Trigger Hand and Forearm

1. The perfect position of your hand, wrist and forearm contributes substantially to the stability of your aiming position. If the bones are aligned, the recoil is cushioned and the rifle remains firmly intact with the body during the shot. This is also advantage in air rifle shooting, as our latest tests have shown.

2a. When the gripping power is correct, you have the feeling that all bone run to the center. You can strengthen the grip of your hand without changing anything. The tongue of the trigger is pulled exactly backward, and nothing moves when the shot is fired.

2b. The top view with a transparent head shows the ideal position of the arm and hand. The wrist is extended, the fingers grasp the grip firmly, and the trigger finger pulls straight backward, exactly parallel to the barrel’s axis. The arrow on the elbow shows the direction of traction, with which you should test your position.

2c. A grip that is too large creates irregular forces; the trigger impulse is to the left. In this case, rapping and filling are necessary. An outward kink usually occurs with stocks that are too long or grips that are too large. This causes the hand to cramp and the trigger finger to pull outward.

Recommendation: Shorten the stock, if need be, “tie down” the grip.

2b. A large hand usually pulls to the left, and the wrist bends inward. A surface and a little craftsmanship can remedy this.

3. A shorter stock and/or a grip that is too thin leads to an inward kink. Here again, the arm bone stays firmly, and the hand feels nervous and tires prematurely. In addition, the shoulders are often raised.

Heinz Reinkemeter

Grip and Grasping

1. Forearm and wrist are extended, the trigger finger presses straight backward. You can very accurately estimate the course of pressure yourself. Your feeling tells you, whether it is correct.

2. Viewed from the side, the forearm should also form a straight line with the hand. If the wrist is bent upward, as shown here, several problems will immediately occur:

- The trigger finger touches the stock and thus loses its accuracy.
- The trigger finger pulls “upward” along a line which rises in comparison with the bone’s axis.
- The kinked wrist “slows down” the trigger impulse.
- The forearm contributes little to the absorption of the recoil.
- The position of the hand is uncomfortable and tends to cramp.

3. A band like this is often caused by an unsuitable grip or a small stock length. If your hand sits like this, you should experiment with both of these factors.

4a. This stock offers an interesting variation. The grip can be moved on a track, shifted to the side and turned. Three offers, which can certainly contribute a great deal to the individual fit, when carefully used. Furthermore, the grips are available in three different sizes. A first step towards custom-made stocks.