



Part 3

Title 55

Chapter 13

§1311.1.c

Handgun

Shooting Positions

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POSITION

A *POSITION* IS THE PLATFORM FROM WHICH ALL THE SHOOTING FUNDAMENTALS ARE EXECUTED.

A POSITION SHOULD BE:

- **COMFORTABLE**
- **BALANCED**
- **RELAXED**
- **PROPERLY ALIGNED WITH THE TARGET**



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Consistency

- **Consistency is critical, as variations in position produce variations in impact point and/or group size.**
 - **You must strive to assume each position in the same exact manner—every time.**

Balance

- **Balance is an essential component of proper firing position.**
 - **Feet spaced at shoulders-width**
 - **For even weight distribution**
 - **And a slightly forward lean with the majority of weight on the balls of the feet.**
 - **a balanced position provides the most stable shooting platform . . .**

Support

- **A good position also offers support to minimize gun movement while aiming**
 - **Support can be provided by the skeleton, muscle tension, or an external object—such as sandbags or a bench.**
 - **A two handed grip efficiently uses muscle tension to provide more support than a one handed grip.**

Natural Aiming Area

- **All effective firing positions incorporate the shooter's natural aiming area (NAA).**
 - **This is the natural alignment of the shooter and the gun in any position.**

To Determine Natural Aiming Area

- Assume your position with your eyes open and your gun aimed at a target.
- Close your eyes.
- With eyes closed, make a circle with the pistol, then settle into the position that feels most stable and comfortable and take several breaths.
- Open your eyes and observe where your gun's sights are pointed in relation to the target.
- Ideally, the sight picture will be aligned with the target. If sight picture is aligned to the right or left or slightly high or low, you will have to modify your foot position or some other aspect of your stance to achieve the proper natural alignment.
- Repeat the NAA exercise until your stance is adjusted for the proper natural alignment.
- You should make every effort to adopt this same alignment each time the stance is assumed in order to take advantage of NAA.
- You should periodically repeat the NAA exercise as changes in shooting experience, posture, age, etc. Can affect the body's natural alignment.

Comfort

- **A proper position should be comfortable.**
- **A stance that is not comfortable is unlikely to be consistent or stable, and will not contribute to effective shooting.**
 - **Be aware of your comfort level during practice and adjust.**

Standing Shooting Positions

- **Most shooters will use two hands to shoot a pistol.**
 - A two-hand hold is steadier
 - Allowing greater accuracy
 - Permitting a faster recovery from recoil
 - Which can be important in self-defense

Standing Shooting Positions

- **The Isosceles Position**
 - This position is so named because in this position the extended arms, when seen from above, resemble an isosceles triangle.
 - In the isosceles position:
 - The feet are placed at about shoulders width
 - Feet and shoulders are square with the target
 - Knees slightly bent
 - Weight slightly forward, on the balls of the feet
 - Pistol grasped in a normal two handed grip and is held with both arms extended fully forward.

Standing Shooting Positions

- **The Isosceles Position**

- The elbows are straight but are not locked.
- The head is erect, but not hunched.
- The shoulders are at their normal height, not raised
- The firearm is lifted to the level of the eyes for aiming.



Isosceles Triangle









Standing Shooting Positions

- **The Weaver Position**

- Named for Los Angeles County Deputy Jack Weaver who originated it in the 1950's.
- The body is placed in a rough boxer's stance with the foot on the firing hand side placed rearward
- The support hand shoulder angled toward the target
- The knees slightly flexed AND
- The body weight carried slightly forward on the balls of the feet.
- Pistol is grasped in a normal two handed grip
 - But with both elbows bent
 - The support hand elbow pointing somewhat downward to bring the pistol closer to the body than in the isosceles position.
 - The location of the pistol often requires that the head tip slightly to properly view the sights.

Standing Shooting Positions

- **Tension between the two hands is perhaps the most functionally significant feature of this position: the firing hand is pushed forward into the support hand, which simultaneously pulls rearward.**
 - This push-pull tension creates great stability and steadiness.
 - The Weaver position gives considerable support to the firearm.
 - The bent elbows and asymmetrical foot position enhance recoil absorption.

Standing Shooting Positions

- **The Low Ready Position**

- In shooting situations, you may not immediately go into a firing position, but may have to hold your firearm in a ready position for a period of time in anticipation of use.
 - Alternatively, after firing a number of shots, you may want to lower the gun temporarily to rest the arm muscles.
 - In both circumstances, a ready position can be used: The Low Ready Position.

Standing Shooting Positions

- **The Low Ready Position**

- To assume the Low Ready Position, take the proper grip on the pistol.
- Extend the arms outward and downward at approximately a 45 degree angle.
- The firearm will be oriented toward a point on the ground several feet in front of you
- Your knees should be slightly bent and the weight slightly forward
 - In anticipation of either movement or the acquisition of a full firing position.
 - Your foot and shoulder position should reflect the firing position that you plan to assume (isosceles, Weaver, etc.).
 - Another way of visualizing the low ready position is to adopt the shooting position and then to simply lower the extended arms approximately 45 degrees downward.
- The simplicity of the low ready position and the unobstructed view it gives of the target are two of its primary advantages.
 - It also permits easy assumption of the shooting position.



Weaver Stance



Unstable Unbalanced

Uncomfortable



WRONG
Leaning backward

WRONG
Tilting head

WRONG
Raising shoulders



Balanced*Stable*Comfortable*Accurate

Fundamentals of Pistol Shooting & Shooting Positions

