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