

Fundamentals of Pistol Shooting

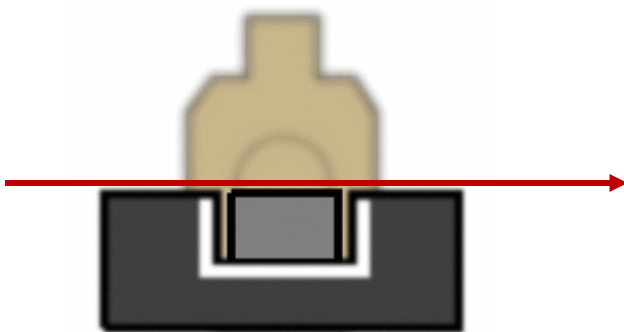
*Aiming;
Breath Control;
Hold Control;
Trigger Control;
and
Follow-Through.*

1. AIMING:

Aiming is the process of achieving the proper relationship between the target, the front sight and the rear sight.

Aiming consists of two components: *Sight Alignment* and *Sight Picture*.

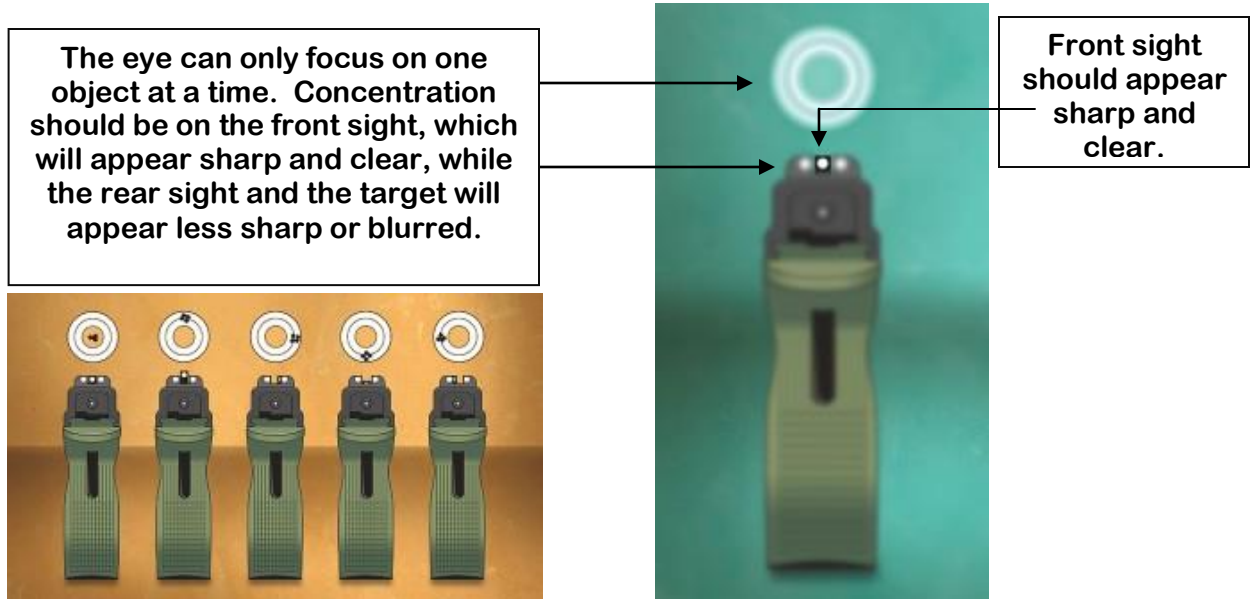
Sight Alignment: Refers to the proper relationship between the front and rear sights.



SIGHT ALIGNMMENT

The top of the front sight is even with the top of the rear sight, and the post is centered in the notch, with equal amounts of light on both sides.

Sight Picture: Refers to the proper positioning of the aligned sights to the target.



2. BREATH CONTROL:



Body movement while breathing can produce gun movement which impairs shooting. For maximum accuracy, *breath control* minimizes such movement.

To minimize body movement, take a breath before each shot, let enough air out to be comfortable, and stop breathing while firing the shot.

3. **HOLD CONTROL:** Exercising *Hold Control* maintains the proper sight picture and slight alignment during the process of firing the shot.

An important factor in *hold control* is the way in which the pistol is GRIPPED.

