



WARRIOR
LIFE
PODCAST

Episode #362 Show Notes

**The Ultimate "No B.S." Truth About
Stopping Power**

JEFF ANDERSON

WWW.WARRIORLIFE.COM



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 Ultimate "No B.S." Truth About Stopping Power

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

1. Everyone Is Different When They Respond To Being Shot

- About half the people who get struck once will stop their attack because they don't want to be shot again.
- There are those who don't REALIZE they've been shot... or are drunk, on drugs, having a mental episode, or just plain adrenalized (which shuts down their pain receptors).
- The only alternative for the second group is to stop them PHYSICALLY.

2. Handguns SUCK At Physical Stops, No Matter What

- Every handgun is basically a poor physical stopper because the round isn't that big.
- 6 out of 7 people who get shot with a handgun survive (often because they stop attacking so as not to be shot again).
- Handgun rounds are MOSTLY non-lethal if medical attention is given.
- Rifles and shotguns aren't viable for concealed carry, so the debate ranges on for handgun "stopping power."

3. A Round Must Damage The Central Nervous System Or Cause A Radical Drop In Blood Pressure

- A round has to damage the brain, the spine, or punch enough holes in major organs to drop the attacker's blood pressure to stop him.

- A shot that deflates the lungs causes a lack of oxygen to the brain and will cause the attacker to pass out.
- Remember, the permanent wound cavity is the bullet makes, while the temporary wound cavity is the expansion of the body's interior caused by the hydrostatic shock of the bullet.
- Hydrostatic shock simply isn't as big a factor as we once thought. The permanent wound channel plays the MOST important role. The bigger the hole, the better, so the bigger the bullet, the better (in general).

4. Shot Placement Is Critical

- This is the #1 most important factor in stopping an attacker, regardless of caliber.
- Accuracy DOES count, in other words.

5. The Bullet Must Go DEEP

- The deeper the penetration and the larger the hole in a well-placed shot, the better your chances of stopping the attacker.
- Expanding rounds make a bigger cavity but don't penetrate as deep. Choose an expanding round and you're covered at both ends.

Closing Considerations

- YOU are the "stopping power." You and your weapon make a "complete weapons system." Put your training in the areas you CAN control!

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, what's up, warriors, it's Jeff from WarriorLife.com, and welcome to podcast episode number 362. And in this week's episode, I will finally reveal that long-awaited truth about handguns, stopping power, and how to prepare for a real Attack. Let's talk tactics.

Hey there, welcome back. This is Jeff Anderson executive director of warrior life.com and yeah, I know I know I've got to be out of my freaking mind, right? I mean another look at handgun. Stopping power. Is this debate ever ever going to be over? Look the numbers keep pouring in an armchair experts. Like me are going to keep weighing in on this and

Is it is important because people have that question about what caliber gun should they have and what ammunition should they be loading into it?

And this debate, got really fun starting all the way back in, like, 1981 back then. There was a, there was a land mark report that was released by the New York City Police Department and it was a result of data that they gathered that began in January of 1970. And they studied over 6,000 cases of police, combat situations and they evaluated everything, everything, everything. But the kitchen sink related to the Dynamics of what it took to stop an

Her with a firearm. They looked at shooting distance statistics, lighting conditions type of weapon used whether sites were used when shooting whether the firearm had to be drawn quickly. Do engage, or if it was already drawn to hand grip, one hand grips stronger support hand grip reloads, hit percentages. And of course how many rounds and what type were used to stop an attacker and ever since then? And there have been entire books in depth studies that have

Been done articles, they either defend or the dispute, the findings of that report. I mean, there's a lot of stuff to go over there. Some have gone on to do their own studies beside that report on firearm stopping power. And to comes the handguns. Most notably, my friend Massad ayoob is done that very popular. And debated article written by Greg, illa Fritz, L Fritz, who did his own 10-year study on firearm stopping power statistics. Patrick Sweeney of gun, digested, one there,

