

# Basic Sighting Position,

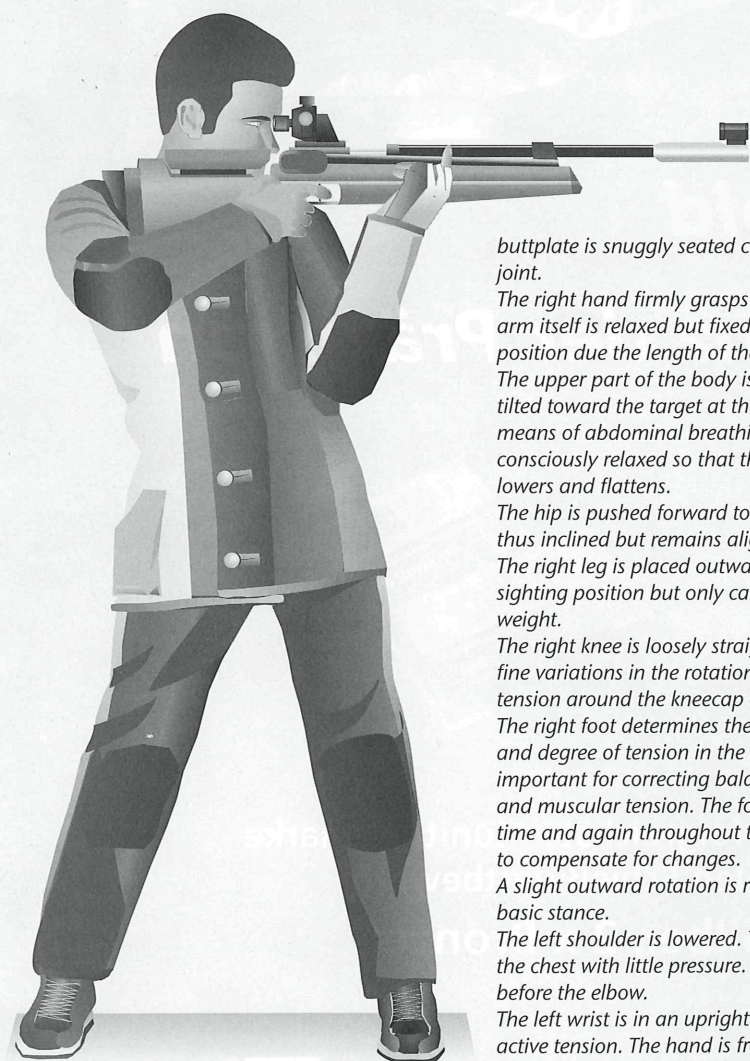
The side view above summarizes the most important basic rules of sighting in the standing position. If you are just starting to develop your sighting position, you can safely depend on these guidelines. Whenever you get into difficulties, you should check the points one after the other. It is usually infractions of simple principles which give rise to serious problems. The statements here will be thoroughly explained from all sides and dealt with in depth. The collective picture will unite the details and show the entire context.

Sighting in the standing position permits many variations. We shall compare typical leg and hip positions, each of

which have special advantages and disadvantages. You should choose the one that best suits your physical constitution. Avoid positions that excessively strain your back and try to carry the gun without using strength.

The position of the supporting hand and the angle of the lower left arm are among the details which frequently give rise to uncertainty. As usual, there is no ideal solution - only advantages and disadvantages which you can weigh against each other. Whoever has little opportunity for training should select simpler positions which are easy on the bones and muscles.

Heinz Reinkemeier



**Fig. 1**  
The head is laid on the back of the stock supported by the cheekbone. If the neck is relaxed, the glance falls directly through the sight. The right shoulder is relaxed and lowered. The

buttplate is snugly seated close to the upper arm joint.

The right hand firmly grasps hold of the grip. The arm itself is relaxed but fixed in a relatively high position due the length of the stock.

The upper part of the body is leaned back and tilted toward the target at the shoulder girdle. By means of abdominal breathing, the muscles are consciously relaxed so that the trunk of the body lowers and flattens.

The hip is pushed forward toward the target. It is thus inclined but remains aligned with the target. The right leg is placed outward. It supports the sighting position but only carries 10 - 30% of the weight.

