



Spartan Firearms Training Group, LLC

Tip of the Week — January 12, 2025

The Sympathetic Reflex Trap

Spartan Firearms Training Group teaches our wear-and-carry customers about the dangers of the sympathetic reflex. We also show them a real-life video illustrating what can happen.

Here are the key learning points:

- ❖ For some people, when one hand squeezes hard, the other one wants to squeeze too. Under stress, your hands don't act independently; they act like a linked pair.
- ❖ If your support hand is off the gun and squeezes something, and if the trigger finger on your gun hand is on the trigger, your gun hand can tighten, and the trigger is pressed. This is one of the most common causes of negligent discharges in real life.
- ❖ The fix isn't willpower — it's training.
- ❖ Keep your trigger finger high and indexed along the frame of the gun until your sights are on target, and you've made the conscious decision to fire.
- ❖ Practice moving, grabbing, and drawing in dry fire so your brain learns to keep the trigger finger isolated even when the rest of your body is under stress.