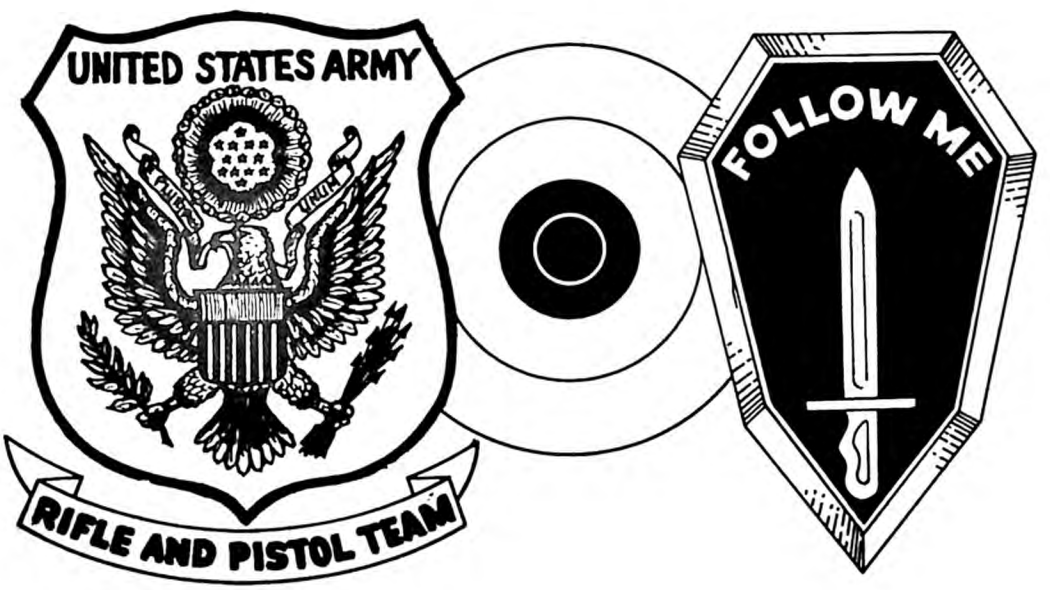
SMALL ARMS FIRING SCHOOL

CAMP PERRY, OHIO

PISTOL MARKSMANSHIP MANUAL



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ADVANCED PISTOL MARKSMANSHIP MANUAL

INTRODUCTION

The material contained herein will be directed to the pistol coach and the above average shooter, the advanced pistol marksman. It may be used to advantage as a guide to good shooting principles and as a reminder of the fundamentals of pistol marksmanship.

Every top shooting member of the US Army Pistol Team has contributed to the preparation of this manual. Most of the principles outlined herein are tried and proven fundamentals of which all outstanding shooters are aware, but which few shooters apply at all times. Some of the training techniques outlined may appear to be of controversial nature; however, each of them has been thoroughly discussed and analyzed and in this final form are the consensus of some of the best competitive pistol shooters in history.

Pistol shooters may be divided into six stages. The beginner, who is found at the Post, Camp, Station or Division Level, learning the basic fundamentals of shooting. Second, the Army Area Candidate, who has become acquainted with the fundamentals of shooting and is involved in learning application. The third stage, the All-Army Team Candidate, is above the average as an individual shooter, can employ most fundamentals of marksmanship and will become involved in a team situation which is the prime criteria of whether he will remain at this level or go higher. At the fourth level, the All-Army Team Regular, who is a dependable team member, capable of maintaining high individual averages and employing advanced marksmanship principles. Outstanding are traits of resourcefulness and alertness, ability to analyze difficulties and take positive corrective action. Fifth, at the National Competitive level, there is the potential three-gun champion who has the ability to control his shooting by coordinated physical actions, is capable of intense mental concentration and can win teamwise or individually in any match against the best competition. Finally, at the International level is the precision shooter, who, with the best equipment, ammunition and facilities available, performs with confidence and stability derived from his exceptional ability to concentrate and exercise exacting trigger control. He produces results that win in all major competitions. He has the will to win and recognizes no peer.

Since shooting skill has somewhat less bearing on ability to coach than on being a top shooter, the search for a capable coach should not be directed necessarily toward the expert pistol shooter, but toward the patient, observant, self-controlled man who possesses a wide knowledge of shooting technique. This does not imply that a Champion Shooter cannot have these desirable qualities. He can, but too often the top shot has time only for improving his own skill rather than in extensively coaching others. The attributes mentioned as desirable in a coach are contagious and will transmit themselves to the shooter.

The US Army Marksmanship Training Unit was organized at Fort Benning, Georgia in 1956 as the agency of the US Continental Army Command (USCONARC) with the responsibility of raising the level of individual marksmanship throughout the Army, as well as stimulating nationwide interest in shooting. To accomplish this, the USAMTU's experienced personnel maintain a continuing program of instruction through shooting clinics which they conduct at Army posts and civilian ranges across the nation. In addition, an extensive research and testing program is conducted in the unit shops resulting in the production of exceptional new weapons and ammunition.

