



## Stance

*What do I have to do to shoot a good accurate shot?*

- ❶ You have to align the sights correctly in the aiming area, which will make the shot impact in the centre of the target &...
- ❷ then cause the pistol to fire without miss-aligning the sights...*read on*

The basics: stance, grip, sight alignment, breathe control, trigger control and follow through are learnt and practiced so as to develop the ability to complete the “two” requirements of a good shot.

*The main requirements of Stance are:*



To position your head as level as possible, so as to maintain your normal visual horizon.

If the head is tilted then the neck muscles will be under tension. This can cause unintentional head movement during shooting and is disastrous for good sighting.

The eye should be in a position to see the target in line with your arm and sights (this means that your stance has a great deal to do with your pistol/grip combination).

The first part to determine is how to stand and have the eye aligned with the sights and then position yourself to align with the target.



To be able to hold the pistol in the shooting position with the least amount of muscle strain and the most amount of stability.

The basic angle of the body in relation to the shooting arm will be arrived at by the requirements of number 1.

The distance the feet are apart is up to you, but you need maximum stability with minimum muscle strain. The best starting position is shoulder width apart. If the feet are placed closer together then stability is compromised, as they are spread further apart, muscle strain comes in to play. The body should have a slight lean backwards to compensate for the forward movement of the centre of gravity caused by the extended arm and pistol. The non-shooting arm should be in a pocket, or anchored in some way, not just hanging loose in the breeze.

Many “good” shooters have developed their stance over a period of time and now it is automatic to them. The *really* “good” shooters will often revisit their stance to see if there is any way of improving it.

*The moral is: if you are trying to develop a stance, do not do what somebody else is doing - ask questions - discuss it with other shooters & develop your own*