

## **Sig Sauer P220 Basics**

(Make necessary adjustments for left handed shooter and other gun models. Safety vs decock, etc.)

DRAWING (Look at threat not gun – do by feel)

1. Pull up clothing with right and left hand
2. Hold clothing with left hand high on chest (over heart)
3. Grab gun with right hand (finger off trigger)
4. Draw from holster and twist at hip to point muzzle at threat (finger on trigger)
  - a. Hold gun firmly with thumb on grip below slide (personal preference)



*Fig 1. Firm grip after draw and twist at hip. Avoid any gap between thumb/index finger arch as shown in this example.*

- b. Be ready to fire from hip or armpit (< 3 yards from threat)
      - i. Most self-defense encounters occur within 3-10 feet
      - ii. Training for close encounter is a must for realism
      - iii. Keep gun close to body (hip, armpit) for close encounter action
      - iv. [http://www.chucktayloramericansmallarmsacademy.com/close\\_quarters.html](http://www.chucktayloramericansmallarmsacademy.com/close_quarters.html)
5. Raise gun to armpit and push straight forward towards threat (> 3 yards from threat)
  - a. Avoid arcing gun from top or below – only straight forward
6. Obtain two handed grip as gun pushes forward from armpit
  - a. Place left hand thumb over right hand thumb and against gun body.



*Fig 2. This hold is often taught*



*Fig 3. This hold is more natural for myself. Left hand thumb is more forward (from what is shown) and against gun body similar to Fig 2.*

7. Align sights and fire gun when arms are fully extended
        - a. Begin squeezing trigger as you extend arm and fire at arm extension (DA only)
        - b. Shooting could start while pushing gun forward if required
        - c. “Aim small, shoot small”. Focus on a small target (button, belt buckle, nose, etc.)

8. Fire 3 rounds. Two in chest (double tap) and one in head
  - a. Fire 3<sup>rd</sup> round only if assailant continues to be a threat
  - b. Fire 2 rounds in close encounter (< 3 yards from threat)
    - i. Move away from threat by sliding feet along ground to “feel” obstacles
    - ii. Follow steps 5 through 8 at >3 yards from threat
9. Try to complete 1 through 4 in 3 seconds (ideally <1.0 second)
10. Try to complete 1 through 8 in 5 seconds (ideally <2.0 seconds)
11. Distances: 7 yards (10” chest, 4.5” head)

My preferred targets: [http://americantargetcompany.com/IALEFI\\_Q\\_target.asp](http://americantargetcompany.com/IALEFI_Q_target.asp)

Video example (2015): <https://youtu.be/nTPUnnh8BA> *(Early practice – very robotic)*

Video example (2018): <https://youtu.be/cSdV00sxia8> *(More recent practice - added movement)*

5 Step Presentation: <https://youtu.be/fBcdQhTOPY8>

## ASSESS (Look at threat not gun)

1. Drop muzzle down to assess threat with finger on reset trigger
2. Take finger off trigger and sweep gun to check other surroundings
3. Bring gun back near armpit, muzzle pointing towards threat
4. Assess situation and decock

## REHOLSTER (Look at threat not gun – do by feel)

1. Pull up garment with left hand
2. Reholster gun (right hand only) while looking at threat
3. Place right hand thumb on hammer while reholstering.
4. Keep left hand at chest holding garment until gun is secure
5. NOTE: Most accidental shootings occur during reholstering
  - a. Make certain gun is decocked, finger off trigger!
  - b. Place thumb on hammer (feel it decocked)
  - c. Look if necessary during initial training sessions

## SPEED RELOAD (Look at threat not gun – do by feel while muzzle is pointing at threat)

1. Left hand retrieves new magazine (thumb, palm, index, middle finger)
2. Right hand releases empty magazine in gun (finger off trigger)
  - a. Pull empty magazine from gun with left hand if it doesn't drop on its own
  - b. Bend elbow of right hand and keep gun/eyes in line of threat for mag exchange.



3. Insert new magazine as empty one exits gun (forcefully tap magazine)
4. Left hand grabs slide behind ejection port (palm/fingers) and racks slide
5. Left hand obtains two handed grip as arms fully extend (finger on trigger)
6. Practice to have gun reloaded and ready to fire before empty mag hits ground
  - a. Empty mag hitting ground is telltale sound you are vulnerable

## TACTICAL RELOAD (Look at threat not gun – do by feel)

1. Left hand retrieves new magazine (thumb, palm, index, middle finger)
2. Rotate gun horizontal, finger off trigger and release magazine with right hand
3. Remove gun magazine with left hand pinky/ring finger
4. Insert new magazine and tap forcefully in place
5. Insert gun magazine in mag holder (bullet facing backward) or pocket
6. Left hand obtains two handed grip and assess situation



