The Basic Position of the Feet –

The height of a shooter's body is seven times longer than the length of his foot. With this comparatively small standing surface, fluctuations of the stature must be balanced. A multitude of bones, tendons, muscles and nerves in the planter arch of your foot do extremely fine work, while you are chasing down tens. However, you can make the job much easier for your feet, if you place them properly. To do this, you need to establish a correct alignment with the target, an ideal interval between your feet and the appropriate angle for each foot. To maintain a general view of things, you should become acquainted with the basic laws of the foot position, since a systematic search can only develop from an arbitrary method of 'trial and error' when you have a decent plan. When selecting footwear, think about the following words: 'no one likes to work in the dark, especially not when it's tight and stuffy'. That's why you should wear large enough shoes (1.5 cm beyond the large too) and provide for ventilation. Socks made of natural fabric favor breathing and good climatic conditions. You should select flat soles, since they help you maintain your balance. Elevated heels cause the feet to descend somewhat toward the toes.

Changes of foot position and the effect of each change on the zero point. The following information is applicable with limited liability. With some firing positions, other effects are produced due to special conditions of the upper build. You should therefore examine the sketched-in 'dance steps' for yourself. The best way to do this is by dry training in front of a mirror. This way, you will have the time and leisure to concentrate on your zero point. It is important to examine your inner firing position after each step. Carefully feel whether the statics, tension and balance are still correct. Only then can the correction of your zero point be considered successful.

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A narrow, a normal and a spacious distance between the feet. The larger the foot interval, the easier it is to regulate height fluctuations. A spacious interval also works against the gun's recoil and helps the shooter master the smashere shot. By opening the legs, the zero point ascends. But this should be done with measure. Extreme splits overset the legs and cause lateral fluctuations. Tip: Measure the distance between your feet and make a note of it.

an Extreme and the Fundamentals

The distance between Sanja Pfeilschifter's foot is extraordinarily wide. The foot interval of the 1994 world air rifle champion spans more than half the height of her body. This extreme can also be observed among many smaller and lighter males and female shooters of the veteran class. At any rate, Sanja's high level of performance forces us to discuss the advantages and disadvantages of such a "split". Levering the body's center of gravity has positive consequences. The gun is probably levered by more than 5 centimeters, when compared to the 'normal' foot interval. In addition to that, the zero point is clearly ahead, which Sanja of course compensates for in the example with an (unfortunately) bent head. The disadvantage of this position is her overall, unnatural posture which requires overstretching in her back and her legs. Her left ankle is strongly bent, and the front third portion of her foot has left the ground. This is not the only example that a great deal has been achieved with - pardon me Sanja - advantageous firing positions. Nevertheles, please be warned against copying such position. A cross-section survey has shown that the majority of athletes win with downwright school-like positions.

The vertices of the feet viewed from the angle of the shooter. The left foot is standing on the middle of the line towards the target; the outside of the feet is parallel to the boundary line. You should maintain a distance of about one centimeter from the line which will allow you some space for minor adjustments of your feet in the direction of the target. The left foot largely remains immobile. Fine toward rotations on the heel are used to stabilize the line or to shift the tip further forward. The projection of the center of gravity is located on the inside of the left foot. Rotations of the entire firing position or the right foot should be performed on this side. The right foot is a little more than a shoulder width away from the left foot. The more weight and muscle the gun is, the more it should be shifted outwards. The right foot is slightly rotated to the right, and this outward rotation increases with increasing distance. The right foot is situated somewhat behind the left foot and its backward movement also increases with a wider interval. Shifting the right foot forward brings the zero point on the target to the left (and vice versa). Movements on the heel change the balance. Each movement also changes the zero point and the inner firing positions. That's why you should be on guard, whenever your feet is moved.

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