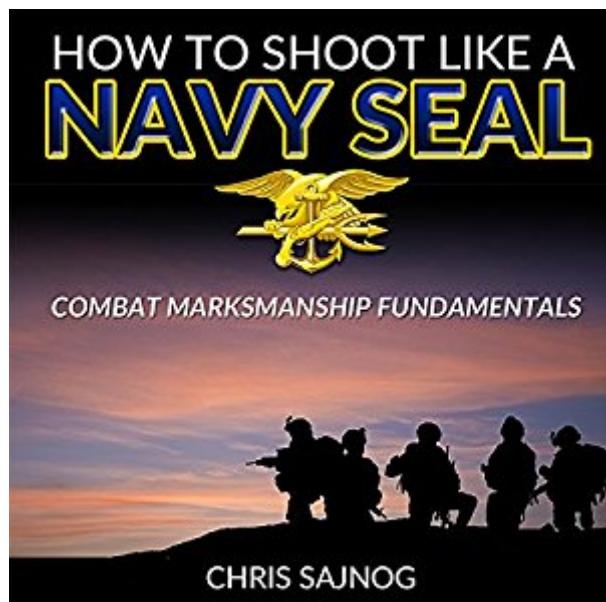


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# How To Shoot Like A Navy SEAL: Combat Marksmanship Fundamentals



## **Synopsis**

Each year in America, two million criminals break into homes just like yours. Is your aim good enough to guarantee your family's safety? *How to Shoot Like a Navy SEAL* teaches gun owners and their families the same deadly, effective techniques the author used to create the world's deadliest snipers. The book is designed to give you the most powerful methods in easy-to-follow instructions. A retired US Navy SEAL and best-selling author, Chris Sajnog was hand selected to develop the entire US Navy SEAL sniper training program. Now you can use these world-class techniques to master your weapon and protect your family. Here's what you'll learn: How to find the right positions for you - not the cookie-cutter methods that work for only some people - so you can maximize your aim with as little effort as possible Simple training exercises you can do right now, at home, without having to spend thousands of dollars at the shooting range How to boost your accuracy by up to 95 percent, using the "Navy SEAL focus" technique that you can master in minutes Chris Sajnog's "SEAL 7": seven super simple steps that'll completely change the way you shoot, so you can hit your mark every time The SEAL sniper trick that you can start using today, allowing you to instantly hit targets at twice the distance Why the aiming technique you were taught is completely wrong and how you can fix it instantly How to do all of this safely without risking harm to your family

## **Book Information**

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## **Customer Reviews**

Ladies - buy "How to Shoot Like a Navy SEAL" Read it twice, employ all of the lessons, especially

safety, safety, safety and practice, practice, practice and print out the printable card "Navy SEAL Fundamentals of Combat Marksmanship" and take it to the range. Doing so may save your life. As the widow of a 32 year Veteran Navy SEAL, my first read through brought back memories of my late husband teaching me how to safely and effectively use a gun. I was not an easy student. I was stubborn and a "mutant," as Chris calls it (right handed and left-eye dominant), which made teaching me a bit more difficult, and as a young woman back then, I was baffled with why I needed to learn this skill. I was, after all, married to a Navy SEAL. Many years later -- when I was able to calmly aim a weapon at three young men on drugs who intended me harm -- I blessed these lessons. I did not have to fire my weapon that day, but I was prepared to do so because the lessons Chris Sajnog teaches in this book were second nature to me. My second read through reminded me of the absolute importance of the fundamentals of marksmanship that anyone who uses a gun must know by heart. I have printed the Navy SEAL Fundamentals of Combat Marksmanship and keep it in my purse for my visits to the range. I bought Chris Sajnog's book, *How to Shoot Like a Navy SEAL*, in support of a man who is part of a Brotherhood of fine men who look after each other and the families of their fallen brothers. I will buy it for others, read it again, and recommend it highly to anyone -- especially ladies -- because learning and practicing these fundamental lessons will save a life.

EXCEPTIONAL!!!! I have to credit the author - really good work and a valuable asset to any professional's library. I have over 26 years of public service as a former SEAL as well as an federal agent serving in a tactical unit. Over the years of attending numerous small arms course - basic, intermediate and advanced, as well as continual tactical training - I would say that this book covers the basics and reinforces good habits quite well. It is easy to understand and effectively details the concepts and nuances of weapon handling, grip, stance, sight picture, trigger squeeze, breathing, etc. All of the details are explained in an easy to understand manner- as if Chris is simply talking "one on one" with you. The "mystery" or "secrets" of effective combat shooting are debunked - it is simply a diligent and comprehensive understanding and application of the basics. Good detail without "over-kill". Writing style is occasionally "smart ass" at times - which adds a bit of humor to a predominately dry topic. HINT: follow his advice on "Dry-Fire" practice, it will do wonders.

â œHow to Shoot Like a Navy SEALâ • is a great book for both beginners and seasoned shooters. As a former Army sniper I was trained how to shoot one way - "By the book," Yes, I could hit my mark every time however, Chris explores some different approaches to shooting I have never

heard. I now have a more constant trigger pull that actually works for how I shoot. Which in my pistol equates to key-holing the target every time which is an improvement from a one inch grouping at 25 yards. Chris also teaches you never to think that you know everything and to always push yourself to become a better shooter. Before reading his book a one inch group at 25 yds was good for me, as using my rifle was my bread and butter. I have read the book several times and learned something new each time. You should buy this book if you want to shoot better. I thought the price was a little high, but after reading the book and watching the videos, the information that you get is worth every penny and more. But if you're happy with where you're at as a shooter and you're not going to approach learning from the best with an open mind don't waste your time! This book is only for those serious about learning to shoot.

This 90 page book covers the same marksmanship fundamentals that are covered in countless other works. Next to nothing in this book is specific to Navy SEALs or to combat shooting. If you really want to learn combat shooting from a Navy SEAL, read *Combative Fundamentals*, which is vastly more complete and costs much less than Sajnog's book. The Book Description is misleading and oversells the book: "Now, for the first time, you will learn the actual techniques these warriors use during these harrowing missions... How to Shoot Like a Navy SEAL teaches you all the skills you need to shoot and survive in combat or any other high-stress situation." On the contrary, Sajnog's book focuses on widely known fundamentals and is devoid of combat essentials such as close-range tactics, distance, cover, malfunctions, etc. Worse yet, although the author extols practice, there is not a single drill in the book. This book feels like a shadow of what Navy SEALs know and practice in combat. On a positive note, the book delivers solid fundamentals (stance, grip, sighting, trigger control, follow through, and breathing), is well written, and covers both pistol and carbine. There are a few gems in the book, such as "aim small, miss small", sight refinement, and virtuosity--but these are few and far between. Perhaps subsequent books in the series, on mindset and close quarters combat, will deliver. Sajnog writes well enough that I would try my luck with another of his books, but only after carefully assessing the table of contents.

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