The USAMTU is divided into three basic Divisions: International, Rifle, and Pistol. These Divisions are supported by excellent shop, supply, staff, and Ordnance personnel, whose duty is to keep the shooters supplied with the most accurate and modern equipment available to the US Army.

During the short period of time the USAMTU has been in existence, marksmanship in the Army has risen to its highest peak. A good example of this is evident by evaluating scores fired in the All-Army Matches five years ago and those fired in 1961. The US Army, at the present time, holds more records, both national and international, than any single service has ever amassed. This is due mainly to the system of a constant flow of officer and enlisted personnel through the marksmanship unit and returning to their unit as qualified coach/instructors, as well as excellent marksmen. This system tends to increase both the number and quality of marksmanship in the US Army.

By using the USAMTU as a basis, the Army has forced scores in all phases of shooting to be raised, and at the same time achieved a greater degree of accuracy in weapons and ammunition. This has been accomplished largely by the armorers and gunsmiths assigned to the USAMTU. It is through their efforts that the shooting has continued to improve to a point where optimum scores can be achieved by the shooter. This accomplishment stems from the principle that if a person has confidence in his weapon he will perform to a greater degree of proficiency with that weapon.

Many great marksmen have passed through this unit during the past six years. Such men as Benner, Blankenship, Puckel, Atwood, Toloczko, Powell, and Stalcup have made marksmanship history. It is with such marksmen that the USAMTU has achieved the enviable position it now holds. These are just a few of the outstanding shooters who have, and will, continue to serve the Army and the country by making strides in marksmanship proficiency.

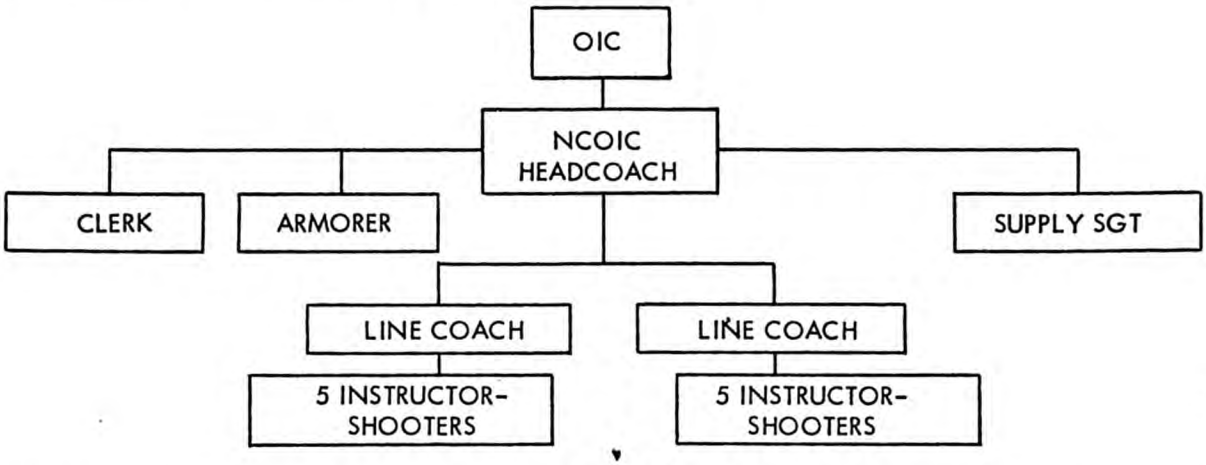
It is through USAMTU that policies concerning Army marksmanship are evaluated. These policies are then forwarded to Headquarters USCONARC for further study and final distribution to major commands within the Army.

Marksmanship is an American heritage. It is with this in mind that the USAMTU continues to strive for more and better marksmanship for citizens of the United States, both in the realm of domestic, as well as international competitions.

CHAPTER I

TEAM ADMINISTRATION - PROCUREMENTS AND MAINTENANCE OF MATCH WEAPONS & EQUIPMENT

A. The job of organizing a pistol team takes a lot of planning if the correct equipment and personnel are to be obtained. As a minimum requirement a pistol division of a marksmanship unit should have the following personnel: (Proposed chart).



The OIC is responsible for the overall administration and training of the pistol division. The NCOIC, head coach is responsible for planning and the execution of all training and assists the OIC with team administration. The clerk is a general typist.

The supply sergeant is responsible for procurement and security of all types of weapons and supplies for the unit.

The armorer is responsible for the maintenance and repair of all weapons.

The assistant coaches assist the head coach in training the teams. Each coach is responsible for the training of a five man team. They will also act as team captains and coaches in team competition.

