



PISTOL MARKSMANSHIP FUNDAMENTALS

Lesson Number: BT21-L1-1001



INTRODUCTION

Every shooter from novice to instructor level should always take time to learn and practice the basics so that it becomes and remains muscle memory.

Understanding and training on the fundamentals are the very basic key tools every shooter should keep and use daily.

Training is where you want to make mistakes! Do not let mistakes stress you out. Focus on what went wrong and learn from it here so you can be better out there.

MOTIVATOR

There are more and more stories about how someone either shot themselves or someone else due to poor weapon handling situations. That is a loss of life due to very simple mistakes that could have been avoided if only the people were properly trained or the experienced shooter had not become complacent.

BASIC FIREARM SAFETY RULES/PRACTICES



1. Treat all weapons as if they are loaded at all times.
2. Always keep the muzzle pointed in a safe direction.
3. Do not rely on the weapons "Safety" systems.
4. Learn the mechanical and handling characteristics of your firearm.
5. Keep weapon clean and in working condition.
6. Always wear eye and ear protection when shooting/training.
7. Ensure the ammunition used is for the weapon you are shooting.
8. Be sure the barrel is clear of obstructions before shooting/firing.
9. Properly identify the target and what is beyond It.
10. If the weapon system you are using fails to fire when the trigger is pulled, handle with care as you evaluate if it can be cleared, repaired, or if other safety actions are required.
11. Always use a certified/credentialed armorer/gunsmith to alter or modify your weapon system.
12. Keep firearms unloaded secured properly when not actually in use.

SAFETY TIP ADD ON!

Unless you are getting paid by some sideshow or competition;

DO NOT do/practice “Trick Shots”!

This is not that class and we have NEVER seen or heard of anyone ever using or winning a real life lethal event using trick shots.

Train for the real world not Hollywood!

FUNDAMENTALS

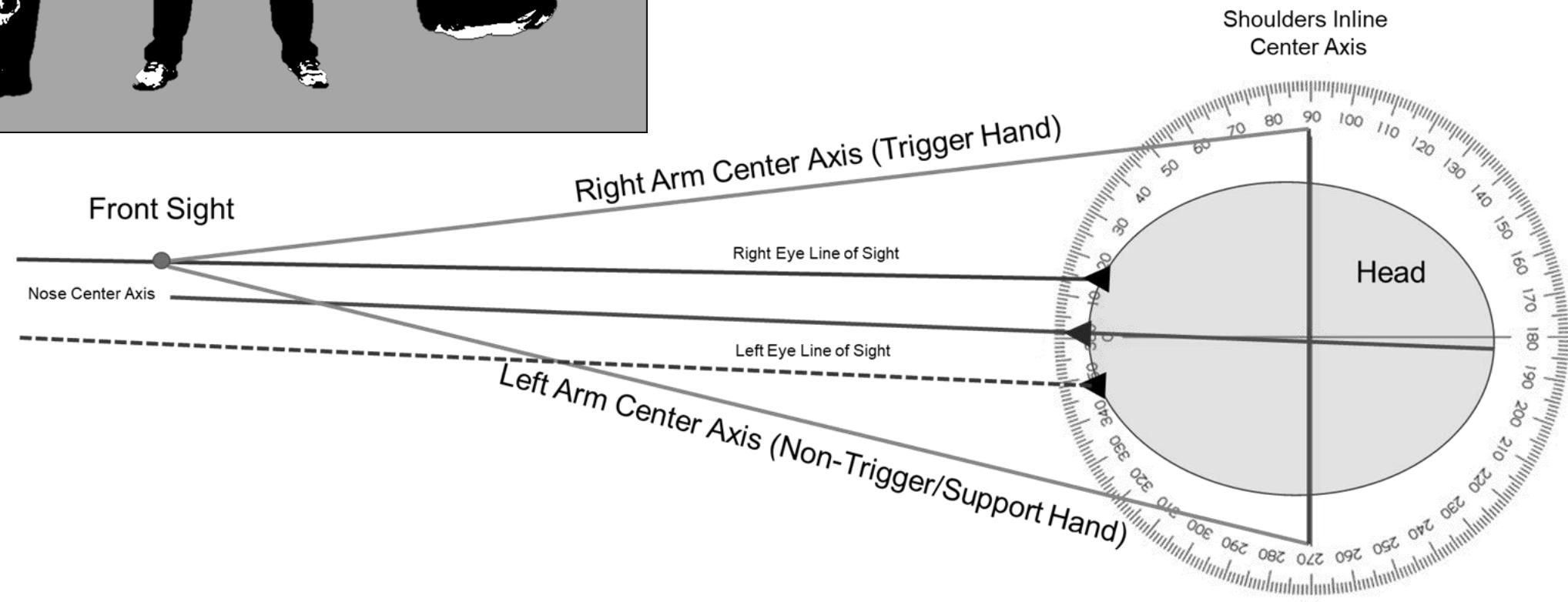
1. **Stance** = The physical posture of your body
2. **Grip** = How you hold the weapon
3. **Sight Alignment** = How the sights line up in relation to your eye.
4. **Sight Picture** = How the target, sights, and surroundings appear as you focus
5. **Trigger Control** = Knowing how the trigger functions and feels while maintaining positive control throughout the squeeze
6. **Breathing** = Controlling your breathing to slowing your heart rate while under stress.
7. **Follow Through** = applying all fundamentals, firing the weapon, and returning to a ready to fire position quickly.

STANCE

- The basic two are the Isosceles Stance (most popular) and the Weaver Stance (not as dependable),
- A modified version of these stances can be used but, if over modified can lead to improper stance all together. These two basic stances and the slightly modified versions of these stances should be trained on and perfected before moving into other “tactical” positions.
- Train to achieve a natural point of aim with your stance. Developing this with muscle memory will help during tactical deployment of your weapon.



