

# HOW TO SHOOT LIKE A NAVY SEAL



*COMBAT MARKSMANSHIP FUNDAMENTALS*



HOW TO SHOOT LIKE THE WORLD'S  
MOST ELITE WARRIORS FROM THEIR  
LEADING INSTRUCTOR

Navy SEAL Firearms Instructor  
CHRIS SAJNOG

HOW TO  
SHOOT LIKE A  
**NAVY SEAL**

Combat Marksmanship Fundamentals



CHRIS SAJNOG



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**WARNING:** This book is presented for informational purposes only and is not a substitute for professional firearms training. Neither the author nor the publisher assumes any responsibility for the use or misuse of firearms or the information contained in this book.

Dedicated to  
My two warrior sons, Caden and Owen.

# Contents

1.	Introduction.....	11
2.	Safety.....	19
3.	The Habit of Perfection.....	27
4.	Combat Marksmanship Fundamentals.....	31
5.	Shooting Platform.....	35
6.	Grip .....	59
7.	Sight Refinement.....	71
8.	Sight Picture.....	91
9.	Breathing .....	103
10.	Trigger Control .....	111
11.	Follow-Through .....	121
12.	Calling Your Shot.....	129
13.	Finishing the Fight.....	131
14.	Mission Planning .....	135
	So Now What? .....	139
	About the Author.....	145



# **Navy SEAL Creed**

In times of war or uncertainty there is a special breed of warrior ready to answer our Nation's call. A common man with uncommon desire to succeed.

Forged by adversity, he stands alongside America's finest special operations forces to serve his country, the American people, and protect their way of life.

I am that man.

My Trident is a symbol of honor and heritage. Bestowed upon me by the heroes that have gone before, it embodies the trust of those I have sworn to protect. By wearing the Trident I accept the responsibility of my chosen profession and way of life. It is a privilege that I must earn every day.

My loyalty to Country and Team is beyond reproach. I humbly serve as a guardian to my fellow Americans always ready to defend those who are unable to defend themselves. I do not advertise the nature of my work, nor seek recognition for

my actions. I voluntarily accept the inherent hazards of my profession, placing the welfare and security of others before my own.

I serve with honor on and off the battlefield. The ability to control my emotions and my actions, regardless of circumstance, sets me apart from other men.

Uncompromising integrity is my standard. My character and honor are steadfast. My word is my bond.

We expect to lead and be led. In the absence of orders I will take charge, lead my teammates and accomplish the mission. I lead by example in all situations.

I will never quit. I persevere and thrive on adversity. My Nation expects me to be physically harder and mentally stronger than my enemies. If knocked down, I will get back up, every time. I will draw on every remaining ounce of strength to protect my teammates and to accomplish our mission. I am never out of the fight.

We demand discipline. We expect innovation. The lives of my teammates and the success of our mission depend on me — my technical skill, tactical proficiency, and attention to detail. My training is never complete.

We train for war and fight to win. I stand ready to bring the full spectrum of combat power to bear in order to achieve



my mission and the goals established by my country. The execution of my duties will be swift and violent when required yet guided by the very principles that I serve to defend.

Brave men have fought and died building the proud tradition and feared reputation that I am bound to uphold. In the worst of conditions, the legacy of my teammates steadies my resolve and silently guides my every deed. I will not fail.



# Introduction

To be a great shooter you need to seek perfection in everything you do. Unlike many endeavors, shooting is literally either hit or miss. There is no “close enough” when it comes to taking low-percentage shots in a high-stress environment. This means not only a strong foundation in the basics, but performing the basics exceedingly well. It takes Virtuosity.

I was first introduced to the term *virtuosity* back in 2005 in a CrossFit article by Coach Gregg Glassman. He talked about the importance of virtuosity as a CrossFit trainer and used the gymnastics definition of, “performing the common, uncommonly well.”

As a Navy SEAL sniper instructor I understood this style of training and had been practicing it for years, but it was not until I saw this article that I had seen it put into words so well. So before I get into the how of combat marksmanship, I want to explain the importance of virtuosity in firearms training and the theory behind my training model.

Becoming a virtuoso of firearms requires hours upon hours of dedication and perseverance. There are no shortcuts to becoming a master, but there is a tendency among new shooters to ignore the basic fundamentals of marksmanship and quickly move to learning more “advanced” or “cool” looking techniques, skills, or added movements. This pattern of novice training is apparent in all kinds of skills such as playing a musical instrument, learning a new sport, or any other type of mechanical skill. Although this drive is a natural one for those of us with A-type personalities, it is an impediment to those aiming for perfection and should be avoided at all costs.

Solid fundamentals are required to become the best in any skill, especially in firearms training. The problem comes from shooters having weak fundamentals and a desire for useless (and at times dangerous) or flashy techniques. Many times this is supported by firearms instructors either afraid to insist on perfection before moving on, or worse, a lack of understanding of their importance. This will eventually lead to a lack of virtuosity and a delay in truly mastering the art of shooting. It's vital to understand, especially in firearms training, where mistakes can be fatal, the importance of hammering on the basics of shooting:

1. *Shooting Platform*
2. *Grip*
3. *Sight Refinement*
4. *Sight Picture*
5. *Breathing*
6. *Trigger Control*
7. *Follow-Through*

Obviously, these are the seven fundamentals of marksmanship, but they must be truly mastered before you attempt to move on to more “advanced” shooting skills. Like the foundation of a building, your fundamentals need to be solid or everything you add on top will eventually come crumbling down. Sure it looks cool to run around the range like Captain America, but if your shots are missing the target you’ll walk away looking like an idiot.

