

## Podcast #223 Transcription – A New Look At CCW Ammo Load-Out

Jeff Anderson: When it comes to concealed carry or home defense, the choice that you must make goes deeper than just what gun is best to protect me and my family. Of course you have to feed that gun the right ammunition that will both feed well in your firearm and have the stopping power you need to make the bad guys stop trying to kill you, right? But few gun owners think beyond the traditional one type, one brand of bullet selection process when it comes to the ammunition that they like. And to be honest, I was one of those people until a few months ago when a buddy of mine who, frankly, I considered to be the mad scientist of gun fighting ... He schooled me that there's much more to the ammo selection process than most people think. And it really sparked a conversation that I basically just stopped the conversation and said, "Wait, wait, this is too important. My audience has to hear this." And that's why we're here today.

Hello everyone. This is Jeff Anderson, editor for 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. With me today is my good friend, an insane firearms innovator, and I mean that as a compliment, and best selling author Ox. Ox, welcome back to the program, man.

Ox: Thanks a lot, Jeff. Great to be here again.

Jeff Anderson: It's so cool to have a friend that I get so many cool tactical tips just out of us hanging out on the phone. This is awesome. But this one conversation that we had was really, really ... It was really eye opening for me. So I'm really excited about sharing this with everybody. So listen everybody, if this is your first time listening to one of the interviews we've done with Ox, Ox is somebody who's truly serious about effective gun training and showing others how to prepare for a violent attack. He's very tied into the alphabet agency crowd on the intel side. And he's worked with several representatives on joint tactical programs such as the best selling book Tactical Firearms Training Secrets, his must have, and I mean that, it is a must have Dry Fire Training Cards and his Dry Fire Fit Cards, the Force Recon 3010 Pistol Course, the Naval Seal Concealed Carry Masters Course ... I mean, the list goes on and on. These are truly innovative products. And Ox is not only that, but he's a competitive pistol shooter, he's an avid hunter, an outdoors man. He is continuously sought after for his advice and consulting by strategic planners at the Pentagon, as well as special operations personal from the US and Allied countries and the US tactical law enforcement personnel.

For more information about Ox and his unique firearms training approach, make sure that you visit him online at [www.tacticalshootingsecrets.com](http://www.tacticalshootingsecrets.com).

Alright Ox, so just to kind of lay the foundation for everybody out there. You and I were talking about stopping power. We were talking about ammunition, which

most people don't really have that conversation. Usually it's about guns and tactics or maybe drills like that. But we were having a conversation a few months ago about concealed carry load out and stopping power. And you shared what you're carrying in your everyday carry gun. And I have to admit, first ... It really made me raise an eyebrow. Like why isn't there just one bullet inside of there? Why don't you just choose one bullet and just go with it? As you explained it to me, it really got me thinking about how important it is for somebody to really think deeper about their own personal load out.

And not just based upon their individual threat probabilities and things like that. But also based on the realities of a true life or death gun fight. And you had a very unique approach to this that I really wanted to share with everyone. So this conversation has not ended. My head is still buzzing with all these possibilities. But let's go ahead and start by letting our audience know what ammo is in the magazine of your firearm that you carry?

Ox: That's a great question. And the short answer is it depends on the time of the year. Most of the year what I carry in each of my magazines is the first two rounds are frangible rounds. And I normally use TNQ, Marcus Luttrell's Team Never Quit frangible nine millimeter. And then the rest of the magazine is filled with sphere G2147 grain hollow points. And then in the fall and winter, I actually change it. First two rounds are still frangible. Next three rounds are still spear G2. And the last five are hard cast lead. And the reason for that is because hard cast lead will penetrate four to six feet. And just a few weeks ago, I was charged by a moose while I was out trail running. So for me it's a very real thing that I might have to take care of a large predator with the little, puny nine millimeter that I run with.

Jeff Anderson: So let's break those down a little bit first. So frangible ... For those people that don't know what frangible ammunition is, what is it and why are those the first few rounds that you have in your magazine?

Ox: Yeah. That's a big deal. So what frangible rounds do, they basically are little shards of copper and other material that are pressed under several tons of pressure to make the bullet. So they aren't melted and formed together. They're pressed. And I think extruded might be the right word. But I'm not sure. What that does is when the bullet hits either a fluid medium or something hard like a brick or steel or cement, the bullet shatters. It breaks up into several small pieces. And the reason that that's good and the reason that I have the first two bullets in my magazines loaded with frangible is I actually shoot a lot of stuff on a regular basis around our house. And we have a lot of rock. So when I shoot into a rock face with a full metal jacket or a traditional hollow point that's lead on the inside and copper on the outside, I not only have rock coming back at me, but I also have metal coming back at me. And I don't like that.

