Developing the Firing Position

The external firing position is developed 40 to 60 times during a series. Although the end product is often examined, the motions involved are less frequently scrutinized. Nevertheless, the precision, with which you repeatedly develop your position, is actually of greater importance.

Some shooters have very beautiful firing positions but "are sloppy" from shot to shot, since they accept minor mistakes here and there, while others have virtually made a program from the variation of details. To prevent boredom, the elbow is sometimes seated deeper, or the hand may assume a different grip for the next shot. Whether from negligence or recklessness, variations are a risk. The more consistently you develop your position, the more smoothly you will execute the remaining steps of the shooting process.

You should bear your motions in mind and consciously cultivate them. In doing so, it is helpful to divide the overall task into individual stages. Each stage is completed separately and briefly examined before starting the next one.

Weight lifters can serve as a good example here. When heaving, they take an intermediate rest at shoulder height before bringing the barbell into the upper-stretched position.

Typical steps in developing the standing firing position (see fig.1). It is of special importance to keep yourself exactly balanced from one stage to the next. You only have a firm stance when your center of gravity is correct.

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Inspection and Proportions

The size and girth of the body largely determine the firing position. If you are built like Schwarzenegger, you will hardly be able to copy Woody Allen's firing position.

This becomes quite evident when adjusting your height. To take aim at the air rifle target, Silvia has to bend her spine considerably, since she doesn't arbitrarily shoot upwards.

Maik, on the other hand, has to develop a downward slope. At ten meters, he sights his mark clearly below his shoulder level. His upper body is more upright, and his lower left arm comfortably reaches the front end of the stock.

For dry training, you should measure the muzzle height of your rifle on the shooting range and use the same height for sighting during home training.

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