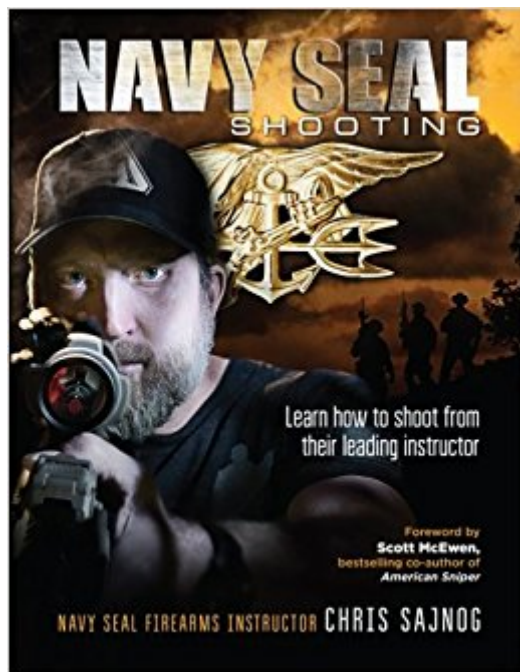


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# Navy SEAL Shooting



## Synopsis

Imagine if you could learn to shoot safely and effectively at home--saving you time and money you don't have. Well, now you can! Navy SEAL Shooting teaches you the groundbreaking training method developed by one of the most respected firearms instructors in the world, retired Navy SEAL Chris Sajnog. With easy-to-follow, step-by-step instructions and 385 illustrations, this book covers everything you need to know to make effective shots in any high-stress situation. You will learn to plan your training, improve your accuracy and speed, shoot while moving, and clear malfunctions. Plus discover every manipulation needed for any semi-automatic pistol or rifle. Whether in combat, competition, or just safely and confidently protecting yourself or your family, this book will help you dominate any opponent. It's the middle of the night... You hear a sudden crash in the kitchen... Someone has broken into your home. He's armed and ready to kill. Will you be able to protect your family? Shoot like a Navy SEAL, Unlock Your Warrior Potential, and Protect Your Family -- Without Expensive Trips to the Firing Range! I've trained the world's deadliest snipers, and today... I'm going to train you. Dear Concerned Citizen, My name is Chris Sajnog. I'm a retired US Navy SEAL and the man who created the US Navy SEAL Sniper Training program. I'm not going to beat around the bush here. I am one of the world's leading firearms training experts. I've trained our country's real-life heroes, the men who do things most people only try in a video game. I didn't always have these skills. In fact, I had never even fired a gun until I joined the military. But if you're willing to take the first step and actually begin training, you can master anything. Today, firearms experts around the world come to me for advice. I've trained hundreds of US Navy SEALs. And now, I'm ready to share those skills with everyday citizens like you who need to protect their families from our growing domestic criminals. But first, let me ask you something... \* How good is your aim? \* Can you hit a bulls-eye at 100 yards? \* More importantly, can you hit a man-sized target in the middle of the night? During a life-and-death situation, you need to be fully prepared for anything that comes your way. Making even one mistake during a violent encounter can mean death for you and your family. It's not your fault. Thanks to my training as a US Navy SEAL, I was given all the time, ammo, and hands-on training that I needed. Most people don't have that luxury. But I've trained the world's deadliest snipers, and now, I'm teaching you those same techniques. Master Your Weapon and Protect Your Family with My Book: Navy SEAL Shooting. Navy SEALs are just regular people with a unique set of skills. With this book, you're going to learn some of those world-class skills -- most of them right in your own home. These skills can save your life and the life of your family. Remember: many of America's heroes were trained by me. Now, you have the opportunity to learn the skills they have and master your weapon at last.

## Book Information

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## Customer Reviews

Once again, Chris demonstrates why he was an expert in the most elite military force. A must read for those serious about hitting the target. --Ryan Zinke, CDR SEAL Team 6, US Congressman  
You literally can't find the techniques taught in this book anywhere else because Chris developed them! He taught the US Navy SEALs to become masters of shooting under extreme conditions and now he's offering you the same opportunity. --Scott McEwen, #1 New York Times Bestselling Co-Author AMERICAN SNIPER and the national Bestselling Sniper Elite series of novels.  
I've known Chris since our days together in the SEAL Teams, and his dedication and ability is and always has been impressive. With this book, as well as in his previous publications, he has taken a difficult and sometimes mysterious skill set and has re-thought, clarified, and adapted the material to make it much more accessible for the beginner and the expert alike. Chris would be my first choice to teach shooting to my friends and family. Don't miss this book! --Joel Lambert, Former Navy SEAL, Discovery Channel, Lone Target

Chris Sajnog is a retired Navy SEAL Master Firearms Instructor, Neural-Pathway Training (NPT) Expert, speaker and Disabled Veteran Small Business Owner. He is one of the most experienced and respected firearms trainers in the world, being hand-selected to develop the training for the US Navy SEAL Sniper program. As a Navy SEAL he was the senior sniper instructor, a certified Master Training Specialist (MTS), BUD/S and advanced training marksmanship instructor. After retiring from the SEAL Teams in 2009 to spend time with his family, Chris began training civilians and law

enforcement officers. He is the founder of the New Rules of Marksmanship, a revolutionary approach to firearms training and has a passion for finding innovative ways to teach elite-level shooting skills online as rapidly as possible to his students. He is a federal and state certified firearms instructor and has trained DOD, DHS, FBI, CIA, Law Enforcement, and multiple foreign allies in all aspects of combat weapons handling, marksmanship, and tactics. He lives in San Diego, CA with his wife Laura and two boys, Caden and Owen.

