Week 10 – Observations of an Old Man

* The most important things for a good shot are sight picture and trigger control…everything else is in support of these two things. Once you attain your sight picture, you need to steadily increase press(ure) on the trigger without disturbing the sight picture.
* When observing most shooting on the line in the prone position, I notice two things:
	+ The shooters position: most are currently orientated in the 12 to 6 position. They are lying flat on their belly/chest which impedes breathing…right handed shooters should orient themselves 1 to 7, tilted up on their left side, right leg pulled up like you are crawling…this will free up pressure on the diaphragm allowing you to breathe more freely.
	+ The support elbow is not under the rifle but twisted to the side of the rifle putting the shooter in a less stable position. Try to place elbow of support hand directly below the rifle
* Too much movement. You need to position your scope, rifle stand, and ammo for minimal movement. Only use your shooting hand to work bolt and handle ammo. The support arm holds the rifle against the shoulder. Looking through the scope should mostly be a minor head movement. Remember you spent all this time acquiring a good stabile shooting position & ‘poof’ it’s gone.
* NPA? Every new bullseye requires some minor adjustment to attain NPA. Do not muscle into sight picture, make a physical adjustment: left/right, up/down. Have a plan, try to shoot columns, a left/right adjustment around the pivot point of the position. Up/down movement by adjusting the support hand on the stock. Close your eyes and recheck your NPA for every shot.
* Just because you’ve invested time into making a shot, it does not mean you have to take the shot. If it doesn’t feel right, listen to your inner self, START OVER! You cannot call back a missed shot but you can always restart the shot process and maybe shoot a 10.
* When you try to force a shot…your vision is blurring, your barrel movement is increasing, your breath is running out…we try to anticipate our next movement, compensate for it and end up losing trigger control aka “jerking the trigger”. The results rarely meet our expectations. The best action…lower your rifle and start over.
* Use your time wisely. Don’t rush. Experiment with your position…this doesn’t mean you have to shoot but make minor adjustments to try them out.
* Set personal goals:
	+ 6 shots in the black?
	+ Nothing lower than a 7?
	+ 4+ 10’s on each target
	+ ….make it attainable, positive, and fun!