

Gripping & Trigger Squeeze

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Correct gripping technique requires:

1. Good contact between palm, fingers and pistol grip
2. Middle, ring and little finger as close together as possible (without being too tight)
3. Consistent strength and pressure
4. Hand placed as close as possible to the axis of the bore.
5. Larger calibre pistols require firmer grip pressure.

Steady alignment depends on the degree of pressure and the direction of pressure on the grip. The application of gripping pressure straight back through the middle of the pistol grip (parallel to the barrel) will facilitate a locked wrist.

A firm wrist will produce consistent pistol recoil resulting in smaller shot group sizes.

A weak floppy wrist will produce inconsistent gun recoil resulting in large shot group sizes.

The individual characteristics of the shooter's body and palm determine the shape and angle of the grip.



Free Pistol



Revolver



Mens Air Pistol



Womens Air Pistol



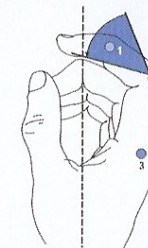
Sport Pistol



The significant downward inclination of the hands on the Free Pistol and Revolver grips above allow the wrist ligaments to be more actively involved in the hold.

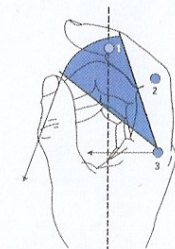
The small downward inclination of the hand on the Women's Air Pistol grip above means that the pressure exerted by the finger flexors will be responsible for maintaining the hold and the position of the wrist.

The grip on the Sport Pistol above could provide some disadvantages in that the little finger is slightly forward and turned to the right of the middle and ring finger. The downward position of the thumb means that the muscle tension in the thumb is more likely to become more intensified through the course of the match and/or training session and produce inconsistency in the hold. Placement of the centre pads of the middle, ring and little finger on the grip at 90° to the axis of the bore is ideal.



The correct trigger squeeze

movement takes place at 2 and the pressure is applied directly to the rear.



Incorrect trigger squeeze

movement takes place at 3 and the pressure is directed at an angle. Simultaneously, diagonal pressure is applied to the frame.



Inefficient trigger squeezing is very common and takes place at 1 and 2 simultaneously. Diagonal pressure could occur depending on the position of the trigger i.e. too far in front or back.



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