

- **Grip**



Spread the hand and push the V as high as possible into the back of the grip



The fingers, between first and second joints should be along the front of the grip, thumb and finger tips relaxed



The trigger finger should be clear of the grip and not touching on the first half of the pad of the finger



The trigger should be pulled straight back with the pressure on the first half of the pad of the finger

- **Stance**

Feet should be shoulder width apart and parallel

Non shooting arm secured close to the your body

Stance should be straight with head held upright

Elbow and wrist of shooting arm straight

Eyes in line with sights



Feet shoulder width apart

Angle between line of shoulders and line of arm is 12 to 20 degrees

- **Sighting**

Hold in white area below the black



Focus on the front sight only

Maintain a steady balanced sight picture, even on each side and level across the top

- **Breathing**

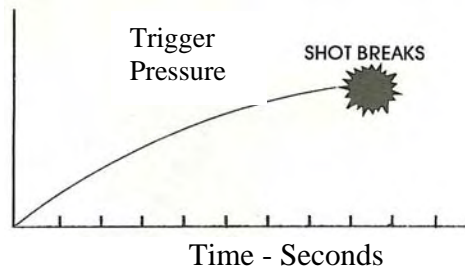
As the pistol is lifted towards the target, take in a slightly more than average sized breath

When the sights are lowered into the white aiming area – release a little of the held breath and hold your breath until the shot is fired

For a single shot precision shot do not hold for longer than 15 seconds

- **back to basics**

• Trigger Control



Start to apply trigger pressure as soon as the sights come down into the aiming area of the target

Trigger finger continues to apply pressure - whilst shooter focus on sight picture and waits for trigger to break

If the shot does not break between 8 to 10 seconds, lower the pistol, relax and breathe and try again

• Follow Through

As shot breaks, continue to focus on the sight picture

After recoil sights will return to position held before the release of the shot

Hold the sight picture for 1 - 2 seconds before lowering the arm

The sight picture at instant of shot breaking will indicate probable position of shot on target

• Tuning the Pistol

Greg Yelavich MBE

11 Commonwealth Games Medals

6 Commonwealth Games

2 Olympics + 1 as Coach

60+ National Titles

• Sight Widths

Most quality pistols come with adjustable rear sight gaps and different front sights- use these combinations to produce a sight picture that holds your focus in different light conditions and at different distances

• Trigger position

The position of the trigger shoe when the finger is on the trigger should be at a little before ninety degrees and have full contact with the whole finger pad

• Natural Point of Aim

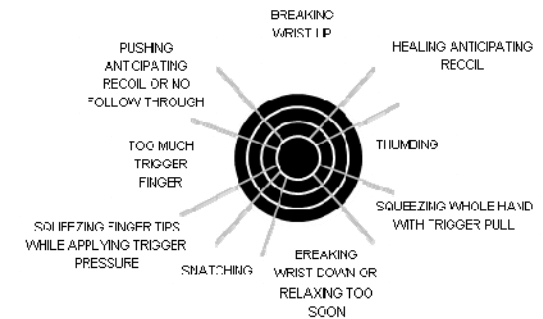
ISSF Pistol shooters are always tuning their grips, removal of wood or placement of a filler so the pistol points naturally down your arm to the target, even when your eyes are closed the sights should be aligned vertically and horizontally

• Grip Pressure

If, when you place your pistol on the bench after a shot you have too relax your hand then you have been gripping or holding too tight When you raise your pistol for the next shot just lift the pistol without increasing the pressure keeping it the same

• Target Analyzing Guide

Right Hand Shooter



Left Hand Shooter

