



Spartan Firearms Training Group, LLC

💪 Tip of the Day — July 10, 2025 💪

Why Strength Matters When You Carry Concealed

“Stronger people are harder to kill....” ~ Mark Rippetoe

Carrying a firearm in public is about more than marksmanship—it's about being ready for the realities of violence, and one often-overlooked asset is physical strength and conditioning. Here's why it counts:

- ✅ **Weapon Retention** – In a close-quarters fight, strength helps you keep control of your firearm if someone tries to take it.
- ✅ **Confidence Under Pressure** – A strong body fosters mental resilience, leading to clearer decisions when seconds count.
- ✅ **More Endurance** – Real-world encounters can get physical fast. Strength gives you the energy to move, fight, and survive.
- ✅ **Better Accuracy** – A stable, strong shooting platform helps you stay on target when adrenaline's high.
- ✅ **Back-Up Defense** – If you can't get to your weapon, your body is your first line of defense. Strength gives you options.
- ✅ **Control Without Lethal Force** – Sometimes, you need to physically manage a threat without drawing your gun. Strength helps you do that safely.

👉 **Bottom line:** If you carry, train your mind and your body. Strength isn't just fitness—it's part of your defensive strategy.

👉 We recommend Brazilian JiuJitsu, Judo, Muay Thai, and boxing for fighting skills. See the Rising Tide Academy at <https://risingtidemartialarts.us/>. Both Paul and I trained in JiuJitsu. Paul also has boxing and wrestling experience.

👉 [Westminster Strength and Conditioning](#) for building functional strength located at 61 John St, Westminster, MD 21157. I train at this gym.

Here is a link to an article I wrote about the importance of being strong when carrying a firearm in public: <https://www.spartanfirearmstraininggroup.com/stronger.../>

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