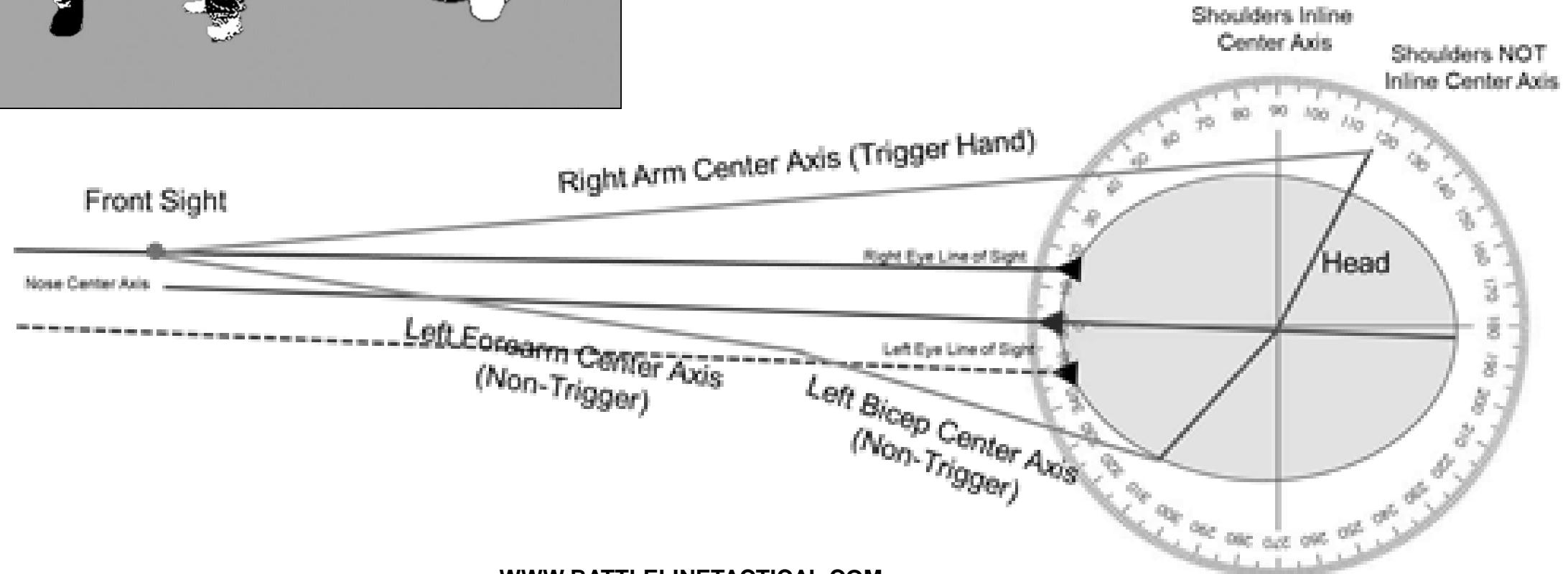
ISOSCELES STANCE





WEAVER STANCE

(Puts more strain on neck and shoulders)



TRAINING TIP

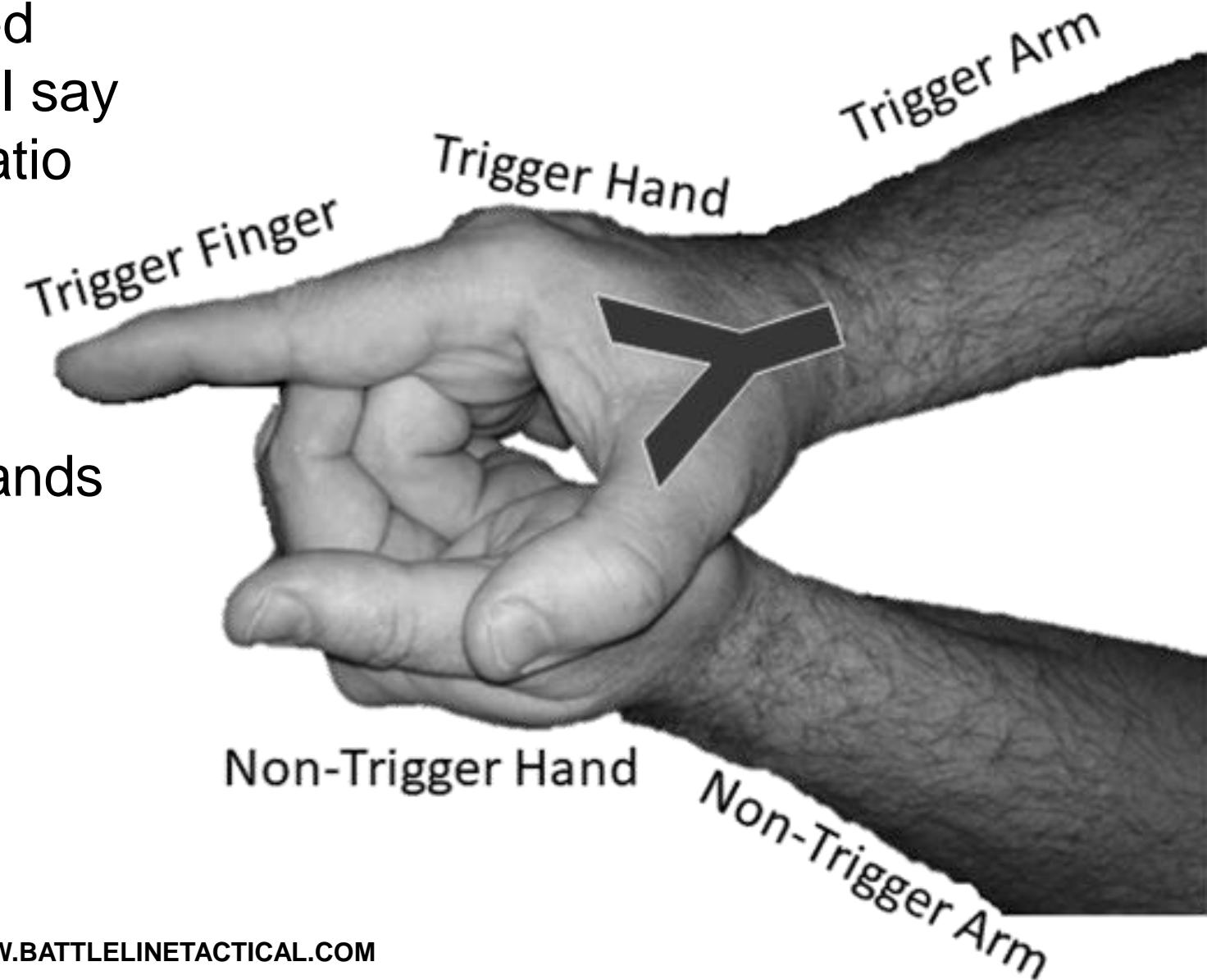
- The more you shoot you will notice which stance you prefer the most. No matter which one it is always make a conscious effort to train using the other stance.
- Training to shoot with these two stance will allow you to transition into less common stance to maintain protective cover in a real world lethal event.
- Workout with kettle bells and workout on punching bag to strengthen shoulders, abs, and arms. This will help you combat arm and shoulder fatigue while shooting.