Steps to assume the proper grip:



STEP 1



STEP 2



STEP 3

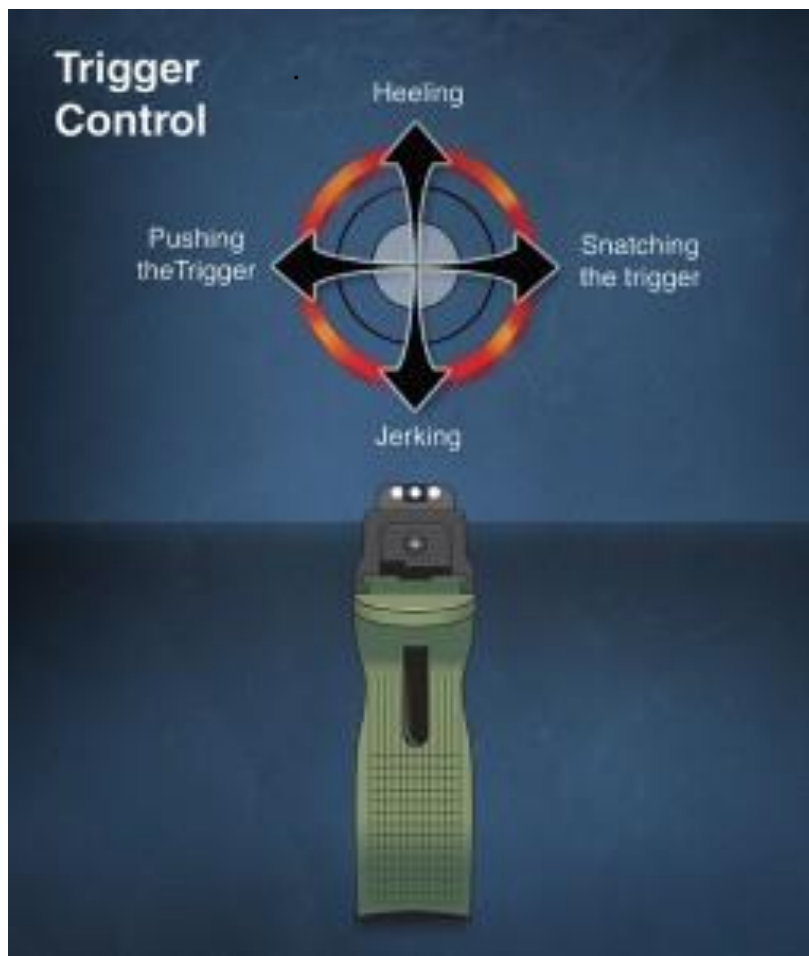
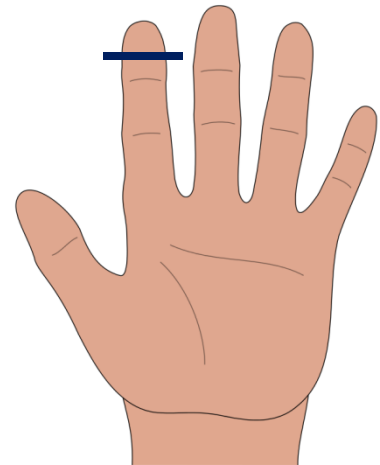


← **MAINTAIN
THE PROPER
GRIP**

4. TRIGGER CONTROL:

Refers to the proper method of activating the trigger to minimize movement that can misalign the sights.

- The index finger is placed so that the trigger is halfway between the tip of the finger and the first joint.
- The trigger is squeezed straight to the rear in a smooth, continuous manner without disturbing the sight alignment. Pressure should be applied evenly, not in a start-and-stop manner.
- The trigger squeeze and sight alignment must be done simultaneously while maintaining minimum arc of movement.



It is impossible to hold the pistol in a shooting position without some motion; this is called the *"arc of movement"*.

Try to maintain proper sight alignment and sight picture while minimizing the arc of movement. With practice, the arc of movement will decrease

5. FOLLOW-THROUGH:

Is the application of the shooting fundamentals through and immediately after the shot. Follow-through enables the shooter to integrate, maintain and continue all the shooting fundamentals before, during and immediately after firing the shot; and allows for quick and proper set-up to the next shot.

ALWAYS REMEMBER THE RULES OF GUN SAFETY:

ALWAYS keep the gun pointed in a safe direction.

ALWAYS keep your finger off the trigger until ready to shoot.

ALWAYS keep the gun unloaded until ready to use.