The instructor shooters represent the unit in all competition. Additional duties are to instruct and help train less experienced shooters throughout their Army Area, Post or Division. They also may be called upon to instruct Police and civilians in marksmanship. The attributes of these instructor shooters will be discussed in Chapter VIII. All administrative burdens must be handled by overhead personnel and not by the shooter if best results are to be achieved.

B. TA 60-18, 26 June 1959 w/change 1 is the source of weapons and equipment. This TA lists the types and number of weapons authorized various level teams. Items of equipment other than weapons are also listed. Travel, per diem and entry fees are authorized out of appropriated funds while the awards and trophies are purchased with non-appropriated funds. Expendables are purchased at the self service store. Each unit is authorized a certain amount of money for this purpose. Ear plugs and prescription glasses are obtained through medical channels.

Ammunition allowances for various level teams are listed in TA 23-100. In this TA you will find that you can usually draw all the .22 caliber and hardball .45 that your team can shoot. Commercial .38 and .45 caliber ammunition is also authorized in limited quantities depending upon what level team is concerned. Pay particular attention to the authorization for off duty marksmanship practice for .22 and hardball .45 caliber.

C. Match grade weapons should be procurred in all three calibers. Any match grade .22 caliber automatic target pistol is good. There are several good models and it is up to the individual to choose which one he prefers. A unit purchasing these weapons usually get more than one type to give the shooter a choice. Center fire weapons may be any center fire pistol or revolver .32 caliber or larger. A revolver is harder to master than either a .45 caliber automatic or a .38 super automatic. The majority of shooters on the line today shoot a .38 caliber super automatic. A .38 super automatic may be accurized by the unit gunsmith or they may be purchased commercially from any number of competant gunsmiths. Government issue match grade .45 caliber automatics are available and most are very accurate. They may also be accurized by the unit gunsmith. Commercial .45 caliber automatics may be purchased and accurized by the unit gunsmith. Any number of gun boxes are available and one of good solid construction should be chosen. Spotting scopes M49 are available for issue and are excellent quality. Stop watches are available for issue and other miscellaneous items such as scoring plugs, carbide lamps etc., are available either from TA 60-18 or local purchase.

D. Weapons used in competition are of a necessity closely fitted. Occasionally a weapon will malfunction until it has been fired a few hundred rounds. Some magazines may not work in a weapon due to the lips either being too wide or too close together. The followers may be at an improper angle causing the rounds to either ride too high and hit the chamber or not high enough in which case it may not slide up the feed ramp and into the chambers. Magazines should be handled carefully so that they do not become bent and should be taken apart and cleaned occasionally. All wearing surfaces of the weapon and the magazines should be well oiled at all times with oil preservative light as issued. Lack of lubrication causes excess wear, malfunctions and makes it necessary to reaccurize the weapon. Cleaning materials as issued are adequate and should be used daily after firing. A dirty weapon causes stopages and excess wear. When transporting weapons they should be fastened securely so as not to damage the sights. It is mandatory that weapons be locked up at all times when not in use and should never be left unattended.

E. Each unit should have a shop where the unit gunsmith can accurize weapons, make major repairs and do preventive maintenance. A machine rest is essential for testing of newly accurized weapons and for checking weapons to determine if they need reaccurization after extensive use. The shop is a very important part of the team effort. The quality of work put out is directly reflected in the scores fired by the team.

