

Appendix A

New to Rifle Shooting

Shooting Fundamentals

Determining the Dominant Eye



- Extend arms forward and form an opening between the hands.
- With both eyes open, look at a distant object through the opening.
- Bring hands to face while looking at object – Opening will be aligned with the dominant eye.

5 Rifle Shooting Fundamentals

1. **AIMING** (*sight alignment & sight picture*)
2. **BREATH CONTROL**
3. **HOLD CONTROL**
4. **TRIGGER CONTROL**
5. **FOLLOW-THROUGH**

Bench Rest Position

- Feet flat on the ground with the legs relaxed.
- Seated directly behind the front support with slight lean forward.
- Butt of the rifle in the shoulder close to neck.
- Elbows on the table to support the rifle.
- Support hand under the Forestock.
- Trigger hand. Hold grip, finger off trigger until on target and ready to shoot.
- Face firmly against the stock with eye looking straight down the sights.
- Align the position to target.

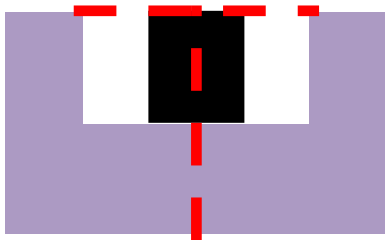


Aiming

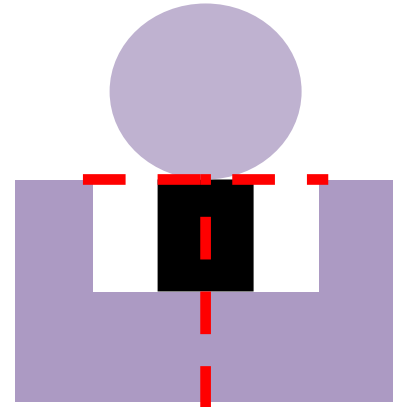
Notch Rear and Post Front Sight

FRONT SIGHT IS IN SHARP FOCUS

Sight Alignment



Sight Picture



The tops of the front and rear sights are even

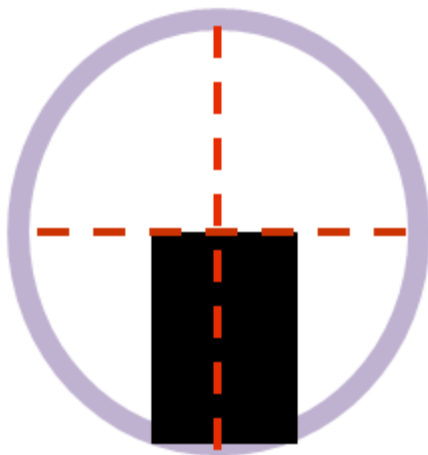
The front post is centered in the rear notch

6 O'clock Hold on the Bullseye

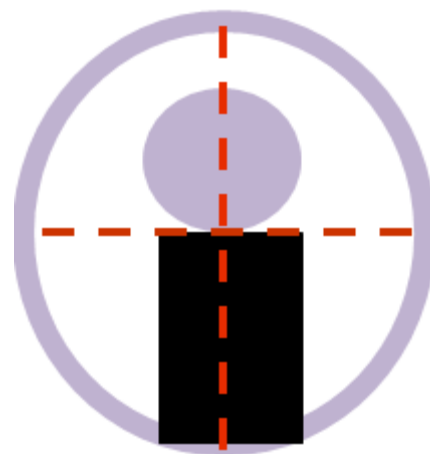
Aperture Rear and Post Front Sight

FRONT SIGHT IS IN SHARP FOCUS

Sight Alignment



Sight Picture



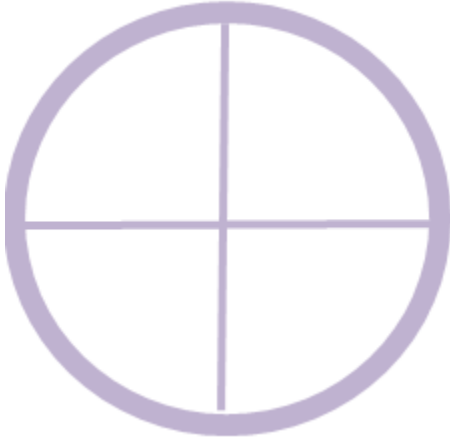
The tops of the front is center in the rear sights aperture

6 O'clock Hold on the Bullseye

SCOPE and Red Dot

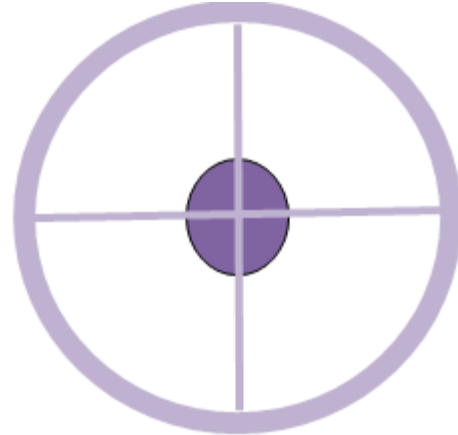
FOCUS ON THE TARGET

Alignment



Looking through the scope , you see the whole scope tube (not just small hole in tube)

Sight Picture



Cross Hairs are centered on the target

Breath Control

- Stop breathing momentarily while firing the shot! (Respiratory pause)

Hold Control

- Hold your body still.
- Holding control allows you to maintain the proper sight picture and sight alignment during the process of firing the shot.

Trigger Control

- Trigger is pulled straight to the rear in a smooth, continuous manner without disturbing the sight alignment.
- Gradually and evenly increase pressure until the mechanism releases.
- Move only your trigger finger.

SURPRISE yourself when the gun fires.

Follow-Through

In Rifle Shooting: Follow-through means to maintain aiming (perfect sight alignment and acceptable sight picture), breath control, hold control, and trigger control until the gun settles back into the aiming area after firing. [ie back on target]

Barrels get hot

Allow time for your barrel to cool. Make a habit of holding your barrel to check the temperature.

Many shooters switch out rifles letting one cool in vertical rack behind.

→Do not place un-boxed firearms horizontally on the rear shelf.

If using vertical rear racks, verify unloaded on the bench, insert chamber flag, raise muzzle to vertical, carry vertical to the rack. Reverse to put on bench.

Do not handle rifles in vertical racks when people are down range.

When you are done shooting

→Clean up your brass and remove used targets.