

Tip of the Week: September 22, 2025

🔥 Eyes Lead the Gun 🔥

In self-defense shooting, your eyes aren't just observers—they are the leaders. Where your eyes go, your hands and gun will follow. The discipline to control your gaze under stress can mean the difference between precision and panic.

Key Lessons:

- 👁️ **Gaze control shapes accuracy.** If your eyes dart or shift too soon, your shots will follow that instability. Lock your gaze deliberately, don't leave it to chance.
- 🎯 **The “Quiet Eye” advantage.** Elite performers hold a final, steady fixation on the exact point they intend to hit just before the trigger press. As the adage goes, “aim small, miss small.” Train this skill and you'll anchor your shots with calm precision.
- ⚖️ **Vision guides judgment.** What you choose to look at—and ignore—directly impacts decisions, restraint, and situational awareness in a fight.
- 🧘 **Train your eyes like your trigger finger.** Build drills into your dry fire and live fire sessions that emphasize quiet-eye discipline, sight recovery, and rapid transitions.

Front-Sight vs. Target Focus — When to Use Which

- **Front-sight focus:** Use for aimed, precision shots at typical handgun distances (5–25 yds) and whenever you need a tight shot group. Keep the front sight razor-sharp in your vision; let the target be a fuzzy background.
- **Target focus (point shooting):** Use at very close ranges or in fast, dynamic encounters where speed and gross motor patterns dominate. The target is primary; use the sights as quick confirmation when time allows.
- **Hybrid approach:** For most real-world training, practice both. Train to lock a quick front-sight picture when there's a sliver of time, and to press from target focus when there isn't.
- **Gaze control** is essential for both front-sight and target focus. It is also important when transitioning from one target to the next...look first, then move the gun.
- **“Quiet eye”** is especially important for front-sight focus.

👉 **Takeaway:** Don't just practice shooting—practice seeing. In the fight for your life, your eyes will decide before your gun ever fires.