GRIP

- Thumbs forward grip. Note: How the thumbs rest on each other may vary person to person.
- Proper grip will help achieve best pistol control & recoil management.
 - **Note:** understanding and perfecting recoil management will allow you to get back on target faster and accurately.
- Support hand applies pressure left and right of pistol grip.
- Trigger hand supports pistol grip forward and aft.
- Support hand does most of support work. The best method of developing a secure grip is to imagine you are trying to crack a walnut or squeezing a stress ball between the palm heels/carpels (near wrist) of your hands.

PISTOL GRIP EXAMPLE

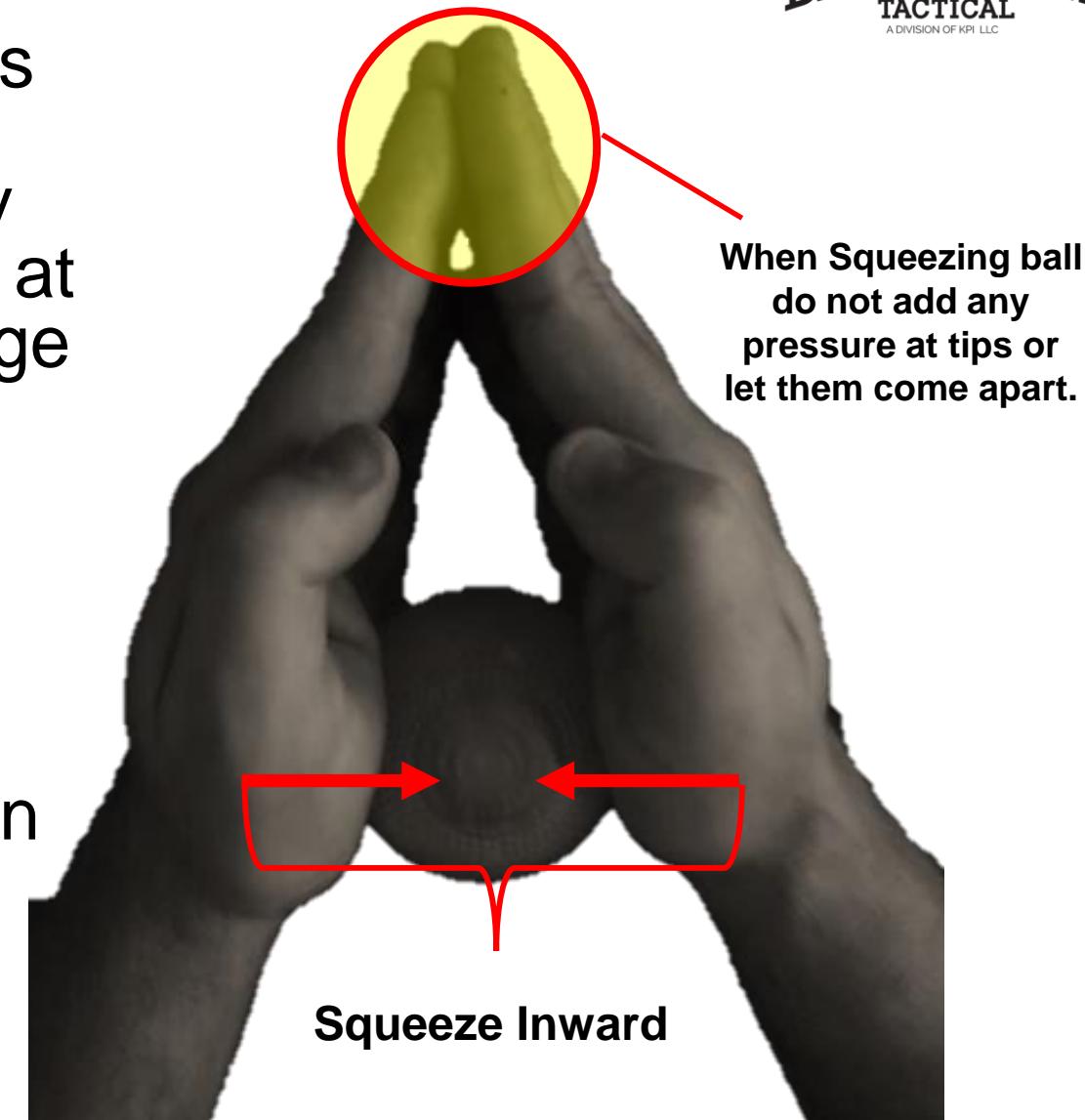
- Traditionally some very qualified and knowledgeable trainers will say that the grip should be a grip ratio of 60% to 40%.
- Do not focus on that! Your dominate and non-dominate hands will do what they do naturally.
- Just imagine trying to crack a walnut with heals of hands.



