



Defending Your Loved Ones

with Jeff Anderson for www.ModernCombatAndSurvival.com

You Must Be Able To Defend Your Loved Ones

You must think and act like a "bodyguard" when with your spouse, family members, or other loved ones, because that's exactly what you are. Staying vigilant becomes that much more critical when you're protecting someone you love. Here are some tips for protecting those you care about in public.

Pre-Plan Your Companion's Actions

The time to work out how your partner should respond is NOT when you're staring down the barrel of a gun.

- Talk about dealing with self-defense situations with your loved ones.
- Consider having them break free immediately from holding on to you.
- They should hide behind you an arm's length away.
- They should look for an opportunity to run and get help/escape if possible.
- Unless your loved one is also trained, stress that they are NOT to talk or try to defend you, even if you are being beaten down. The goal is for them to run to safety.

Keep Your Gun Hand Free At All Times

When holding hands, if you are attacked, your companion's adrenaline could kick in and they may wrench down their grip on your hand. This will stop you from using that hand in the fight, at least initially.

- Get into the habit of always holding hands with your support hand, not your gun hand.

- Use your power to pull your loved one behind you so you can shield that person if your attacker shoots.
- Your primary goal, remember, is your loved one's safety, *at all costs*.

Train For Extreme One-Handed Scenarios

Because your other hand may be occupied with your spouse or loved one, it's vital that you train to operate one-handed.

- Most instructors advise a "4-finger sweep" with your gun hand to clear your shirt over your pistol. **THIS DOESN'T WORK!**
- In pressure testing for our [Extreme Close Quarter Shooting](#) course, we found that we would often snag our weapon when trying to grip the handle using this technique.
- Even worse, a few times the gun flew out of our hands as we presented the weapon to fire... because we hadn't cleared our shirts.
- Train, instead, the **THUMB SWIPE** as demonstrated in our online [counter-ambush](#) course, using your thumb to clear your cover garment.
- Criminals attack when they have the advantage. They know that even if you're armed, you'll be less likely to fight back if you're with a loved one.
- For this reason, you not only have to train your one-handed draw, but you've got to be able to FIGHT with just one hand.
- We cover one-handed shooting tactics in depth in our [MCS Podcast #191](#).
- Don't wait to get prepared for protecting a loved one. Start doing the work NOW before you and someone you love are in danger.

Prepare. Train. Survive.