COMPETITIVE MARKSMANSHIP WEAPONS AND EQUIPMENT

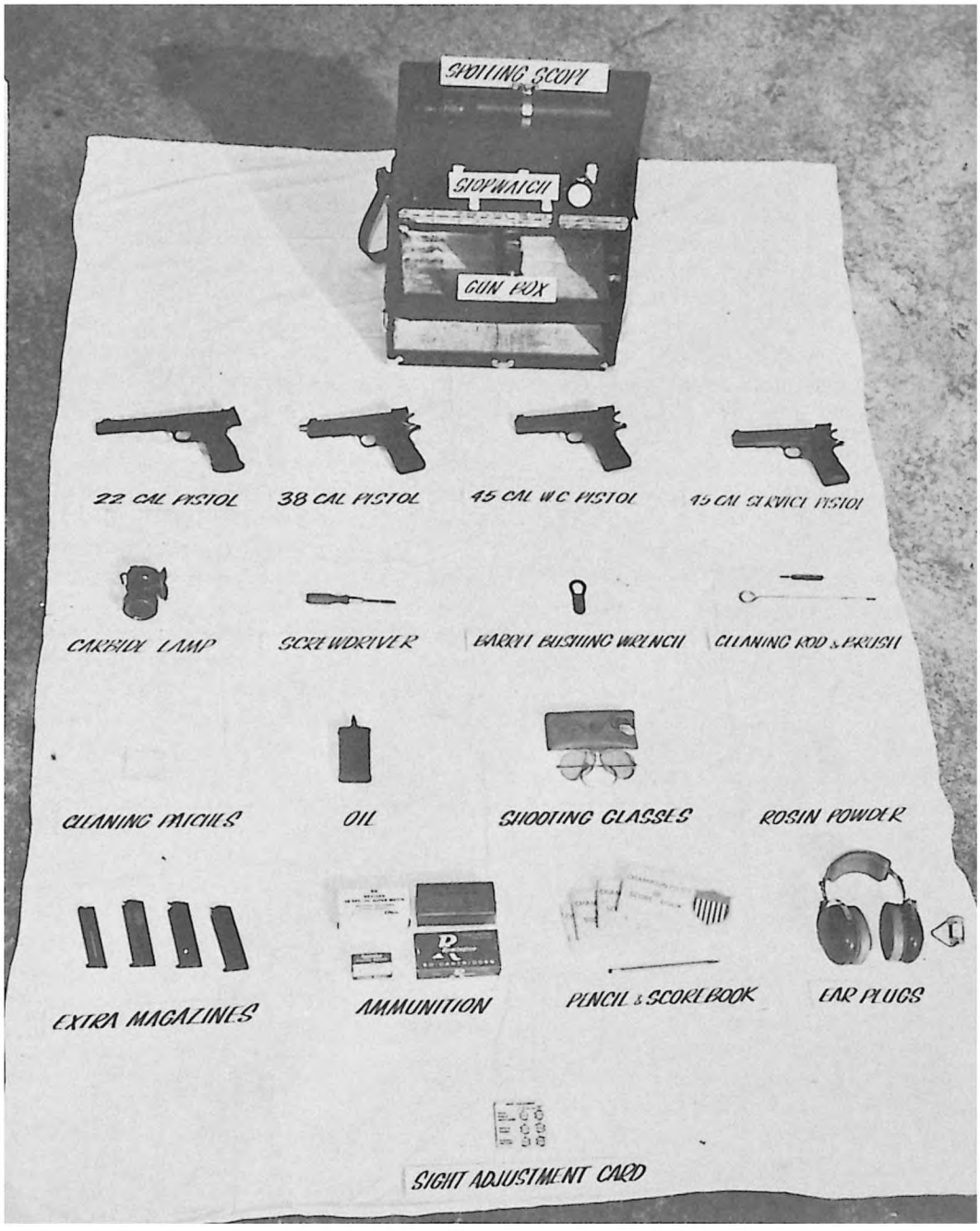


FIGURE 1

PREPARATION DATA SECTION

I.	TITLE AND NUMBER:	Team Administration - Procurement and Maintenance of Match Weapons and Equipment (P-1)
II.	TIME ALLOTTED:	Fifty (50) minutes
III.	PERIODS OF INSTRUCTION:	One
IV.	CLASS PRESENTED TO:	Coaches and Instructor/Shooters
V.	INSTRUCTOR REFERENCES:	The Advanced Marksmanship Pistol Manual
VI.	INSTRUCTIONAL AIDS:	Blackboard, chalk, eraser, podium cards, notes, lesson plan, watch, pointer, GTA charts, or 35mm slides, 35mm projector, sound set, TA 60-18, TA 23-100 w/changes, gun box scope, 45 auto, 38 auto Super HS & 22 Ruger, shooting glasses, carbide light, lens tissue, carbide oil, cleaning patches, cleaning rods, shaker w/resin, cleaning brushes wrenches (bushing & trigger shoe, muzzle brake) gun box cover.
VII.	STUDENT EQUIPMENT & UNIFORM:	Uniform as prescribed. Equipment, pencil & notebook
VIII.	PHYSICAL FACILITIES:	Classroom or bleachers
IX.	PERSONNEL REQUIREMENTS:	1-instructor, 1-asst instructor, 1-sound set operator

LESSON OUTLINE SECTION

I. LESSON OBJECTIVE: To familiarize the student with administrative procedures of procurement and the necessary maintenance of match weapons and equipment.

II. TEACHING POINTS:

A. Team Administration

B. Procurement Sources

C. Weapons and Equipment

D. Care and Cleaning

III. INTRODUCTION:

A. Gain Attention.

B. Orient Students.

1. Lesson Tie-In: Some students have become quite proficient in the field of marksmanship. A marksmanship unit of this type will offer certain advantages to the shooter regarding the support of his efforts.

2. Motivation: This course will be devoted both to fundamentals and advanced techniques to improve your proficiency as marksman and instructors.

3. Scope: During this period we will discuss team administration, procurement sources, description and maintenance of weapons and equipment.

