

# The Seven Fundamentals of Shooting

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Practicing these skills will improve your accuracy and efficiency with firearms.

## I. BODY POSITION

- **Bone support:** A good body position employs bone support, as opposed to muscular support. Prone, seated, kneeling, standing are common position names.
- **Muscular relaxation:** Wiggling your toes helps relax the muscles, especially while shooting standing.
- **Natural point of aim:**
  - 1) Once a target is established, close your eyes.
  - 2) Take a deep breath, exhale.
  - 3) Concentrate on making your whole body completely relaxed. Doing this will
  - 4) Open your eyes.
  - 5) Adjust your lower body/hips until the gun is naturally aiming at the target.
  - 6) Do not make any adjustments using muscle: even minor adjustments must be made with the lower body.
  - 7) As a specific weapon system is mastered, this shuffling procedure can usually be accomplished in less than a second.

## II. GRIP

- Find a gun with a grip that fits your hands
- For pistol, align your forearm directly behind the gun
- Get the web of your hand as high as possible on the grip
- Grip with both hands. Use your supporting hand to take up 50% of the grip strength. This lets your trigger finger relax.
- Place the first pad of the trigger finger on the trigger. You should be able to wiggle the TF around... as little tension as you can in that finger. .

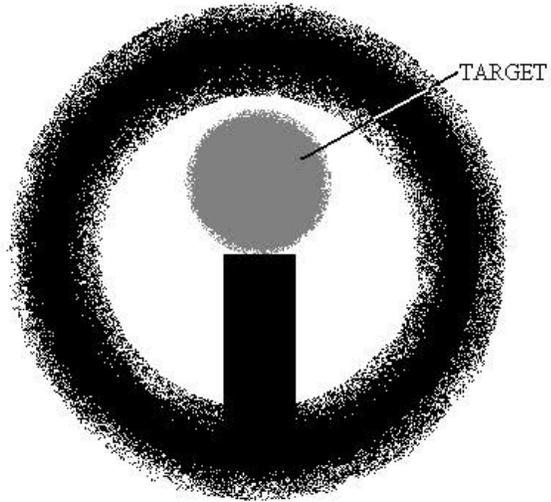
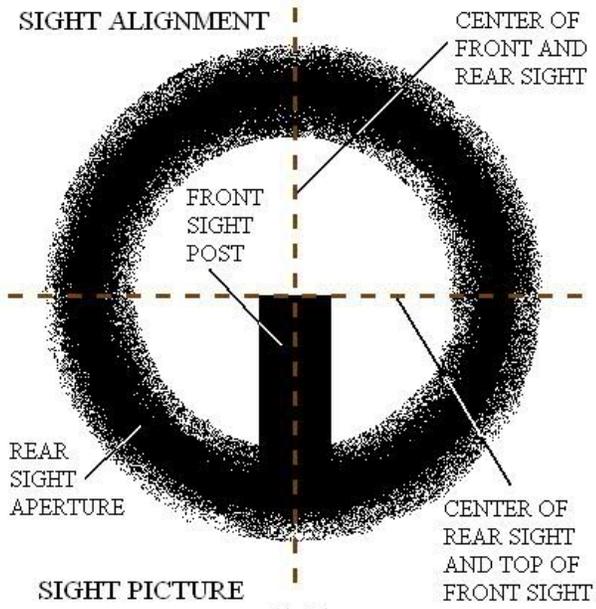
## III. SIGHT ALIGNMENT

## IV. SIGHT PICTURE

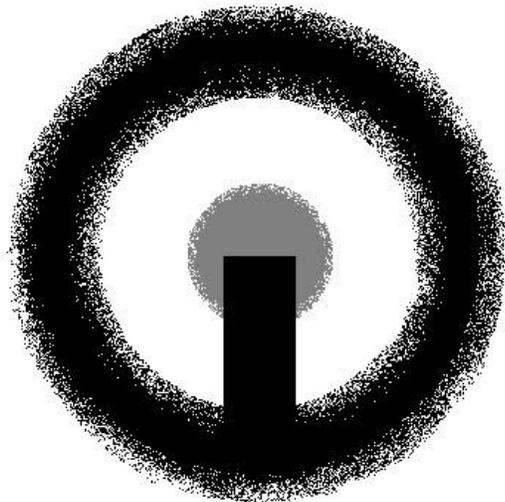
## V. BREATHING

## VI. TRIGGER CONTROL

## VII. FOLLOW THROUGH



6 O'CLOCK HOLD



CENTER HOLD