



# Your Defensive Handgun Training Program

*Michael R. Seeklander*

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YOUR DEFENSIVE HANDGUN TRAINING PROGRAM (BOOK) Another great performance enhancing product from Shooting-Performance ([www.shooting-performance.com](http://www.shooting-performance.com)), Your Defensive Handgun Training Program is a cutting edged functional training program designed to develop the skills needed to survive a high stress encounter while using the most commonly carried weapon system in the U.S., the handgun. If you are armed and carry a handgun daily (CCW holders, Law Enforcement Officers, etc.), get the tools to prepare yourself for the fight of their life. This book is your answer! While there are numerous "tactical" handgun books out there, some with good material, most do not address the "how to train" question. This book is different, and includes a full training program including training trills and a schedule to follow. The techniques in this book can be applied to any type of handgun, so no matter what you carry, this program is for you! Training drills or technique alone do not address the complex needs of someone during a high stress encounter where lethal force might be needed, and this book contains an entire program dedicated to all aspects of training for a fight. THIS STEP-BY-STEP GUIDE TO MAXIMUM PERFORMANCE INCLUDES: • Carry Gun Selection and Modification • Legal Considerations (written by Marty Hayes) • Mental Preparation • Physical Preparation • Firearm Skills Development • Alternate Methods of Training • The Training Design Cycle • High Performance Handgun Marksmanship and Manipulation Techniques • Close Quarters Techniques • Low Light Techniques • And much more! For the total immersion experience please strongly consider buying the DVD set or Vimeo Download (<https://vimeo.com/ondemand/defensivehandgun>) that was designed to be used in this program!

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