

Two Eyes Open Shooting



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Learning to shoot 2 eyes open is simple as long as you understand the concept of it. Shooting with both eyes open is important, you will gain a whole new field of vision and your shooting experience will be better!

Before we can get to the “how” part, we need to understand the “why”! First, we are learning a skill that is used for self defense purposes!

Monocular Vision

With monocular vision or “Cyclops Shooting” (one eye open) we lose two things that are extremely relevant to us in a use of force situation. We immediately lose depth perception & 50% or more of our field of vision from left to right! In regards to a target, bad guy attacking/threatening us, we lose 50 - 70% of our intended target view. We can't see from the upper chest down, you may just miss the movement of the hands to a weapon. This can and will severely effect your timing of a judgmental decision on when to shoot if that is needed!

Binocular Vision

With Binocular Vision (two eyes open) you have a better field of view. This allows you to read a very highly fluid ever evolving situation faster, and will allow you to make a better decision on when to shoot! You will have almost a 100% view of your target from head to toe! You should be able to see his actions before they are too late! You may also see things that can assist you in a situation as in cover, concealment, escape route or other bad guys coming at you. Two eyes open will also allow you to see innocent bystanders that may be around or behind your intended target! You are responsible for all the rounds you fire off! So use any advantage (2 eyes open in this case) to keep yourself out of civil and/or criminal court!

Advocating

Over my many years of force on force training that I have received as a student, I have always shot with two eyes open.

Not once did I shoot one eye open.

I believe in advocating this as a skill to not only master, but proficiency in it should be a self mandated requirement of any defensive minded shooter.

I teach & require this method to be used in all my handgun courses now!

SAFETY

This exercise can be done with dry-fire or live-fire methods. If you choose to do the dry-fire method, make darn sure the gun you use is NOT LOADED AND ALL AMMUNITION & MAGAZINES are out of the area of your training!

Visually and physically check the firearm to be sure it is unloaded prior to use!

SAFETY is important and needs to be adhered to at all times!

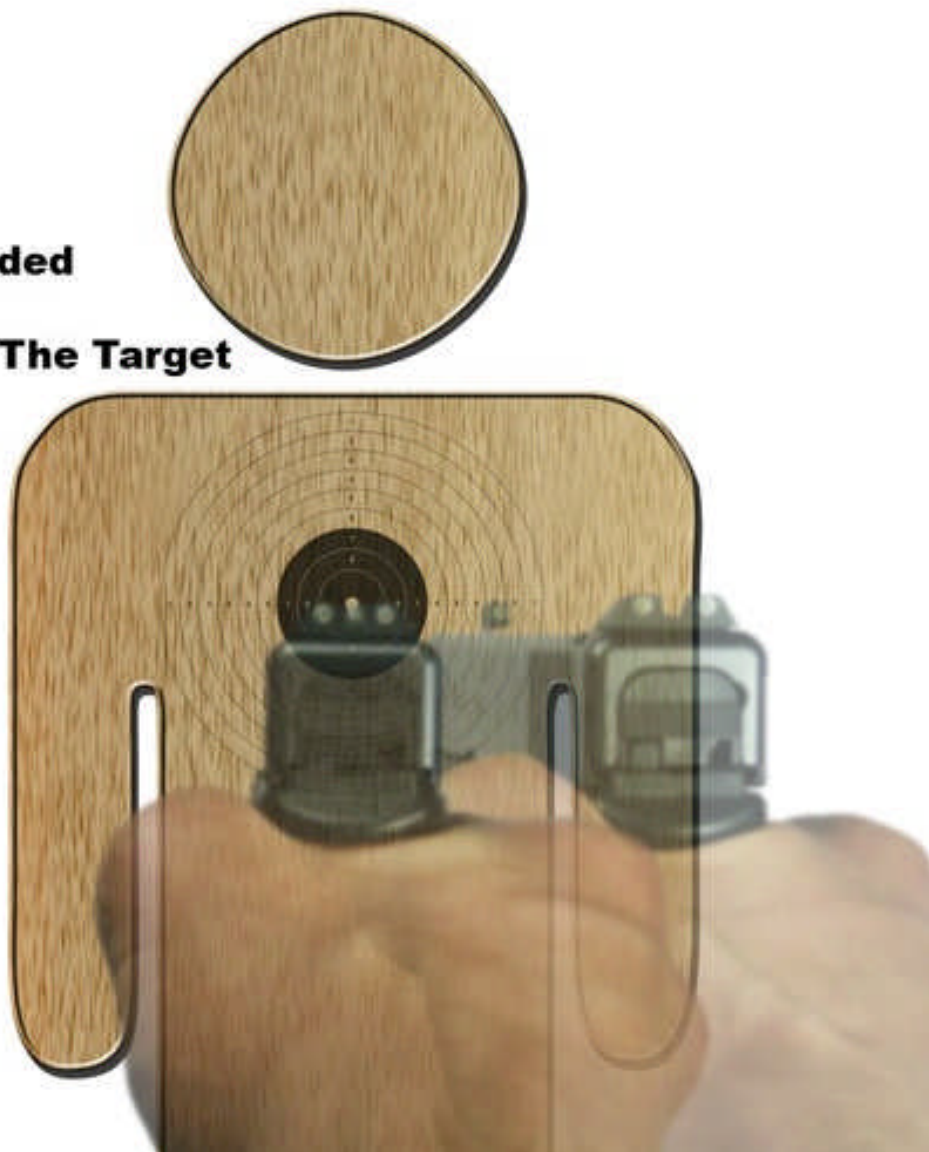
Learning Process

To start the learning process, remember, this can be done with dry fire and live fire practice. I will start this process with dry fire, it is free and cheap to do anywhere. Start off with a target about 3 yards out. First thing to do is find your focal point, it will NOT be your sights. It should be your intended target (upper chest area) with both eyes open, your sights will be in the foreground of your sight picture and your hand, gun/sights should appear to be somewhat transparent. See the photo on the next page).

Sight Picture

Right Handed

Focus On The Target



Learning Process

You will see two guns, one will be very prominent and one will be very light (look at the photo closely to see the details). Keep your focus on your intended target! Without shifting my focus from my target, I can see that my sights are lined up in the foreground. Close the eye you normally do and the sights should be lined up correctly. If so, drop the gun to a low ready position, then bring the gun back up to your target reset your sight picture! If your sight picture is good, repeat this process over and over to train your eyes in what they need to see each time! Side note, you don't even need to use a gun to train the eyes, you can use your balled up fist using the top of the thumb as the top of the sights. (see next photo).

Thumb's Up



NOT Point Shooting!

I want to caution you that this is NOT a point shooting exercise. This should never be called “Point Shooting”. You ARE using the sights on the gun, they just are not the primary focal point, your target IS the primary focal point. Your sights are in the foreground and WILL BE used!

In Point Shooting, the sights are not used at all, I WILL NEVER teach that method to most people, it is best left to highly experienced shooters.

2 Eyes Open Drills

When you get used to what you need to see visually and your comfortable / confident in your dry-fire practice, move over to live –fire practice at the range.

I use target distances of 3 yards out to 50 yards. The drills can be single targets or multiple targets. Add movement once you get the hang of shooting two eyes open. Training options are endless!

Conclusion...

Two eyes open shooting is a darn good relevant & realistic skill to not just learn, but MASTER IT!!!! It may just be the deciding factor in winning a self-defense gunfight!!!

This will enhance your self defense tool box and your proficiency too!

Hit'em Hard & Hit'em Fast!

Train SAFE!!!!!!

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