IV. BODY:

A. First Teaching Point: Team Administration

1. Minimum overhead personnel

2. Coaches & instructor/shooters

3. Value of removing administrative functions from shooting responsibility.

B. Second Teaching Point: Procurement Sources

1. TA 60-18, dated 26 Jun 59, w/ch 1

2. Appropriated Funds

3. Non-Appropriated Funds

4. Self Service

5. Medical Service

6. TA 23-100

C. Third Teaching Point: Weapons and Equipment

1. Types of weapons

2. Gun Box and Scope

3. Miscellaneous Accessories

D. Fourth Teaching Point: Care and Cleaning

1. Causes of malfunctions

2. Care of magazines

3. Lubrication

4. Cleaning materials

5. Transporting Weapons

6. Security

E. Fifth Teaching Point: Shop Maintenance

1. Accurizing Issue Weapons

2. Major Repairs

3. Preventive Maintenance

V. CONCLUSION:

A. Retain Attention:

B. Summarize

1. Team Administration

2. Procurement Sources

3. Weapons and Equipment

4. Care and Cleaning

C. Application: The proper administration and supply of a pistol team will contribute immeasurably to the success of the team effort.

D. Closing Statement: The efficiency with which the administration and supply of a unit is carried out will free the shooters' mind so that he will have confidence in his equipment, his unit, and himself thereby allowing him to develop his talents to the greatest degree.

ANNEX TO TEAM ADMINISTRATION
PROCUREMENT AND MAINTENANCE OF MATCH WEAPONS AND EQUIPMENT (P1)

CHART #I

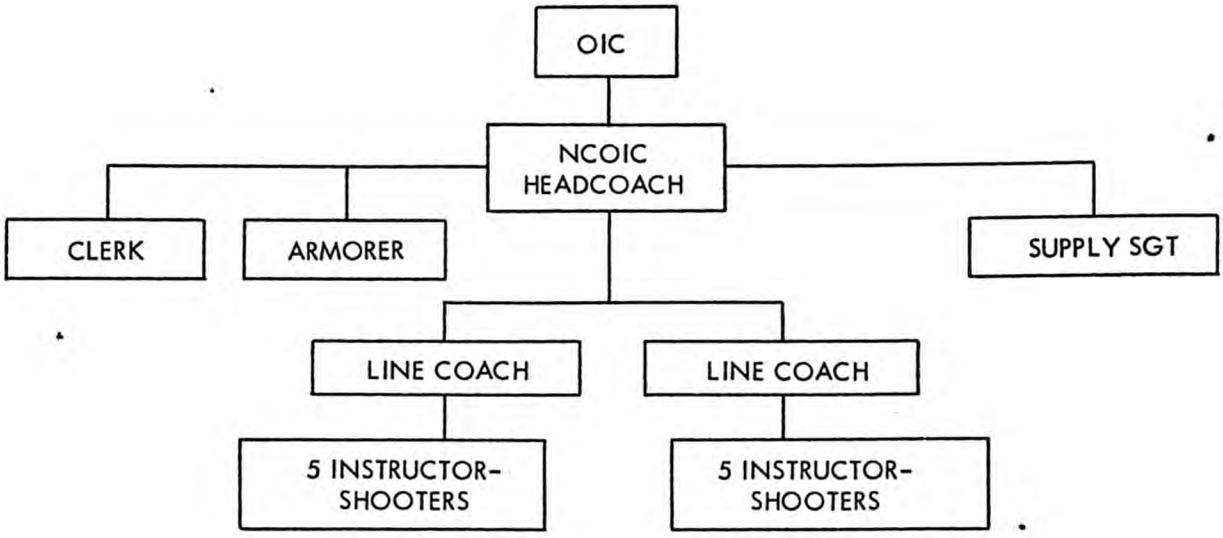


CHART #II

PROCUREMENT SOURCES

1. TA 60-18, 26 JUNE 59 W/CH 1
   a. WEAPONS
   b. EQUIPMENT
2. APPROPRIATED FUNDS
   a. TRAVEL AND PER DIEM
   b. ENTRIES
3. NON-APPROPRIATED FUNDS
   a. AWARDS AND TROPHIES

CHART #III

4. SELF SERVICE
   a. EXPENDABLES

5. MEDICAL SERVICE

   a. EAR PLUGS

   b. PRESCRIPTION GLASSES

6. TA 23-100

   a. BALL AMMUNITION (ISSUED)

