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# Navy SEAL Shooting



## Synopsis

Imagine if you could learn to shoot safely and effectively at home saving you time and money you don't have. Well, now you can! Navy SEAL Shooting teaches you the groundbreaking training method developed by one of the most respected firearms instructors in the world, retired Navy SEAL Chris Sajnog. With easy-to-follow, step-by-step instructions and 385 illustrations, this book covers everything you need to know to make effective shots in any high-stress situation. You will learn to plan your training, improve your accuracy and speed, shoot while moving, and clear malfunctions. Plus discover every manipulation needed for any semi-automatic pistol or rifle. Whether in combat, competition or just safely and confidently protecting yourself or your family, this book will help you dominate any opponent. Register your audiobook purchase at <http://navysealshooting.com> to receive access to all the images from the print version as well as receive free additional training from the author.

## Book Information

Audible Audio Edition

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Audiobooks > Nonfiction > Sports & Recreation

## Customer Reviews

Book Review: Navy Seal Shooting  
5 Ways to Shoot Just Like a Navy SEAL Shoots  
Chris Sajnog reached out to us here at The WON before his book, Navy SEAL Shooting: Learn how to shoot from their leading instructor, was published this past August. It sounds a little ominous and maybe intimidating, but instantly Sajnog put me to rest with his conversational, yet authoritative, approach to teaching gun skills.  
Background on Chris Sajnog: Retired Navy SEAL master firearms instructor, Neural â “Pathway Training expert, Disabled Veteran Small Business owner, Chris Sajnog is one of

the most respected firearms trainers in the world. Here are 5 ways from the book that I've immediately adopted so that I can shoot more like a Navy SEAL. I highlighted the book as I read it, so that I could come back to it and refresh my memory and also, let you know how meaningful it was to me. Love for the people in our lives is the reason true warriors train. Because emotion comes from emotion, Sajnog believes that you will train for either competition shooting or personal defensive shooting based on love. You will love the sport of shooting or you will love the idea of being able to defend yourself, your friends and family. Once you realize that your need to learn to shoot well stems from this love, it's easy to justify to yourself and others the time and expense required to be a better shooter. You must have a training plan, and stick to it. Sajnog urges you to discover your weakest areas of shooting and hone in on training to make yourself a better shooter faster. Don't waste time doing the easy drills that either come naturally or that you are already good at doing. That means, you must set goals.

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