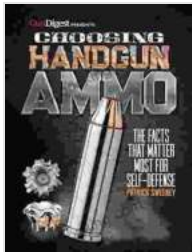


Choosing Handgun Ammo: The Facts That Matter Most for Self Defense



Choosing Handgun Ammo - The Facts that Matter Most for Self-Defense by Patrick Sweeney

★★★★☆ 4.4 out of 5

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When it comes to self defense, choosing the right handgun ammo is essential. The wrong ammo can make your gun less effective, or even dangerous to use. In this article, we'll cover the most important factors to consider when choosing handgun ammo for self defense, including:

- Caliber
- Bullet weight
- Bullet type
- Penetration
- Expansion
- Stopping power

Caliber

The caliber of a handgun is the diameter of the bullet it fires. Caliber is measured in millimeters or inches. The most common handgun calibers are 9mm, .40 S&W, .45 ACP, and .38 Special.

There is no one "best" caliber for self defense. The best caliber for you will depend on your individual needs and preferences. However, some calibers are better suited for self defense than others.

9mm is a popular caliber for self defense because it is relatively inexpensive, has low recoil, and is available in a wide variety of guns. .40 S&W is a more powerful caliber than 9mm, but it also has more recoil. .45 ACP is a very powerful caliber, but it also has a lot of recoil and is not as widely available as 9mm or .40 S&W.

Bullet weight

Bullet weight is measured in grains. The heavier the bullet, the more momentum it will have. Momentum is a measure of an object's mass and velocity. The more momentum a bullet has, the more damage it will do to a target.

Heavier bullets are generally better for self defense than lighter bullets. Heavier bullets have more momentum and will do more damage to a target. However, heavier bullets also have more recoil. So, it is important to find a bullet weight that is heavy enough to be effective, but not so heavy that it is difficult to control.

Bullet type

There are two main types of handgun bullets: full metal jacket (FMJ) and hollow point (HP). FMJ bullets have a solid metal jacket that covers the entire bullet. HP bullets have a hollow point in the front of the bullet. When a HP bullet hits a target, the hollow point expands, creating a larger wound channel. This makes HP bullets more effective for self defense than FMJ bullets.

HP bullets are more expensive than FMJ bullets. However, they are worth the extra cost for self defense.

Penetration

Penetration is a measure of how far a bullet will travel through a target. Penetration is important for self defense because it determines how likely a bullet is to reach vital organs. A bullet that does not penetrate deeply enough may not be able to stop an attacker.

The penetration of a bullet depends on its caliber, weight, and velocity. Heavier bullets and bullets with a higher velocity will penetrate deeper than lighter bullets and bullets with a lower velocity.

Expansion

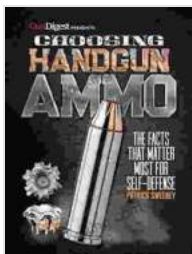
Expansion is a measure of how much a bullet expands when it hits a target. Expansion is important for self defense because it determines how much damage a bullet will do to a target. A bullet that does not expand will not do as much damage as a bullet that expands.

The expansion of a bullet depends on its design. HP bullets are designed to expand more than FMJ bullets. This is why HP bullets are more effective for self defense than FMJ bullets.

Stopping power

Stopping power is a measure of how effective a bullet is at stopping an attacker. Stopping power is determined by a combination of factors, including penetration, expansion, and velocity. A bullet with high stopping power is more likely to stop an attacker quickly than a bullet with low stopping power.

There is no one "best" caliber or bullet type for self defense. The best ammo for you will depend on your individual needs and preferences. However, by considering the factors discussed in this article, you can choose the right ammo for your self defense needs.



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