

## Principles Of Precision Shooting

### The Shooting Platform

**A more stable shooting platform results in more accurate hits.**

**The most stable shooting platform conforms to the following criteria:**

- **A shooting platform that is low to the ground is more stable.**
- **A shooting platform that is flat on the ground is more stable.**
- **A shooting platform that minimizes muzzle flip is more stable.**
- **A shooting platform that minimizes rifle torque is more stable.**

A shooting platform that utilizes these principles includes the following:

- Rest the fore end on sandbags, or some low, soft impromptu rest such as a drag bag.
- Move the sandbags as far forward under the fore end of the stock as feasible.
- Position the fore end of the stock in the center of the sandbags.
- Insure that the rifle barrel is not touching the sandbags.
- Rest the toe/bottom of the rear of stock on the ground.
- Align the body straight behind the gun.
- Align the centerline of the body parallel to the centerline of the rifle.
- Pinch the heel/top of the rear of stock under the pad of the pectoral muscle. The rear of the stock can be free, only the top and bottom are contacted.
- Both hips should be pressing flat against the ground.
- Spread the legs as widely as possible, with both knees flat on the ground.
- Point the toes outward, the heels inward, get the feet as flat as possible.
- Place the non-shooting elbow flat on the ground.
- Move the non-shooting hand palm face down, flat on the ground, and hooked underneath the toe/bottom of the rear of the stock.
- Use an adjustable cheek piece or an impromptu cheek piece using foam and tape to insure that the a good scope view is available when the head is completely at rest.
- Get a tight cheek weld using strong downward pressure.

Stability: getting body lower to the ground, getting body flat

Getting lower to the ground: sandbags, stock on ground

Getting flat on the ground: straight behind, hips on ground, heels flat

Minimize muzzle flip: cheek weld, pinch top of rear of stock

Minimize gun torque: cheek weld, stock on ground

## **The Sight Picture And Sight Alignment**

**A correct sight alignment and sight picture result in more accurate hits.**

**Maintain the shooting platform while establishing point of aim  
Keep a view through the riflescope while adjusting point of aim**

Obtaining a sight picture is best accomplished using the following process:

- get into the shooting position behind the gun with cheek on cheek piece
- adjust the cheek piece, cheek weld, body position to remove riflescope shadow
- move the body position so that neck is stretched out and neck muscles can relax
- rotate the gun left and right to level the horizontal stadia of the riflescope
- use your non-shooting hand to reach up and adjust the focus of the rifle scope
  - completely maintain your shooting position while adjusting focus
  - maintain the view through the rifle scope while adjusting focus
- use your non-shooting hand to reach up and adjust the sandbags
  - pull towards you, raises the point of aim
  - push away from you, lowers the point of aim
  - completely maintain your shooting position while adjusting sandbags
  - maintain the view through the rifle scope while adjusting sandbags

## **The Shooting Sequence**

The shooting sequence is as follows:

- place shooting hand on grip area
- place thumb of shooting hand around grip area
- place middle of front pad of trigger finger on trigger
- relax the muscles from the neck down while maintaining a tight cheek weld
- obtain breathe control using the Olympic method
- press slowly straight back
  - take up any slack in the trigger and pause for 3 seconds
  - press slowly, smoothly, and straight back
- after gun fires, follow thorough
  - keep cheek tightly on the rifle stock – do NOT lift your head
  - hold trigger back, reacquire the sight picture, wait, slowly release trigger