

# HANDGUN GRIP



# Firearms Training

Before I start this presentation, be sure that when you train with your firearm at the range; you are doing the process right..... Work from the ground up! Here is an example of the core process in order:

- Stance and/or Movement Process
- Presentation
- Grip
- Firing

This is how I do it (personally and teaching) and I don't deviate from it at all. It WORKS! Training cost money, which is extremely limited, maximize those training dollars! Let's start with one of those area's!!!!

# Firearms Safety Rules

*Before any type of firearms training is done, always be aware of firearms safety rules! :*

- 1. Know the status of your weapon at all times.*
- 2. Maintain good muzzle management at all times. (360 degrees)*
- 3. Maintain strict trigger finger discipline at all times*
- 4. Be aware of what is between you and your target, to the sides & beyond it!*

# HANDGUN GRIP

Gripping the handgun is extremely important in round (bullet) accountability, meaning putting your rounds where you want them to go!!! A good strong grip will eliminate a lot of potential issues with your shooting. EXAMPLE: If you are having issues trying to master your trigger, sight picture and/or sight alignment technique, and you have a bad grip. It will make mastering a difficult goal to obtain let alone achieve.....

# HANDGUN GRIP

The primary or strong hand should look as you see it here! The hand high up into the back of the gun, good straight tight grip. The support hand index finger is up against the trigger guard and NOT any where else....



# HANDGUN GRIP



The primary hand should be as high as you can get it into the rear of the gun (beaver tail area, see photo). This will help you control the recoil relatively easy as well.



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The support hand should be at a strong 45 degree angle, you should feel a bit of tension in the support hand forearm. This will help keep you from pushing the gun in a down ward angle when firing and bringing the gun back from a recoil motion.



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Typically, shooters hold their support hand straight out (crossing thumbs) when an incorrect two hand hold is used. This will allow you to bend the wrist down wards, more than you want to do when pressing the trigger and when bringing the gun back from a recoil motion. Thus, pushing/dipping past your point of aim.





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Here is another grip (known as “Tea Cupping”) that is bad! This does absolutely nothing what's so ever, to help you in mastering any type of firearms skills.

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Here is another grip that is typically used. This also destroys your learning ability too! The fingers are interlaced together, serves no purpose at all. The support hand index finger is on the front of the trigger guard.... In my 15 years of teaching experience, I see people inadvertently pull the gun down ward when using this method. Also notice the support hand thumb is in a area that will obstruct the trigger and/or trigger finger.



# HANDGUN GRIP



Compared to the previous not-so-good grips, *this photo shows you what you want to see on a really good handgun grip.*

This grip will enhance your learning ability in mastering skills needed to survive on the streets; if you are ever involved in a self-defense situation.....

# CONCLUSION

Get this grip into your training program and you will see a huge difference in your round accountability! This grip structure will make mastering the trigger and sight picture/sight alignment easier. I will tell you that your range time will BE LESS FRUSTRATING!!!





# Hollow-Point Defense



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