



Isosceles stance

- This position is so named because in this position your extended arms when seen from above resemble an isosceles triangle.
- Feet are placed shoulder width apart.
- Feet and shoulders are square to the target.
- Knees are slightly bent with weight slightly forwards on the balls of the feet.
- Two-handed grip of the gun with the arms extended forward and the elbows slightly bent.
- The head is erect, not hunched and shoulders are at normal height.
- The firearm is lifted to the level of the eyes for aiming.
- This is a more instinctive and natural position for most shooters.

Most defensive shootings happen at about 0 to 6 feet!

Hold onto your pistol tight enough that someone can not take it away from you!