



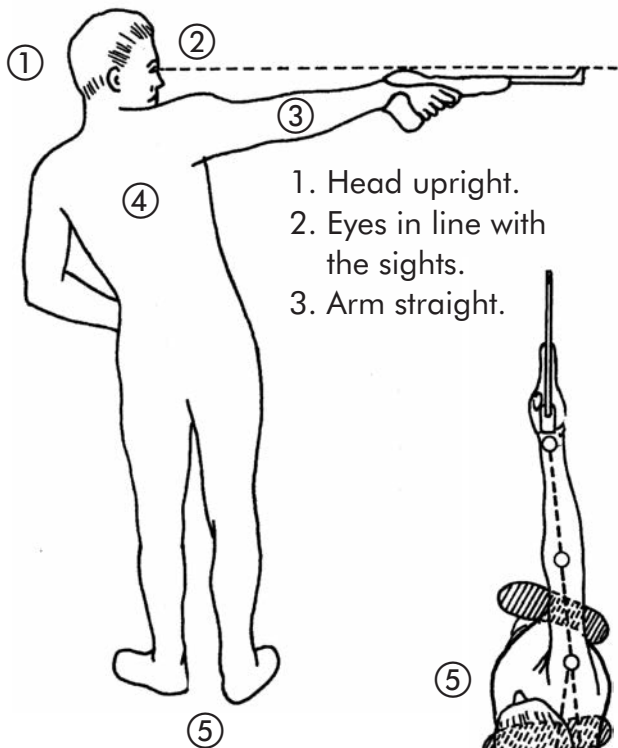
BASIC TECHNIQUES OF PISTOL SHOOTING

TREAT EVERY PISTOL AS LOADED

Check a pistol on first handling

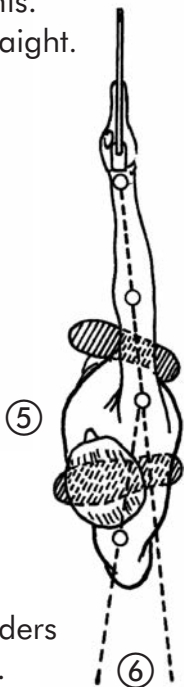
Always point the pistol down Range

STANCE

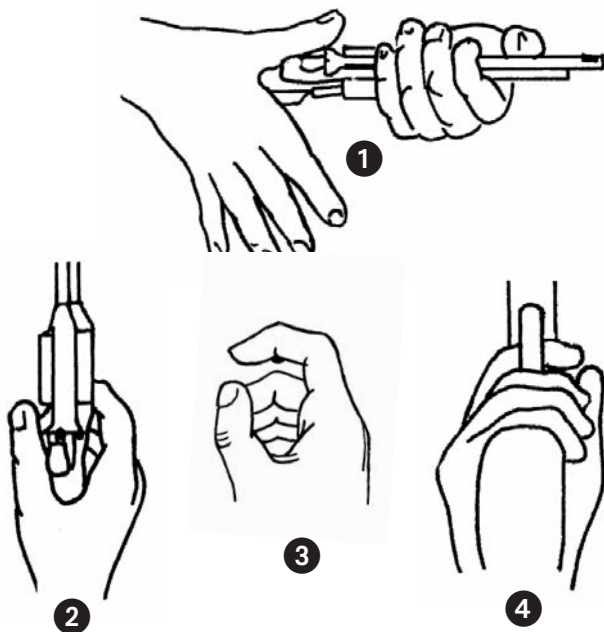


1. Head upright.
2. Eyes in line with the sights.
3. Arm straight.

4. Upper body leaning back.
5. Feet shoulder width apart.
6. Angle between line of shoulders and line of arm is 12° - 20° .

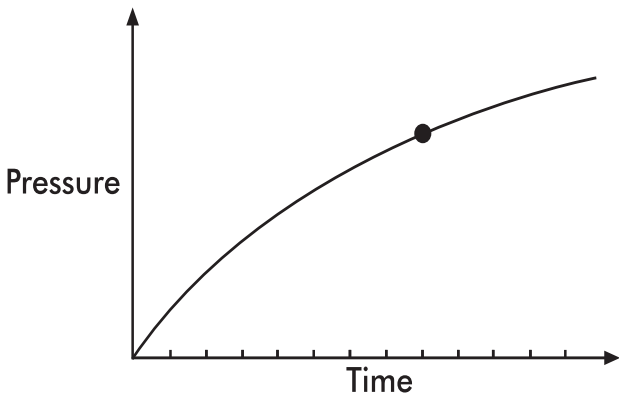


GRIP



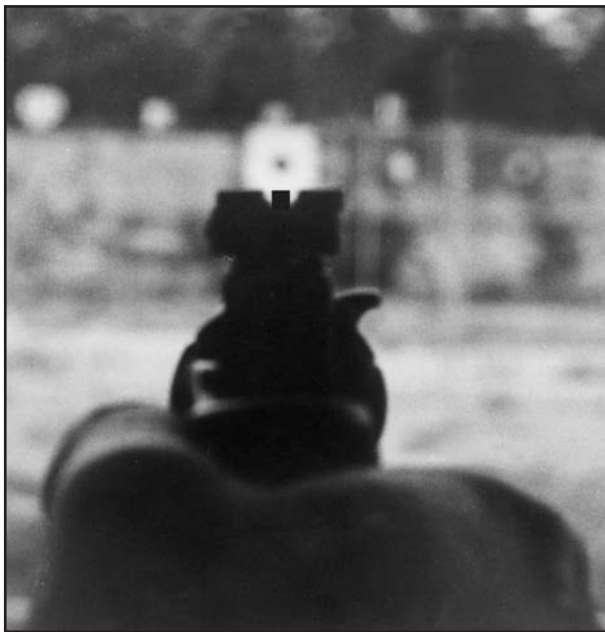
1. Spread the hand and push the "V" as high as possible into the back of the grip.
2. Trigger finger should be free of the grip.
3. Trigger finger should be pulled straight back with the first joint.
4. Fingers between first and second joint should be along the front of the grip.

TRIGGER



1. Start the trigger pressure **as soon as** the sights are in the white area.
2. **Continue** adding pressure - concentrate on lining up the sights.
3. Shot breaks - **continue adding pressure** (follow through).
4. If the shot does not break after about 8-10 seconds - **cancel**.

SIGHT ALIGNMENT and HOLDING



1. Focus on the **front** sight.
2. Hold in the **white area** below the black.

THE SHOT

PREPARATION

1. **Recall** this sequence.
2. Ensure a correct, consistent **grip**.
3. **Load** the pistol.
4. Establish and check **stance**.

EXECUTION

1. **Lift** the pistol and start to **align** the sights.
2. When the sights reach the white area, **start** the **trigger** pressure.
3. Continue pulling the trigger - **concentrate** on lining up the **sights**.
4. If the shot does not break after **8-10** seconds - **CANCEL**.

ANALYSIS

1. After the shot keep watching the sights - **follow through**.
2. Try to determine the relationship of sights and hold - **call the shot**.
3. **Analyse** any error.