

## Trigger Control & Follow Through

**Trigger Control:** Proper manipulation of the trigger so the shot is fired with as little disruption to the firearm as possible to ensure an accurate shot.

- Center the pad of the trigger finger on the center of the trigger.
- Gradually increase pressure rearward until the firearm fires.
- Trigger is held to the rear momentarily to allow the round to travel the barrel without disruption.
- Reset the trigger. You should feel the trigger mechanism reset.
- Prep the trigger to prepare for the next shot.
- Press the trigger by gradually increasing the pressure on the trigger until the firearm fires.
- Reset and Prep should occur during recoil.

**Follow Through:** The practice of maintaining proper mental, visual, and physical attention during the firing cycle.

- Remaining focused until the end of the firing cycle.
- Crystal clear front sight focus all the way through the firing cycle.
- Holding the trigger to the rear for an instant prior to resetting the trigger.
- Trigger reset occurs while firearm is recoiling.

## Up in Smoke Firearms Training (USFT), LLC



*Front Sight Focused*



[www.azusft.org](http://www.azusft.org)

## Dry Fire Practice

Dry firing is a technique that allows a person to practice various shooting techniques without using live ammunition. The rules listed below shall be followed when dry fire practice is being conducted.

- #1: The firearm is always pointed in a safe direction. A safe direction is one that will stop the round should a negligent discharge occur.
- #2: The firearm is **UNLOADED!** This should be checked by visually and physically inspecting the chamber.
- #3: All live ammunition is removed from the general area where the firearm is being handled.

## Firearms Safety Rules

- #1: Treat every firearm as if it is always loaded and keep your muzzle pointed in a safe direction.
- #2: Keep your finger along the frame and off the trigger until you are on target and have decided to fire.
- #3: Keep the firearm unloaded until ready to use.
- #4: Do not point your firearm at anything you are not willing to kill or destroy.
- #5: Be sure of your surroundings, the target and what is beyond.

## Proper Sighting

Focus on a crystal clear front sight as seen on the front page of this pamphlet.

**Sight Picture:** This is a combination of what is seen when a shooter aligns the sights of a rifle on the target in the preparation for executing a shot. Emphasis should be placed on what the eye focuses on. This is easily achieved when the shooter looks through the rear peep sight aperture (slightly blurred) and focuses on a crystal clear front sight post. The target will become increasingly blurred depending on the distance. Allow the normal function of the brain to help center the front sight post within the rear sight aperture.

**Sight Alignment:** The tip of the crystal clear front sight should be centered within the blurry rear aperture and superimposed (placed over) on the center mass of the available target. The shooter should ignore the curved front sight post protectors, which are also taller than the front sight.

**Note:** *The eye is only capable of focusing on one point at a time. This becomes confusing when a shooter shifts focus from the front and rear apertures and out to the target when trying to set up sight alignment. The shooter should keep a crisp visual focus on the front sight. At no time while the shot is being fired should the shooters visual focus leave the front sight.*