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.