

Bullseye Fundamentals

- The Simple Secrets of Bullseye Success
- Stance
- Grip
- Sight Alignment
- Shot Process
- Match Planning
- Training vs Practice
- Drills & Exercises
- Mental Game





A Few Universal Bullseye Truths

Align the Sights and Pull the Trigger
Without Disturbing Them

Consistency is the Key to Accuracy

It Depends



We will recommend a good starting point

Then you will optimize it over time

Shot Process

- All the steps needed to deliver a good shot
- Write it down to whatever level of detail you need
- Just get started, you will learn what you need as you progress

Find “Indicators”

- Specific physical and mental points that are easy to feel and are repeatable

First Thing

- What is your dominant hand and eye?
- Right or Left hand is the same, just mirrored

Stance - Establish a Stable Base

- Feet shoulder width apart about 45° to target
- Weight balanced and body centered over feet
- Head upright and turned towards target
- Shoulder down, arm straight,
- Other hand is anchored in pocket or belt

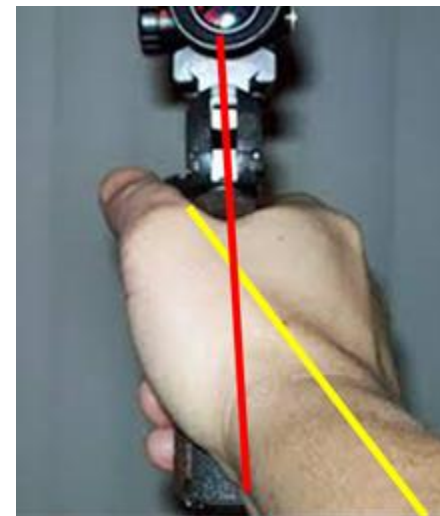
Process to Find Stance

- Close your eyes then raise arm
- Move arm to find your most comfortable angle
- Open eyes and move feet to align arm with target
- Repeat until web of hand is aligned with target
- Then repeat with gun in hand when allowed



Grip – The Foundation of Sight Alignment and Trigger Pull

- One hand grip, High up on pistol
- Web in the beavertail, Backstrap along trough in hand
- All three fingers wrap around front strap
- Thumb and Fingertips have minimal pressure
- Gun rotated slightly inside of the line of the arm
 - Wrist neutral when sights align with eye
- Firm grip is generally better
 - Grip as hard as you can without gripping too hard
 - Firm grip tightens wrist but also affects trigger finger
 - Gripping too hard causes shake, tremors and wobble
 - Gripping too hard can't be maintained across match





Grip – The Foundation of Sight Alignment and Trigger Pull

Process of Gripping Gun

- Press gun into web of hand, high up, web should be at least a little compressed
- Wrap thumb and fingers around front of grip
- Place finger on trigger
 - Preferred: Crease of joint on center
 - Second Choice: Crease of joint on edge, right or left
 - Less Preferred: Pad of finger on trigger (classical method)
- Bring up into firing position, Adjust until sights align with eye
 - Is the gun angled up or down? Right or Left

Find “indicators” of the right grip (or wrong)

Sights - You Aim at an AREA, Not a Point

- Deep Sub-6 Recommended
 - Aim in white area under the bullseye
 - If sights are aligned and anywhere in the white, the shot will be in the black
- Center hold can work if you can see the sights over the black bull



Center Hold



6 O'Clock Hold



Deep Sub-6 Hold

Open Sights - If You Can See The Bullseye You Are Doing It Wrong

- Eye Focus and Mental Focus on Front Sight
- Front-to-Rear Sight Alignment is CRITICAL!
- Location on the target is not important
- Typically add +0.5 to 1.0 to distance prescription
- Aperture can clear up sight picture but target should not be sharp

