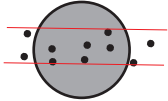


# PISTOL REFINEMENTS

## MISPLACED *GROUPS* ARE OPPORTUNITIES TO IMPROVE

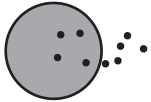


### Horizontal Group

**OPPORTUNITY: Work Horizontal Sight Alignment.**

Great Vertical Alignment (The distance from your highest and lowest shots are close enough that they'd all be in the "10" ring.) Now you just need to pay that same amount of attention to horizontal alignment and you're a champion!

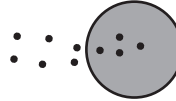
### Horizontal Group - Right\*



• **OPPORTUNITY: Work on Trigger Control.**

Isolate your Trigger Finger so the muscle drawing the trigger to the rear is the **ONLY** muscle in your hand that is moving. You use your THUMB and Trigger finger to pick-up stuff, so it is only natural for your brain to tell BOTH muscles to fire together. Teach your brain to **ONLY** talk to your Trigger Finger. NO Thumb flexion - which pushes your group to the right.

BE YOUR OWN COACH: Hold your empty hand up with thumb and fingers in a claw shape. Practice flexing your trigger finger **WITHOUT** seeing ANY movement in your other fingers or thumb. That's harder than it sounds, but you'll get it. Once you "get it," try seeing if you can just move your trigger finger with your hand in other positions (fingers and thumb fully extended, Trigger finger touching your thumb like an "OK" sign, etc.). If you find a hand position where it is hard, work on just flexing your trigger finger in that position. You don't need to waste ammo training to master this skill.



### Horizontal Group - Left\*

**OPPORTUNITY: Work on Hold Control.**

When you pick-up a barbell or raise a glass of your favorite beverage, you squeeze your whole hand. How often do you move your index finger without your other fingers being part of the action? What "fires" together, is "wired" together in your brain. You need to train a new neuro-muscular pathway. At first you might need to think about it, but soon it will become reflexive like your other hand movements. Flexing your fingers, even just a little bit, pushes the muzzle of your pistol to the right. Don't practice NOT doing that. Practice just drawing your finger to the rear.

**\*Right/Left Horizontal Group placements may also indicate the opportunity to focus better on trigger finger placement. You want your trigger finger to contact the trigger a tiny bit more than half-way from the fold of the distal knuckle and the tip of your finger. Imaging you are moving a delicate "joy stick" in a critical robotic operation. Where would you place your index finger so you move the stick with the most precision? There should also be "daylight" between your trigger finger and the slide of your pistol. When you have too much finger on the trigger, you are probably pulling the muzzle toward the back of your hand as you fire (horizontal group - right). When you have too little finger on the trigger, you are likely to push the gun away from your hand (horizontal group - left).**