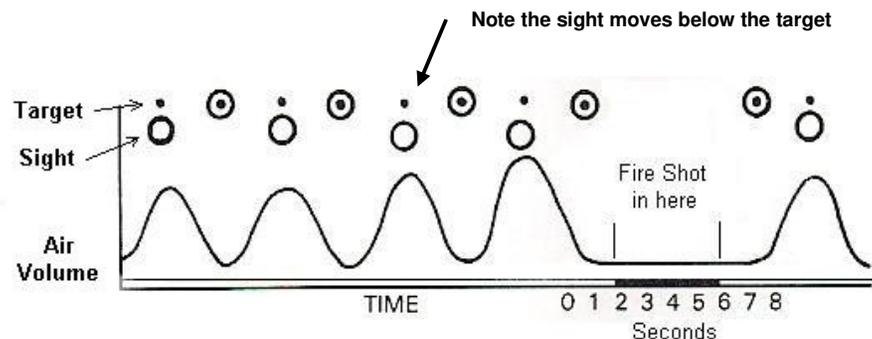


**Breathing:** Breathing is an important technique to develop. Learn to breath slowly, deeply and smoothly. Without air your shooting suffers. Let the rifle move down and up under its own accord when you breathe. The rifle should be on the target when there is no air in the lungs. That is, after you breath out.



Breathing out is not forced and breathing in is not sucked. Let the body relax and the lungs be comfortably empty but not be forced empty. Adjust your body between breaths so that when lungs are empty the rifle rests on the target.

- **The rifle must rest naturally on the target**

If it is high then wriggle your bum forward. If it is low wriggle your bum back. A little bit at a time! If it is left wriggle your bum to the left. Pivot your movement around your front elbow. Lift and settle your right elbow after each adjustment.

**Aiming** is the process of getting the rifle to point at the target. Directly at the middle of the bullseye. Points to look for are: make sure your head rests comfortably on the cheek piece so that neck muscles are not being used to hold the head up.



Make sure you are looking through the middle of the back sight. Find the clear spot in the back sight as the edges are hazy! Again, remember to aim only when there is no air in your lungs.

Small adjustments can be made by moving your lower legs and wriggling your toes. Learn which wriggle moves the rifle which way.

Centre the bull in the middle of the front sight. Focusing on the front sight and

making it sharp and clear means that the bull will be blurred. Focusing on the bull so it is sharp and clear will mean that the foresight is blurred. But somewhere in between the bull and the foresight, there is a spot where both are equally in focus – or blurred the same. Look for it. Experiment and find the one that works best for you. And then look after it. Blink regularly to keep the eye moist and vision clear.

**Triggering** means firing the shot at the time that you determine is the right time. It means developing confidence that if you fire NOW you mean to fire NOW!

Place the trigger finger so that the tip pad on the first part of the finger is on the trigger. The tip pad is held at right angles to the trigger so that when you fire the pull is straight back along the rifle. Keep the whole length of the trigger finger free of the rifle.



As the rifle gets close to being centred, slowly take up the pressure on the trigger. Some triggers have two stages, some only have one. For two stage triggers this means taking up the first stage and then gently, deliberately and slowly, pulling the trigger until the shot is released. For one stage triggers it means anticipating about half the force required to pull the trigger and then completing the pull when you WANT to.

Try and develop a “disinterested keenness” when firing the shot. Try and mentally get someone else to fire the shot for you but only on your instruction. This aspect of Target Shooting is one of the most critical of shooting. If you can develop a good triggering technique you will develop very well as a shooter!

**Doing the Business** means getting the job at hand done using all the trained skills that you have acquired.

If you are being scoped concentrate fully on the execution of the next shot. Your marker will give you adjustments if necessary. Listen for their comments. They may suggest technique refinements or reinforce skills you are learning. Concentrate on them for the rest of the card.

If you are scoping yourself you will immediately see the results of your handiwork. Always be concentrating on the preparation of the next shot. Use the previous shots to decide what adjustments - if any – you need to make.

Enjoyment of a sport comes with improvement. Have fun improving! Your scores will go up and down seemingly at random sometimes. But an improving average is the ideal !

**Shooting 101** : Look after the **Performance** (or process of shooting) and the **Result** will look after itself.

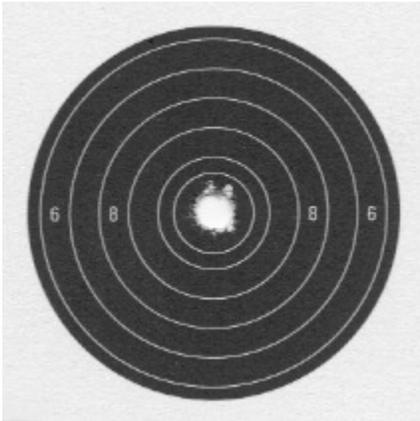
**Shooting 102** : Never, never NEVER Give up! Always complete your card right to the last shot to the best of your ability! You never know how the other guy went until the result is posted!

That last 10 could decide the match. Never give up.

Finally, shooting is a quiet sport. Bizarre, given the loud bangs associated with the sport, but the calmer you are, the quieter will be your heartbeat and the smaller will be the rifle movements. Relaxation is a goal to aim for throughout your shooting career.

Strive to encourage relaxation into your shooting.

Work on it! And have fun doing it!



Ross Mason May 2004

# Target Shooting

## In a Nutshell

These basic rules are applicable from beginner to Olympic level of shooting. Use them to remind you and to reinforce the ideas. They are not exhaustive as Target Shooting is a continuous learning process. Don't be afraid to ask questions about what you are trying to achieve. We refer to a right handed shooter throughout.

### **Holding – Breathing – Aiming – Triggering – Doing the Business**

**Holding** the rifle means using the bones of your body to rest the rifle in the most steady position you can attain. No muscles are used to hold the rifle up. Muscles are only used to support the bones. By putting the bones under the rifle a good foundation is built down to the ground. The fore arm, upper arm and sling form a solid triangle. Triangles are GOOD! They are strong. Develop a good triangle with the left arm and half the battle is complete.

Make sure your left forearm from elbow to wrist is *completely* relaxed. The sling *must* take the weight of the rifle. Keep both of your shoulders relaxed. As much tension has to be eliminated as possible from your WHOLE body. Magic word: **Relax**

The right arm supports the rifle sideways and forms a triangle with the forearm, upper arm and rifle. It should support the trigger hand without pulling away from the pistol grip or pushing into the pistol grip. It is held in a neutral position. Hold the pistol grip with about the force required to hold up a can of Coke.

Angle your body to the target. Angling your body means that the head can get closer to the sights and the rifle is held across your shoulders more. Things like loading the bullet and adjusting sights are easier to get at too! If your body is too straight with the target it means your body has to twist more for your head to reach the sight.

It is important that the rifle is not “muscled” onto the target. Left or right, or up and down. The “natural point of rest” has to sit very close to the target. Again, remember to relax all the muscles.

- The rifle is not held onto the target. **It is rested!**