A host of other experts out there who have studied real shootings, both from law enforcement and civilian Ad nauseam with the hopes of coming up with that ultimate

answer of the best caliber and type of ammunition to load into your handgun. And ultimately everyone just throws her hands up in the air and calls it a myth because statistically there are just way too many factors that decide whether an attacker is going to stop their attack or whether they're going to continue it. And everybody out there has stories about that attacker, who was

Shot in the head with a 44 magnum and walked away from the scene of the crime. And there are also those stories out there about the little old lady, who shot a home invader in the head with a 22 caliber pistol and he died instantly. So, let's face it. I mean, this debate debate is never going to end because everyone is looking to load up with the most gaping chest, wound inducing ammunition that you can get into your your trusty Master Blaster.

Nobody wants that one shot, man stopper that's going to blow the attacker through the plate glass window or or throw him halfway across the parking lot. The bottom line is that all we really want is for the threat to ourselves, and our loved ones to stop their attack as quickly as possible. And to have the best round, that's going to be able to do that. And I can tell you that, I have poured over all the data for literally months on end, I've struggled with this one from and I

I've looked at I've looked at data from like several different experts in the field. I've compared all that data. Mostly what really? Really has helped me. The most is the data that's come from what I consider to be the real experts on the effectiveness of ammunition and that's the ER doctors the surgeons and the coroner's who see the real world effects of various rounds on the human body. So I'm going to do you a solid here. I am going to put an

And once and for all to the stopping power debate. Yes, yes. Little little old me is going to do what no other Firearms expert in the entire gritty and world has ever been able to do. Apparently, that's arguable. I know there's guys out there that are saying similar things to me, but I've got a little bit of a different take on, I think a lot of this stuff. So even those of you that that do have an opinion on stopping power and have done your own research, go ahead and and give give what I have to say, a try here.

Now I'm going to start off by going against what the other experts out there saying that no handgun. Stopping power is not a myth there. I said it, everybody else is saying, it's a myth. I'm here to prove why it's not a myth. But first, we have to build a solid scientific Foundation to the solution because all the studies and reports that I've seen, they all they all break down to a handful of five, no BS realities when it comes to stopping an attacker with a handgun and here,



Our number one first and foremost, the reason why most studies determined the handgun stopping power is a myth is because each person is different in how they'll respond to getting shot about half of the people who get shot. Just once will stop their attack, simply because they don't want to get shot again. But then there are those who don't realize that they've been shot, or they're drunk or on drugs, or they're having a mental episode or they're just plain pissed off.

And adrenaline is shut down their pain receptors. And so for these people, you're only other alternative is to make them stop physically. And for the purposes of this discussion, we're talking about making them stop physically with your firearm and a bullet. Which brings me to number 2 from a physical, stop perspective, handguns, suck no matter what caliber were talking about six out of seven people who get shot with a handgun live.

Now, part of that number of supports that most attackers mentally stop themselves, so that they can get medical attention. But it also shows that handgun wounds are mostly non-lethal if medical attention is given in time. So, one message here is that, if you want to stop an attacker quickly, use a rifle or a shotgun, which is why both of those are recommended for home defense, over a handgun, but rifles and shotguns are generally considered not very cool for concealed carry, according to those pesky.

Ski laws out there. So the debate rages on for the handgun, round with the most stopping power. So, let's move on here. Number three, to physically stop a determined attacker. The round has to do physical damage to either the central nervous system meaning like the brain or the spine or punch enough holes in major organs to be able to cause enough of a drop in blood pressure that their bodies simply can't continue. Now, I would also add to that an alternative way which is a shot that

It's the lungs and causes a lack of oxygen in the brain and then they physically pass out there also. So an open chest wound or a sucking chest. Wound is going to is going to deflate that long. It's going to it's going to fill in with blood and it's going to be a big problem for them to be able to breathe which case they get less oxygen and they just pass out. Okay. Now this number three here about the physical damage to the central nervous system or physical damage to organs. Brings up the topic of

gov temporary versus permanent wound at cavity. Now this is something I personally gone back and forth with over the years and you may have heard me talk about different different things when it comes to this, all right, but just for some definition here, the permanent wound. Cavity is literally the hole that the bullet physically makes as it passes through the body, the temporary wound cavity is the temporary expansion

of the interior of the body caused by, that hydrostatic. Shock of the bullet. So think of it, like a wave.

