



# SKEET SHOOTING FUNDAMENTALS

HANDBOOK



Model 1100 Tournament Skeet  
Offered in 12 ga. & 20 ga.

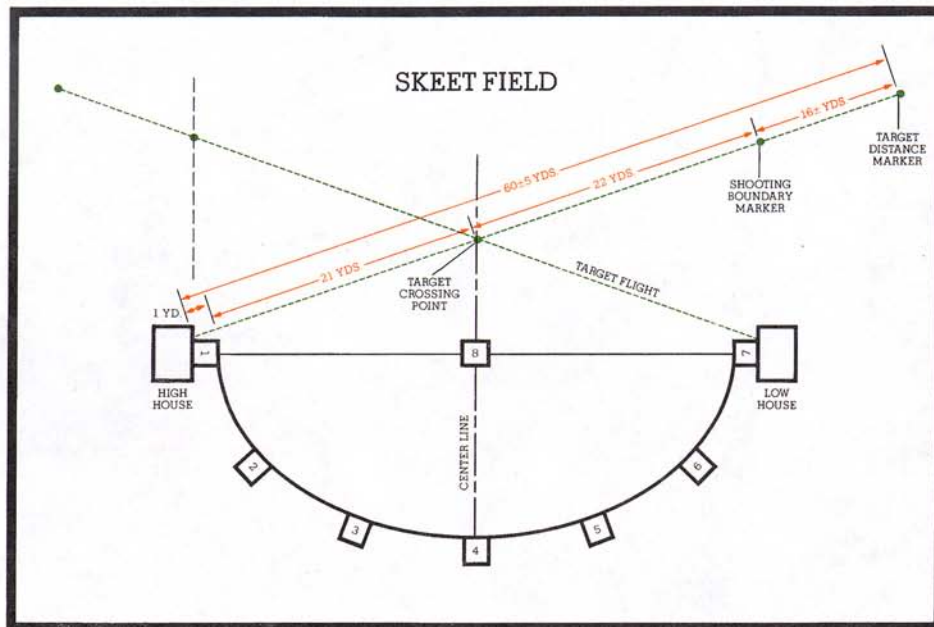


Premier® STS®  
Target Loads



**Remington®**

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## HANDLING YOUR GUN

- Make sure your gun fits you. To check this, raise the gun to your face and shoulder with eyes closed—then open them. You should see the front bead right in the groove of the receiver. If the bead is above or below, your gun doesn't fit and you should have a good gunsmith adjust the stock accordingly.
- Never place the gun to your shoulder and then lower your face to the stock. This makes for tenseness in the neck muscles. Instead, raise the gun to your face, to be backed up by your shoulder, adjust height by raising or lowering elbow.
- Handle your gun safely at all times. Keep the receiver open and the muzzle pointed toward the ground. Don't load until you are on the station and actually ready to call for a target.
- Hold your gun lightly, with the fore-end just resting in the palm of your hand. This will let you point the gun smoothly and easily. If you grip or "muscle" the gun, your arm and body will become tense and poor shooting will be the result.
- Don't hold the fore-end so far forward that your arm is practically straight. This also

produces tenseness. Your elbow should be bent to the degree that is most relaxed for you.

## SAFETY

The primary concern of every shooter... even over shooting excellence... must be safe gun handling.

Always keep the action open and the muzzle pointed toward the ground. Never load until you are on your position and ready to call for your target.

## BODY POSITION

1. Make sure you have the correct foot position and gun-point position for every shot.
2. Bend the left knee slightly to pivot your body for a smooth swing. (It's the right knee, if you're left-handed.)
3. Be relaxed but physically alert when calling for your target.

## LEADING TARGETS

There are three ways to get your lead:

1. Swing-through lead—Start with the bead behind the target, overtake it, and fire as you swing through and out ahead of it.
2. Pull-ahead lead—Start with the bead on the

target, pull out in front of it, obtain your lead and fire.


