Shooting Technique

Balance

A good sense of balance provides for steady holding and decent shooting performance.

Time and again, shooters ask how they can counter poor competition results through psychological training.

As soon as shooting per se undergoes a practical analysis, considerable technical defects are generally found. Nerves are usually not to blame for a nose-dive at a championship but rather crass mistakes in the shooting position, during sighting or during subsequent holding.

Before the psyche, nutrition or a special condition is blamed for the poor results, the shooting technique should be brought up to a reasonable standard. With the words of a colleague: The focal point of training is still the rifle.

Test possibilities
You can feel whether your balance is right by the sensation of pressure on your feet. When you close your eyes and concentrate on the distribution of weight, the force of gravity you feel on the front and back of your feet should be as equal as possible. This test should be carefully conducted before each shot. If need be, correct your foot position in crass cases and the contact point of your left elbow in the case of slight deviations.

Crass mistakes in balance, usually by clearly overestimating the toes, can be recognized by the trainer with the naked eye. The shooter can study the same picture in front of a mirror (dry training). By doing so, sensation and visual impression can be harmonized. From the pattern of a ten-shot series, defects in balance can be recognized by wild lateral shots and a predominant distribution of hits on the horizontal line. To check this, you should record your shots in protocols on a regular basis during training and competition. If your lateral deviations are more than 20% greater than your height variations, you should work on improving your balance.

Balance and nerves
Whoever loses a lot of points in competition, compared to his training average, is frequently a victim of imbalance. Through practice, mistakes in equilibrium can be well compensated for with strength. But in competition, muscular tension is the very thing that is hard to control when you are excited. You sway more, and your shooting position clearly falls to the front upon releasing the shot.

This results in wild shots or, among better shooters, a lot of nines just off the mark.

In such a case, you should perfect your balance before doubting your psychological stability.

...and subsequent holding
The best way to ensure adequate balance while shooting is through subsequent sighting.

Get used to holding your rifle on the mark a second longer after releasing the shot to check the sighting picture, as if you were going to release a second shot. If your balance was correct, your front sight should still be in the center.

Standing shooters of caliber can be recognized by this very detail.

Heinz Reinkenmeier

Standing shooting position: balance

The posture of the human body is quite sensitive in the standing position. The relatively small base area of the feet is supposed to balance the entire height of the shooting position and that with as little fluctuation as possible.

To meet this demand, it is extremely helpful to bring the shooting position into balance: 50% of the body weight, with the gun, should rest upon the forefoot (ball of the foot and toes) and 50% should rest upon the heel. When so balanced, the pressure is evenly distributed over the feet, and no strain is necessary to stabilize the basic posture. Minor alternations in tension are enough to keep the shooting position 'balanced'.

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Olympic Games
ISSF World Cup
ISSF World Cup
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ISSF World Cup Finals

Sydney, Australia
Sydney, Australia
Milan, Italy
Munich, Germany
Atlanta, Georgia
TBA

September 16-23
September 16-23
May 29 - June 5
June 5-12
July 15-23
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