In order to succeed at the standing position, you need:

Concentration + Trigger Control + Mental Discipline = Ultimate Control

Building the position

* Orient the body 90 to 100 degrees away from target
* Feet shoulder width apart
* Weight distributed equally on both feet
  + As close as possible
  + Max = 65%, either foot
* Legs straight – use bone for support

Establish the Column-Of-Support (C-O-S)

* The C-O-S is supported by bone structure
* Body must be configured so that
  + Straight, solid C-O-S from left foot ->left hip -> left elbow -> rifle
  + C-O-S stabilizes the rifle-body weight
  + C-O-S must be relaxed & balanced (you know/sense being balanced)
  + C-O-S key: left elbow and hip directly under rifle
  + Spine can be slightly arched (thereby locking spine) which will prevent a feeling of falling forward.
* Shoulder the rifle
  + Grasp the rifle with the left hand in front of the trigger guard.
  + Seat rifle butt up & in the right shoulder
  + With a straight left wrist, drop the left elbow onto side or left hip.
  + Pistol grip of stock does not make contact with chest.
* Position left elbow so that it is directly under rifle
  + Insure that left hip is directly under rifle and over the left foot
* Position the Butt & Head
  + The correct position is so that head is erect and aim is easy and comfortable
  + Slightly lower head to cheek piece to look through sight – try to attain/maintain an erect head
  + Eyes should be looking as forward as possible from the eye sockets
* Position the right arm
  + Butt hook – under the right armpit. Prevents rifle from tipping forward.
  + Right arm is relaxed as possible. A tense arm can negatively affect your trigger control.
  + Hand placed firmly & comfortably on pistol grip.
  + Wrist straight to enhance trigger control.
  + Tension consistent from shot to shot.
* Left hand
  + Wrist straight
  + Hand is a support, not a grip. Open palm (forward or backward), fist, or spread fingers, whatever works for you.
  + Palm rest – use to bring sights up to eyes. Any comfortable hand position can be used.

Area of Aim

* Because standing is not as stable a position as the prone/kneeling positions, we use an Area-of-Aim
* Use small body movements to adjust for Natural Area of Aim
  + Position yourself so that NO muscle is used.
  + Use rear foot
    - Pivot left/right for left/right adjustments
    - Forward/rearward for down/up adjustments

Remember:

* Too much tension causes fatigue
* Don’t use ‘voluntary’ tension. Use tension from twisting and stretching of muscles, tendons and ligaments.