Stance

The whole stance is one thing: a slight bend of the knees. Just drop. No stepping back, no torquing your body into position.

Just drop

Forget dropping a foot back and leaning in. When you sink down, your hips hinge and your upper body leans slightly forward on its own. That is the same into-the-gun lean, without the setup.

Why the forward lean matters

Lean forward and the recoil resets mostly the gun, not your whole body. Stand upright or lean back and every shot resets your entire frame, which moves your sights and slows your follow-ups. Forward means faster, flatter follow-up shots.

Adjust for the caliber

Handgun: drop a little. Rifle: drop a bit more. Heavy loads like shotgun slugs: sink down more for control. Bigger recoil, deeper drop.

Why just drop wins

- No setup time. Real life does not wait for a perfect stance
- Easier on your back
- Works from anywhere: moving, backing up, or stopping, you are already in it

Jarrod has run this stance with over 6,000 people in person. A slight bend of the knees. That is it.