You've that's caused by the bullet, as it makes its way through the body. The biggest wave comes from expanding bullets as they Mushroom in the body, creating more mass. So if you look at like gelatin tests and things like that, you'll see that the bullet goes in. And then there's this kind of like expansion of that gelatin and the gelatin. It stays permanent like that. Like you can you can see it made this wave and it stays that way because it's not the gelatinous goo that's inside of your body in reality.

That expansion doesn't stay out that way, which is why it's called a temporary wound. Cavity now that is created by that mushrooming of of an expanding round. So it was originally thought and even I have professed to this that the larger, the wave that's created by that expanding round the greater the chance of ripping internal organs as a result. Now this statement has largely been debunked by surgeons and Corners who say that other than the liver, internal organs are much more resilient than that.

In that happens or that hydrostatic shock that handgun rounds deliver. No matter how big or what type of round that they are, and that those organs can withstand that shock without being damaged. I actually have a slightly different view point on this. I'm not, I'm not, I'm not judging the, the physical characteristics of what they're seeing inside of the body, but I'm going to save this debate for another time for now. Let's just go ahead with the their evidence and and say

At the most important reality here is that the permanent wound channel is, at the very least, the most important role of that bullet. And therefore, the bigger, the hole, the better, the chance of hitting something vital. But only if for come number for here only, if shot placement of that round is in a spot that will shut down the body. So, this is the number one most important factor in stopping an attacker, regardless of what caliber

Talking about because unless you hit a vital organ or a structure of the body, it doesn't matter what you hit them with. You could hit them with a nine-millimeter in the leg, they're going to survive. You hit them with a 45 in the shoulder. They're going to survive. You hit them with a 22 in the brain box. They could die. So yes, accuracy does count. But getting back to the actual bullet here brings us to number five, the bullet needs to go deep enough to

To physically hit a vital organ and the science on this is very clear, the deeper the penetration and the larger, the whole assuming a relatively ways well-placed shot the better. Your chances are of hitting a vital organ that's going to stop your attacker. So the general consensus on this is that around has to go 12 to 18 inches in the gelatin to

be considered deep enough to strike organs in the human body. Now that whole can be made deeper and or larger based upon which bullet you

Use. So a round nose, not expanding, ball ammunition, will penetrate deeper because their lack of expansion doesn't slow them down. When they enter the body, they keep on going expanding bullets on the other hand create a larger permanent cavity because they can expand up to 10 times the diameter of their original size but they don't penetrate as deep as ball ammunition because they're slow down with that extra mass.

And therefore, they may not go deep enough to hit a vital organ stress. The word May. So from this perspective, a lot of people talk about like legendary Jeff Cooper and this would end this would support him because he said they all, they all follow the ball. That was one of his claims to fame there because those rounds ball ammunition, do go deeper than how a points and therefore they have a greater chance of hitting those vital organs.