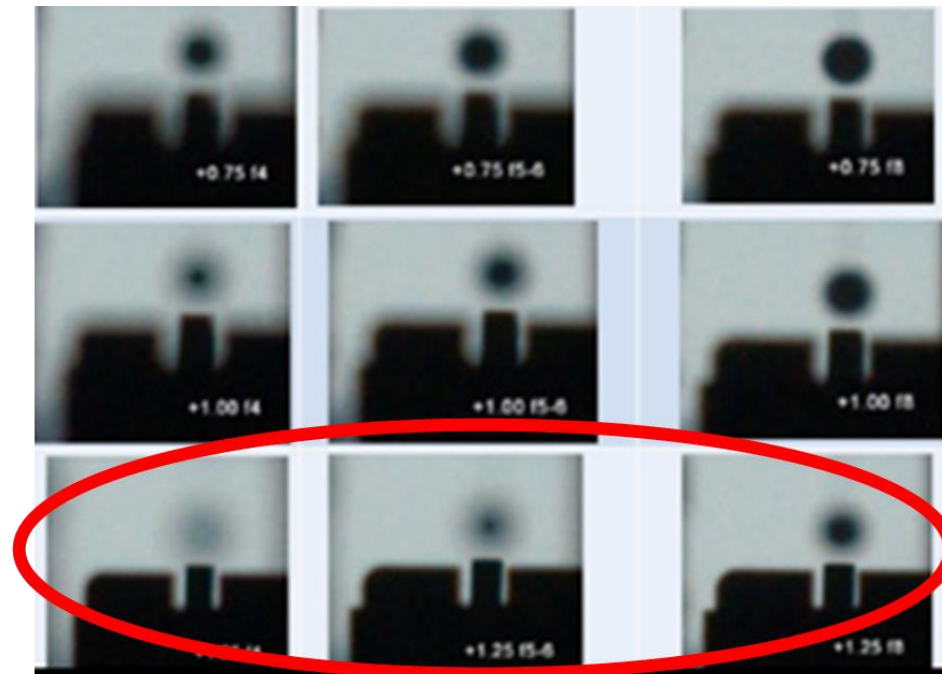


Image should look something like this

Scopes

Red Dot on Black Bull in Outer Ring

- Eye Focus and Mental Focus
On the Target OR on the Dot - Pick one!
- Dot centered in tube and centered on bullseye
- Glasses use distance prescription
- You are still aiming for AN AREA





Slow Fire - Take enough time for a good shot

without taking too much time and messing it up

- Start with gun properly gripped on bench, arm and wrist straight
- Lift gun slightly off bench and settle stance - Sights won't be aligned on bench
- Raise arm above the bull, then settle down into center
- Sights aligned / dot centered and in-line with target when settled into center, if not abort and restart
- Accept wobble area and SMOOTHLY and CONTINUOUSLY pull the trigger
- The first few seconds on target is usually your best hold
- Call your shot
 - Mentally take a picture of the sight picture as the gun recoils
 - Call the shot location before looking at the target

Find “Indicators” Of Your Shot Process Both Mental and Physical



Sustained Fire - All Sustained Fire is Rapid Fire

- The shot process is synched with the commands
- Settle into the middle then SMOOTHLY and CONTINUOUSLY pull the trigger
- Recover back to the middle, smooth and continuous trigger pull
- It is OK for beginners to shoot Timed Fire as “Sustained Slow Fire”
- The goal is to shoot ALL sustained fire like Rapid Fire, but in TF you have time to stop and restart
- Top competitors shoot for X’s in TF and 10’s in RF, all the rest of us just need to keep them somewhere in the middle
- Don’t worry about turning targets, it is EASIER to shoot turning targets. If you see your normal sight picture then shoot. If you don’t then don’t
- With turning targets, pick points of reference behind the target
- Four good shots usually scores better than five rushed shots. Practice shooting good shots. Speed will come naturally

Additional Thoughts

- Have a Shooting Notebook / Journal to keep track of sight adjustments, notes, shot plan, etc.
- Malfunctions happen but never accept a less than reliable gun
- Ignore the wheel of misfortune. Almost all errors are anticipation, but mostly FOCUS ON HOW TO DELIVER A GOOD SHOT. Don't focus on how not to shoot badly. Concentrate on the positive, not the negative.



