

Guns & Gear Recommendations

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We get asked a lot about guns and gear recommendations. Many times, we are really being asked to bless someone's opinion, or condone their gear and/or their preferred carry method(s). We will take a few minutes to share with you a relatively short answer to that question.

The question might seem pretty simple to answer, and it is. But not perhaps in the way most people think. We hear "any gun is better than none" pretty often, but if we have a choice, why would we choose "any gun" when there are several really good options available. We also hear the same tired "the caliber should always start with a 4". Again, this is outdated information for most people. When it comes to actually carrying the firearm, we see a huge variety of methods, locations, holster designs, and plenty of internet trolls and industry reps who tell you their way is the only way.

Let's get to it.

The Handgun

Here is what we recommend in a defensive handgun and ammunition for the sake of efficiency:

- We recommend a modern striker fired handgun from a reputable manufacturer and a proven model.
- The firearm has to fit YOUR hand. You should be able to get a full grip with the web of your hand directly behind the gun. You should be able to reach the trigger with the pad of your fingertip without shifting your hand to do so.
- We do not recommend any buttons, levers, or switches other than the trigger, magazine release, and a slide lock lever. This includes de-cockers and manually operated safeties. We don't want any additional operations to fire the gun. Simple is better, especially under duress.
- The caliber we recommend is 9mm. The difference in the wound channel is minimal between 9mm, 40 caliber, and 45 caliber, however, recoil management is much better with 9mm in a multiple shot string of fire. We recommend a bullet that is heavy for the caliber with a copper jacket that is bonded to a hollow core bullet. Also 9mm is less expensive allowing for savings that you could spend on defensive training.

The Carry Method

Here is what we recommend for a Carry Method:

- We recommend 2 locations to carry your firearm: Appendix and Strong Side Hip. Other options are not as efficient.
- The top of the holster should stay open when the firearm is drawn to allow for easy reholstering.
- The holster should cover the trigger to keep it from being actuated.
- The holster should be molded to fit the firearm and keep it close to your body. The holster should be contoured to your gun. It is never appropriate to carry a firearm for self defense in a generic, or non-fitted holster.
- If you choose a holster that has retention devices other than the friction provided by a molded holster designed for your particular handgun, it is imperative that you train regularly over time to enable the efficient deployment of your firearm under duress. Holsters with release buttons that must be operated by a thumb or finger, or hoods that must be pushed forward in order to release the firearm, will require additional training to enable you to use those finer motor skills in a stressful situation.