

ALL AMERICAN FIREARMS TRAINING

Fundamentals of Pistol Shooting

Disclaimer: The use of firearms can be dangerous. By reading this material, you agree that you assume any and all risks involved and release All American Firearms Training from any liability whatsoever.

Three Rules For Safer Gun Handling

1. Always keep the gun pointed in a safe direction. Always assume that every gun is loaded, and never point a gun at another person or at anything you would not want to shoot.
2. Always keep your finger off the trigger until you are ready to shoot.
3. Always keep the gun unloaded until you are ready to use it.

Shooting Fundamentals: **B.R.A.S.S**

1. **Breathe**

Your breathing should be steady, and each time you fire the gun, try to be at the same point in your breathing cycle, whatever is most comfortable for you. For example, some people feel comfortable letting the trigger “break” when they are [briefly] holding their breath after taking a deep breath and exhaling 1/3 of the air out of their lungs.

2. **Relax**

You must relax by doing some deep breathing before you shoot, and by thinking positive thoughts. Relax your body and take a comfortable stance relative to the target, holding your gun the same exact way each time and touching the same part of your finger to the trigger. Grip the pistol firmly, as you might shake someone’s hand, but not too hard.

3. **Aim**

Remember to **focus on the front sight post**, not so much on the rear sight post or the target. Focus intently on the front sight post, and you will shoot more accurately.

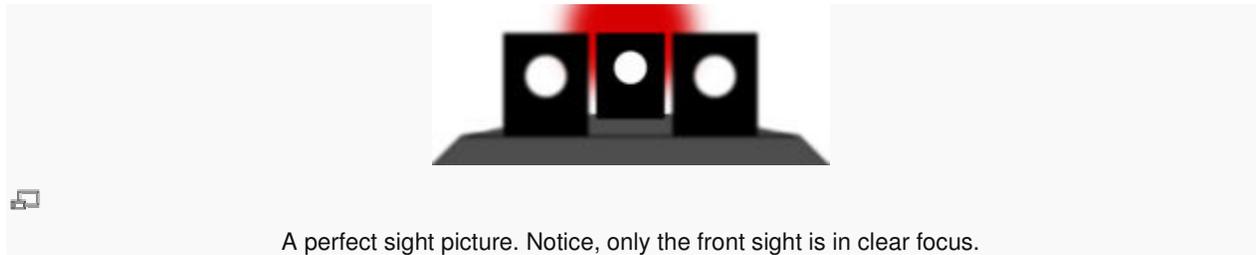
4. **Squeeze**

Squeeze the trigger (do not pull it or jerk it) straight back towards your body. This should be a smooth, constant motion. Once you have your sights lined up with the target, start squeezing the trigger firmly until it “breaks” and the shot goes off.

5. **Surprise**

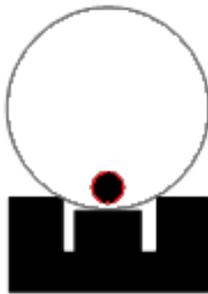
You should be surprised when the shot goes off, as you are focused on the front sight post and not on the target, the rear sight post, or on the trigger. Remember, the law of averages says that if your sights are lined up correctly on the target, you will hit it most of the time. So, your main goal is to let the weapon remain aimed at the target while the trigger squeeze is happening.

Now, let's talk about sight picture.

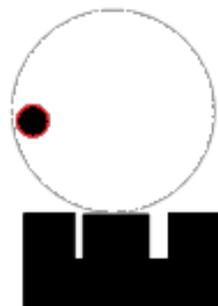
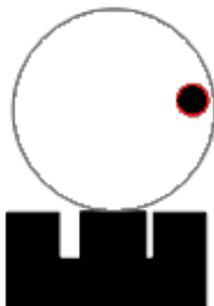


If the sights are aligned and pointed at the target, you will hit it. With a pistol, a small error in sight alignment means you will not hit your target, so pay attention to the **FRONT SIGHT**.

Here are some examples of sight pictures that need improvement:



REMEMBER: YOUR BULLET WILL GO WHEREVER THE FRONT SIGHT GOES. ANY SLIGHT DEFLECTION OR MOVEMENT OF THE FRONT SIGHT WILL RESULT IN A DRAMATIC EFFECT ON WHERE THE BULLET STRIKES THE TARGET.