   b. COMMERCIAL AMMUNITION

CHART #IV

WEAPONS AND EQUIPMENT

1. TYPES OF WEAPONS

   a. CALIBER .22

   b. CALIBER .38

   c. CALIBER .45

2. GUN BOX AND SCOPE

3. ACCESSORIES

CHART #V

CARE AND CLEANING

1. CAUSES OF MALFUNCTIONS

2. CARE OF MAGAZINES

3. LUBRICATION

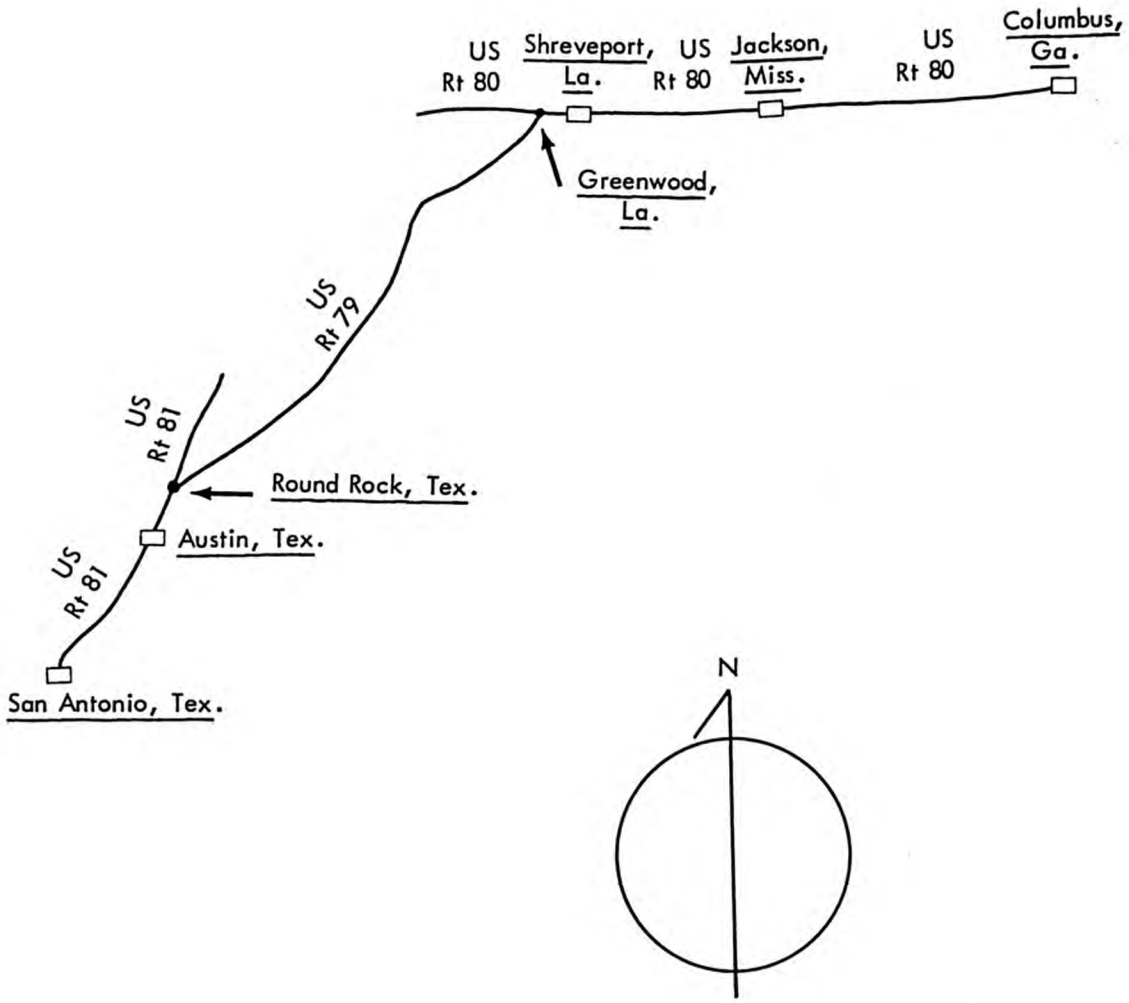
4. CLEANING MATERIALS

5. TRANSPORTING WEAPONS

6. SECURITY

ANNEX TO TEAM ADMINISTRATION (P1)

SUBJECT: Strip Map - San Antonio, Texas and return.



ANNEX TO TEAM ADMINISTRATION (P-1)

List of items of necessary clothing and equipment to be carried by the pistol shooters to matches and necessary actions to be accomplished prior to departure.

SUMMER SHOOTING UNIFORM

1. Caps, Baseball & Fatigue
2. Jacket, shooting (bush) (2)
3. Shirt, shooting (short sleeve, Khaki)
4. Trousers, Khaki (3)
5. Boots (1 pair)
6. Belt, Web, black
7. Fatigues

WINTER SHOOTING UNIFORM

1. Cap, Baseball, Fatigue & Pile
2. Shirts, O. G. (2)
3. Trousers, O. G. (2)
4. Jacket, field (1)
5. Gloves
6. Belt, Web, black
7. Boots (2 pair)
8. Underwear, long
9. Fatigues
10. Jacket, shooting (bush) (2)

CLASS "A" SUMMER

1. Insignia
2. Shirt, Khaki (2)
3. Trousers, Khaki (2)
4. Cap, Garrison, green
5. Tie, black
6. Belt, Web, black
7. Boots (1 pair)
8. Shoes, Low Quarter

