The Shot Process

* Align the front and rear sights (sight alignment)
  + Adjustable rear aperture
  + Master/dominate eye
  + Blinder versus shutting eye
    - Shutting eye causes unnecessary eye strain especially for prolonged shooting
  + Must use glasses or safety glasses
    - Can use semi-transparent tape instead of blinder
  + Two concentric circles
  + First phase of aiming
* Exhale and stop breathing
  + Breathe normally before & after
  + Stop time NOT to exceed 10 seconds
    - Vision starts to fade after 10 seconds
  + Allow time for the body to recover and reoxygenate between shots. You have 20 minutes for 20 shots. Dry fire, move, shake it out.
  + Take 3 seconds after you stop breathing for body to stabilize.
* Align the sights with the target (sight picture)
  + A series of concentric circles
  + Second phase of aiming
  + The eye naturally wants to center the circles
* Trigger Control
  + First stage pressure
    - Breathing stops + sights aligned = take up slack on trigger
  + Hold Control
    - Stabilize/center the sight picture while keeping pressure on the trigger
    - New shooters will see lots of front sight movement
  + Final Pressure
    - All movements are centered on the target
    - Smooth increasing pressure…..2-3 seconds to take up pressure
* Follow through/Call the shot
  + When the trigger breaks….striker moves forward….strikes primer….powder ignites….bullet travels length of barrel. This all takes time, this is your follow through….while this is happening, where is your sight picture? Take a mental snapshot/calling the shot.

New Shooters – Dry Fire

1. Close the action/bolt
2. Shoulder rifle
3. Head to cheek piece
   1. Look thru aperture
   2. Align sight
4. While breathing acquire sight picture
5. Exhale/Stop breathing/Finger on trigger/Take up trigger slack
6. Start increasing trigger pressure while centering front sight over target
7. Keep increasing pressure until rifle fires -> follow through + mental snapshot

Take 10+ dry fire shots then live fire

Homework: Read Chapter 5

Next week: The prone position, Natural point of Aim (NPA), Using the Sling