



## **Lady Hawks “Housework” Session Four: Close-In Stuff**

**When we look at the reality of defensive use of a handgun, we must acknowledge the fact that it’s an up-close-and-personal experience. Distances range from arm’s length to 3 adult strides (*USUALLY*). We need to practice for these predictable circumstances in a way that builds skills and automatic behaviors that helps us stop the threat and escape the closeness of the encounter as quickly as possible.**

### **Key Concepts:**

***Movement*, especially movement that gets you behind an object that blocks the bad guy from getting to you (“cover”) is the most important aspect of survival. It trumps caliber, skill, magazine capacity or other ability. If you feel threatened or are attacked, your #1 goal should be to move away, as quickly as possible. Don’t stop until you feel it’s safe to do so.**

**Retention of your weapon at close ranges is critical. Poking your gun in the bad guy's face invites him/her to grab your gun, which is very bad for you. If you choose to display your gat, don't do it in a manner that will invite a wrestling match over control of your blaster. The drills listed below will help you with this.**

**Shooting for effect is another key idea. If we are faced with a threat sufficient to require the use of deadly force, then we need to stay in the fight until that threat subsides, either through surrender, collapse or flight (you or the bad guy run away).**

**Be as ready as you can be before the incident. By this I mean you should engage in some "what if"**

**You will need: Gun, holster and/or whatever method device (like a pack or purse), you plan or do carry the gun in.**

**With these ideas in mind, let's look at some drills:**

**Safety Note: NEVER, EVER, attempt any of these drills with a loaded firearm until you have repeatedly practiced them correctly with an unloaded firearm. Check your firearm more than once to make sure it is not loaded. Remove any ammo from your unloaded**

**firearm practice area. Only practice with a loaded firearm if you are at a legitimate firing range and you are following range safety guidelines.**

**Drill#1: Close Quarters Battle (CQB): Start about an arm's length from the target. Your dominant (gun) hand should be on your holstered/cased firearm. Your other arm should be around or above your face/head. Begin the drill by drawing your weapon, keeping it close to your body. Your wrist should be locked against your side with the muzzle pointed at the lower part of your threat (pelvic/waist area). Simulate firing at least two rounds. Quickly move away from the threat to a distance of at least 7-10 strides. Assess the threat and determine if you need to keep firing (this part can be a mental exercise). Tell yourself not to lower your weapon until you believe the threat has subsided.**

**Extra Safety Tip: Be sure that your non gun-hand NEVER passes in front of the muzzle. This is why we point the gun down and keep our non gun-hand up.**



## **Variations to this drill include**

- 1. Using your non-shooting arm/hand to poke at the bad guy's eyes/face**
- 2. Start with your gun secured and your hands away from it (you will note that this takes a lot longer)**
- 3. Throwing some object in your non-gun hand at the suspect (purse, coffee etc.) as you defend yourself. Don't throw your cell phone. You are going to need it. Be mindful that your hand does not pass in front of your muzzle!!**
- 4. Re-engage target with two or more carefully aimed shots after you have gained a "safe" distance. Try head shots, they are the hardest and most effective.**

**Gaining Distance Drill: Same start distance and position as the CQB. On the start, begin moving back, at an angle (going straight back does not get you out of the way as well as moving back and to one side or the other). Movement away is the most important part of this drill. Move before attempting your draw. Engage target with several rounds while getting at least 7-10 long strides away from the target (hold the gun with both hands and fully extend it only after you and your gun are beyond the bad**

**guy's reach). Mentally assess the situation and be sure to scan the immediate area for any other threats.**

**Variations to this drill include**

- 1. Using your non-shooting arm/hand to poke at the bad guy's eyes/face as you start to move back.**
- 2. Start with your gun secured and your hands away from it (you will note that this takes a lot longer)**
- 3. Throwing some object in your non-gun hand at the suspect (purse, coffee etc.) as you defend yourself. Don't throw your cell phone, you are going to need it. Be mindful that your hand does not pass in front of your muzzle!!**
- 4. Move to and behind some sort of "cover" (at the range, use a plastic barrel or something similar). Away from the range, (and while using an UNLOADED FIREARM), use what's really there (parked car, tree, door jamb etc.). Don't do this in view of neighbors, you will probably scare their pants off!!**
- 5. Re-engage target with two or more carefully aimed shots after you have gained a "safe" distance. Try head shots, they are the hardest and most effective.**

### **Final Thoughts:**

- a. You need to grip the gun HARD to make sure it does not malfunction and that you keep control of it.**
- b. Keep the drills simple. No back flips or flying spin kicks.**
- c. Shoot at the biggest, easiest part to hit first (torso).**
- d. After the shooting is over, move as far away as you can under the circumstances.**
- e. Call 911 once you feel safe enough to do so.**