

# **NO SIGHTS USED IN 30 YEARS OF ADRENAL STRESS, SCENARIO BASED, FIREARMS TRAINING**

The following is an excerpt, with minimal editing, from Peyton Quinn's "Myths And Facts About Firearms For Self-Defense."

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We have been doing adrenal stress, scenario based training for three decades now. In that time we have had many competent marksman, IPSC competitors, police officers and others who were very familiar with firearms and 'grew up' with them take our course.

Even so, we hear from a good number of them that in their very first scenarios they discovered that the 'problems' and 'challenges' of using a pistol in a self defense situation were not at all what they previously imagined they were, or trained on.

Some attendants have said things like this to us and 'early on' in the training: "Peyton, doing that second scenario I realized that all the things I trained on for twenty years, have very little to do with actually using a gun in real self defense situation. I wasn't even aware there were sights on the gun... you just can't use them in the scenarios ... so I can't imagine how you could use them in an actual situation."

This is a very critical thing to understand and frankly for you to ultimately accept. If you must draw your weapon and fire on another human being, then your life is in immediate and mortal danger. And in that situation you are not totally in your 'self-aware mind' at all. Your body goes into the 'fight or flight' modality of a 'non-self-aware consciousness'. It 'ping pongs' between these two states (self aware and non-self-aware) in milliseconds.

Physiologically, your lower brain, Amygala, won't let you take your eyes off anything except the person about to kill you. That means it will be all but impossible to use the sights of your weapon in a real self-defense situation.

**"POINT SHOOTING" IS LIKELY GOING TO BE ALL YOU HAVE IN CRISIS SO YOU MUST MASTER IT AND YOU CAN DO THAT TOO!**

**NOT ONE PERSON WHO HAS TAKEN THIS SCENARIO BASED COURSE IN ALL THESE YEARS HAS NOT REALIZED THAT.**

When we replicate that mental state in the scenarios, in all these years and without exception, the people who have taken our course, tell us they 'could not' and 'did not' use the sights of the pistol in their scenario.

And also understand that sometimes good people come in here and say initially something very much like this: "Peyton, I've read your books and articles and I agree with most all of what you say, but I just know aimed fire is more accurate than point shooting".

Some are even more adamant and even 'dogmatic' about this subject of 'point shooting'. Sometimes this attitude comes partly from their previous training experiences and the training philosophy another school.

It does not matter though, because once they experience the adrenal stress scenarios they know the truth and equally importantly, they 'know what they know'. That is, nothing is 'theoretical

anymore' for them, as they have experienced it for themselves.

The more realistic the training becomes the more certainly the person will discover for themselves through actually experiencing these physiological affects, the real problems in using a gun in a self-defense situation.

It also shows them the things and skills that are simply not so important. This is the only way to truly address and train to overcome those real problems too, by actually experiencing and discovering them in training!

End of excerpt.