

Rapid Fire Stage

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The rapid fire stage for matches such as Sport Pistol, Centre Fire and Black Powder include the basics that are common to all types of precision shooting.

Stance, gripping and sight alignment are the same as for precision shooting.

Differences include lifting the pistol, type of breathing, process of squeezing the trigger, location of the aiming area and the execution process as a whole.

The breathing pattern is cyclic. The shooter will hold his/her breath at the final stage of shot execution. He/she will be able to make 2 or 2½ breath cycles i.e. breaths in and breaths out during the 10 seconds between target appearances or green light.

An average person has between 12 and 16 breathing cycles per minute therefore the shooter will be able to comfortably maintain the respiratory pause when lifting the pistol and executing the shot.

Rapid fire stage sequence:

- 1** Breathe in, align sights in the aiming area and maintain head/eye position
- 2** Breathe out and with control of arm muscles, move the pistol to the ready position
- 3** Breathe in, breathe out and take a small breath in (this should vary for individuals)
- 4** Lift the arm to the catching area while simultaneously squeezing the trigger

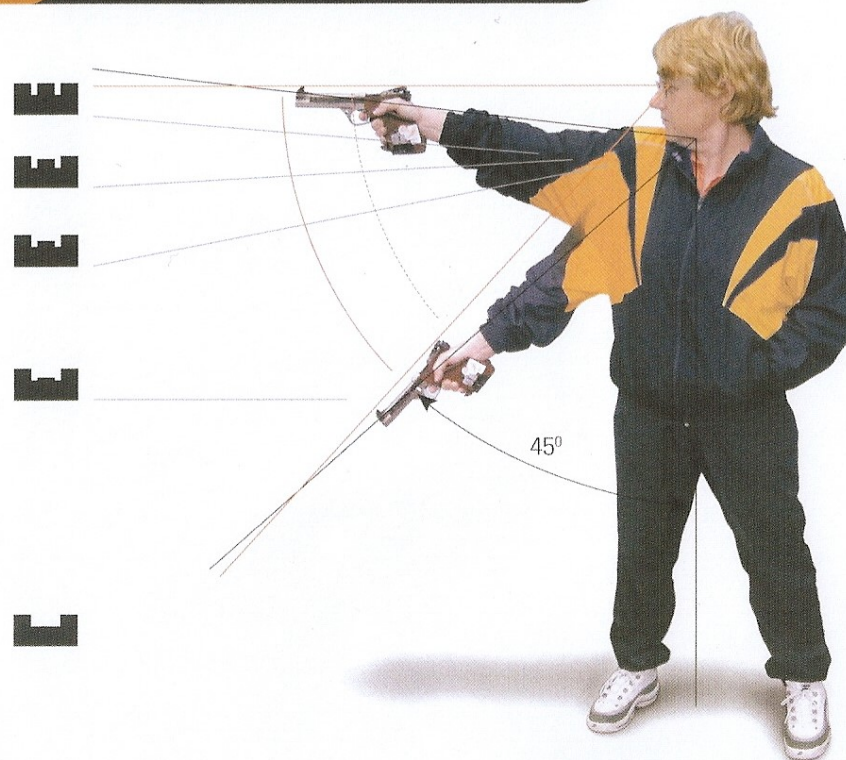
5 Trigger Squeeze options:

Once the lift begins, assume first trigger stage

OR assume the first stage before the lift

OR start squeezing the trigger during the lift and so on

Continue squeezing the trigger while lifting the pistol from the catching area to the aiming area where the shot is completed.



The learning process must deliver a clear understanding of what the shooter is doing while lifting the pistol and when he/she is doing it.

The aiming area is generally the area in the center of the target, however, this varies from individual to individual.

Shooters need to have enough confidence to start squeezing the trigger while in the READY position or while the pistol is being raised to the target.

It is important to develop a process of squeezing the trigger in such a way that the shooter will be able to complete the process smoothly and without destroying sight alignment.

The catching area is where the shooter's line of sight meets the front and rear sights while lifting the pistol. This provides the opportunity to develop consistency while squeezing the trigger.

The speed of the arm movement will be quicker without visual interference. The eye should meet the sights in the area close to or towards the bottom of the target.

After establishing the technique of squeezing the trigger in the rapid fire stage, the shooter is more likely to adjust his/her catching area very close to or at the aiming area.

