

BASIC TRAPSHOOTING FUNDAMENTALS

STANCE

1. FEET - APPROXIMATELY WIDTH OF SHOULDERS APART
2. FOOT POSITIONS - POST 1-5 (DEMONSTRATED)
3. WEIGHT DISTRIBUTION - BALANCED SLIGHTLY FORWARD - 55% FRONT FOOT
4. LEGS - STRAIGHT OR FRONT LEG "SLIGHTLY" BENT
5. BACK / SPINE - "SLIGHT" BREAK AT WAIST FORWARD

GUN MOUNT - SETUP

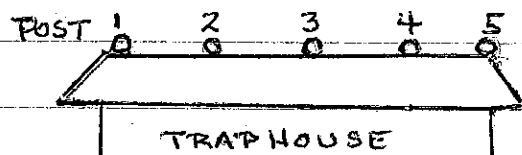
1. GRASP FOREARM AT COMFORTABLE POINT - ARM 45° - INDEX FINGER POINTS
2. GRASP STOCK PISTOL GRIP FIRMLY (THIS IS THE CONTROL HAND!)
3. FORM SHOULDER POCKET - RIGHT ARM PARALLEL - SHOULDER FORWARD
4. RAISE GUN, PUSH FORWARD STRAIGHT AWAY FROM BODY, PULL STOCK IN POCKET
5. POSITION BUTT STOCK COMFORTABLY + FIRMLY BACK INTO POCKET
6. HOLD GUN FIRMLY INTO SHOULDER TO AID FACE MOUNT

FACE PLACEMENT ON STOCK

1. BRING STOCK TO FACE, NOT FACE TO STOCK. HOLD STOCK HIGH ON SHOULDER AND SOMEWHAT "IN" FROM ROUND SHOULDER JOINT.
2. TOP OF STOCK SHOULD REST UNDER CHEEKBONE - ABOUT 1" TO COMB FROM
3. HEAD SHOULD BE LEVEL, EYES SHOULD BE LEVEL.
4. WHEN PROPERLY MOUNTED, YOUR MASTER EYE IS YOUR BACK SIGHT.
5. CENTER AND FRONT BEAD SHOULD BE PERFECTLY ALIGNED.
6. PRACTICE GUN MOUNT AND FACE PLACEMENT A LOT.
7. CENTER AND FRONT BEAD MAY FORM FIG. 8 OR HAVE SPACE BETWEEN.

GUN HOLDS ON OR ABOVE TRAPHOUSE (SEE DIAGRAM)

1. ONE-EYED SHOOTERS CAN PLACE GUN BARREL ON FRONT EDGE OF TRAPHOUSE OR SLIGHTLY ABOVE FRONT EDGE.
2. FIVE APPROX. GUN POINT HOLDS ON OR NEAR FRONT EDGE



(CONTINUED
SEE PAGE 2)

3. TWO-EYED SHOOTERS CAN HOLD 1, 2, OR 3 FEET ABOVE FRONT EDGE DEPENDING ON TARGET HEIGHT.

EYE POSITIONS ABOVE AND OUT FROM THE GUN BARREL

STEPS
1-8

1. DEFINITION - "TARGET ZONE" - THE AREA THROUGH WHICH A TARGET MAY PASS WHEN STANDING ON A PARTICULAR POSITION.

2. TO SEE THE TARGET, EYE(S) SHOULD LOOK ABOVE THE BARREL WITHOUT RAISING THE CHEEK.

3. LOOK STRAIGHT OVER THE TOP OF THE BARREL WITH EYE(S) FOCUSED PARALLEL AND OUT IN THE TARGET ZONE.

4. YOUR PERIPHERAL VISION SHOULD SEE A "FUZZY" FRONT BEAD WITHOUT LOOKING DIRECTLY AT THE BEAD.

5. YOUR HEAD, EYE(S), AND GUN MUST BE PERFECTLY STILL WHEN CALLING FOR THE TARGET. DON'T ANTICIPATE ANGLES.

6. LOCATE THE TARGET WHEN IT APPEARS ABOVE THE BARREL, CENTER (CONCENTRATE) YOUR VISION DIRECTLY AT A SPOT ON THE TARGET

7. KEEPING YOUR CHEEK IN PLACE, QUICKLY AND SMOOTHLY MOVE THE GUN BARREL TO THE SPOT ON THE TARGET AND FIRE.

8. KEEP YOUR HEAD ON THE STOCK AFTER FIRING AND CONTINUE TO LOOK AT THE TARGET AS IT BREAKS.

9. PRACTICE THESE STEPS TO DEVELOP A SMOOTH TRANSITION IMPORTANT FOR TIMING AND SHOOTING RHYTHM

10. CONSCIOUSLY PRACTICE THE FUNDAMENTALS UNTIL THEIR EXECUTION BECOMES SUBCONSCIOUS. THIS "FLOW" MEANS REAL IMPROVEMENT.

* * NOTE: TENSE MUSCLES PRODUCE JERKY, LESS COORDINATED MOVEMENTS. CONVERSELY, RELAXED MUSCLES ARE CAPABLE OF SMOOTH, EFFICIENT MOVEMENT. THIS IS ESPECIALLY TRUE OF THE EYE MUSCLES. RELAXED, ALERT, FOCUSED, AND ENERGETIC ARE KEY.