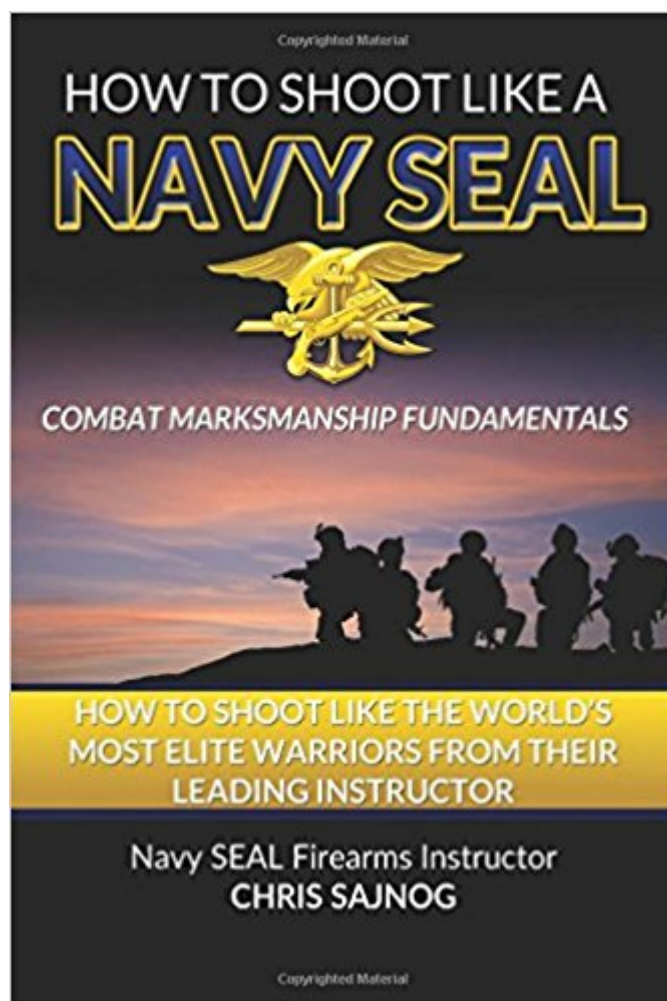


The book was found

How To Shoot Like A Navy SEAL: Combat Marksmanship Fundamentals



Synopsis

Each year in America, 2 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. When the book temporarily went out of print, new paperback copies were selling for as much as \$3495.00! Now you can save over \$3,475.03 on this life-saving knowledge, with the security of knowing that it works -- for both Navy SEALs and responsible gun owners like you. A retired US Navy SEAL and bestselling 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. How to Shoot Like a Navy SEAL also comes with exclusive access to 12 online instructional video lessons filmed just for this book -- no other shooting book offers you this! Watch Chief Sajnog show you his proven methods, and read detailed explanations in this book packed with Navy SEAL training in just 114 easy pages packed with crucial weapons knowledge. Chief Sajnog doesn't waste time showing you "cool moves" or "fancy footwork." He gets down to the fundamental skills that separate US Navy SEALs from everyone else, and shows you how to use them in simple, step-by-step instructions. Here's what you'll learn: - How to find the right positions for you -- not the cookie-cutter methods that only work for 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 1,000's of dollars at the shooting range. - How to boost your accuracy by up to 95% -- using the "Navy SEAL focus" technique that you can master in just minutes. - Chris Sajnog's "SEAL 7": 7 super-simple steps that will 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. - Plus | how to do all of this safely, without risking harm to your family. Protect your loved ones, your country, and yourself, with the firearms techniques developed by the mastermind behind the US Navy SEAL Sniper training program and one of the most respected firearms trainers in the world, Chris Sajnog

Book Information

Paperback: 114 pages

Publisher: Center Mass Group; 1st edition (September 11, 2013)

Language: English

ISBN-10: 0989266451

ISBN-13: 978-0989266451

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 663 customer reviews

Best Sellers Rank: #21,238 in Books (See Top 100 in Books) #4 in Books > Sports & Outdoors > Hunting & Fishing > Shooting #5 in Books > Sports & Outdoors > Hunting & Fishing > Hunting #120 in Books > Sports & Outdoors > Outdoor Recreation

