

8 FUNDAMENTALS OF SHOOTING

8 fundamentals that can make you a better shooter

The only difference between a good shooter and a great shooter are the details

- 1. STANCE/PLATFORM:** You do not always fire the gun in a shooting “stance.” This fundamental encompasses all platforms from standing to kneeling to prone, as well as all those unconventional positions you may have to shoot from.
- 2. GRIP/MASTER GRIP:** How you hold a gun has everything to do with your ability to manage the recoil. Likewise, your ability to quickly fire multiple well-aimed shots has everything to do with how well you manage recoil. If you are not using muscular and skeletal alignment in your grip, you are not operating to your greatest potential. High thumbs forward mean high to the axis of momentum, thumbs forward toward the target.
- 3. DRAW/PRESENTATION:** The entire idea behind this fundamental is to get the weapon into the plane of vision — between your eyes and the target (threat) as quickly and efficiently as possible. Draw and presentation include how you initially grip your weapon as well as how to deal with retention devices on holsters.
- 4. SIGHT ALIGNMENT/SIGHT PICTURE:** Sight alignment is the front sight viewed through the rear sight with them (iron pistol sights) equally spaced and even across the top. Sight picture is those properly aligned sights placed properly on the intended target.
- 5. TRIGGER MANAGEMENT:** Defined as applying steady pressure directly rearward in such a fashion to not disturb the sight alignment or sight picture before the round fires.
- 6. BREATHING:** Most important in action shooting is that you “breathe to reduce your stress and focus on the task.” Holding your breath at any time is bad for performance. Oxygen deprivation can affect your most delicate organs in as little as four seconds and that

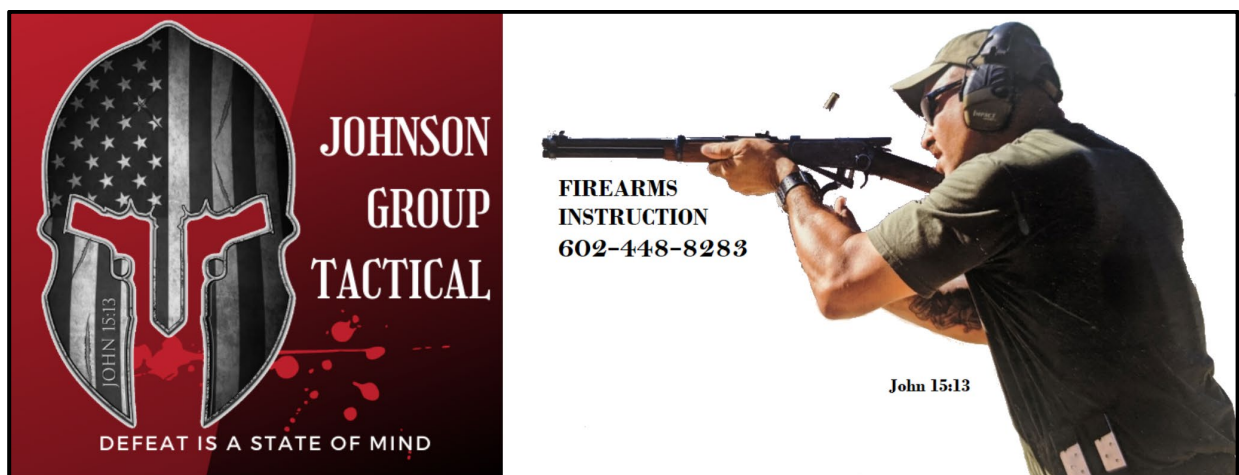
certainly includes your eyes. Ever get blurred up while aiming? Breathe, blow the stress out and do what you need to do.

7. FOLLOW THROUGH: One of the most important and least adhered to, follow through means maintaining all of the fundamentals through the break of the round. Staying with the sights and following them into recoil. Follow through is easiest when you have a solid platform, good grip, and an understanding of the importance of sight alignment and sight picture.

Most people skip follow through and quickly look at their target to see how they did. They usually shoot low, and then wonder why. If you know what your mission is, your body will comply.

8. RECOVERY: Recovery is what you do after the shooting is over. Breathing, scanning your environment, and returning to sling or your holster are part of it. Working manual safeties may also be a part of recovery. This fundamental can save your life or someone else's as it is about situational awareness. Know your environment and the potential threat it might present to you.

The above was essentially a crash course in fundamentals — any one of these areas could fill pages with detail of application.



The advertisement is split into two main sections. On the left, a red background features a silver helmet with an American flag pattern. A red outline of a handgun is superimposed on the helmet. The text 'JOHN 15:13' is written vertically on the left side of the helmet, and 'DEFEAT IS A STATE OF MIND' is at the bottom. To the right of the helmet, the text 'JOHNSON GROUP TACTICAL' is written in white, bold, sans-serif font. On the right side of the advertisement, a photograph shows a man in a green t-shirt and a tan cap aiming a rifle. The text 'FIREARMS INSTRUCTION 602-448-8283' is overlaid on the image, and 'John 15:13' is written at the bottom right of the photo.

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