This book is very true to the title. The reader gets a thorough primer on what makes effective combat shooters and the most efficient path between where you are and there. Having trained with several SEALs, I can tell you this is how they are trained to do it. Of course, the author was their top small arms instructor for several years. Honestly, SEALs aren't necessarily the best shooters on Earth. And there are awesome SEAL shooters and just pretty good ones. But both their mean and apex combat marksmanship capabilities are way on the elite end of the scale. But I've always felt great affinity for Chris Sajnog's body of work as a force trainer.

I ran across Chris via YouTube and as many of you know - there's no lack of "authorities" on the web. I found Chris had the experience and cred so I decided to see what he had to say ... and as the old saying goes, the rest is history. It began with his advice on sight picture and his emphasis on front sight focus. My accuracy - which was fairly good - improved almost immediately. I bought his book and moved on to other information. It all fit together and just worked for me! The book goes beyond the fundamentals to other subjects that will improve your gun handling and shooting technique. He has a manner that is straight forward and simple to follow, and his experience makes him a great teacher. I'd recommend this book for beginners as well as experienced gun owners - everyone can always improve and this book will also serve as a reference and refresher read.

Chris Sajnog's teaching style will make you WANT to change the way you shoot. He questions the status quo and gives sensible arguments for why what we've "always done", just doesn't work for everyone and offers new techniques and mindset about shooting that will benefit every person who reads the book. If you don't take something from this that will immediately help, you just weren't paying attention. I remember the hours of dryfire practice in the military that I just never made time for again after leaving. His encouragement to dryfire the thousands of rounds you cannot afford to shoot (who can afford unlimited range rounds, other than Navy Seals?) will have you practicing for hours without ever chambering a live round. He makes it fun to practice and better yet, Cool to do

so. His expertise is apparent and his teaching style is extremely easy to follow. This one has already become one of my favorites and my results at the range indicate this book is worth 10 times what I paid for it.

Chris Sajnog's book is a very important read for anyone wishing to improve their shooting, be it for range or self defense. This man is an expert and writes clearly and cogently about pistol shooting fundamentals, myths, and realities. He most importantly stresses the skills that go into improving one's shooting, which includes mental, physical, and lots of specific "Dry Fire" skills and practices. He writes clearly, cogently, and with a passion. Buy this book if you really wish to improve your skills.

This is a great book for perfecting your shooting skills. My shooting performance has made a marked improvement since reading and practicing the fundamentals that Chris teaches in this book. Have been struggling with shooting low and left of point of aim since I started shooting Glocks a year and six months ago. The grip strength training and focus on my grip has now solved the low and left problem for me. Some folks on the gun boards talk about shooting low and left for the last twenty years, which goes to show that practice does not make perfect, but perfect practice can. Thanks to Chris I am now on my pathway to Glock Perfection. The section on mindset and the mindset of a warrior has been particularly motivating even to an older guy like myself. Makes me want to take a hand to hand combat class and get physical!

If you are willing to take the time to read, think, admit to yourself you can change your techniques and mindset to become better and train towards the goal of improving each day....he will show you how. Learn to train and train to learn to be your best. How will your shooting respond in a crisis situation currently? Most people do not know. He can help you learn and broaden your capabilities, improve by applying the correct techniques and practice thru repetition. My goals are to improve my skills to protect myself, my family and others close to me from danger. Additionally, I like shooting so the learning is enjoyable for me...why not learn from a demonstrated pro? His proven methods have kept himself and others safe. I like my odds for improvement. Navy SEAL Shooting

I have worked in law enforcement for 18 years and part of my job requires that I carry and occasionally qualify with a firearm. After years of firearms training, or lack of training, I decided to take the steps needed to improve my skills. Until I found this book it seemed I was getting nowhere near where I wanted to be. As of this review, I can't even begin to tell you how much my shooting

has improved. I'm still nowhere near where I want to be but, I'm well on my way to accomplishing my goal. If you are serious about improving your skills or jut want to actually hit a bullseye consistently, get this book! You won't be sorry!

This book expands on the concepts presented in Sajnog's other book How to Shoot Like a Navy SEAL. I prefer this book despite the higher price. Sajnog;s presentation is on point and while reading I got the impression that the information he is sharing is the boiled down essence learned from a lifetime of firearms instruction. What I like most about this book is that Sajnog goes beyond the nuts and bolts of how to shoot a gun and addresses the necessary warrior mindset to be successful. For example, he advises grip strength training to improve accuracy (it never dawned on me that a weak grip can cause issues for a shooter, but it makes perfect sense) and even meditation ((Yes! Meditation!) to improve focus! Overall Sajnog's holistic approach to shooting is outstanding and I highly recommend this book for beginners and veteran shooters alike.

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