

A man in tactical gear, including a helmet with a visor and gloves, is holding a handgun. A bright light source is positioned above him, creating a strong reflection on his visor and illuminating the scene. The background is dark and indistinct.

# **YOUR DEFENSIVE HANDGUN TRAINING PROGRAM**

*If you are armed and carry a handgun daily, get the tools to prepare yourself for the fight of your life. This book is your answer!*

*Written by Michael R. Seeklander*

# Your Defensive Handgun Training Program

**Ying-Ying Zheng**



## **Your Defensive Handgun Training Program:**

**Your Defensive Handgun Training Program** Michael R. Seeklander, 2012-10-14 YOUR DEFENSIVE HANDGUN TRAINING PROGRAM BOOK Another great performance enhancing product from Shooting Performance [www.shootingperformance.com](http://www.shootingperformance.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 drills 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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**Your Defensive Rifle Training Program** Michael Ross Seeklander, 2015-02 Your Defensive Rifle Training Program is the ultimate functional training program designed to develop your skills while using the superior weapon

system the rifle Whether you are an armed citizen Law Enforcement Officer or member of the U S Military that uses a rifle as a home defense or tactical tool success requires an incredible amount of skill Don t make the mistake of being the one who fails to prepare yourself for the fight of your life The book is written for AR 15 type rifle systems but also covers training with and the use of several other variations of rifles including manually operated rifles THIS STEP BY STEP GUIDE TO MAXIMUM PERFORMANCE INCLUDES Rifle Selection and Modification including caliber and rifle length consideration guest chapters written by key experts Mental Preparation Physical Preparation Firearm Skills Development Alternate Methods of Training The Training Design Cycle High Performance Rifle Marksmanship and Manipulation Techniques Rifle Retention 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/defensiverifle> that was designed to be used in this program

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another Written by two trainers with decades of experience this book explores those questions and others related to defensive pistol training     Black Belt ,2003-03 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

**A Matter of Personal Protection** Doug Briggs,1995     Various Pending Building Projects United States. Congress. Senate. Committee on Public Works. Subcommittee on Public Buildings and Grounds,1974     **Various Pending Building Projects, Hearings Before the Subcommittee on Buildings and Grounds of ..., 93-2, May 23 and July 20, 1974; Aug. 8 and Sept. 18, 1974, Consolidated Federal Law Enforcement Training Center, Beltsville, Md** United States. Congress. Senate. Committee on Public Works,1974     American Book Publishing Record ,2005

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