

FLINCH/PUSH CORRECTING





The “Flinch/Push”

One very common problem people encounter with marksmanship is the “FLINCH/PUSH”. Everyone does it, just some do it way more than other’s.

Flinching/Pushing - is when the shooter tries to counter act the recoil of the firearm when a round is discharged. Shooters counter act by pushing the firearm forward when it is discharged.

Counter acting the “Flinch”

When a shooter counter acts the recoil by pushing forward on the firearm. They tend to cause their shots to drop from their point of aim. Some shooters also have their shots go high. Just depends on how the shooter does it by bending their wrist up or down. Not all shooters flinch/push with wrist bend. Some Instructors call this “Heeling”.

No matter what silly name you call this, it all starts with flinching/pushing.

Do you Flinch?

To find out if you flinch and how much try this: Stand in a shooting position (no firearm in hand) with arms out and fist balled together as if you are shooting your firearm. Have a second person hit your balled fist with a bit of force with the palm of their hand. Each hit is a discharge. At some time have the other person miss a hit. When they miss you will see how much you flinch/push. (see photos on next page).



Flinch Exercise (2 People)

Shooter Stance



Assisting Person's Hand



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There is a popular way to correct flinching/pushing, that is to “Dry Fire” practice with your firearm. As this exercise may work to some point, I believe it is also a false confidence builder to most people. As the shooter knows there will not be a recoil force to encounter. This exercise is better suited for trigger control. For the last 3 months I have been using a different way to help correct this in people and to keep myself from pushing.



Live Fire Exercise

This other method involves 8 dummy rounds and 2 live rounds per magazine, mix the rounds in with the dummy ammo. I load 4 magazines like this. This way also keeps you from wasting good ammunition too.

When you fire on a dummy , manually rack the slide to eject the round. Obviously when you hit a live round it will eject it's self. Repeat until the magazine is empty. Then reload with another magazine with the same set up. Continue as needed. I do this with 4 magazines each time I go out for firearms training.

Magazine Layout example's





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Another way this is done is by using 8 rounds of live ammunition and 2 rounds of dummy ammunition. This way in my opinion waste a lot of ammo and has very little value in correcting your flinch problem. So just reverse the above order as stated previously and you should see a quicker improvement in your marksmanship!

Target Assessment

Example Target: Bull's-eye #1 first mag with 2 rounds dropped with flinch/pushing action. Second mag was right on (gray area).

6 Mag's with 8 dummy rounds and 2 live rounds each were used in the throat area. First mag both rounds dropped. After that rounds were placed where the shooter wanted them.

The Head, Mouth and bulls-eye #2 were done in the same fashion, with more mag's in the same set up. Target was at 10 yards.





Target Assessment

Target assessment is important when you go out and train with your firearm. When you train with a purpose, read your target and see what it is telling you.

When you do this type of training, keep your firing strings to no more than 6 rounds at a time. It is easier to keep track of your shots and what order they were done in.

Assess your target correctly and you will see an improvement in your shooting skills.



Target Distances

Start out at approximately 3 yards from the target for new shooters or shooters with bad flinch/pushing issues.

Once you get comfortable with your marksmanship move to 5 or 7 yards. Work your way out to 10 yards then 15. When you are comfortable at 15 yards you should be good up to 25 yard distances.



The End

Training with correct grip, correct sight alignment, correct trigger press and “NO FLINCHING/PUSHING....

YOU WILL HAVE GREAT MARKSMANSHIP QUALITY!

Until next time... TAKE CARE!

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