



Stance & Posture

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Posture is the position of the body & limbs as a whole.

Stance is the position of the body while standing.

Limbs are those parts of the body separate from the head and trunk i.e. the arms and legs.

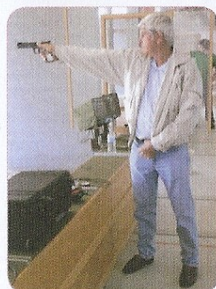
The aim of developing the correct stance in the shooting position is to achieve the best possible degree of balance and steadiness with the least possible strain on the shooter's muscular and skeletal system.

In the shooting position the body faces side-on to the target, the shooter's posture should be suitable for pistol shooting and in accordance with his/her anatomical structure.

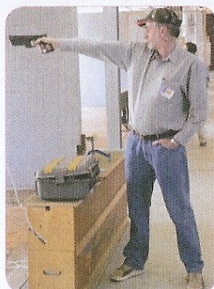
Individuals display minor variations in stance due to varying body weight and shapes, however shooters should analyse their stance and be aware of the reasons behind their particular stance.

Shooters should become totally familiar with the stance that is correct for their body dimension and practice that stance whenever they step up to the line including during dry firing.

Correct stance development will enable sufficient steadiness while maintaining natural tension in the neck, shoulder, trunk, back and leg muscles.



Basic Stance



Rapid Fire Stance



Feet Close & Body Turned



Turned Stance



Straight Stance



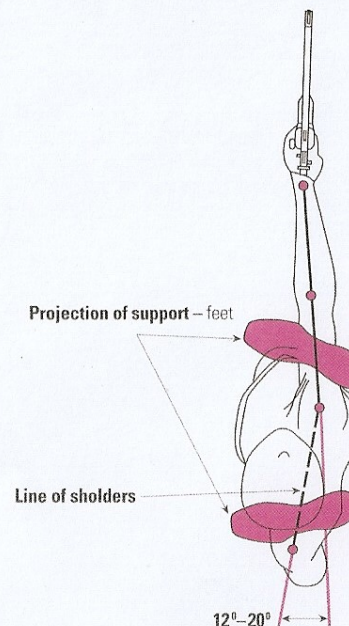
Wide Stance



Feet Close & Parallel
Body Turned



Wide Stance



Developing correct stance and posture

- Feet should be in a natural position approximately shoulder-width apart. When shooting Rapid Fire events it may be necessary to spread the feet a little wider.
- While holding the pistol, the weight of the body should be evenly distributed.
- Settle weight evenly on hips in a vertical and relaxed position.
- Position body side-on to the target and extend the shooting arm in the direction of the aiming area.
- Ideally, the angle between the shooting arm and shoulder line should be between 12° and 20°.
- Secure the non-shooting arm in pocket or belt.
- Position head as closely as possible to the line between the sights and the aiming area. This will enable the eyes and neck to function correctly and without strain.
- Tilt the trunk slightly forward to obtain the correct balance.

