

## Shooting, May through June:

Time to review and improve those basic shooting skills:

- Position Taking,
- Breath Control,
- Trigger Control,
- Aiming

**Position Taking:** Fundamental to shooting; position the rifle on target with your whole body. If you can't resume the exact same position after each reload, you can't shoot good groups. If you can't resume position after each break, then you can't shoot a reliable zero. Check your natural alignment after each move.

**Vertical Bar:** Reload Drills: Use the | bar for these drills.

Dry firing, take your natural alignment on the vertical bar. It should be dead centre in your front sight.

**Stage 1:** Focus on keeping the rifle centred on the line while you reload. If it fails to come back onto the line after reload, adjust your position and try again until it does.

**Stage 2:** Do this drill with your eyes closed, returning to correct position by feel. Use your eyes to confirm position after each trial. Attention on the internal feel of correct position.

**Stage 3:** After 3-4 trials, fire a live bullet. Your 5-bullet groups should be vertical on the bar and ideally, less than 1 cm wide.

**Horizontal Bar:** Breath and Trigger Control: Use the horizontal bar ---- target

Take your natural alignment on the horizontal bar. It should be half way up your front sight.

**Stage 1:** Dry fire, open eyes: Using your usual breathing cycle and anticipatory trigger squeeze, breath out onto, and shoot, the bar. Follow through. Adjust your alignment if it shifts during a shot. Use your whole body to steer. After 3-4 trials, shoot 5 live fire rounds and check the target. You are aiming for a horizontal group about 1 cm deep.

**Stage 2:** Eyes closed trials. Same dry fire exercise, except that for each trial, close your eyes for the last out breath and release the shot. Open your eyes and check the alignment. Adjust if you are off. Attention on the body feel of breathing out to the right place and releasing the shot at that moment. After 3-4 trials, hand load a bullet and shoot with eyes open. Attention on correct feel; check group after 5 shots.

**Stage 3:** Do 3-4 dry fire, eyes closed rehearsals. Insert a clip. Now shoot 5 bullets; open your eyes for the reload to make sure you are on the right target, then, with eyes closed for the last breath, shoot a shot. Shoot by correct feel. Check for 5-bullet groups.

**Stage 4:** The same as Stage 3, except the target is blank. Try to shoot a 5 bullet group by feel. Check the target. Then shoot another group in exactly the same place.

**Aiming:** Now practice these skills on a circular bull; incorporate the body-feel into your concentric circles, visual aiming process.

**White Target:** Use the white target to test your body-feel for consistent aiming point. Shoot groups with eyes open at first, working up to eyes closed groups.