CLASS "A" WINTER

1. Insignia
2. Uniform, Green (1)
3. Shirts, Poplin (2)
4. Cap, Garrison, green (1)
5. Shoes, Low Quarter
6. Boots (1 pair)
7. Belt, Web, black
8. Tie, black
9. Gloves
10. Overcoat

CIVILIAN CLOTHES

Appropriate and as desired

ADDITIONAL ITEMS

1. Shorts
2. T-Shirts
3. Socks
4. Handkerchiefs
5. Towels
6. Tags, Identification
7. Raincoat
8. Alarm clock
9. Toilet Articles
10. Shoe shining equipment
11. Brass shining equipment
12. NRA card, Identification Card, Drivers License
13. Stationery, stamps, pen, pencil, etc.
14. Lock, keys
15. Extra coat hangers

SHOOTING EQUIPMENT

1. Gun Box, with cover
2. Guns - 22 Cal., 38 Cal., 45 Cal. W.C. & H.B.
3. Ammunition
4. Shooting Glasses
5. Scorebook & Pencil
6. Cleaning Rod and Brush
7. Cleaning Patches
8. Watch (stop)
9. Spotting Scope
10. Barrel Bushing Wrench
11. Carbide light & Carbide
12. Rosin Powder
13. Screwdriver
14. Chair or Stool
15. Extra Magazines - All Calibers
16. Binoculars (Coaches Only)
17. Sight Adjustment Card
18. Ear Plugs or Ear Protectors
19. Oil, Lubricating
20. Stapler with staples

ACCOMPLISH PRIOR TO DEPARTURE

1. Copies of Special Orders on your person and in baggage
2. Haircut
3. Safety check of automobile (lights, tires, brakes, wipers, etc.)
4. Consult strip map for route to destination.
5. SIGN OUT

REMEMBER AT ALL TIMES
CONTINUOUS MAXIMUM SECURITY OF WEAPONS

Keep your car locked and weapons in locked trunk during daylight hours when weapons are not being used.

Keep weapons in quarters overnight. Do not leave weapons in unattended vehicle.

DRIVE SAFELY AND COURTEOUSLY

We can't win team matches with you in a hospital.

ANNEX TO TEAM ADMINISTRATION (P1)

ADMINISTRATIVE CHECK LIST

_____

NAME OF MATCH

	EXPECTED DATE	ACTUAL DATE	INITIALS
1. Program and entry cards requested on			
2. Program and entry cards received on			
3. Program and entry cards dispatched			
4. Hotel or Government Reservations			
5. Commercial Travel Reservations Confirmed			
6. Score sheets prepared on			
7. Equipment inspection prior to departure			
8. Personnel briefed on safe driving			
9. Personnel briefed on conduct and appearance			
10. Sign out time at USAMTU			
11. Sign in time at match			
12. Sign out time at match			
13. Match officials furnished sample of invoice for entry fees with instructions for preparation			
14. Arrangements made to return appropriate trophies			
15. Sign in time at USAMTU			
16. Report of match made to CO, USAMTU to			
17. Equipment inspection on return			
18. Equipment lost/damaged reported to S-4			

ANNEX TO TEAM ADMINISTRATION (P1)

VEHICLES, EQUIPMENT AND SUPPLIES

ITEM	MR	ITEM	
Ammunition		Tacks, thumb	
Box, Gun w/spare match weapon		Tape, adhesive	
Board, Score		Tape, scotch	
Boxes, Trophy		Truck, carryall	
Cans, Trash (50 gal)		Truck, 1/2-ton pickup	
Cans, Trash, Blue (5 gal)		Truck, 1 1/2-ton van	
Cans, Water, (5 gal)		Truck, 2 1/2-ton cargo	
Carbide, lb.		Truck, 10-ton semi trlr van	
Cards, POL Credit		Typewriter	
Chairs, folding, aluminum		Umbrella, beach	
Cleaner, bore		Oil, lubricating	
Clip, brass, 5 rd for M-70		Paper, bond, ream	
Clipboards		Paper, carbon, package	
Clip, paper		Pads, writing, ruler	
Cups, paper, hot and cold		Pencils, colored	
Dispenser, drinking, 10-gal		Pencils, grease	
Erasers, rubber		Pencils, lead	
Guns, staples		Patches, cleaning	
Guidons with staft		Pills, Vitamin (w/dispenser)	
Ice (Purchase and obtain receipt)		Pots, coffee or milk	
Kit, first aid		Public address set	
Lubriplate		Radio, portable, with extra bat.	
Mallet, wood		Rod, cleaning, rifle	
Mats, shooting		Rod, cleaning, pistol	
Machine, adding, H/operated		Rags, cleaning	
Sedan, 5 passenger		Rule books, NRA Pistol	
Stakes, steel		Stapler w/staples	
Streamers, guidon		Stencils	
Supply records, TDY personnel		Scoresheets, individual	
Table, folding, steel		Scoresheets, team	
Table, folding, wood		Tablet, Salt (w/dispenser)	
Telescope, M-49		Tissue, lens, cleaning	
Binoculars, 20X		Target Centers, Repair 50 yds & 25 yds	
Box, Tool, Pistol Armors			

