



Precision Shooting

DIAGRAM OF THE ELEMENTS OF TECHNIQUE

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The basics of the shooting technique are first learned as separate elements. A shot is produced through a combination of all the basic elements with some or all of the actions performed parallel to one another. It is therefore necessary to learn how to combine these elements.

The shooter's learning advances through the techniques of correct stance, gripping, breathing, aiming and squeezing the trigger. Initially these individual elements are often viewed as easy to execute. Combining these elements is most important, especially with respect to controlling the technique of squeezing the trigger correctly.

