Your Finger on the Trigger –

The disengagement of a shot is not important. It is decisive. This is especially true for the standing position, since fluctuations here are greater and more irregular.

Releasing a shot in the standing position poses two problems:

The first problem is seizing exactly the right moment, when the point of aim crosses the center - just a tenth of a second later, it lurches aside again.

The second problem is actuating the trigger. The nicest position in the center disappears, if you as much as "budge" during the release. The forefinger must move so accurately, that no disruptive impulse is transferred to the gun.

These are two very tough demands. Since rough movements are unavoidable, especially in the standing position, the half in the center is extremely short. That's why the shot release must follow in the wink of an eye. But a rapid disengagement requires a lot of space, time, and pressure. And an abrupt reaction hardly takes place without a jolt.

To pull smoothly and miss the right moment? Or to pull forcefully and cause the rifle to leap? We are faced here with a classical dilemma, which really isn't so bad in shooting, since even hopeless situations can be corrected through a certain amount of persistent training. Once you belong to the elite, who understand this, you'll be happy that this hurdle keeps your rivals pre-occupied. A release that is suitable for competitive shooting begins with a reasonable trigger. We recommend a direct trigger (without a preliminary pull) with a resistance of 60 grams. A little more is permitted for beginners. But whoever still has an itch for the old two-action trigger should take the time to observe himself or his opponents during the first shot of competition or in the final. When things start rolling, almost everyone pulls too fast. And if you pull too fast anyway, then do it directly.

That's that!

Equally essential is a firm grasp on the pistol grip. The trigger hand holds the gun in a stable position during the shot development. At the same time, it gives the forefinger a secure hold. In this way, the tip of the finger can be accelerated without giving rise to disruptive impulses to the stock.

Pulling the trigger always causes a more or less strong vibration of the aiming point. That's why it's important to guide this acceleration in a direction, in which the least damage will be done. The ideal direction is parallel to the barrel's axis, since the recoil takes this path anyway.

The pressure of the forefinger should be applied to the trigger lever at a right angle. The most reasonable way to accomplish this is to bend the finger tip around the joint between the second and third link. The pivot point and contact point should be aligned, running right-angled to the axis of the gun's barrel. With a direct trigger, the movement itself is extremely short, so the contact angle hardly changes during movement.

The most comfortable contact between the fingertip and the trigger should be selected through the sense of touch. An inclination of the finger between the first and second finger joint should be avoided because it is less sensitive. Moreover, it changes the finger's position. It is absolutely essential to accurately coordinate the contact between the fingertip and trigger before each shot. The pressure must proceed from the same point each time. And it must actuate the trigger lever at the same height on every shot.

You will find the 'right point' by repeatedly fingering the trigger. Move your fingertip to and from the lever, until your fine sense of touch gives you the green light.

In the standing position, the release is caused by the strong muscle tension and can eliminate part of the resistance beforehand. Or you can overcome the entire resistance with a sharp pull. Many shooters vary the pressure somewhat, only to barely increase it for the release. Regardless of your method, the release should be aggressive and decisive in the standing position. Overcome the resistance by doubling the required force, so your rifle will clearly understand you and... Off!

If your trigger and hand are held correctly and your finger is placed properly with its tip perfectly touching the trigger, you will then feel a crystal clear point. Behind this point is a resistance which you precisely feel in advance. And just as precisely, you sense the impulse that your finger needs for the release. Forget about pulling and only concentrate on the target picture... Now you're in the center, and the shot releases like a tense spring.

Most shooters have experienced a shot release in this stage of perfection at one time or another. Beginners and intermediate shooters usually experience this stage of grace by chance, but experts are accustomed to such automatism from their training.

To reach this sphere of perfection in competition, you should draw up a concept which will take you there step by step. Note the position and the pressure of your hand, the position of your finger and the point for the transfer of pressure. Perfect this sensation during dry training in a darkened room. During simultaneous phases of intensive training with the trigger, you can practice this twice a day for 5 minutes each. Try to experience

Angle, Curves, Resistances

Fig. 3: Correct pull pressure on the trigger:

During prone and kneeling shooting, you should gradually increase the force, until the shot practically releases by itself (LVK).

In the standing position, it is completely different. Here the curve rises abruptly, because you "apply pressure" aggressively and "decisively".

Either pull directly from the point of contact (5-A). Or with slight pre-pressure (5-V) and in some cases with a pulsating touch (5-P).

The choice of all these three methods not only depends on your triggering preference but also on your state of excitement. The more exciting the situation, the more "brutal" your approach should be. The end justifies the means....

Triggering resistance
Pressure
Time
60 grams
45 grams
20 grams

Time:

The entire triggering process as concretely as possible through mental training before falling asleep.

When you train with live ammunition, shooting at a white target is bal-
sam for your technique. The shot release is so nice, when no bull's eye is lurking in the front sight ring.

The way you hold the grip in your hand is decisive when pulling the trig-
ger. You pull the way you have gripped the gun.

Avoid touching the stock with the upper side of your forefinger. This dulls the sensitivity of your skin and can disturb your movement. If necessary, file off a little wood with a rasp.

- Try to place your finger somewhat horizontally on the trigger, so it can pull straight back almost automatically.
- To pull in a horizontal direction, the trigger must be placed high enough on the pistol grip. The contour of the back of the grip is important for this. Here again, you may possibly have to rasp it down or build it up, until the neck of the grip is at the right height, and your hand automatically glides into the right position.
- You should always touch the trigger only at the same height. In its mid-
section if possible. According to the laws of leverage, different heights produce different resistances: low is easier to release and high, more diffi-
cult. Avoid fiddling about from shot to shot. This is unpredictable. Marking the trigger lever (with a wire clasp for example) makes it easier for you to al-
ways find the same point.
- By shifting the lever on its track, you can adapt your trigger to the reaching distance of your forefinger. This should not be done, until you have discovered how to hold the grip. Turn-
ing the toggle around the clamp is tabu, since this changes the direction.
- Check your trigger on a regular basis to make sure that it releases smoothly. A 'creeping' mechanism is bad, since it releases irregularly and confuses your sense of timing.