

# What is all this Grip Stuff About???

Gripping a handgun can be confusing. When most (good) instructors say, “grip”, they are referring to much more than just wrapping one’s hands around the handle (or grip) of the gun.

In the modern sense, gripping a handgun is about maintaining control of the gun through a series of shots. When done right, the grip allows the shooter to do some very important things, such as:

- Not dropping the gun
- Getting the gun from the holster/table/drawer into your hand safely
- Determining when, through habit and practice, to start applying pressure to the trigger
- Not getting injured by the incredibly fast-moving parts, or scorching hot gasses, that result from a round being fired
- Keeping the gun from malfunctioning (big deal, especially with semi-autos)
- And easily most importantly:

Reducing the amount of **detrimental movement** we input into the gun in anticipation of recoil and report when the gun goes “BANG!!”



How do we do this? Simple...and Difficult.

**Simple Part:** Using consistent technique, like high grip on the pistol, lots of hand-to-gun contact and offsetting our tendency to **“punch”** the gun down and away (usually towards our centerline) just before the shot breaks.

## **Key elements:**

The support hand is the key to good fast shooting.

- Make sure your thumbs (both) are pointed at the target.
- Focus on putting pressure on the forward part of the frame with the side of your support hand thumb
- Have the top of your support hand index finger in firm contact with the bottom of the trigger guard
- Your hands should be squeezing inward on the sides of the gun (think squeezing a ketchup bottle or something similar)
- Grip the frame as firmly as you comfortably can and maintain the pressure as you fire the gun and recover from firing.

**Difficult Part:** All of us anticipate the moment the guns goes off and on a very basic level, try to push the gun away (it’s an explosion happening right in front of us!!). We can mitigate this by letting a large amount of our concentration focus on the **feeling of the trigger being pressed**. As you progress as a shooter, the press needs to be faster and faster. Dry firing really, really helps you get this process into your “automatic behavior” parts of your brain.



**Revolver Variation:** Because of the hot gasses escaping between the barrel and cylinder, we cannot project our support side thumb into this area (it’s dangerous!) Instead, wrap your support side thumb over the top of your dominant side thumb as seen in this picture.

Focus on squeezing down with your support hand thumb. You will find you can stabilize the revolver really well with this technique.