So the stats kind of support that right? Well more on that in just a minute here because I got a little bit of a different perspective, of course, right? Okay. Now all five of these are very good Arguments for why handgun. Stopping power is a myth and I will agree that statistically caliber, doesn't matter in physically or mentally stopping these individuals. You can't plan ahead for how you are going to be attacked. And by whom

So is it going to be a heavily clothes? Gangbanger who runs the first sound of a shot fired? Because he doesn't want to go to the hospital for emergency care knowing that he's going to be arrested at the end of his visit. Or are you facing a naked homeless guy with a knife who doesn't even realize that he's been shot five times? Because he's having a mental yet? Mental breakdown or he's high on drugs or something. So God in all of his, or her Infinite Wisdom,

Them or Evolution or whatever you believe in. I got to cover all the bases here gives us all a pretty good chance. It carrying on our family name. We have a somewhat armored body of skin muscle and bone. We have advanced brains to be able to assess danger. Avoid it process information quickly to change plans on a dime. Even in the middle of an attack, we have hormones, like adrenaline, that are going to give us the super strength and and really fast reflexes to allow us to either Escape.

Or to fight back. We even have the ability to be mortally wounded and still carry on the fight. This was referred back in the old west days. As the Dead Man's 10 seconds, you can be mortally wounded that you are going to die. But your brain still has about 10 to 15 seconds of ability left. Be able to process information and fight back even though

you are just about to die. Now, the bad news of all this is that your attacker. Possesses all those traits as well.

And so, with all of this, I offer this final ultimate answer on the stopping power debate.

Here it comes, folks, you are the stopping power. Ultimately, you must. Look at the gun, the ammunition, the caliber, and the shooter, as a complete weapons system against your attacker. Now statistically, you may claim that it doesn't matter because there's only a one or two percentage Point difference between defensive caliber wound channels. One shot stops hit ratios etc. Etc, etc.

But even that one percent can be the difference between you going home to Mama or going to the morgue, and I don't know about you, but I'm going to do everything I can with my gun with the bullet, with the caliber to gain that 1% Advantage. So, yes, the gun matters. Yes. The bullet. You load matters but most importantly, you matter,

All of these things have to do their part to stop an attacker from trying to avoid the attack to begin with, to finishing the attack. Particularly, if you're engaged with an attacker, who isn't going to stop their attack, whether they don't want to, or they don't realize they've been shot and they're going to keep doing it. Now, the good news is that the gun and what you load into it is the easy part. It's you, the shooter that most likely is going to fail. So what's the stopping power of a 45 or Magnum?

Never leaves your holster zero. What bullets going to stop an attacker? If you can't even get to your gun zero, what bullet is going to go deep enough? If your Barrel isn't even pointing at your attacker, none? What bullet is going to stop them? If you can't even mentally pull the trigger because you have an aversion to shooting somebody zilch. What caliber rounds are going to discharge from your weapon if they're not?

Not even in the chamber.

None that I know and what round is going to go off if your weapon is is stuck on safe, when you go to pull that trigger, none. Now, all of these realities serve as the Baseline for all of my personal offense planning, when it comes to carrying my handgun for concealed, carry for for personal defensive purposes. And your should to the fact is that most major manufacturer handguns out, there are powerful enough and reliable enough to do the job. Don't just

Choose one because the guy behind the counter says, that you should be a 1911 guy like him or don't become a Glock Fanboy like me, just because that's what I carry. I have some very specific features that I look for But ultimately, you are the one who's

going to be counting on it when you need it. Most. So if that's a revolver or an autoloader, or a Glock, or a Smith & Wesson, get instruction in how to shoot and then go to the range where you can rent handguns and give as many

Many a spin. As you can find one that really feels right for you now as far as caliber and ammunition, go, I know you still want these answers on this, all right. So the bottom line answer is for you to carry the most powerful round that you can be accurate with if that's a 357 Magnum, hand Cannon.

Because you can handle that big of a handgun. Go for it. If you're older or have weaker hands and it's only a 20 to go for it. Statistically speaking, both are going to do you proud if you have to use them when we're looking at the statistics for defensive calibers, though, personally, I like 9-millimeter only because I can fit more rounds in the magazine than I can with like a 45. So I have more rounds that are going to give me more chance to hit my Target because we know that age.