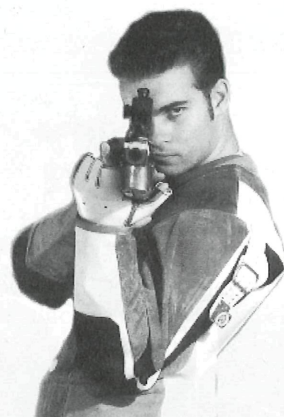
The right knee is loosely straightened. Through fine variations in the rotation of the right foot, the tension around the kneecap can be adjusted.

The right foot determines the elevation, alignment and degree of tension in the sighting position. It is important for correcting balance, the zero point and muscular tension. The foot is slightly shifted time and again throughout the shooting match to compensate for changes.

A slight outward rotation is recommended as a basic stance.

The left shoulder is lowered. The arm borders on the chest with little pressure. There is no contact before the elbow.

The left wrist is in an upright position without any active tension. The hand is frequently clenched into a fist. Shooters with relatively long arms hold the stock in different variations between the fingers or in the palm of the hand. The lower left arm is held almost perpendicular. Muscular tension is minimal throughout the entire arm and in the hand. The left elbow is the key element in distributing tension and aligning the upper part of



**Fig. 2**

The standing position of Torsten Krebs is actually atypical among shooters in Germany. Characteristic is the very low position of the gun which "lowers" the entire center of gravity and offers a certain degree of additional stability. The lower center of gravity is achieved by an extremely low head position and inclination over the back of the stock. A posture that appears risky to those without practice and considerably disturbs the balance at first. The buttplate is shifted a little more to the side of the hook plate, and the forearm of the stock can be held in the palm of the left hand. Many Frenchmen shoot this way. And this variation also has a number of fans in Switzerland and among the shooters of former Yugoslavia. We have chosen Torsten as a model since he was the prominent air rifle shooter in 1995 and is also among the top-notch shooters of the three position match.

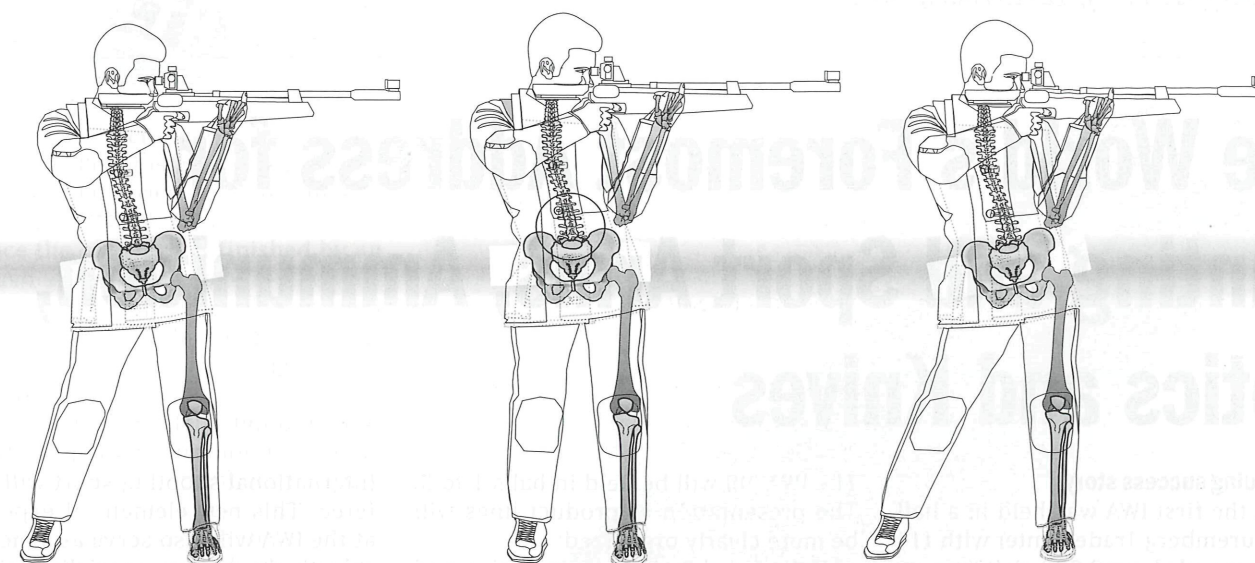
the body. A secure attachment point on the crest of the ilium is needed so that the supporting arm can be absolutely limber. The balance and zero point are regulated through fine shifts of the attachment point.

The pelvis is pushed forward toward the target, whereby the crest of the hip is raised and more strain is exerted on the left leg. The forward pushing of the pelvis takes place against the resistance of the muscles and tendons and should be done to the same extent each time. When bringing the rifle into the shoulder position and turning toward the target, the hip must remain aligned with the target.

