

“The Gunfighters Training Checklist”

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With much confusion, many practitioners remain perpetually confused as to why their gains are stagnant. Much like working out at the gym, a cogent weapons training program needs a number of features or it will certainly be directionless. We've compiled a checklist of 10 principles that we have found push **gunfighting** (*not shooting*) skills to the next level.

- ✓ **Embrace the weaknesses in your skillset.** People avoid their weak areas like the plague. If you suck at support side work, distance or a certain position *make* it a strength.
- ✓ **Make order of the chaos.** If you hit the range, tower or shoot-house without a specific list of skills to be trained other than to just “*throw some rounds downrange*” you're behaving like a tourist. Develop a three-tiered training plan comprised of individual skill development, team skill development & scenario-based work that rotates with regularity.
- ✓ **Kitup accordingly.** You carry concealed daily... 12 hours a day. Yet here you are training on the range... open. You are a soldier headed overseas... no plate carrier during up/downs? In requisite kit, you might be slower or less accurate, but you will certainly suck if you don't train with it.
- ✓ **Get physical.** Gunfighting is fast, physical, dirty work. The 30 extra pounds of donuts & ice cream you're carrying isn't going to help. Being able to heave, throw, sprint, climb & push loads before during & after putting rounds on target is only going to help you on game-day.
- ✓ **Create consequences.** Mistakes during lethal encounters can have life-altering effects. Errors on the range must have (at a minimum) punishment that includes some combination of running, pushups, psychological abuse or a round of beers. Youth soccer hands out participation medals... gunfights don't.
- ✓ **Train with others.** If you work alone, the only person you have to be better than is... nobody. I find that if I train with those better than me, all I want to do is catch them & knock them off that pedestal. If during training I happen to be having a good run of it, my teammates are looking at all times to pass me on the outside. Either way, I win.
- ✓ **MCA.** Exercise good **Mechanics**. Do them **Consistently**. And only then, can you overlay them with **Aggression**.

- ✓ **Use a timer.** The clock doesn't lie. It is PFC's philosophy that gunfights are lost because fast is unfamiliar. You will **never** engage in a close quarters gunfight that adheres to the trite *slow=smooth=fast* cliché... your DNA just won't allow it. The gunfight is a race to the first relevant round. So to be fast, train fast.
- ✓ **Use & study video.** You are doing foolish, inhibiting, inefficient, superfluous dumb things that you don't even realize. The slow motion feature on your iPhone5S can literally make you a better gunfighter & like the clock it doesn't lie.
- ✓ **Commit to your systems.** If you're a shooter that likes collecting firearms, that's fine. If you want to bring nine of your handguns to the range & a smattering of ammunition, that's fine as well. But if you want to be a gunfighter, then commit. One handgun, one rifle, one shotgun. Sell your '*safe-queens*', buy ammunition & enroll in training.

We didn't arrive at this list by accident. Thousands of hours of comparative evaluation have made these truths indisputable... to us. Now go prove them to yourself. *Stay safe & train hard.*