A QUICK GUIDE TO SHOOTING FUNDAMENTALS

1. PROPER SIGHT ALIGNMENT

Using proper sight alignment is critical to hitting what you're actually aiming at. The rear sight is adjusted so that the front sight (red) is directly aligned with the rear sight (green). The very tip of your front sight should be in line with the line of the rear sight. Without proper alignment, your shots will be off-target.

2. FOCUS

Focus should be on the target you are shooting at. The most practical indications of where exactly your shots are landing are your ability to land consistently with short shots and observing your shots with a high-power magnifier. If you notice your shots are landing to the left or right of your target, it’s much harder to figure out when you’re “lined up” properly.

3. TRIGGER CONTROL

Center the trigger on the trigger pull as you pull through straight back. Using the very tip of your finger, the second joint, or the “creaser” between your joint, place your finger on the trigger. Sometimes, the second joint and your finger can feel a little tight, but you must hold some pressure against the second joint for a really heavy trigger. As you pull the trigger, you can determine the best position for you.

4. BREATH CONTROL

Hold your breath while pulling the trigger. If you are exhaling, let about half of the air out of your lungs, breathe in and out with the trigger. Remember your breathing is important because a respiratory pause will help you with your hand control.

5. HOLD CONTROL

If you are exercising proper breath control, this should be the way your hand and arm are positioned. The most important factor is the position of your three major points of impact of your shots. Keep your position as described and attempt to keep it as consistent as possible.

6. FOLLOW THROUGH

After you've fired a shot, keep your finger on the trigger while it's pulled back. While maintaining a good sight picture, slowly let off pressure on the trigger while keeping your finger on it. Allow the trigger to reset (you will feel a “click”) when the trigger resets and start squeezing the trigger again if you need to fire additional shots.

Don't immediately release your finger and pick the gun!