TRAINING TIP

- Consciously think about your grip as you are shooting. Do not be rushed to take a shot. No matter how many years you have been shooting take at least 15 min at the start of your range time to work on and refresh your fundamentals.

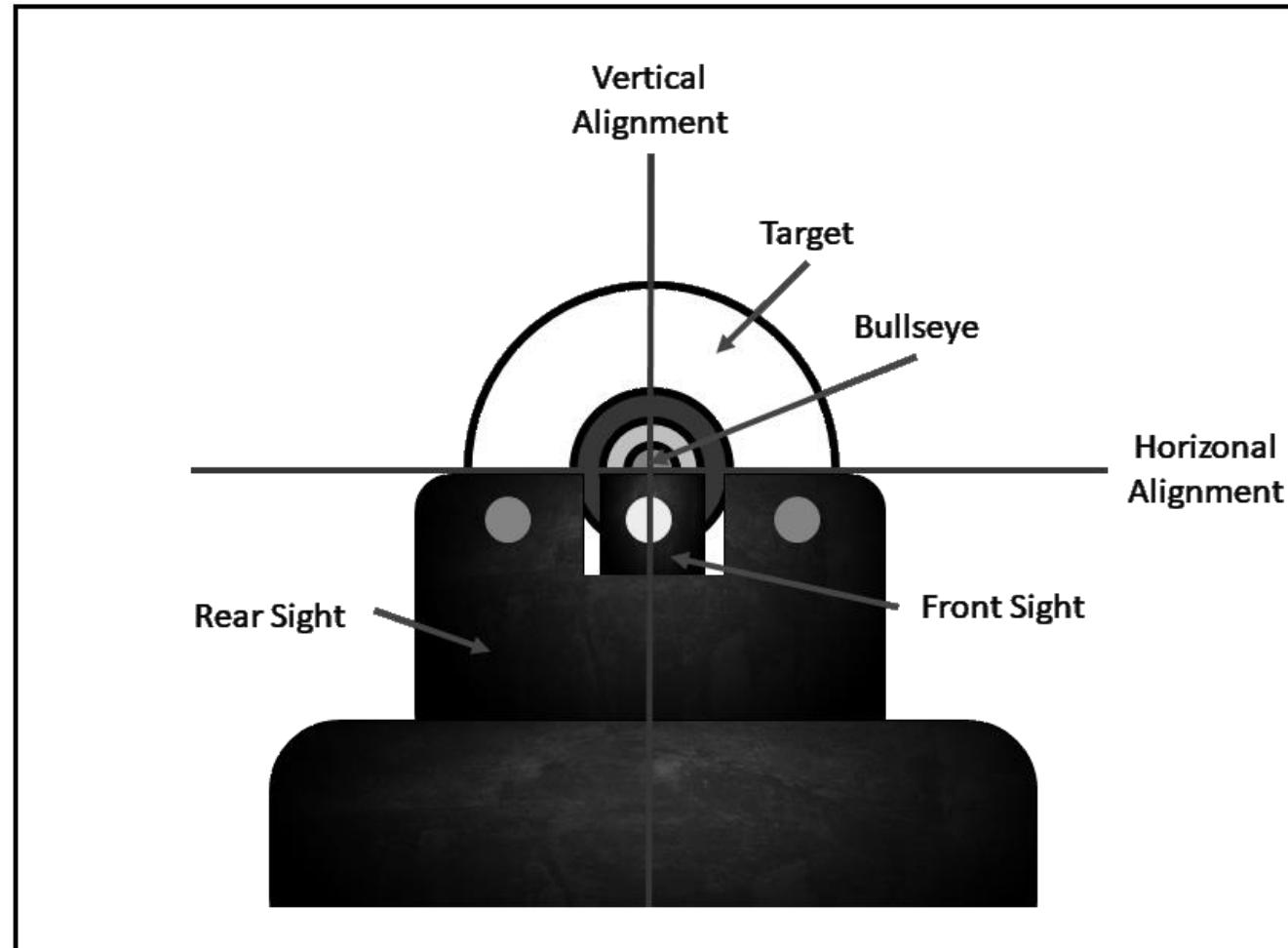
- Use a racket/tennis ball to work on grip strength. With the finger tips touching gently, put the ball between both hands at the Palm & Thumb Heals. Squeeze the ball without squeezing fingertips together any harder or letting them separate.



SIGHT ALIGNMENT

- The relationship of your sight alignment to your target equals sight picture.
- Always shoot with both eyes open.
- Ensure that the front sight and rear sight are properly aligned horizontally and vertically.
- Always bring the weapon to your eye level/head and never head to weapon level to get sight picture.
- Once weapon sight picture is aligned shooter will now align weapon with target.

