



Shooting On The Move

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Why Shooting On The Move Matters

Is this ever done in the "real world"?

- Most of the time, shooting on the move is done effectively (but it does happen).
- It can be done and, in certain circumstances, it is the most effective tactic to use.
- The body doesn't WANT to be shot. Under stress, you'll want to move.
- The movement is very different than what you train for at the local range. When gunfights start, EVERYBODY is moving.
- What it comes down to is HOW we are moving.

The Biggest Misconceptions About Shooting On The move

People get a LOT wrong about this topic.

- The vast majority of defensive pistol courses don't teach shooting on the move. This is due to liability and instructor fear.
- Some instructors shoot side stepping, etc., but not a lot of actually moving.
- The dynamic of shooting on the move must be practiced specifically. There's a balance.
- The faster you move, the more that hurts your downrange accuracy.
- You must answer for EVERY bullet. If you hit a bystander, you'll be held accountable.
- Do you want to make hits while you're moving, or is the point to get to cover as fast as possible before you shoot? This choice has spurred a lot of debate.
- Much of the debate has come from the military itself.
- If you find training from a military instructor, it might not translate to civilian self-defense.

Integrating Stationary Shooting Skills With The Dynamics Of Moving

Shooting effectively while moving requires...

- You need to be moving FORWARD.
- Don't backpedal; you'll fall.
- Side-stepping produces too much bounce.
- You need to learn to heel-to-ball step forward and lower your center of gravity and minimize vibration in your hands.
- It's not a shooting stance; it's a shooting PLATFORM for your upper body.

Choosing The Best Movement Strategy

Should you shoot while moving, or sprint to cover and THEN shoot?

- It depends on the situation. Train for both.
- You'll get fewer hits when you shoot while moving, but you may not be close enough to cover to keep from getting killed without shooting as you move.
- The odds are with the attackers. Fast, decisive action, while pressing forward, can win the day (but it depends).

Training Drill For Shooting On The Move

- With dry fire and a laser, practice that forward motion at 10 o'clock/the opposite.
- How quickly can you move and still make hits? You can take that practice to live fire.
- If the threat is off to your dominant side, you'll need to shoot one-handed.
- Train sprinting to cover, then engaging FROM cover. Get comfortable with it.

Prepare. Train. Survive.