Customer Reviews

The book has great fundamentals told in simple easy to comprehend terms from the eyes of someone who knows what it's like to be in combat defending our freedom and liberties, a Navy SEAL. Great book! --Blake Miguez, Top SHOT Season 1/ All-Stars, USPSA Grand Master
This book is the Real Deal from a great guy. Want to learn? Learn from the best, that teaches the best! --Scott McEwen, Best Selling Author, American Sniper and Sniper Elite
Having attended multiple hands-on instructional courses in firearms training, I was impressed with how Chris broke down the fundamentals in a way I'd not seen before. This explanation has really helped me grasp a lot of the why in recognizing my bad habits and working to correct them. --Bryan Black, Editor-in-Chief, Founder of ITS Tactical
This book is the Real Deal from a great guy. Want to learn? Learn from the best, that teaches the best! --Scott McEwen, Best Selling Author, American Sniper and Sniper Elite
Having attended multiple hands-on instructional courses in firearms training, I was impressed with how Chris broke down the fundamentals in a way I'd not seen before. This explanation has really helped me grasp a lot of the why in recognizing my bad habits and working to correct them. --Bryan Black, Editor-in-Chief, Founder of ITS Tactical

Chris Sajnog is a retired Navy SEAL Chief Petty Officer, Master Firearms Instructor, Neural-Pathway Training (NPT) Expert, public speaker, and a Disabled Veteran Small Business Owner. Chris commands an unparalleled level of respect when it comes to firearms and tactical training. He was hand-selected to develop the curriculum for the US Navy SEAL Sniper training 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, Chris began training civilians and law enforcement officers. He has a passion for finding

innovative ways to teach elite-level shooting skills as fast as possible to his clients and delivering personalized training online. Chris lives in San Diego, CA, with his wife Laura and their two boys, Caden and Owen. To contact the author or to sign up for his free training newsletter, go to <http://chrissajnog.com>

I had my doubts when I was considering this book. I have read a few books on marksmanship, watched youtube videos, etc. I was worried that the "revolutionary" new techniques would be much less than that. Gladly, I was wrong. So wrong. If you expect to find secret practices that nobody else teaches, well, you will be disappointed. If you want to learn cool new tricks and techniques for marksmanship look elsewhere. None of that stuff is in this book. There are no gimmicks, no tricks, no fluff. What you will find is a system. The system is simple. That's the genius. I suggest you read through. Then, begin to train, step by step. I nearly guarantee you that if you become critical about your techniques you will find that this book provides you with hidden jewels everywhere. Before reading this book I thought I only needed work in a few areas. After reading the book, I found that it was best for me to start from scratch and redevelop my stance, grip, sight alignment, and much more. The most valuable lesson in the book is the training philosophy. Dry fire, dry fire, dry fire. That's all I'll say without giving away it's contents. But I warn you. If you aren't ready to be critical of your current techniques don't bother. If you aren't open minded enough to try what is presented in the book you aren't a good candidate for its lessons. Chris Sajnog, I salute you. Thank you.

I am retired Navy spec warfare guy, I was range master aboard one of the most well known military bases in the USA and awarded expert ribbons every time I was required to test in official Navy or base qualifications. But, I was asked to train a young man, a new father to use fire arms. He wanted to be well trained to protect himself and his new twins. He had zero hand gun experience. I helped him choose a weapon, trained him in safety, both weapon safety and muzzle safety, yet I wanted to be sure I was giving him only the correct training and not any substandard info. I am convinced, this book fit the bill. Everything a user of fire arms needs to know to be the most effective person they can become with a weapon and nothing they don't need to know, practice and imprint into their muscular and mental memory, and not develop bad habits. I gave this book to this young man and charged him with reading it at least once a month for a year and since then, he quotes the book or speaks about what he read in it, every single time we shoot. And when I took him to use his weapon for the first time, I scored his target and he was 3 points short of expert! First time out with a brand new, out of the box weapon. Every conceal carry person should buy and commit Chris's book to

memory. Now I need to buy a copy for me.