PISTOL SIGHT ALIGNMENT



TRAINING TIP

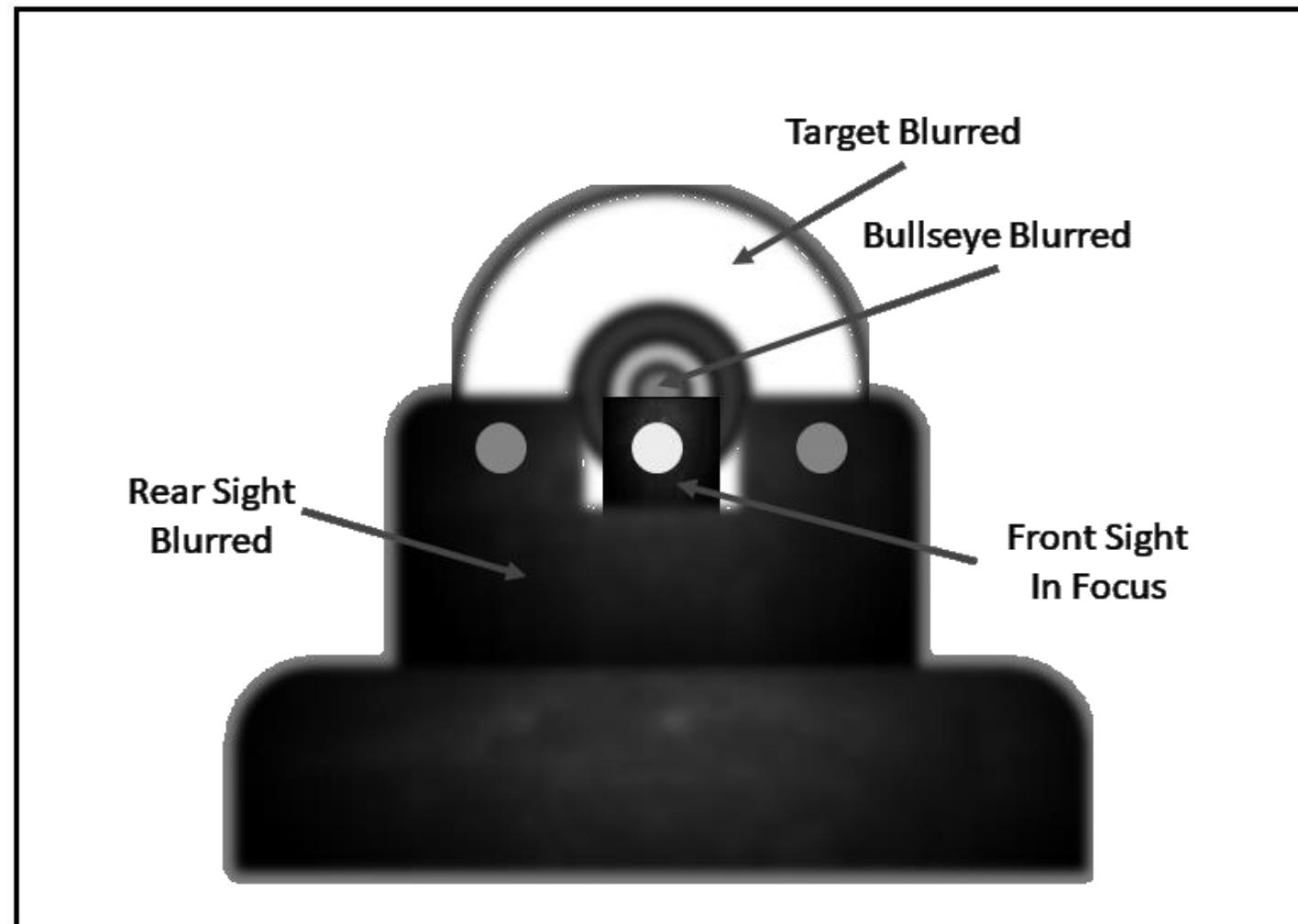
- **Always Train with Iron Sights!** There are many great optics you can add to your pistol that will allow you to acquire your target and make a good shot. But, they may not always work for you when you need them.
- The best way to train on proper sight alignment is to methodically think through what you are doing as you line up your front and back sights on the target.
- You can also purchase laser training systems that will track your movement and show you where you are actually aiming verses where you see you are aiming.

SIGHT PICTURE



- Focus on front sight, which is aligned with back sights.
- Back sight slightly out of focus.
- Target is also slightly out of focus.
- Concentrate on front sight not target when shooting.

PISTOL SIGHT PICTURE



TRAINING TIP



- **Again...Always Train with Iron Sights!** There are many great optics you can add to your pistol that will allow you to acquire your target and make a good shoot. But, they may not always work for you when you need them.
- The best way to train on proper sight picture is to methodically think through what you are doing as you line up your front and back sights on the target. Some say blacking out the rear sights helps them, some also say black out the front. You should try all of them and see what works best for you.
- You can also purchase laser training systems that will track your movement and show you where you are actually aiming versus where you see you are aiming.

