Triggerring Pictures • Hands,

Reloading the trigger is nerve-racking. Your sensitivity is strained to its utmost limit because you always have to find the right contact at once. Concentration is also required because you have to repeat this up to 150 times, not to mention the final. You have to keep your state of excitement under control. Even if you are trembling all over, the mechanics of your forefinger have to function smoothly. The way you hold your hand and the position of your finger are the basic elements of a robust triggering process. The decisive cells for this are assumed to be in your brain - a well-coordinated chain of nerve paths and control centers which have reacted together on countless occasions. In the entire process of firing a shot, there is no control system more sensitive than the simple bending of the finger. The bending can block, if you are "charged with energy" or if you miss the right moment. It can be executed too early or in a fully unexpected moment. Most frequently however, it is thwarted by the trifling resistance of only a few grams. Nevertheless, you should not be discouraged, if your forefinger acts up every now and then. A decent technique and a lot of experience will gradually bring it under control. Concentrate on the perfect execution of a shot when you train and force yourself to use what you have repeatedly practiced when you fire the first shots of a competition.

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Fig 1: These triggering pictures should assist when practicing contact with the trigger. The proper hand grip around the stock, the forefinger pressure straight back. The correct position of the finger itself. The axis of rotation must always be identical and should be in the same place each time. The contact of the fingertip with the trigger tongue. Same height and same point on the fingertip. Same pressure when making contact. As soon as these requirements have been fulfilled, proceed with sighting the target picture and releasing the pressure against the lever. Sheer nerve-jacking work...

Fig 2: Kirsten Auel, Germany's best competitor in the three-position match. Fourth in Atlanta and 95 European Champion runner-up. The firing speed of this lady from Karlsruhe is breathtaking. Hardly three seconds pass from target perception to the shot. Such an determined release is only possible for someone who grips with fantastic certainty and presses exactly along the barrel's axis, Kirsten demonstrates a classic hand position with an unrestrained finger.

Forefinger, Trigger Lever

Fig 4: When only the thumb is applied, the stability is lost. Raimond achieves this feat even with a thumbhole stock, and his hands, which are the size of plates, allow him to hang his thumb over the top. For this ostentatious variation, the world record holder even puts up with rubbing his trigger finger on the stock. Shooters with large hands do not always have enough volume with a normal grip. A filling mass offers a solution to this.

Fig 5: Matthias has filled up the grip and adjusted its form to his hand position. Afterwards, the entire stock was primed and coated with an auto lacquer. In this way, the air rifle not only acquires an unmistakable "finish", but the lacquer coating also serves as an optimal contact surfacce. Since the stock's moisture immediately forms a film on the absolutely smooth coating, the hand clings to it as it would to a glass pane. This effect, however, can only be acquired with lacquer coatings which are perfectly applied. Matthias relies on strength when he grips, and the position of his hand is exemplary. A pain-like "shiver" is imposed on the trigger lever to guarantee the same contact. As a spinner, he naturally prefers a direct trigger with a resistance of about 50 grams.

Fig 6: Peene also grasps firmly and has filed her grip to acquire just the right size for the length of her finger. The trigger tongue has obviously been custom made.