



WARRIOR
LIFE
PODCAST

Episode #349 Show Notes

**The #1 Most Critical Skill Missing From
Your Gun Training**

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Jeff Anderson spent ten years in light infantry in the military and is a combat war veteran. Most of Jeff's military service was spent with the 10th Mountain Division – an elite light infantry force of highly trained warriors specially trained for warfare under all conditions – arctic, jungle, desert, mountains, urban terrain – you name it.

After 10 years of military training in additional elite infantry units around the world, Jeff began working as a security consultant and executive protection specialist for private clients and the entertainment industry, eventually earning his industry recognized Certified Protection Professional (CPP) designation. Later, he went on to instruct hand-to-hand combat and weapons combat and eventually organized a unique combatives association focused on all areas of survival, called The International Society Of Close Quarter Combatants (www.ISCQC.org).

Jeff's work has been published in several magazines and expert blogs and his manuals and survival combat training DVDs have long been best-sellers. As the Editor in Chief of Modern Combat & Survival, a publication of the ISCQC that provided focused training strategies for all areas of survival for men and women of all walks of life, Jeff determined the next step: the lifestyle brand **Warrior Life**. To learn more about *Warrior Life* and the way of life it promotes, [visit us online](#).

The #1 Most Critical Skill Missing From Your Gun Training

with Jeff Anderson from <https://www.WarriorLife.com/>

The Skill You Can Practice At Any Range

- Most shooting ranges don't allow you to create realistic conditions.
- There's at LEAST an 85% chance this 1 skill that you CAN practice at any range will be the deciding factor in self-defense.
- I hardly EVER see anyone practicing this skill on the shooting line
- I'm talking about 1-handed shooting!

10 Reasons Why 1-Handed Shooting MUST Be Included In Your Training Plan

1. Simply not enough time to get your other hand up. Remember, gunfights happen just outside of arm's reach!
2. Injury of your shooting hand/arm.
3. Directing a family member out of the way (from in front of you).
4. Holding a child (home invasion)
5. Holding a flashlight.
6. Obstacles - In the real world, you may be faced with environmental challenges like opening doors, shoving a chair out of the way, or closing the door on a carjacker trying to get into your vehicle.
7. Carrying/dragging someone wounded (often used in combat).
8. Spouse cranks down on your hand when startled by an attacker.
9. Grappling with your attacker (yes, you can still miss that close).
10. Natural Instinct: After studying the analysis of over 6,000 gunfights, we've discovered that 1-handed shooting occurred **over 80% of the time**.

[Podcast 191 Link](#)

Prepare. Train. Survive.

NOTE: *This is an automatically generated transcript produced by our podcast platform. Much like automated captions, there are bound to be some oddities when the robot doing the transcribing didn't understand. We hope you find it helpful anyway.*

Hey everyone, it's Jeff from WarriorLife.com and welcome to podcast episode #349.

We all know that gunfights don't happen under ideal conditions... so why do most people train at the GUN RANGE with visions of the PERFECT defensive setup - one where you're able to use the PERFECT stance... a nice alignment of your target, front, and rear sights... a slow methodical trigger squeeze... and of course, a solid 2-handed grip on your handgun?

If this sounds like YOUR typical range time, it's time to change things up by adding just this ONE skill-builder to your training NOW. Let's talk tactics...

Welcome back, this is Jeff Anderson, Executive Director of WarriorLife.com. Ok, I get it... MOST shooting ranges DON'T allow you to create conditions that mimic a real-life attack unless it's some highly controlled tactical shooting workshop you sign up for. Most don't allow you to draw your weapon from concealment... you can't lower the lights to simulate low-light attack conditions... you can't move from your lane while shooting... and you may not be able to shoot at anything faster than 1-second intervals.

But there's ONE skill more than any other that you CAN practice... at ANY range... that has at LEAST an 85% CHANCE of being a deciding factor in your ability to defend yourself... and yet I hardly EVER see anyone practicing this one skill on the shooting line!

I'm talking about 1-handed shooting!

I'm really not sure why most people don't practice this skill, because when you REALLY think about the reality of all the things that CAN screw up that perfect response, there are SO many ways you could find yourself with only 1 hand on the grip of your gun when it's time to take that shot... and if you need ANY more convincing, let me give you 10 reasons why 1-handed shooting MUST be included in your training plan!:

1. Simply not enough time to get your other hand up. Remember, gunfights happen just outside of arm's reach.
2. Injury of your shooting hand/arm

3. Directing a family member out of the way (from in front of you)
4. Holding a child (home invasion?)
5. Holding a flashlight
6. Obstacles - In the real world, you may be faced with environmental challenges like opening doors, shoving a chair out of the way, or closing the door on a carjacker trying to get into your vehicle.
7. Carrying/dragging someone wounded (often used in combat)
8. Spouse cranks down on your hand when startled by an attacker.
9. Grappling with your attacker (yes, you can still miss that close)
10. Natural Instinct: After studying the analysis of over 6,000 gunfights, we've discovered that 1-handed shooting occurred over 80% of the time. One of the instructors in our network, Massad Ayoob, interviewed Lt. Robert Stasch who was a 37-year veteran of the Chicago Police Department and survived 14 gunfights, who said that in all of these shootings, he was able to use a 2-hand grip only TWICE. That's about an 85% chance that you're going to be FORCED to shoot with one hand! So if the chances are THAT high... doesn't it make sense that about 85% of your defensive shooting practice should ALSO be done with 1-hand? Whether you AGREE with that training percentage or not, it's hard to argue with the NEED to include 1-handed shooting into your training plan.

I go over my favorite methods for the actual TECHNIQUE of one-handed gunfighting in podcast episode #191 and I'll link to that show in the Resources section on our website where you see this podcast episode.

And that wraps things up on this end. Don't forget to subscribe to our show wherever YOU enjoy your podcasts. You'll find several options over at www.WarriorLifePodcast.com and hey... stop on by your favorite channel and throw us one of those 5-Star reviews! It would be much appreciated!

And until our next Warrior Life podcast episode, this is Jeff Anderson saying Prepare. Train. Survive.