

# THE FUNDAMENTALS OF SHOOTING

## 1. Stance

- Stand with your feet shoulder-width apart, toes pointed forward, torso bent slightly forward and bums pushing out, and knees slightly bent to absorb shock.

## 2. Grip:

- Firm grip with the firing hand up against the backstrap, ensuring firearm is aligned with your forearm. Support hand's thumb tucked tightly under the firing hand's thumb and the fingers wrapped over the firing hands fingers.

## 3. Sight Alignment

- Align the front and rear sights properly.

## 4. Sight Picture:

- Focus on the front sight while keeping the target in your peripheral vision.

## 5. Trigger Control:

- Gradually squeeze the trigger to avoid jerking or flinching.
- Do not hold your breath to take a shot, squeeze on the exhale not on the inhale.

## 6. Breathing Technique:

- Breathe naturally.
- Before taking a shot, take a big gulp of air and gradually exhale through your mouth.

## 7. Follow-Through:

- Maintain your sight picture after firing.
- Don't immediately drop the firearm; stay focused until the shot is complete.
- Slowly release the trigger until you hear the sear set, stop and re-engage.

# PISTOL SHOOTING MISTAKES

## 1. Anticipation

- This happens when the shooter is anticipating the hammer fall and recoil. They try to counter recoil by pushing the barrel down.
- Evident when consistently the rounds fall below the shooters aim point.
- To rectify this, the shooter must not load their magazine and a colleague who will load the magazine must load a “snap cap” (dummy round) or two. This will expose the error.

## 2. Flinching:

- The shooter is too weak on the grip, results bad grip and bad finger placement.
- Evident when the rounds consistently land any area above the aim point.
- To rectify, correct the grip and finger placement.

## 3. Pushing

- Too strong on the thumb, or trigger finger in too shallow.
- Evident when the rounds consistently fall either left or right of the aim point.
- To rectify, adjust your thumbs and your trigger finger placement,

## 4. Pulling

- Shooters trigger finger is in too deep as a result instead of squeezing the trigger, they are pulling it either left or right
- Presents itself like pushing however, the rounds fall on the side of the firing hand relative to the aim point.