So with the frangible round, if I shoot something that has rock behind it and the bullet makes it through and hits the rock, the bullets not gonna come back at

me. The bullet is gonna disintegrate. There's still gonna be some rock fragments. But they aren't nearly as dangerous as metal coming back at you.

Jeff Anderson: So isn't there ... I think I've talked with police officers that also use frangible ammunition for personal defense because they are out in public. And if I remember correctly, I don't currently have it loaded yet, I wanted to have this conversation with you. But there are people that said if they're out in public, especially in urban areas, when it comes to the accuracy of maybe the first couple of rounds, under high stress, that's the biggest possibility you have of maybe hitting somebody that's innocent or there being a ricochet off of a car or a building or something like that. And so their first couple of rounds ... I know some police officers that have used frangible as their complete load out for this purpose. So are there any personal defense reasons that you know of where frangible might be beneficial for those first couple rounds?

Ox: Yeah. There's actually a big myth about frangible that kind of fits in with that question. And that's the belief that frangible rounds will break up and disintegrate when they hit sheet rock. And the fact is they just don't. Frangible round will still go through six, eight, ten layers of sheet rock just like a regular bullet will. It's not magical in that respect. What it will do is disintegrate when it hits something very, very hard like steel or brick or cement. Or when it hits fluid. But not when it hits sheet rock or traditional building materials.

Jeff Anderson: Right. So that's kind of reminding me ... I think they were thinking if they were shooting at somebody and they were near a building, near a wall or something, even if they missed them, there would be some sort of perhaps like spray off. It wasn't like they were shooting a 12 gauge buck shot round at them or anything like that. But I think it had to do with you could shoot under a car and it would spray underneath the car. If they were hiding behind something, you could shoot underneath it at the pavement and it would kind of shatter when it hits the pavement, it would ricochet up more and it would break apart to give them better spread pattern, if you will, if you want to throw that word at it. But just kind of exploring it. Just trying to think what might be an advantage for that.

Ox: So one of the big advantages is what happens when you miss. And again, the bullet is going to break up. And a lot of the kinetic energy is going to be absorbed in the break up of the bullet. And what you're gonna end up with is tiny fragments that if they hit you, for the most part they're gonna feel like a mosquito hit you. They're just not an issue. If they hit your eye, yeah, that's definitely a problem there. If you shoot a frangible round and skip it off of the ground into ballistics gelatin, you're gonna get a little bit of penetration, but not very much. I would not want to be on the wrong end of that experiment. It's not that kind of safe. But it's way, way less penetration than what you get with a hollow point or full metal jacket.

Jeff Anderson: Right. Right.

Ox: Now when they hit fluid, they break up and make multiple wound channels inside. And they're very effective personal defense round. And in fact, there are ... How do I say this? Places where there are pipes full of explosives a lot of times will use frangible rounds because the consequences of a miss are way less severe with frangible than with traditional rounds.

Jeff Anderson: Gotcha. Okay. So your first few rounds are frangible. The next rounds that you have are gonna be a type of a ... That's where your main stopping power is. You've got hollow points that are in there. And we've done other interviews on why you should do a hollow point versus a full metal jacket and things like that. But then your last few rounds in the fall, you say you do hard cast lead. And the reason for that is ... Why? What is a hard cast lead round and why is your reason for putting that in there in the fall?

Ox: The hard cast lead round is a lead bullet, but it's much denser and harder than traditional soft cast lead. And most people will reload at the home and make their own lead bullets, they're using soft cast lead. This is way, way harder. And it's got a flat point on it. So when it goes into soft tissue, instead of having a round point and slipping through the tissue, it's got that flat point and it just crushes everything in it's path. And it will penetrate a few feet. It's a very effective penetrating round.

Jeff Anderson: Right. Now, this is gonna go through an entire gang of MS-13 ... Like if they were all lined up, it's going through a whole bunch of people. So a lot of people are worried about over penetration. But the reason why you have it is it's specific to your needs, which are ...

Ox: It has to do with wildlife. And we have, in the canyon where we live, we've got moose ... Like I said, I got charged a few weeks ago while I was trail running.

Jeff Anderson: By a moose.

Ox: Yeah. I mean, it was probably a 7000 pound moose that was bigger than a house. Not really, it just seemed like it.

Jeff Anderson: Seemed like it. Yeah.