80 to 90% of the rounds that most people are going to shoot aren't going to hit the target. So for me, the more rounds, I've got the better and for me, nine millimeter has less recoil in it. So for me, I can shoot faster. I can shoot more accurately than I can with a larger handgun, but that's me. You do you? I don't care. All that matters, is that you're able to do these other things. So, going back to the realization, that your round. Should travel deep enough to hit vital organs.

We have to bring back up the ball, ammo versus hollow-point idea. And I've, I've thought about this a lot. I've discussed this with a bazillion trainers out there, even the guys that you see in the magazines and on on TV and almost unanimously. Everybody out there says to use hollow-point ammunition to avoid over penetration and possibly hitting an innocent bystander. After the bullet goes through the attackers body. Now, I will say, the FBI research has shown that over penetration is overblown, and that this rarely happens and

If it did, the bullet would lose so much of a Lhasa tea that it really wouldn't provide much lethal threat to anyone else that's hit with it.

But for me though, there's one statistic from surgeons and Corners that easily ends this debate because of the Dynamics of a gunfight, if you're round strikes, your attacker its depth and path is dependent upon the angle of entry and whether it hits bone muscle and even clothing that can keep a hollow-point round from expanding.

And in fact forensic, show that 60 to 70 percent of expanding rounds do not expand in the body.

So essentially this makes most expanding rounds ball ammunition anyway, but rounds that do expand do create a larger permanent wound cavity, which is what we want. That's a good thing when it comes to physical stopping power but we also want depth and that's where ball ammo, kind of Beats expanding rounds.

So the answer then is to choose an expanding round and then you're covered at both ends, it makes sense, right? Some most of those rounds are going to go deeper and some of those rounds are going to create much bigger path. So you don't know which one of those rounds is actually going to hit your attacker or which angle it's going to go in or whether it's going to be stopped from it. You don't know any of those things. So load expanding ammunition because it's going to do all of those things. Now, outside of all that, always remember that you

Are the ultimate stopping power, so put your training into the other areas that you do have control over know when you can legally, use your gun for personal offense, increase your ability to get to your gun, even fight to your gun with that type of training, get it pre-staged. So that all you have to do is pull the trigger and it's going to go bang and for God's sakes. Be become one with your weapon by actually training with it. You're going to rely on your instincts when it all comes down.

Down to it.

Now that training doesn't have to be at the live fire range and in fact you can get better training at home with safe effective. Dry fire training in a more realistic environment. Now for me dry fire training is a lot more fun and I have what I call a tactical fun house that I've created, I have a course on this and it's we're still giving it away for free in the drifire master class that I do. With my friend Ox, where he shows his six in one practice training,

To dry fire training system. That's better than anything else I've ever seen out there. If you want to check that out, you can go check it out. It is free. You can go check it out at Praxis class.com, but no matter what you do dry or live fire, just be sure to train trust me. The enemy is

Alright, that about wraps things up here. Now what I need you to do is go ahead and hit me up on our blog over at Warrior life podcast.com and let me know what you thought of this episode in the comments section there. And hey, a quick shout out here to dr. Phyllis, who did leave a comment and left us one star on our podcast and said, they fell for the pandemic and naive. Oh dr. Phyllis dr. Phyllis

May The Souls of the 12 people who died from the covid, pandemic infest your underwear.

All right, so let me go ahead and reword my instructions to you. Then if you're loving our podcast, please go on over and give us five shiny stars and help us get the word out there. Five shiny stars. What? You know, just it's just five stars, but if you're hating our podcast, well, hit me up on our customer support line and let me know how I can improve. I'm all ears and you'll find me quite receptive. Plus don't forget to check us out on the YouTubes over at [youtube.com slash Warrior](https://youtube.com/slashWarrior) where we release a new video every week and be sure to subscribe and hit that little bell while you're there. So you don't miss a single episode and until our next Warrior Life podcast, this is Jeff Anderson saying prepare train and survive.