put it around my neck and at least there is a badge showing that somebody might see that or I can hold it up in the air with my hand and somebody might see that.

So somebody is, "Hey, get down, you get down, you get down, what are you doing, drop your weapon, drop your weapon," and then I most likely will, if I've got that person going there, I'm not gonna look like I'm going to draw another weapon but if I have access to my badge or I can just lift up my shirt and show them that it's hanging on the front there I just say, "I'm one of the good guys," that can do it.

Now in some states, I think California is the only one I really know of where I think you're not allowed to even have a badge. Go figure. California. To make that a regulation there. But, nonetheless, that is one of the reasons why I carry something like that. So it's just kind of a different play on what attacker is but it could be the good guys. Friendly fire is not friendly, right?

Okay, all right. So the fifth and final factor here is that you will fight like you train, only it will be 10 times worse. Okay? So, and I've seen this, you've heard me tell lots of war stories. Even people that are very well trained, even soldiers that are very well trained. One bullets are coming at you and you see them hitting the ground or whizzing by your ear then that pucker factor, it skyrockets, right? So, everything that you are able to do in a relaxed gun range or even do in tactical courses and stuff, even that stuff, you're gonna be 10 times worse than your best day at the range.

So, you've gotta take that into account here. Now, if the only training that you're doing is on the static range in a singular lane like we've been talking about, well, 10 times worse than that is really bad because that's not good training. In fact, even in the military, we only hit the marksmanship range where it's just you and the targets, like pop up targets there, you go out there, you re-zero your rifle, the popup targets are out there, you're shooting them, you're in a supported position, you're in a foxhole or you're laying down, you've got sandbags there, you're your best right there, right?

So, that is marksmanship training. And we would only do that once, maybe twice a year. But, we trained in the field. We went out actually in the woods or into the desert, into wherever we were gonna go, that was gonna be anywhere from seven days out of the month to an entire month where we were training. And that training was realistic. That was about tactics. Most times, there was no live fire at all. It was all just with blanks, MILES gear and you know, simulated training out there. But it was all about the tactics because it's the tactics that are really going to save you. It's really what's gonna save you 'cause your accuracy is going to be off anyway because of other factors in there. Moving target, you're moving, they're moving. You throw everything together, you've got this big soup of effed up, right?

So you're not gonna be as accurate. So it's the tactics. It's the ability to move quickly, to get to cover, to be able to do these things as fast as possible, that's what's gonna save your life. But it's how realistic your training now that takes that 10 times worse and it makes it where that's not really that bad. So 10 times worse, so really good realistic training is still far better than even like criminals are gonna have.

Because right now, the criminals are better trained, most likely they're better trained than you are because they are training in tactics, they are training in spotting the best victim. They're sharing information. If they've been in prison, if they've been in jail, they're sharing information, they're getting their PhD out there.

So you gotta make your training as realistic as possible. In the military, especially when I was in the 10th Mountain Division, it's an elite fighting force right there, when we would go out in military training out in the field, we would even go out, go to a local farm and get cow intestines. We would just get the intestines from the butcher and that would go in, a week ahead of time, before we'd go out in the field, we would throw it out into these trenches. Let's say it was like a defensive position where there are trenches built in there and there were obstacles there and it would be filled with water. I mean, it was just nasty, right?

So if you're on the offense and you're going on there, we would storm the trenches and you just jump in 'cause you wanna get to cover really quickly. You jump into a puddle that's up to your freaking belly button and it's filled with decomposing cow intestines. It's like you throw up, you're throwing up in the trenches but you still have to fight, right? That's realism.

Now, obviously, that's taking things really, really far out, right. But, there are ways that you can get very realistic. Now, I'm not gonna go into all the ways. We have a program called Dirt Cheap Gun Training, that goes into dry fire and how you can make your training realistic. It's a very good program out there, it's just a collection of really really simple but fun dry fire drills that you can do, even in your own home, that you can get those tactics down. But the big thing, the big lesson here is for you to get out of the range, get out of that live fire range, get out of that lane training. Grab a laser trainer or an airsoft handgun. Airsoft, these days, I mean, if I showed you my Glock 26, my real one and my airsoft one, I had you pick both of them up, you wouldn't be able to tell the difference. You wouldn't be able to tell the difference. They're so realistic these days.

So, get something like that. And then just go to your garage. Don't go out on the streets. Obviously, don't go down to the local convenience store or the gas pumps and do your dry fire training out there, you're gonna get shot somewhere, right. But just go into your garage or some place that's out of the way but a garage is a really good example of that because you can practice drawing from your vehicle in the garage. So you can be sitting in the driver seat, you can have a target, let's say on the wall of your garage and you can practice drawing. Where is the best place for you to keep your handgun in the car? Do you have a holster that you keep in the vehicle that is specific for when you get in there or do you keep it at that 3:30, 4 o'clock position on your hip, inside the waistband when you get inside the vehicle.

Go ahead and give it a try, see what it's like to draw your weapon when you've got your seatbelt on there and everything, right? So do that. Get an old table and chair from Goodwill. Set that up in the garage, see what it's like to draw from behind a table or you might be at a restaurant. Set up your targets on the wall there, use a 3D target. We talk about 3D targets over at Dirt Cheap Gun Training. We've also got how to build your own tactical range at home. One of the things we show people is how to make your own \$10 3D targets. Really super simple but it gives you more realism there.

Go to Goodwill and if you are normally ... like if you go to work and you wear a suit and tie, you got a two piece suit and tie, well, go and get something that fits you from Goodwill, you know, an old beat up \$10 suit that you can use and see what it's like to actually train in dress shoes and a suit, see what your mobility is like. You might find that you've gotta maybe get your suit maybe a half a size bigger or

whatever to give you more room to be able to get out and get to your weapon. You're just gonna see. Or maybe you can't get a proper stand. So it's hard to move when you've got leather shoes on. Maybe you need to get shoes that have a rubber tread on them instead of a leather sole.

So, those are all things that you can do that are very simple but they allow you to train much more realistically so that when the shit hits the fan that 10 times worse it not gonna be as worse, you're gonna have a much better chance to survive in that fight, okay?

All right, well, those are my five military factors of training in combat and military that will help you for concealed carry as well. I'd love to hear what your tips are, especially if you've been in the military. What did you learn in the military. Or, if you are a police officer, what are some things that you learned that maybe civilians don't necessarily know. How would you apply that to a civilian defense scenario, all right? So leave your tips over on the blog and until our next Modern Combat and Survival podcast, this is Jeff Anderson saying, "Prepare, train and survive."