



Sighting & Trigger Press

Often shooters find themselves with a perfect sight picture and fire the shot only to find it is nowhere near they thought it would be and were certain they had all the sights aligned and in the "right spot" to shoot a ten!

What may happen, is the mind say's everything is ok, so press the trigger NOW!

To overcome this, one must combine trigger press and sighting at the same time.

As the sights are aligned and is ready for that perfect shot, the conscious mind takes over and makes the trigger finger move and the time delay in all this happening can cause the trigger press to be a violent movement, rather than a smooth, consistent pressure applied, until the shot breaks.

Setting up a precision shot. Raise the pistol above the target, have the sights roughly aligned so that you are seeing the back of the hand, the sights, your shirt sleeve etc. At this stage you are not really focusing on any one particular "thing", but seeing everything in a picture like frame.

The first stage or trigger slack can be taken up at the bench or at the top of the lift. This is entirely up to the individual.

Lower the pistol through the centre of the target into your area of aim, maintaining that initial trigger take up.

As the sights are coming through the centre of the target, increase "focus" of attention to the sights and their alignment. This will actually slow the pistol's movement through the black. Trigger pressure may be increased slightly during this stage.

When the sights are in "your" area, be sure you are ready to fire the shot. This is the stage I like to call "settling".

Here the athlete is striving for maximum stability and control of sight alignment and trigger press. It may only take a second or two but at this point you have a choice to continue the shot or cancel the shot. If something looks or feels wrong, then cancel the shot and start over. The setting up of the shot is most important.

At this stage all focus should be upon the front sight and its alignment. During this "intense" focus, attention to the smoothness of the trigger being pressed, whilst endeavouring to align the sights. This is the most critical part of any shot, that the sighting and trigger press is being combined.

This can be practiced with dry fire or live fire onto the back of a target (blank card) or even just shots into the target butts.

The most difficult aspect is to gain enough self confidence in your ability to hold the sights aligned whilst pressing the trigger. Achieve this and you will be surprised at the results.

