

Approaching and taking correct position



The shooter is standing approximately two meters behind the firing position, facing the target. Consistently looking at the middle of the target, the athlete is correcting his position until he feels that he is facing the target straight forward.

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Now, it is time to walk towards the firing point, still looking at the middle of the target. Once the desired place is reached, the athlete stops.

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While still looking at the middle of the target, he begins rotating to the left. Limit of rotation is done by establishing a comfortable and natural position of the neck muscles .

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Both hands are placed down in front of the body, holding each other in a relaxed manner. This process we define as establishing an inner position.

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When finishing the inner position process, the athlete is “unfolding” his hands, placing the left hand at the preferred position. Still, with closed eyes, the shooter turns the head towards the target, finding a comfortable and relaxed position, without muscle tension.

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Once the position of the head is placed in a satisfactory position, the athlete is lifting the right arm in the manner of preferred lifting technique.

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Shooter is establishing necessary muscle tension, and positioning it as correct as possible in the position towards the target.

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Now it is time to open the eyes and...

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... check where the “V” shape, between thumb and index finger is pointing in relation to the “bull eye” of the target.

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Still checking position of the "V-shape".

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"V-shape. (sorry for bad quality of the photo)

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“V-shape” in relation to the target.

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In the last phase shooter is gripping the pistol and performing the lifting technique, controlling if the sighting elements are correctly corresponding with the desired aiming area on the target.

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If the rear sight, front sight, and target are properly aligned, without the necessity for corrections, we can state that the process of approaching the correct shooting position was successfully done.



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