TRIGGER CONTROL

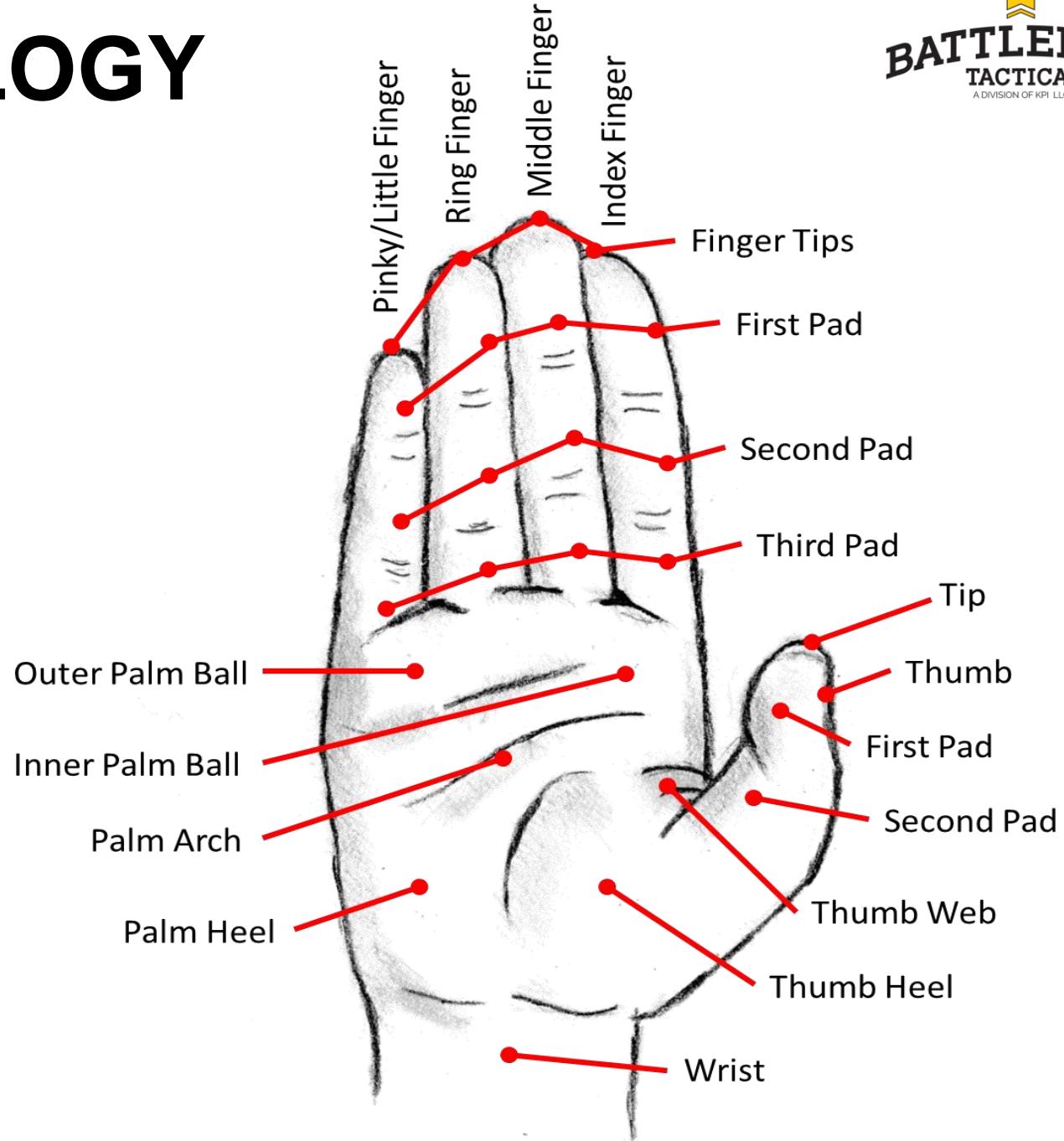
- Trigger Control applies to two majority points.
 - ✓ It is about knowing how it travels and recovers throughout the shot.
 - ✓ It is also about training yourself to keep the finger off the trigger until you are ready to fire.
- Train on how to move into different positions or locations while keeping your finger off the trigger until you are ready to fire the weapon.

Keep your booger hook off the bang switch until you are ready for it to go boom!



HAND TERMINOLOGY

- These are just basic terminologies you may hear when instructors talk about grip.
- The hand you use to draw/deploy your weapon and pull the trigger is called one of the following
 - 1. Strong Hand
 - 2. Dominate Hand
 - 3. Trigger Hand
 - 4. Primary Hand

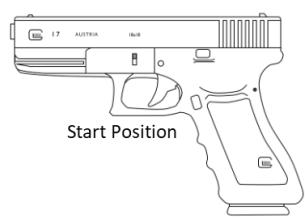


TRIGGER CONTROL

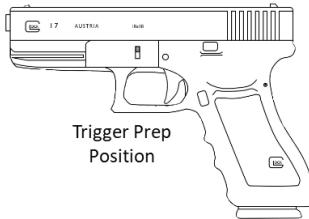


- The goal is to bring the trigger straight back. The finger cannot deviate up, down, left or right, only straight back.
- Distal Phalanx or Middle Phalanx Pads of finger should be parallel and flush to trigger face, not at angle. *Note: More advanced shooters can train in using other than the index finger for tactical situations where the index finger may have been injured.*
- Trigger prep, trigger press, trigger reset
- Pull back must be smooth. Do not over squeeze the trigger.
- After bullet is fired bring trigger to the reset position but no more.
- For trigger control, if you do not do this step properly the chances of you hitting your mark go down even if all other fundamentals are correct.

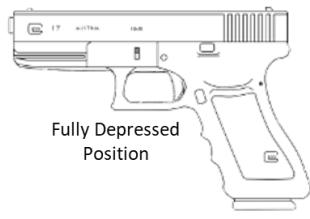
PISTOL TRIGGER CONTROL



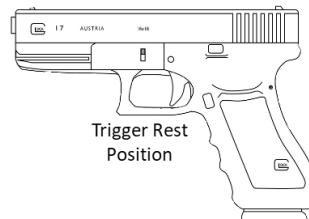
Start Position



Trigger Prep Position



Fully Depressed Position



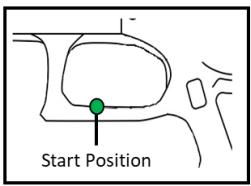
Trigger Rest Position



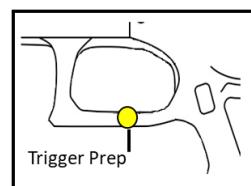
Fully Depressed Position
(Reengaged Target)



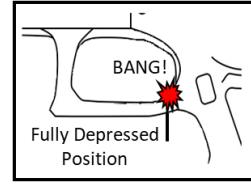
Fully Released Position
(Finger Off Trigger)



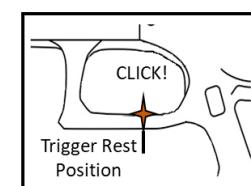
Start Position



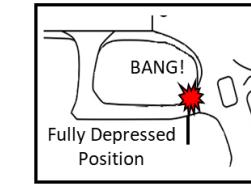
Trigger Prep



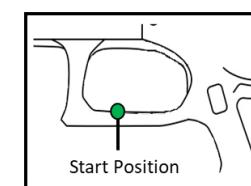
Fully Depressed Position



CLICK!
Trigger Rest Position



BANG!
Fully Depressed Position



Start Position

TRAINING TIP

- When not on the range you can use dry fire training rounds to practice your trigger control.
- Training on trigger control is not only about knowing how it travels and recovers, it is also about learning not to push or yank the trigger as well as weapon.
- The “Dime Test” works best for this.