The Wheel of Misfortune

Every day of the shooter's life brings a new lesson. Identifying errors are crucial in order that these lessons be learned. The following chart can help pinpoint such basic flaws in a shooter's technique by analyzing group locations. As printed, it is for a right-handed shooter. (A left-hander's chart would be mirrored horizontally.)



Top Ten Bad Habits of Shooters

1. Not Looking at the Sights. This quite frequently is listed as "looking at the target." A shooter may be focusing his eye on neither the sights nor the target, but since he does not see the target in clear focus he assumes he is looking at the sights. You must concentrate on **THE FRONT SIGHT POST**.
2. Holding Too Long. Any adverse conditions that interrupt a shooter's ability to "hold" will cause him to delay his squeeze, waiting for conditions to better. As soon as you are on target, begin your trigger squeeze

process. If you try and "wait" until the sights are in the exact center of the target, you will be doing something counter-productive. By the time your brain receives a signal from your eye, processes the fact that the sights are perfectly aligned, and sends a signal to your finger to squeeze the trigger, it is very unlikely that your sights will still be aligned in the dead center of the target. "Trust your wobble" and focus on smooth trigger squeeze and try to disturb the sights as little as possible while you do it.

3. Inconsistent Grip or Position. Your grip has a dramatic effect on the consistency of the position of your trigger finger. Suffice to say that you cannot fire a decent score with any gun at any range if you continually change your grip or position.

4. Finger not placed correctly on the trigger. You must apply pressure to the trigger straight to the rear and wait for the shot to break. Be certain that the gun is centered in your grip, with your finger resting comfortably on the trigger. If your grip causes your trigger finger to be placed too "deep" into the trigger well or not deep enough (too "shallow"), this can cause you to put more pressure on one side of the trigger than the other, causing deflection of the barrel off to the opposite side and causing a miss.

5. Jerk or Heel. The application of pressure either with the trigger finger alone or in case of the heel, pushing with the heel of the hand at the same time.

6. Anticipation. Anticipation can cause muscular reflexes of an instant nature that so closely coincide with recoil that extreme difficulty is experienced in making an accurate call. "Flinching" before the shot is one symptom of anticipation. In order to eliminate anticipation, you must SMOOTHLY make the trigger "roll" straight to the rear, and make the trigger "surprise" you to a certain degree when the gun goes off. It shouldn't be a total surprise (you loaded the gun, you pointed it at something, you squeezed the trigger), but you must be increasing trigger pressure smoothly (read: slowly) enough that the EXACT MOMENT the gun goes off is not easily predictable to you.

7. Loss of Concentration. Remember that concentration is important. If you are feeling flustered, nervous or overwhelmed, unload the gun and put it down. Rest, get your head together and try again in a few minutes.

8. Anxiety. You work and work on a shot, meanwhile building up in your mind doubt about the shot being good. Finally you shoot just to get rid of that particular round so you may work on the others. Be patient, and RELAX. Just "let it happen," don't try and force it to happen.

9. Laziness. This is a mental fault more than a physical one, which results in your accepting minor imperfections in your performance which you could correct if you worked a little harder. The end result being you hope

you get a good shot. Just like you hope you will get an extra tax refund, and you will get one just about as frequently as you get the other.

10. Lack of Follow Through. Follow through is the subconscious attempt to keep everything just as it was at the time the shot broke. In other words you are continuing to fire the shot even after it is gone. Follow through is not to be confused with recovery. Merely recovering and holding on the target after the shot is no indication that you are following through. Think of this as what a pitcher does each time he throws the ball – he always ends up in the same consistent position after the pitch, which helps with his consistency in placing the ball inside the “strike zone.” Basketball free-throw shooters, who depend on a high percentage of well-aimed shots, also place a large emphasis on follow-through; you can see them hold their hands in a “follow-through” position for several seconds after they release the ball.

If you have any questions or need more help, call 877-697-6446 ext # 1 or e-mail us at aafirearmstraining@gmail.com. We are always happy to teach you or anyone else about shooting. Visit our web site at:

<http://www.allamericangunsmith.com>