Ox: But I was able to maneuver behind a tree, yell, and didn't have to shoot. But it's ... That's kind of a reality for us. We have close encounters with moose, with bear. We've got wolves in our canyon occasionally. So I like having ... I like carrying ammo that will take care of the threats that we have in our immediate area.

Jeff Anderson: Hm. And then that's important. That's an important lesson for people, right? To think about ... To really think beyond the one bullet choice that most people are doing, including myself, and then also just think about what are the threats that you face. What are the things that you might have to use a firearm for? What's

the environment that you're in? Are you analyzing what you're feeding your weapon based upon what the choice might be. And most people think about that in terms of home defense. That's a big place where you think about what ammunition you're going to use, right? But most people when they're looking at concealed carry don't give it that same level of thought. And so that's why I thought this was really important.

For people out there that they want to analyze more, what advice do you have for them to really customize what it is that they're gonna put inside of their everyday carry gun or for home defense? I mean, just what is the process ... What are the questions that they should ask themselves in making that selection?

Ox: Well, there's a couple of things. One is throw out any thoughts, beliefs, ideas, or history that you have with ammunition that's older than five years. And the reason for that is the world of defensive ammunition has changed at an absolutely amazing pace. Stuff that was cutting edge 15 years ago and ten years ago is barely adequate now compared to the newer ammo that's on the market.

Jeff Anderson: Mm-hmm (affirmative).

Ox: The newer ammo, and a lot of this is because of the FBI guidelines and demands and millions of concealed carry holders using the FBI guidelines to choose their own personal ammo ... There is a lot of incredibly good ammunition out there now that just did not exist ten, and in some cases five years ago. A good nine millimeter today is as good as the best 45 was ten or 15 years ago. There's .380 ammunition today that gets the same penetration that nine millimeter ammo got five and ten years ago. It's moving at a blistering pace. So any preconceptions that you've got on what caliber is adequate and what kind of bullet design is adequate, it really needs to be based on newer information and not anything from five, ten, 15 years ago.

Jeff Anderson: Yeah. So let me ask you about this because one of the things that we started to have a conversation with and was another one of those things where it was like, "Wait, we've got to do this for our audience" ... But one of the things that we always did in the military was in every magazine for our weapon, the last three rounds were tracer ammo. So if we were in a firefight, all of a sudden ... You're not counting rounds. But all of a sudden if you start seeing tracer ammo coming out, you know visually you have three rounds for your brain to register that there's tracer rounds coming out of there. You know you're at the end of the magazine and it's time for a reload there. With innovation of ammunition like you've been talking about, one of the things that's come out in recent years has been luminescent ammunition. Most people know what tracers are where it shoots this streak. It's like the bullet is on fire when it's going out there. And that usually is like a flammable material that's going out there. In fact, trust me, I've put out more than my share of range fires in the military bases that have been caused by a tracer round. It's a pain in the ass.

But now what they're doing is there's a version of ammunition out there from ... I think it's called streak ammo. In fact, you were telling me about this. It has that luminescent, almost like a epoxy or plastic that's ignited by the gunpowder when you shoot it. It's not flammable, it's not gonna start a fire or anything. But you'll see those rounds going out like they're tracer ammo. And it's not necessarily something that's seen. Because it's at the back of the bullet, it's not seen at every angle by other people. Most likely, somebody from the side is still gonna see it. I know ... I'm just preparing for all those people out there that are saying, "Yeah, then the bad guys are gonna see where you're at." You know, I think that's kind of a ridiculous argument. But nonetheless, it got me thinking and I started looking at my own personal load out, I love the frangible first method. I love putting hollow points in there.

What do you think about adding in the last three rounds there of something like a luminescent round that let's you know, "Holy crap, I better grab my other magazine now"?

Ox: Yeah. I think you can make that work. Like anything, it's gonna take practice. And what you're gonna need to do is condition the mind to know that as soon as it sees that red tracer, that means don't think about it, reload. Otherwise you're gonna have the same delay of that's cool, wait, that means I'm out of ammo.

Jeff Anderson: Right. That looks cool. Yeah. Awesome. Well, I love this conversation. I love all my conversations with you. I learn so much every time that we talk. And this was something I just had to share with the audience. And hey audience, I would like to learn from you. What do you have in your normal load out? Is there something unusual that you use when you're putting together your everyday carry load out? Make sure that you go ahead and leave a comment where this podcast is on the blog. I'd love to hear from you and your thoughts on today's load out as well. So go check that out. And make sure that you head on over to Ox's website. Again, it's at [www.tacticalshootingsecrets.com](http://www.tacticalshootingsecrets.com). And until our next broadcast, this is Jeff Anderson saying prepare, train, and survive.