Look at the masters of any sport and how they train and you’ll see they spend the majority of their time on basic skills. Michael Jordan is a great example of this and, whether you like basketball or not, most people know the story of how he became a legend in his sport: practicing the fundamentals — layups, free throws, and dribbling for hours more than everyone else. Jordan once said, “The minute you get away

from fundamentals — whether it's proper technique, work ethic or mental preparation — the bottom can fall out of your game, your schoolwork, your job, whatever you're doing." There are many more examples in professional sports, just look for their faces on ESPN. But they don't practice for highlight reels; highlight reels happen by performing the basics with uncommon perfection.

The first place I learned this way of thinking was through karate as a child. The key elements I learned of a good karate practitioner are: stance, balance, focus, execution of technique, and follow-through. Sounds a lot like shooting, right? They are both martial arts. Both the shooter and karateka are warriors striving for perfection. A dedicated shooter will practice dry fire for hours, while the karateka does kata.

When I talk about perfection and mastery in combat shooting, I'm not talking about key-holing shots ... unless that's your goal. I'm talking about breaking down each fundamental and practicing it until it's perfect. (Hint: You'll never reach perfection ... so keep training!) What you do with these skills is totally dependent on the situation you're in or your course of fire. Virtuosity means something different to an IPSC shooter than it does to a Tier-1 shooter downrange or to the average guy who shoots a few weekends a month. Look at what you're training for and never settle for "good enough."

There are a wide variety of firearms instructors out there; some are good and some ... not so much. The quality I've seen ranges from great shooters that I continue to learn from to others who I wouldn't feel safe shooting next to on the same range. I don't want you to think I'm saying I'm the best or anyone else is the worst. I just want you to make an informed decision any time you're seeking instruction. Think about how they are as an instructor, not just as a shooter.

If I played football I'd want Vince Lombardi as my coach, not Aaron Rodgers. Just because Rodgers can pass well doesn't automatically mean he can teach you how to do it and vice versa for the greatest coach of all time. Just make sure you find out about an instructor's method of instruction: Do they insist on perfection of your fundamentals or do they insist on showing you cool-looking techniques? If you're training just so you can shoot cool videos to post on YouTube, that's one thing, but if you want to be a true master of your weapon and not just some guy doing a dance with a gun in your hands, then take a step back and check your fundamentals.

What will eventually cause the downfall of any training program is a trainer's lack of commitment to the fundamentals or the students' lack of insisting on its instruction. Rarely are instructors critical of minor details of the mechanics of shooting, which will eventually cause beginners to try and jump forward to the more advanced

shooting techniques. In the end, this will lead to a shooter who looks cool but never seems to get any better.

As an instructor, it's natural to want to show my students fancy movements and advanced shooting techniques, but in the long run, I'm doing them a disservice. They've paid a lot of money and I want to show them how good I am, but my goal is to make them good shooters. I can't do that when I move away from the basics too quickly and onto the advanced material. Training is about making my students better shooters, not me.

In firearms training, you really need to nitpick the fundamentals of marksmanship and insist on them relentlessly with every shot you take. If you do this, you will be impressed by your progress and your mastery of the art of shooting. The sooner you learn that mastery of the fundamentals is the key to effective combat shooting, the sooner you will become a truly great shooter. By just committing to the basics of firearms training, your shooting will improve, you'll progress quickly, and you will gather an immense amount of respect from those around you. Seeing someone shoot with virtuosity is awe-inspiring to watch, and it's even better when you reach this level in your own shooting!

Throughout this book I'll be talking about certain habits you need to perfect to be a great shooter. The more time you spend practicing, the better you will become. If you're new



to firearms and just want to know the basics of shooting, you can read through the book and you'll be better prepared for an occasional trip to the range. You don't need to set up a training schedule to get where you want to be, and that's fine. For others, you'll want to break down each technique and try each one out when you dry fire or go to the range. If you like a technique and find it's helping your shooting, then add it to your training regime and work on it becoming a habit when you shoot. We all have habits every time we shoot, some good, some bad. Becoming a better shooter is learning what habits are working and what ones aren't, and then replacing the bad ones and practicing them until you no longer think about them, until they are — habits.



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*“Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit.” ~ Aristotle*

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I hope you've received some value from this free sample of How to Shoot Like a Navy SEAL. A book that spent 18 months as the #1 shooting book on Amazon and still, with over 600 reviews has maintained a 5-Star rating.



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**

### COULD A BOOK REALLY BE WORTH THIS MUCH?

I'll be honest with you, my answer is no! But, I will tell that I charge my private clients over \$10,000 a day and I teach them the same information from this book. Luckily, when publisher put the book back in print, the prices dropped WAY down.



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**

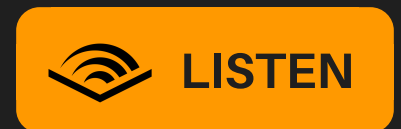
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