



Spartan Firearms Training Group, LLC

Tip of the Week for October 20, 2025

Aging Armed Citizens Need to Adapt

As you get older, your body changes. It's essential to realize what's happening to you as you age. Here are some tips for managing the aging process.

EVALUATE YOUR GEAR. Is it what you need now that you are older?

- Assess the Size and Weight of Your Firearm. If your grip strength is weakening, a smaller and lighter handgun might be easier to manage.
- Assess Holster Comfort and Accessibility. Is your holster comfortable to wear now that you are aging? Does it allow for an efficient draw? Perhaps you might consider appendix carry (AIWB) with an optic attached to make it easier to point shoot at close targets.
- Sights. Old eyes make it hard to acquire a front sight focus. Consider attaching a red-dot optic to your handgun or installing high-visibility sights.
- Loading Magazines. Old hands sometimes become arthritic and weak. If you can't comfortably fully load your magazines, consider buying an automatic loader.

DRY FIRE PRACTICE IS REALLY IMPORTANT

Even high-level competition shooters use dry practice techniques. If they can, so can you. Using an unloaded handgun with no ammunition close by, you can work on:

- Gripping
- Drawing
- Controlling the trigger
- Tactical and emergency reloading.

MEDICAL CONSIDERATIONS.

- Make sure any medical condition you have won't negatively affect your ability to use your handgun effectively, especially in a self-defense situation.

- Include an assessment of the side effects of your medications and physical limitations like arthritis, multiple sclerosis, and Parkinson's disease.
- Determine what you need to do to adapt to these limitations.

INCREASE YOUR SITUATIONAL AWARENESS SKILLS.

As you age and as physical abilities decline, you have to be more aware of possible dangers around you.

Learn to observe, orient, decide, and act (the OODA loop) to avoid dangerous situations and to de-escalate confrontations.

PRACTICE SHOOTING WITH ONE HAND—DOMINANT AND NON-DOMINANT HAND.

- We have drills in our wear and carry course that require customers to shoot with their dominant and non-dominant hand.
- Why? We think you can guess the answer.

KNOW YOUR SELF-DEFENSE LAWS AND KEEP UP WITH CHANGES

- If you use your handgun in ways that violate the law, guess what happens to you.
- Being old won't get you out of legal trouble if you violate your state's use-of-force laws. Laws also change.
- It is essential to stay up to date on your state's firearm laws.
- Join Maryland Shall Issue or a similar organization in your state to get legal updates

IMPORTANT REMINDER.

- Legally carrying a handgun in public is a grave and consequential responsibility.
- As you age, it becomes more important to train regularly to ensure your safety and the safety of people around you.
- If you do an honest assessment of your limitations and determine that your abilities are deteriorating too quickly so that you can no longer safely carry a firearm, consider alternative self-defense options.