The left leg is almost perpendicular and carries the bulk of body and gun weight. Fine rotating adjustments keep the knee in a fixed position, if it starts to wobble during the heat of competition. The supporting pillar consists of the left foot, the leg, the pelvis, the lower left arm and the hand. In the sighting position, you should clearly feel the weight of the rifle diverted along this line on the ground.

The left foot is again responsible for balance, statics and alignment of the sighting position. The fine nerves on the end of the sole of the foot report how the weight is distributed at each moment. This information is essential to control your lateral fluctuations. As a basic position, the right-angled alignment of the foot with the target is preferred.

# Side View - Variations



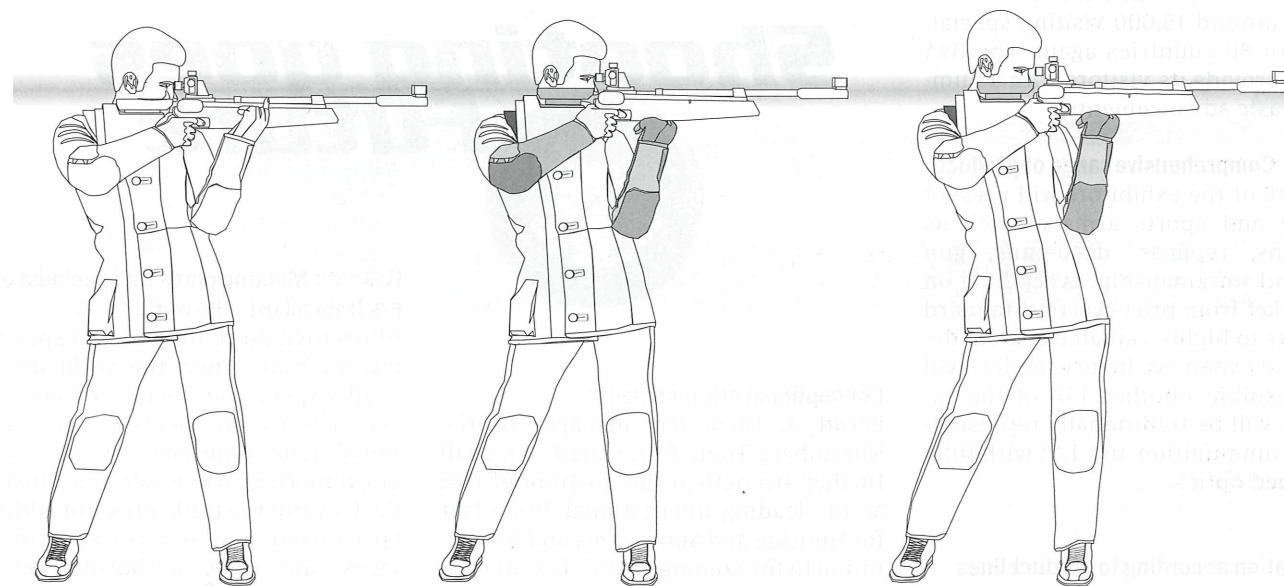
**Fig. 3**

An average sighting position of the "German School" with an almost perpendicular left leg, slightly inclined hip and moderately curved spinal column. This position is observed more frequently among men and only requires a slight outward placement of the extremities.

Rare variations in which the legs are placed close

together and the pelvis is almost horizontal. In this way, the weight is almost equally distributed (50:50) over the feet, but the spinal column in the lumbar region must be enormously curved. The upward and downward fluctuations increase as well. Both the gun and the body's center of gravity are higher.

Women prefer pushing the hip further forward. The left leg is therefore placed more out front, and the upper part of the body acquires greater curvature. Useful for active persons with low weight, since the rifle's mass is easier to balance this way. However, the demand placed on the lumbar spinal column is considerable.



**Fig. 4**

Again Torsten Krebs' sighting position which is conspicuous through the low position of the rifle. An extremely inclined head is required here as well as grasping the support between the thumb and index finger with the supporting hand.

A more popular support is the fist. The rifle is higher and the head position definitely more comfortable. To correct the elevation here, the hip is pushed forward and the buttplate lowered. This variation can be recommended without reservation.

Lighter and more flexible shooters lean back more in order to carry the gun without strength. This way however, the head gets into trouble again. The neck must be inclined to a greater extent. Better contact at the elbow is of advantage.