## CHECK IF GUN IS CHAMBERED (Do by feel)

1. Cock hammer
2. Place left hand thumb on hammer, forefinger on rear sight
3. Pull slide with forefinger towards hammer
4. Feel chamber with right hand index finger for cartridge.
5. Release slide and decock
6. Obtain two handed grip/assess/reholster

## JAM (Look at threat not gun – do by feel)

1. **Tap** magazine with left hand forcefully (*avoid bending elbow, keep gun pointed at threat*)
2. **Roll** gun to right (eject opening facing down)
3. **Rack** slide with left hand (grabbing rear serrations firmly with palm & fingers)
  - a. Slide won't rack (double feed jam)
    - i. Manually lock back slide
    - ii. Manually remove magazine (drop, store under arm or belt)
    - iii. Roll gun to right (eject opening facing down)
    - iv. Rack several times until chamber is clear (using rear serrations)
    - v. Insert same or new mag and rack
4. Obtain two handed grip, extend arms, align sights and fire/assess

## MOVEMENT WITH LOADED GUN (Good guys around you, threat exists)

1. Place left hand over right hand lower chest (hand open)
2. Bring right hand with gun (finger off trigger) over left hand (muzzle down).
3. This is often referred to the "Sul Position".



## CCW Range Exercises (Once/week - IALEFI\_Q Target Mounted with top edge at 6')

May 17

1. 2B, 1H @ 9/15/21' < 5 sec (2 Mag each) 3.5 sec
2. 2B @ 3' Armpit, Step Back 1H @ 15' (4 Mag) 4.5 sec
3. Open Mag, Stove Pipe 1H @ 15' (1 Mag)
4. R<sub>Only</sub> | L+R | L<sub>Only</sub> @ 21' B (1 Mag each)
5. From Conceal 2B < 1.5 sec @ 21' (3 Mag) 2.5 sec
6. Speed or Tactical Reload whenever needed <8 sec

Mix up the order of each drill to avoid range habits.

<u>Day 1-7</u>	<u>Day 8-15</u>	<u>Day 16-23</u>	<u>Day 24-31</u>	
5 2 4 1 3	5 1 4 3 2	3 4 5 1 2	5 1 2 4 3	Odd Month
4 5 1 2 3	1 4 3 5 2	1 4 2 3 5	4 2 5 1 3	Even Month
3 1 5 4 2	1 5 4 3 2	5 1 4 2 3	5 2 4 1 3	Random Month

## AMMUNITION

1. Considerable work has gone into optimizing my ammunition for this gun
2. A significant factor in accuracy was drilling all flash holes to 0.100 inches
3. The optimum cartridge was a 0.451", 200gr bullet, 800fps, Winchester Primer
  - a. Accuracy Tests
    - i. Shoot from normal, unsupported standing position at 25 yard targets
    - j. Measure velocity of each bullet at about 10 feet from muzzle
    - k. Average target scores for various powder loads and Overall Length
    - l. Plot accuracy and bullet velocity, chose optimum point.
4. Personal defense ammunition
  - a. Try different commercially available loads that feel comfortable
  - b. Carry ammo only used by Law Enforcement (legal justification)
    - i. Remington 45ACP 185gr Jacketed HP PT #R45AP2 (used by DHS)

## ADVANCED TECHNIQUES

Knife attack  
Ambush at ATM  
Ambush in parked car  
Stick up on street  
Home invasion  
Close encounter  
Dim light  
Behind a cover  
Shooting from sitting  
Shooting from kneeling  
Shooting from prone  
Shooting while running  
With a gun partner  
Protecting loved ones

## FAVORITE QUOTES

1. Stop worrying about the criminal and let the criminal start worrying about you.  
(“Principles of Personal Defense” by Jeff Cooper)
2. We can defend ourselves against those who want to harm us or follow those we trust. We can chose to be warriors or sheep – neither is better than the other, it’s a choice.  
(Peter Wolf)

## RESOURCE MATERIAL

1. The Modern Technique of the Pistol by Gregory B. Morrison
2. Principles of Personal Defense by Jeff Cooper
3. Gunsite AZ (250 Defensive Pistol Class)
4. Worthan’s Gun Works Brian Worthan, Camarillo, CA (805) 415-1547
5. Taylor Knock Out Index MVD/7000 (<http://www.n4lcd.com/calc/>)  
Typical 45 round: 230 gr, 1000 ft/sec, 0.45 inches = Energy=510, Momentum=32, Taylor KO=14  
Personal favorite: 200 gr. 800 ft/sec, 0.45 inches = Energy=284, Momentum=22, Taylor KO=10  
R45AP2 (DHS) 185 gr. 1000 ft/sec, 0.45 inches = Energy = 410, Momentum=26, Taylor KO=11  
Typical 9mm round: 115gr, 1300 ft/sec, 9/25.4 in = Energy=431, Momentum=21, Taylor KO=7