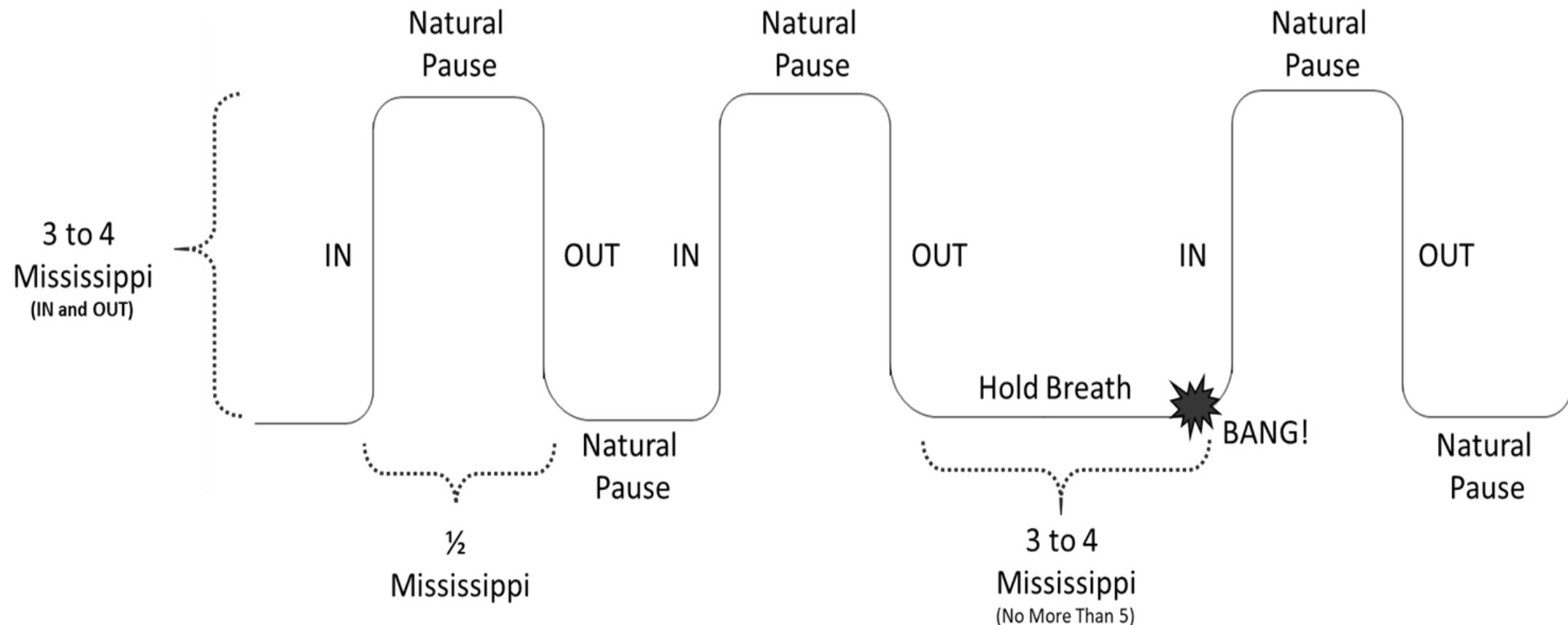


BREATHING

- You should pause your breathing at the top or bottom of your breathing cycle right before shooting, preferably at bottom of cycle
- Do not hold your breath for a long time; your heart rate will increase/fluctuate and you will lose focus/concentration.
- Proper breathing techniques helps you steady shot, slow heart rate, and manage stress.

