

PISTOL REFINEMENTS

MISPLACED *GROUPS* ARE OPPORTUNITIES TO IMPROVE



No Group

OPPORTUNITY: Work on Better Sight Alignment.

Shoot 10 shots from a Benchrest Position - removing and replacing the gun after each shot. If still no group, review understanding of Sight Alignment. Try aligning a gun with a co-witnessable red-dot sight or laser with the dot (laser) on the bull's eye and note how the sights look. Be MUCH more careful that your sights are aligned. Be sure you are seeing the front AND rear sight properly aligned (with your dominant eye if possible - if not, go ahead and squint weak eye). Focus on *front* sight - NOT target. Target should be blurry. Rear sight can be slightly blurry too. If you can't see a crisp front sight - consider different glasses/prescription. Sight picture is not as important as sight alignment. Stay focused on *front* sight as you squeeze the trigger. Do not EVER

***High/Low Vertical Group placement and Right/Left Horizontal Group placements may also indicate the opportunity to focus better on sight alignment. Be sure you are noticing both horizontal and vertical alignment of your sights. Try memorizing the gap between the front sight and each side of the rear sight when properly aligned and then look for that gap on only one side of the front sight near the top so you can see horizontal AND vertical alignment without shifting your eyes back and forth from one side to the other of the front sight. You can do this! Skilled mechanics don't need to read the label on box wrenches. They can tell a 3/4" wrench from a 7/8" just by looking.**

THIS IS FOR "GROUP ANALYSIS." DON'T THINK AT ALL ABOUT A FEW "WEIRD" MISPLACED SHOTS. WHAT DOES YOUR GROUP TEACH YOU? IF MOST OF YOUR SHOTS ARE WHERE YOU WANT THEM... THAT SHOULD BE YOUR "SELF-TALK!"



Vertical Group - Centered

OPPORTUNITY: Work on Breath Control.

Don't forget to pause breathing during shot. This is an easy fix.



Vertical Group - High*

OPPORTUNITY: Work on Trigger Finger Isolation

Be more careful to maintain steady grip on the gun. Only the muscle that flexes the trigger finger should tense - NOT the whole hand. Flexing the heel of your hand moves the muzzle up. Have a "coach" watch for flexion in forearm muscles (look near the elbow).

BE A COACH FOR OTHERS: Watch the shooter's forearm as they move ONLY the trigger finger. Then look for what happens when they squeeze their whole hand. Coach until there is no flexion at



Vertical Group - Low*

OPPORTUNITY: Work on Recoil Management,

Be more careful to keep the muzzle steady as you pull the trigger. This is also an easy fix. Dry-fire until you can see the front sight stay perfectly steady when the trigger breaks. NO HICCUP

BE A COACH FOR OTHERS: Watch the shooter's forearm as they move ONLY the trigger finger. Then look for what happens when they squeeze their whole hand. Coach until there is no flexion at the elbow during trigger squeeze.