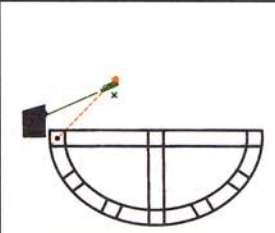


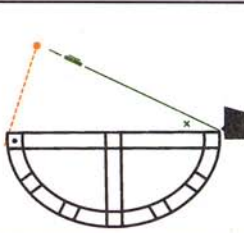


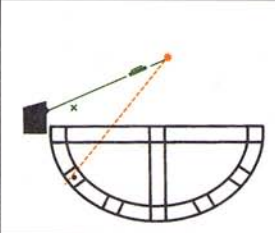


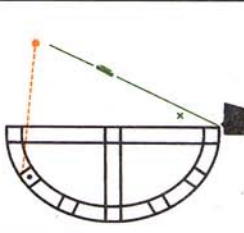


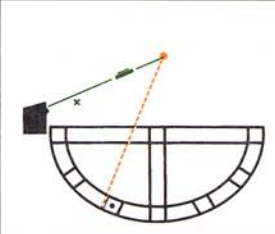


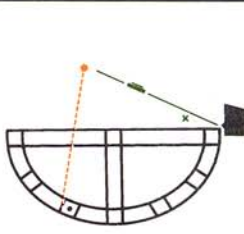


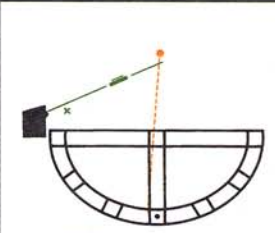


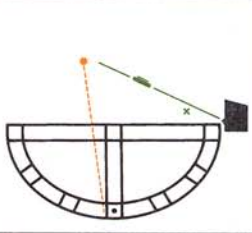


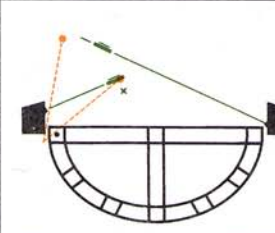

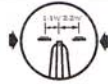
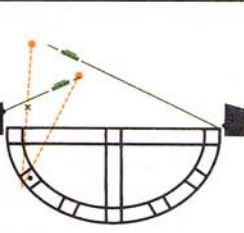

3. Maintained lead—Start ahead of the target to begin with, adjust your lead and fire.

## FOLLOW THROUGH

A stopped gun is probably a lost target. Keep your swing smooth, and follow through after the trigger is pulled on every target.

## SHOOTING

- If possible, shoot with both eyes open. This will give you a better sight picture both of the target and of the bead on your barrel. You will also be more relaxed with both eyes open.
- Always keep your gaze focused on the target, not on the bead. You should see the bead only as a reference point, either on the target or out in front of it if you're leading it.
- Remember that you must fire the moment you have obtained and checked proper lead. If you start rechecking your lead to make doubly sure of it, you will slow down your swing and miss your target.
- Never forget to follow through. And on those tough middle stations, 3, 4, and 5, remember that a really positive follow-through is a must.

HIGH HOUSE		STATION 1		LOW HOUSE	
		 With gun held down and out at a 30° angle, and directed at target intersection point, look about 15° higher to catch the target coming over-head. Break it the moment it is on bead.	 The gun start for this target is 2/3 of the way from the target intersection point to the low house. Break the target about 2/3 of the way from 8 back to the high house.		
Feet at 45° angle to station 8.				Same foot position as high house.	
HIGH HOUSE		STATION 2		LOW HOUSE	
		 Gun point is directly into path between Station 8 and high house. Target appears to get away fast, but don't rush or you'll end up with stopped gun and missed shot.	 Gun start the same as Low 1. So is point where you break this target, due to doubles. For low house targets be sure bead is under target path so you don't obscure the target.		
Feet on a line which intersects a path to station 8 at 90°				Same foot position as high house.	
HIGH HOUSE		STATION 3		LOW HOUSE	
		 Correct foot and gun-point positions are essential on middle stations. For High 3, 4, and 5, a line across toes should extend to a point 8 or 9 feet out from high house.	 A new foot position is needed for the low house targets on 3, 4 and 5, and it is the same for each. A line across the toes extends to a point 10 or 12 feet to left of Station 8.		
Feet on a line extending to a point 8-9 feet out from high house.				Feet on a line extending 10-12 feet to left of station 8.	
HIGH HOUSE		STATION 4		LOW HOUSE	
		 The gun start position is same for each house on Stations 3, 4 and 5. It is 2/3 of the distance from Station 8 back toward whichever house the shooter is preparing to shoot.	 Because the targets on the three middle stations require the longest leads of all, a positive follow-through is an absolute must if a shooter is to break them consistently.		
Feet on a line extending to a point 8-9 feet out from high house.				Feet on a line extending 10-12 feet to left of station 8.	
STATION 1		DOUBLES		STATION 2	
		 The high house target will be broken in vicinity of target intersection, as the incomer is entering that same area. Pick up incomer, break it 2/3 of way from 8 to high house.	 Follow the same procedure as on Station 1. It is essential to concentrate on each target individually; don't fret about the incomer until you've seen the high house target break.		
Feet at 45° angle to station 8.				Feet on a line which intersects a path to station 8 at 90°	

x In ready position, gun points here



Location of target when gun is fired



Where gun points at instant of fire



Path of the target



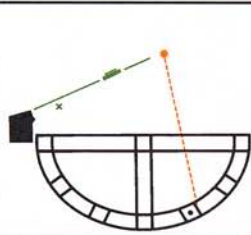
Line of fire



### HIGH HOUSE

### STATION 5

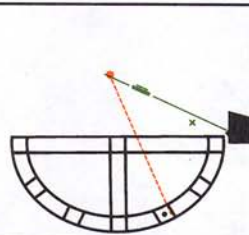
### LOW HOUSE



A shooter must be relaxed and physically alert in calling for a target, particularly on middle stations. He should look directly at trap mouth except on High 1 and Low 7.



The most difficult shot on the field for a right-handed shooter, because it gets away fast. Watch follow-through. For the same reason, High 3 will be left-hander's nemesis.