EXAMPLE BREATHING

IN through the nose and **OUT** through the mouth

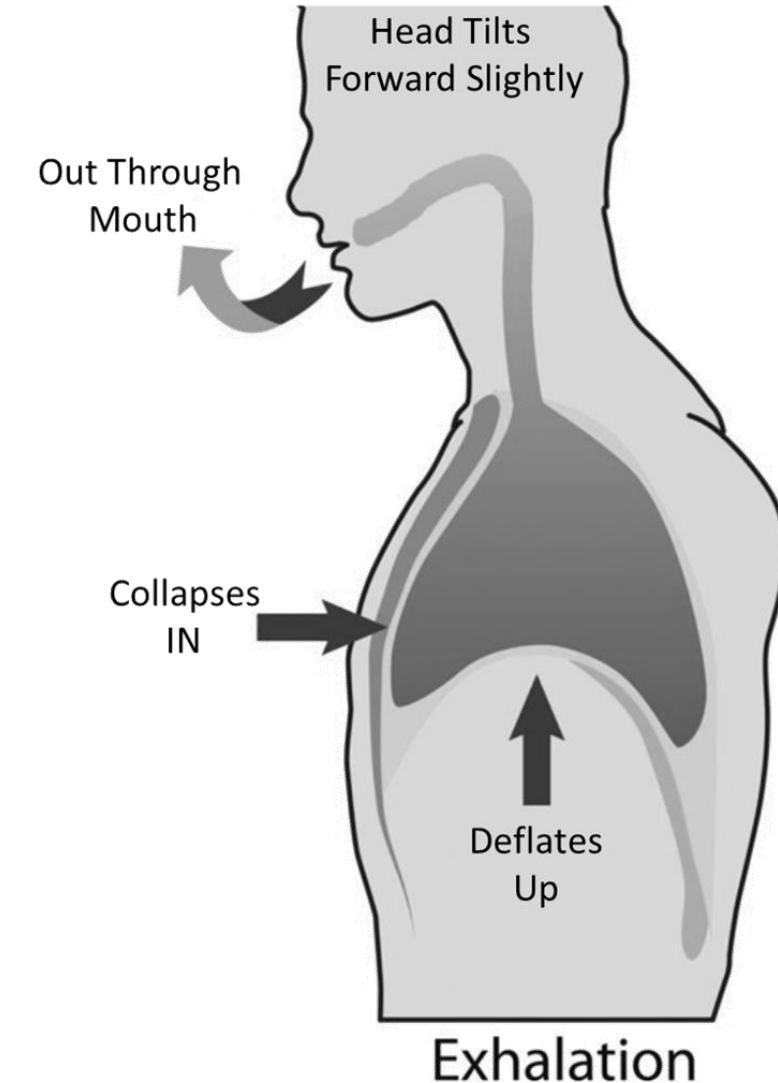
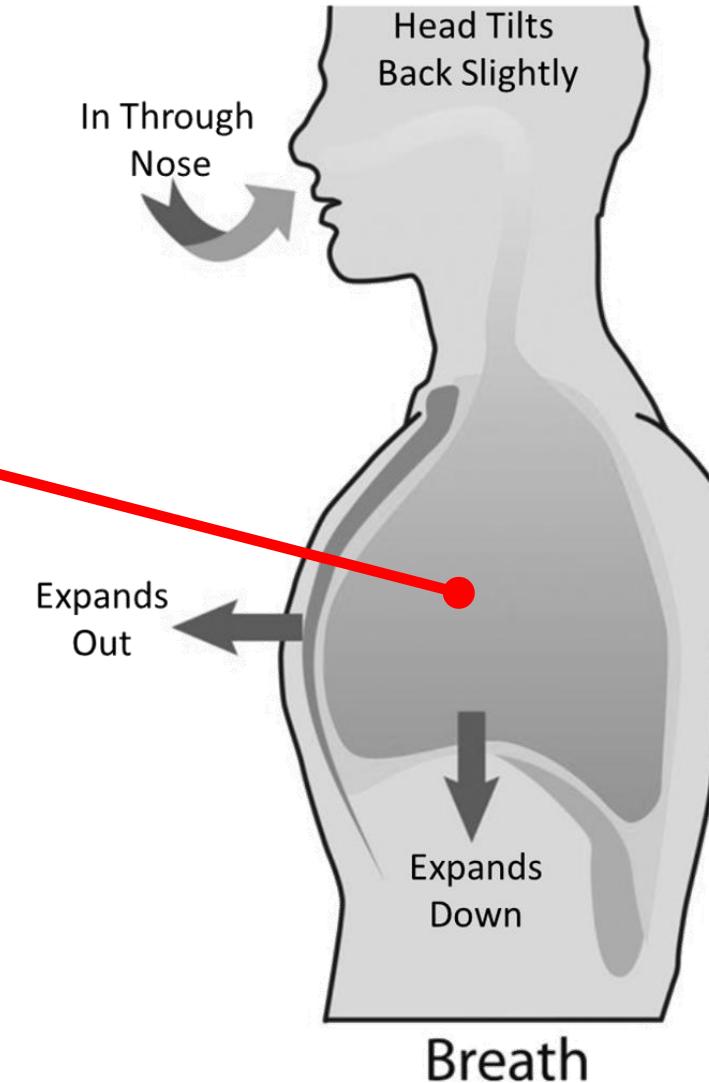


EXAMPLE BREATHING

(cont.)

NOTE: When breathing in, the lungs fill up like a balloon causing your shoulders to go up, head to tilt back slightly, and arms to slightly spread at chest line.

By focusing on this and training on breathing you will better control the movement and manage your shot placement.



TRAINING TIP



- This is by far the best training tip we can give you! Not only will it help with your training and shooting but you will see a dramatic change in your energy, weight control, and mental focus. It will also help you deal with stress and control that stress when in a real world lethal event.
- DO BREATHING EXERCISES...Do them at least 3 Times Daily!
- We will provide you with a “How to” on breathing exercises at the Battleline Tactical website.
- As you are shooting, focus on how you breath and when you fire your weapon as you breath. Practice on firing on the “in” pause and “out” pause and see what works best for you.

FOLLOW THROUGH

- As it applies to shooting “Follow Through” is more like boxing.
- A boxer controls their breathing, keeps their eyes on the target, maintains a good stance, delivers the punch all the way through and returns to the same position ready to deliver another punch.
- No matter how you say it or think of it, follow-through is essential to launch the projectile and hitting the target as close to bullseye as possible multiple times. In a tactical situation that means delivering that projectile to a fatal area of the target and killing that target.

TRAINING TIP

- Take up Boxing or some other unarmed self-defense training...It helps!
- As you are training on all your fundamentals really focus on your follow through, recovery, and reset. As you do this more and more it will become muscle memory. Then you can work on speeding up.
- The best way to speed up is to slow down! Think through the entire process and you will see that you will get faster naturally.

BLAMING THE WEAPON

- Shooters like to blame the weapon for mistakes.
- If you can take any other weapon, apply the fundaments, hit consistent bullseyes, and still not hit the bullseye with the weapon in question then it could be the weapon.
- BUT...if you can not maintain a good shooting average with any weapon put in your hand...the problem is YOU not the weapon.
- The best advice anyone can give is “Never be too proud to learn from your mistakes or others.”

TRAINING NEVER STOPS!

It is very important that ALL shooters no matter their skill level continue to train on the fundamentals at the basic levels to maintain the muscle memory.

One of the biggest errors of any shooter is becoming complacent and focusing on the advanced stuff without covering the basics first. It is like stretching before a big game...always train on the fundamentals!

CLOSING



When you pull your weapon in a tactical situation to engage an enemy target you are shooting to KILL no wound. Any weapon you are using has one purpose in a situation like that...to take a life!

If you are not ready to do that then do not carry a weapon on your person when off the range. Shooting can be a hobby and a stress reliever but, if you are not willing to kill another human being to protect your own life or the life of others then leave it securely at home and for range use only.



QUESTIONS?

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