

# **7 Fundamentals of Handgun Shooting**

## **1. Stance (may drastically change due to circumstance)**

- a. Lower Body (many different shooting positions)
- b. Upper Body (stays consistent regardless of shooting position)

## **2. Grip\* (goal is to reduce muzzle flip during multiple shots/keep sights on target.)**

- a. Strong Hand (Thumb out of the way)
- b. Weak Hand (Has priority on the weak side of the gun)
- c. Mechanical Advantage (Weak hand angled forward=less muzzle flip)

## **3. Breathing (don't hold your breath!)**

- a. Natural Respiratory Pause

## **4. Sight Alignment (physical alignment of the front and rear sight)**

## **5. Sight Picture (the whole picture: suspect, gun, sights)**

- a. Final focus should be on the "Front Sight" (bring gun to your eyes)

## **6. Trigger Control\* (single most important aspect of shooting accuracy!) This is the process of moving the trigger while keeping sights aligned.**

- a. Don't "make" the gun go off, "let" it go off. Trust the gun!
- b. Take up the slack (prep the trigger), then press smooth and steady
- c. Surprise break/compressed surprise break (Jeff Cooper: Gunsite)

## **7. Follow Through (the act of continuing to keep the trigger pressed all the way to the rear, even after the gun has fired.)**

- a. Encourages only the minimum movement required on the trigger
- b. Utilization of trigger "Reset" and 2<sup>nd</sup> sight picture