

WOMAN TO WOMAN

Concealed-Carry Shooting Tips

The number of female gun owners is on the rise.

Over the past decade, the number of women participating in gun sports has increased exponentially. According to the National Sporting Goods Association, women engaged in target shooting has increased by 51.5% and the number of female hunters has risen by 41.8%. All

across the country, millions of women are learning to use firearms and honing their shooting skills. With this in mind, we turned to in-house pro Hanae M. to get her view of how women can build their skills and confidence, not only in handling and shooting a handgun, but how to be prepared in a concealed-carry situation.



Hanae is a Cabela's Outfitter and is also certified as an NRA pistol and shotgun instructor. While working for Cabela's, she taught at the Women's Shooting Academy in Reno, Nevada. In her experience, it has been very empowering to teach women how to shoot. She says almost everyone has a personal story that affects why they want to learn to shoot or why they are afraid of guns.



Q: What do you wear to the range for concealed-carry shooting practice?

As a woman, I think it is a good idea to bring different shoe styles to shoot in. If you tend to wear high heels during the week while carrying concealed, then you need to feel confident shooting in them. It's also a good idea to shoot in your work attire or the clothing you wear most of the week. For example, if you wear a blazer to work, it can be tight across the shoulders and restrict your range of motion. I wouldn't recommend wearing a low-cut shirt. Hot brass down your shirt is not fun or safe.

Q: What other things do you do differently during your concealed-carry shooting practice?

I practice shooting in different positions. I need to know how to draw and shoot while sitting down, walking, kneeling or even lying down. You just don't know when you'll be caught in a life-threatening situation. I recommend getting professional training that covers how to draw and shoot from many different positions.

Q: Where or how do you conceal your gun and why do you prefer this?

I prefer to carry inside the waistband using a tuckable holster. This way I know my gun will always be on my person. I also feel like I have more control of my firearm and I'm always in the ready mode. On occasion, I do carry concealed using a handbag. For this method, I recommend a lot of practice drawing your firearm from the handbag. Keep in mind that it's really easy for someone to steal your purse from you.

Q: What is your preferred concealed-carry ammo?

I use personal protection loads such as Hornady® Critical Defense® ammo. It has a soft polymer insert that prevents the hollow point from becoming clogged with clothing fibers and other materials.



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- Hanae M. Cabela's Outfitter