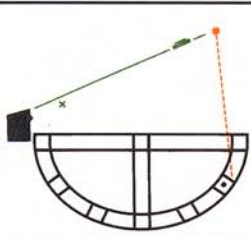
Feet on a line extending to a point 8-9 feet out from high house.

Feet on a line extending 10-12 feet to the left of station 8.

### HIGH HOUSE

### STATION 6

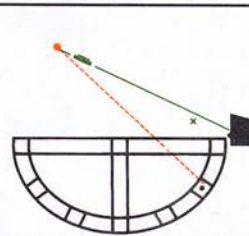
### LOW HOUSE



Gun point is  $\frac{2}{3}$  of the way from target intersection back to the high house. Break this target about  $\frac{2}{3}$  of the way from Station 8 to low house. Break it here on doubles, too.



Gun point is similar to High 2, directly into path from 8 to low house. The right-hander should advance it three feet toward 8. The left-hander should do the same at High 2.



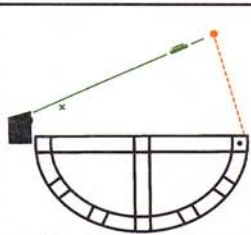
Feet on a line extending directly towards station 8.

Same foot position as high house.

### HIGH HOUSE

### STATION 7

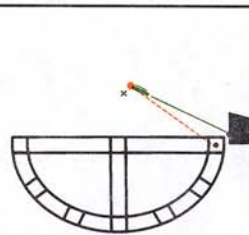
### LOW HOUSE



Gun point is same as for High 6. This is the easiest target on the field, and frequently preferred as the optional. You can miss it, however, if you fail to follow through.



Like High 1, the gun point is toward target intersection out from Station 8, but a bit under the line of light of the target. Break the target the moment you see it on bead.



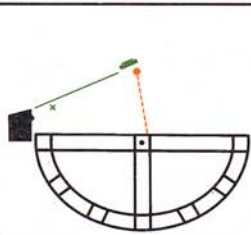
Feet on a line extending directly towards station 8.

Same foot position as high house.

### HIGH HOUSE

### STATION 8

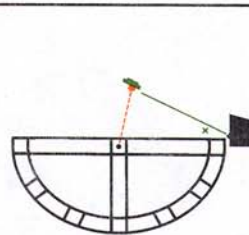
### LOW HOUSE



Gun point is on flight path of target and 6 to 7 feet out from the trap mouth. This is a coordinated spot shot in which you raise gun smoothly, cover, fire and follow through.



Gun point is same as for High 8. These targets should be broken about halfway from house to shooter, because after that they will put you in an awkward shooting position.



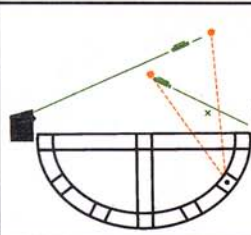
Feet on a line extending directly towards high house.

Feet at a 45° angle to low house.

### STATION 6

### DOUBLES

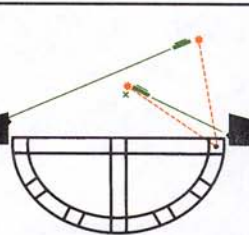
### STATION 7



Here you break the low house target first, then pick up high house target and break it  $\frac{2}{3}$  of way from 8 to low house. This is where you should break incomers on singles.



Follow the same procedures as on Station 6. Since you must break targets one at a time, think of doubles as just two singles in the air at same time, shoot them that way.



Same foot position as high house.

Same foot position as high house.

x In ready position, gun points here — Location of target when gun is fired — Where gun points at instant of fire — Path of the target — Line of fire



Premier® STS®  
Target Loads

## REMINGTON SKEET LOADS

Index No.	Gauge	Load Type	Shell Length	Powder Dr. Eq.	Velocity (ft./sec @ 3 ft.)	Ounces of Shot	Shot Size
STS12H	12	Premier® STS™ Heavy Target	2 3/4"	3	1200	1 1/8	9
STS12L	12	Premier® STS™ Light Target	2 3/4"	2 3/4	1145	1 1/8	8 1/2, 9
STS12IT	12	Premier® STS™ International	2 3/4"	-	1325	24 gm. (7/8 oz.)	8 1/2
SST12	12	Sportsman™ Hi-Speed Steel Loads	2 3/4"	3 1/4	1365	1	6, 7
SST20	20	Sportsman™ Hi-Speed Steel Loads	2 3/4"	MAG	1425	3/4	7
STS20LR	20	Premier® STS™ Low Recoil	2 3/4"	2 1/2	1135	7/8	8, 9
STS20	20	Premier® STS™ Target	2 3/4"	2 1/2	1200	7/8	9
STS20H	20	Premier® STS™ Heavy Target	2 3/4"	-	1200	1	9
STS28	28	Premier® STS™ Target	2 3/4"	2	1200	3/4	9
STS410	.410	Premier® STS™ Target	2 1/2"	MAX	1200	1 1/2	9

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