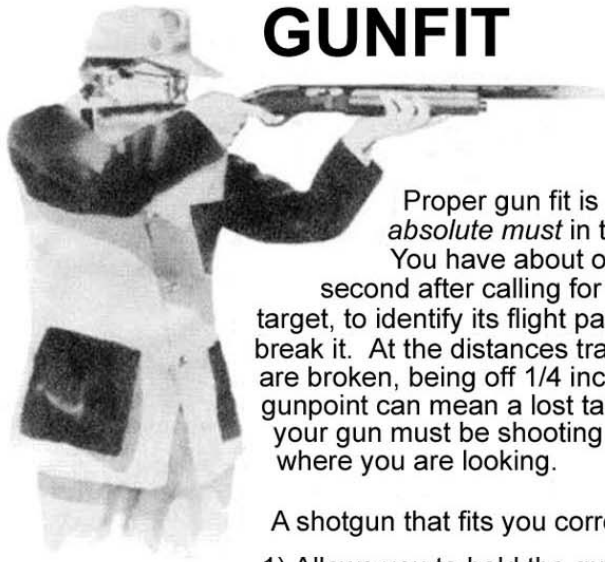


GUNFIT



Proper gun fit is an *absolute must* in trap. You have about one second after calling for your target, to identify its flight path and break it. At the distances trap targets are broken, being off 1/4 inch in your gunpoint can mean a lost target. So your gun must be shooting exactly where you are looking.

A shotgun that fits you correctly ...

- 1) Allows you to hold the gun in a natural comfortable position.
- 2) Puts your dominant eye directly in line with the gun's rib and sight bead(s).
- 3) Mounts in exactly the same position every time.
- 4) Shoots where you are looking.

GUN MOUNT

Raise the gun to your face first, then bring it back to your shoulder. Don't place the gun to your shoulder and then go down to the stock with your face. This causes tension in the neck muscles. Don't "muscle" the gun. Instead hold it lightly but firmly, with the fore-end just resting on the palm of your hand. This will enable you to swing it smoothly and easily. The top of the recoil pad should be the same height as your collar bone. Holding the elbow of your trigger arm as high as comfortable helps create a well defined "pocket" for the recoil pad.

YOUR EYE IS THE REAR SIGHT



Head and eye in the proper place ... a hit !



But, if head (and thus eye) is raised ... a miss over the target !



Similarly, if you pull your face away from the stock ... a miss to the side !

EYE DOMINANCE

Your dominant eye is the one you use for sighting purposes. It is the stronger of your two eyes, and it judges speed and range and focus more accurately than your other eye.

Finding your Dominant Eye

1. Face an object about 10 feet away.
2. Extend your arms straight out in front of you.
3. Form a small triangle by overlapping your hands.
4. Look through the triangle with both eyes.
5. Focus on the object.
6. Without moving your hands, close one eye at a time.
7. The eye that keeps the object in the center of the triangle is your dominant eye.