I am a novice shooter, looking for helpful information on fundamentals. Every person I talk to about improving my skills, stresses fundamentals. I found this book most helpful in spelling out these basics to help one become a better shooter. I found the book an easy read, spelling out things I know I need to work on and more. Clearly though there is no secrets to becoming a better shooter and what he stresses is practice, practice, practice, practice. He does reference his website a lot in the book and for someone like me being a visual learner I found the follow along videos most helpful. I don't expect to become a professional marksman and to compete in professional competitions; I do truly want to learn to shoot better in case I am in a situation where it is my life is threatened and to have a better chance to defend myself. I have a long ways to go before I get to where I want to be and this book plus videos has been most helpful.

Good book for beginning and pistol shooters who have plateaued...The best description of the process of "focusing on the front sight" that I have heard from anyone including numerous instructors and other books. Made a significant difference in my groups. There is a "zen" to the process. Good job on discussing the basic principles of pistol shooting with the ultimate goal of delivering "excellent customer service"...great sense of humor makes it fun to read. Well worth the money.

Even as an experienced shooter I found the techniques that Chris shares improved my shooting. Some have commented that there is nothing "secret" about the techniques in the book. That is probably true. Shooting is a basic skill, and not especially complex. Shooting well takes lots of practice but I think the point that Chris makes is that shooting can be made easier (not easy) by practicing very basic fundamentals until they become second nature. I found a significant improvement in my carbine and pistol shooting after using his techniques. Chris is an expert at boiling down accurate, fast shooting into easily practiced fundamentals. Possibly some readers expected secret ninja techniques and were disappointed. I think Chris has made the process of shooting quickly and accurately LOOK so easy it may have not matched the expectations of some. At the end of the day, aiming a gun and shooting accurately is just pointing a barrel downrange in a consistent manner. Chris shows you how to do this more quickly and accurately than you could before...and it worked for me and everyone I know who has used his techniques. I found that after a couple of sessions of dry fire practice using his techniques, I was significantly more consistent during

my next range trip. I got my moneys worth and loved the book.

[Download to continue reading...](#)

How to Shoot Like a Navy SEAL: Combat Marksmanship Fundamentals NAVY SEAL DISCIPLINE;
The Ultimate Guide to Self-Discipline & Control like a US NAVY SEAL: Gain Incredible Self
Confidence, Motivation & Discipline.: Self-Discipline: ... Guide (NAVY SEAL WARRIOR GUIDES
Book 1) HOW TO SHOOT A HANDGUN: Handgun Marksmanship Fundamentals for Real Life
Situations SEAL Team Six: Memoirs of an Elite Navy SEAL Sniper Seal Survival Guide: A Navy
Seal's Secrets to Surviving Any Disaster Dirty SEAL (A Navy SEAL Romance) (The Maxwell
Family) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self
Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) Combat Corpsman: A
Navy SEAL Medic in Vietnam Navy SEAL Dogs: My Tale of Training Canines for Combat US Navy
Seal Combat Manual Knife Fighting, Knife Throwing for Combat (Special Forces/Ranger-Udt/Seal
Hand-To-Hand Combat/Special W) Marksmanship Fundamentals: Improve Your Shooting By
Mastering the Basics Call Sign Extortion 17: The Shoot-Down of SEAL Team Six SEAL'd Trust
(Brotherhood of SEAL'd Hearts) SEAL Team 13 (SEAL Team 13 series) Navy SEAL Mental
Toughness: A Guide To Developing An Unbeatable Mind Breaking BUD/S: How Regular Guys Can
Become Navy SEALs (formerly The SEAL Training Bible) Warrior Princess: A U.S. Navy Seal's
Journey to Coming Out Transgender Navy SEAL Shooting Way of the Warrior Kid: From Wimpy to
Warrior the Navy SEAL Way: A Novel

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)