Match Plan

- List of what you need for a match - Gun, ammo, Eye & Ear Pro, Food, Drink, Chair etc.
- Do as much as you can at home - Clean and lubricate guns, Load magazines, Organize your gun box / bag, Make sure stapler is loaded etc.
- How early do you need to arrive and what time do you need to leave? What time do you need to wake up?
- What food and drink do you need?
 - Breakfast - Not too much, not too little
 - Caffeine - Should be on the low end of your normal intake
 - Drinking & Snacking during the match and between sub-matches
 - Lunch
- Can you open your gun box before the 3 minute prep period? Have a plan and practice what you do during prep
- Load magazines before going down-range to score

Training vs. Practice

Practice - Preparing for match conditions

- Learn the course of fire and “flow” of the match
- Reduce match nerves
- Integrate trained skills into your shot / match process

Training - Optimizing and Ingraining skills faster

- Success is based on performing the skill, not shot location or score
- Focused on improving One or Two things, no more
 - Drills, Dry Fire, Visualization
 - Example: 50 shots slow fire concentrating on smooth trigger pull
 - Example: 2 shot drills pulling trigger as soon as dot is back on bull

Most people do a mixed up hodge-podge. Know what you want to accomplish with your valuable range time

For me it takes 20-30 “sessions” to ingrain a new skill or part of the shot process. A session can be dry fire, live fire or visualization

Drills, Exercises and Training

Dry Fire - Just like live firing but without the distraction of the shot

- Dry Fire against a plain wall or using reduced targets
- Follow your shot process for every shot
- Saves Ammo, Saves Gas. Great to evaluate techniques and ingrain them into your process

Two Shot Drills - Train for Sustained Fire with Less Ammo

- Load 2 rounds in a magazine, 1 or 2 rounds plus a snap cap/dummy
- Play rapid fire commands, try shorter drills for 2 or 3 shots
- Follow your shot process every time

Ball & Dummy

- Have a friend load a magazine with 4 live rounds and a dummy somewhere or load several mags and pull one randomly from a bag
- Follow normal Rapid Fire process
 - What happens when you get a dummy?
 - How are your groups on target?

Drills, Exercises and Training

Progression or Stair-Step

- Pick a scoring ring you can reliably hit with “good” shots
- Load 5 magazines with 1 round each, use rapid fire commands
- Fire round at the buzzer or turning target
- If all five shots are in your scoring ring load 5 mags with 2 rds each
- Add a round each time you achieve the scoring ring 5 times
- Subtract a round if there is a miss
- Congratulate yourself when you get to 5 mags of 5 shots on target!

Shot Calling Drill

- Mark each shot on a target at the firing line before looking at target, then mark the actual shot location on the same target using X's and O's or pennies and dimes
- How close are your called shots to actual shots?
- Does your called group look the same as the actual group?
- Alternative: Mark each shot location while a friend marks actual locations on a second target

Drills, Exercises and Training

Arm Strength & Holding Exercises

- Do not use more than 5 pound weight, using more weight engages the big arm muscles, we want to develop the smaller muscles that are used for fine control
- Use something other than a gun to strengthen arm - Don't train yourself to hold on target and not pull the trigger
- Use a lead filled magazine during dry firing
- Use a 3 lb dumbbell, water jug, piece of metal
- Slow and Controlled Arm Strengthening Exercises
 - Hold arm in approx firing position for 30 sec, then switch arms
 - Hold arm doing small, slow, controlled figure-eights
 - Raise arms up in front, open arms, close arms to front, lower
 - Repeat starting out to sides

Core Strength Exercises Help

Endurance & Stamina Training Help

Mental Game

Visualization

- Replay the shot process, a string, a match, as much as you can
- Use as much and as many senses as you can
- Can be done anywhere you can sit quietly alone
- Practice visualizing, you can improve anything you set your mind to
- Include smell, touch, emotions if you can

Self Talk / Affirmation

- Statements are POSITIVE and PRESENT TENSE, internalize the statements, believe it if only for the moment you say it

“I am a great shooter”

“It is like me to shoot all in the black”

“I like shooting under pressure”

Mental Game

Breathing & Meditation

- Slow, deep breathing reduces heart rate, nervousness and excitement level
- Rapid short breathing increases excitement, heart rate etc.
- Find the optimum level for you
- Some top shooters practice meditation

Match Nerves

- Slow, deep breathing reduces nervousness
- Focus on the process, not the outcome
- Don't look at your target if that causes distraction from what's important
- Find a distraction, read a book etc
- Find a "happy place;" a vivid happy memory that is more important than any silly shooting competition. Lose yourself in the memory and emotion to shock yourself back into the right frame of mind - First time holding your child, Wedding etc.