

The Circuit

For Security And Protection Specialists

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By: Orlando Wilson

TACTICAL FIREARMS

PISTOL SHOOTING – THE NECESSITY OF ONE HANDED TECHNIQUES

It amazes me how many people attend supposed tactical firearms training classes and come away having never been shown or even understand the importance of shooting one handed.

Yes, shooting a pistol with a two-handed grip is for most people more accurate and is better for competition shooting or passing range qualifications. But, in the real-world when your reactions need to be quick and you need to respond to attacks in all environments, you may not have the space or time to get into your range perfect position.

Think about it, how many times a day are your hands busy or you're in situations where you could not get into a range perfect stance or shooting position? Think of your daily activities starting from the morning, walking to your car, carrying a brief case or equipment for work, driving, sitting at your desk, eating lunch, driving home, sitting in a restaurant, using the toilet, etc.

The same applies if you're protecting a client. We all know that the close protection rulebook that says, "Always keep your hands free." And that might make sense in a classroom, but in reality, becomes a guideline to think about. Meanwhile, the "Bodyguard

Stance" of two hands cupping each other at the waist or solar plexus is nothing more than a clear give away they you have done a Micky Mouse EP course. Not only does this body language tell people you're a security goon, but it also gives the bad guys access to your hands which they can easily gain control over while they steal your firearm from you! If your providing protection to clients, you also have to consider that if there is a hostile situation you will be using your hands to guide and maneuver your client to clear them out of any line of fire and get them safely to cover.

Suffice it to say, that in this line of work there are a myriad of ways where your hand positioning may be compromised. For example, you also need to be able to access and use your handgun with both hands, say, if you fall and break your wrist or fingers of your gun hand. Or if your dominate hand gets slashed by a blade in a hostile situation. You must consider and be prepared for what ►

you are going to do then.

Given the multitude of unexpected situations one might encounter in the real-world, it often surprises me that a number of experienced shooters have never practiced shooting or drawing from a holster one-handed or weak-handed. These are basic skills if you are serious about carrying a handgun for defensive or close protection purposes.

Importance of Proper Training Emphasis
When putting together

a training program you need to clearly understand what you want the students to be able to achieve by the end of the class or course. Over the years I have trained many clients who needed to be trained quickly to be able to use a pistol for self-defense. My emphasis is always on close quarter one-handed instinctive shooting.

Most defensive shootings happen up close, conversational range, so there is no need for using the sights on the pistol as long as the shooter can point shoot,



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which if taught properly, can be relatively easy. At conversational range, there is also no need for two-handed grips. The pistol can be shot from the hip or with one armed extended. Multiple rounds can then be fired into the torso of the target as long as the shooter has a good grip; can pull the trigger fairly well; and is not flinching too badly. It's that simple. What's required in the vast majority of hostile situations is that the shooter to pick up a pistol and fire multiple rounds into an assailant at conversational range. The goal is to drop the opposition as quickly and efficiently as possible. It's about neutralizing the threat, not certificates, pats on the back, and group hugs.

A few years ago, a female police academy recruit going through one of the police academies in South Florida came to me for help as she was having a problem passing a low light shooting qualification. Turns out that she had been shown various "tacticool" techniques of how to hold a flashlight and pistol, which she apparently had difficulty mastering. However, she had never been shown how to point shoot one-handed. Once we built up her confidence and ability to shoot one-handed, it did not matter how or where she held the flashlight. Problem



solved. She was not a bad shooter after all. She had just been poorly trained, with emphasis being placed in all the wrong areas.

Focus on Basics

Shooting is not difficult, but people often complicate it with overly technical techniques that have no bearing and relevance is reality. Once you understand and have mastered the basics, its just a matter of practice, practice, practice.

As I said earlier from a close protection perspective, there will be many times

when working with a client that two handed pistol techniques and fixed range stances will not be possible. If your training for close protection scenarios, you must practice clearing the client from lines of fire, guiding them to cover, shooting 360 degrees, shooting while driving, or whatever the situation calls for. Therefore, you need to be as flexible as possible with your pistol techniques!

Having the confidence and knowledge to be able to use a pistol with strong and weak hands and with

one- and two-handed grips will greatly enhance your operational effectiveness. From crossing obstacles to clearing buildings, one-handed pistol techniques can make movement easier and enable you to make the maximum use of cover.

Basic Pistol Transition Drill to Practice

I was shown this drill in Eastern Europe in the 1990's and still train people with it today, it's simple and relevant! There are only four ways to hold a handgun; strong hand

supported, strong hand unsupported, weak hand supported, and weak hand unsupported. You should practice this drill dry fire (no live rounds in the weapon) before you go to the range; when at the range, fire one shot from each stance to start with and work up to double taps. With practice, you should be able to change from stance to stance very smoothly and quickly. You need to be as fluid and flexible with your weapon as possible.

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Orlando Wilson has worked in the security industry internationally for over 25 years. He has become accustomed to the types of complications that can occur, when dealing with international law enforcement agencies, organized criminal and Mafia groups. He is the chief consultant for Risks Inc. and based in Miami but spends much of his time traveling and providing a wide range of kidnapping prevention and tactical training services to private and government clients.