Pistol shooting

Shooting Position

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Shooting Position

Right arm position
Right hand position
Center of gravity
Hip position
Leg position
Foot position
Neck & head position
Shoulder position
Left arm position
Air Pistol - Technique of the Position

Leg Position

- stable and comfortable position
- distance between feet - size of the shoulders or a little smaller
- feet without tension naturally spread side-wards
- right hip - direction to the target

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Leg Position
Leg Position
Leg Position
Leg Position
Air Pistol

- Technique of the Position

- The legs are spread with the shooting line passing through the middle of the feet or within 20 degrees of the feet.
- The body weight is in the middle of the feet or slightly on the hills.

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Position of the Body

- upper part slightly backward
- right hip is brought forward - left
- body weight on both legs
- leg joints are most tightened
- centre of gravity is falling between legs or closer to the left leg (foot)
Body Position
Body Position
Body Position
Position of the Right Arm

Right arm has to be stretch for three reasons:

- distance between the eye and the sights is always the same
- elbow, the upper part of the arm and the shoulder are building compact unit
- the stretched arm is better absorbing recoil
Right arm has to be in the line which is passing the line of the shoulders, or a bit to the left from that line. This way is giving the best conditions for the static work of all three parts of the musc. deltoids.
Position of the Right Arm
Air Pistol - Technique of the Position

Position of the Left Arm

- Left hand and shoulder passive role.
- "immobilizing position" - left pans pocket
- Holding (hanging on) pans belt on the middle stomach
- "anatomic passive position" - arm is a "compact" unit with the body
Position of the Right Arm

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Position of the Head

- The head is turned to the right without deviation in any direction.
- The natural and comfortable position.
- Eyes sighting function.
- Function of vestibule mechanism.
- Neck muscles, preventing unnecessary fatigue.
Position of the Right Arm

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Position of the Right Arm
Top level shooters are saying that the correct grip hold is halfway to successful shooting. That is correct.
Air Pistol - Technique of the Position

Three important points:

- space between thumb and index finger - behind the barrel and under the rear sight,
- down part of the hand, next to the wrist-ankle - upper part of the grip,
- upper part of the middle joint of the middle finger on which is laying grip’s part under the trigger mechanism.
Position of the Right Hand
Position of the Right Hand

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Air Pistol - Technique of the Position
When these three points of the hand are correct placed on the appointed places on the grip, they will form a triangle that makes holding of the pistol based mostly on physical principles.
Little, ring, and middle finger are banded around the grip with nice, smooth tension which is always the same.

Trigger finger must be free of any contact with the grip. Only in that way, there are optimal conditions for the correct activity of the trigger finger and correct triggering action.