



Spartan Firearms Training Group, LLC

Tip of the Week—December 8, 2025

Most Encounters Require Movement, Not Marksmanship

Most real defensive encounters happen fast, close, and chaotic. Standing still turns you into an easy target. **Your feet are survival tools — use them.**

WHY MOVEMENT MATTERS

- **Distance = Time.** Even a few steps buys you space to think, move, or draw.
 - **Attackers close fast.** Most assaults occur within 7 yards — often within 3. Standing still gets you overrun.
 - **Lateral movement breaks the attacker's aim.** People aim where you *were*, not where you *are*.
 - **Movement disrupts the attacker's plan.** You force them to reorient, slowing their attack.
 - **Static training builds static habits.** If you never move in practice, you won't move under stress.
 - **Movement gets you to cover.** Cover wins fights; don't ignore it.
 - **Your feet are part of your self-defense toolkit.** The gun is just one tool — position is the other.
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HOW TO TRAIN IT (Use live fire only when it is safe to do so. You can use dry fire for most of these drills.)

- **Add a sidestep to every draw.** Step left or right as your hands begin the draw.
- **Practice “offline movement.”** Move diagonally away from the threat line — get off the X.
- **Drop your profile.** A slight crouch improves balance and mobility.

- **Use a timer.** On the buzzer: move → draw → dry-fire.
 - **Train retreating toward cover.** Back out while staying oriented toward the threat.
 - **Layer the skill.** Slow → smooth → fast. Don't rush sloppy movement.
 - **Anchor–shoot–move.** Move decisively, plant briefly, make the hit, then move again.
 - **Use scenario dry practice.** Parking-lot approach, aggressive stranger, robbery attempt — rehearse your angles.
 - **Record your reps.** Most people aren't moving as much as they think.
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Bottom Line:

If your feet aren't part of the plan, you don't have a plan.