

Testing Eye Dominance

As shown in the picture, hold your hands out at arms length and with both eyes open, look through the hole formed by your hands at a distant object. Keeping that object in view, slowly move your hands towards your face until they touch your face. The hole formed by your hands should be over one of your eyes. This eye is your dominant eye and will control your aiming. Another quick way to test your eye dominance is to point your index finger at a distant object with both eyes open, then close one eye and see if your finger appears to move away from what you are pointing at. If your finger does appear to move, then the eye that you closed is your dominant eye. Try again with your other eye and your finger should not appear to move.