Week 9 – Links to Rifle Shooting Videos

 Note: There are 100’s of videos out there, be careful, they may mean well but are not promoting tried and true techniques.

KJW – Trigger Finger Technique:

<https://youtu.be/jIwokYOdpag>

KJW – Effect of Cant:

<https://youtu.be/0dsS7Bs99rc>

KJW – Dry Fire Technique:

<https://youtu.be/qNuMFdy63tw>

Standing Position Notes (4H):

<https://youtu.be/XPFNiCOKqZE>

Bob Foth – Kneeling Position:

<https://youtu.be/G9tlEKXMvCs>

Matt Emmons – Kneeling Position:

<https://youtu.be/rKpCgugbLn0>

Matt Emmons – 3 Position Shooting:

<https://youtu.be/U2JKWto9kL4>

Bob Foth – Prone Position:

<https://youtu.be/pkrBN5Is5Z8>

Standing – Canadian Cadet (air rifle):

<https://youtu.be/fVzE6r2pSko>

 Note: This is a good detailed video but please ignore the trigger finger placement portion and use the portion of the finger before the first joint of trigger finger (as in ‘KJW - Trigger Finger Technique’)

Military Breathing Technique (for lowering heart rate and calming down):

<https://youtu.be/AO4jxIpw0Rk>

 Note: There are many ways of calming down/lowering heart rate, find what works for you: music, breathing, meditation and use it to improve your shooting.

Brian Zins – Anticipation

<https://youtu.be/qm7Gd0-tJZI>

 Note: Although this video is for Precision Pistol, it applies equally to 3 Position Rifle.