ANNEX TO TEAM ADMINISTRATION (P1)

NAME_____ RANK_____ SN_____

Parent Organization

New Man (Yes) (No) National Trophy Team Match

Medal Winner (Yes) (No)

Last year you fired in National Trophy Team Match_____

Distinguished (Yes) (No)

Number of legs_____

Pre-requisite Leg (Yes) (No)

Prefer (Long-Short) Trigger

Hat Size_____ Jacket Size_____

Trousers Waist_____ Length_____

Shirt Neck_____ Sleeve_____

ETS_____

ANNEX TO TEAM ADMINISTRATION (P1)

HEADQUARTERS
UNITED STATES ARMY MARKSMANSHIP TRAINING UNIT
Fort Benning, Georgia

TRAINING SCHEDULE
US ARMY PISTOL DIVISION
From 26 Feb through 2 Mar 62

23 February 1962

DATE & TIME	SUBJECT	AREA	INSTRUCTOR	UNIFORM
Mon 26 Feb				
0800-1000	Unit Area Police	Unit Area	MSgt Purser	Fatigue
1000-1100	Maintenance of Equipment and SN Check	Unit Classroom	MSgt Purser	Fatigue
1100-1200	Troop Information and Education	Unit Classroom	Sgt LaCombe	Fatigue
1300-1700	OIC Time	To Be Announced	Lt Col Brophy	To Be Announced
Tue 27 Feb				
0800-1200	600 Aggregate, Cal .22	Pistol Range	CWO Weinmeister	Fatigue
1300-1430	NMC, Cal .22	Pistol Range	CWO Weinmeister	Fatigue
1430-1600	NMC, Cal .45 HB	Pistol Range	CWO Weinmeister	Fatigue
1600-1700	Physical Training	Pistol Range	Capt Wallis	Fatigue
Wed 28 Feb				
0800-1200	900 Aggregate, Center Fire	Pistol Range	CWO Weinmeister	Fatigue
1300-1700	Organized Athletics	Pistol Range	Capt Wallis	Fatigue
Thu 1 Mar				
0800-1200	600 Aggregate, Cal .45 W. C.	Pistol Range	CWO Weinmeister	Fatigue
1300-1430	NMC, Cal .45 W. C.	Pistol Range	CWO Weinmeister	Fatigue
1430-1600	NMC, Cal .45 HB	Pistol Range	CWO Weinmeister	Fatigue
1600-1700	Physical Training	Pistol Range	Capt Wallis	Fatigue
Fri 2 Mar				
0800-0930	NMC, .22 Cal Team Match	Pistol Range	CWO Weinmeister	Fatigue
0930-1100	NMC, Cal .38 Team Match	Pistol Range	CWO Weinmeister	Fatigue
1100-1200	NMC, .45 Cal W. C. Team	Pistol Range	CWO Weinmeister	Fatigue
1300-1700	Administrative processing & preparation for departure including maintenance of weapons and equipment.	Unit Area	MSgt Purser	Fatigue

DISTRIBUTION: "D"

MONTGOMERY
Colonel

OFFICIAL:

CHAPTER II

NRA PISTOL MATCH RULES AND RANGE SAFETY

NRA Pistol Match Rules cover completely the conduct of all registered NRA Pistol Matches. Current NRA pistol match rule books are available from NRA Headquarters, 1600 Rhode I. St NE, Washington 6, D. C., or any NRA official referee. In order to play the game properly, all the players should know the rules. Ignorance of the rules of pistol competition may jeopardize the outcome of any match. Knowledge of the rules avoids the pitfalls that may result in disqualification of a team score.

Only those rules and regulations most frequently used will be covered briefly in this discussion. For specific cases, reference should be made to a current issue of the NRA pistol rule book.

A. There are approximately eleven popularly recognized types of competition. (Rule 1)

1. (1.2) Open Match
2. (1.2.1) National Trophy Matches
3. (1.2.2) National Matches
4. (1.3) Restricted Match
5. (1.4) Classified Match
6. (1.5) Invitational Match
7. (1.6) NRA Competition
8. (1.7) League Competition
9. (1.8) Squadded Individual Match
10. (1.9) Squadded Team Match
11. (1.13) Aggregate Matches
12. Miscellaneous

B. The numerous competitive regulations affecting the conduct of pistol matches are designed to promote safe efficient operation of the range and thereby preclude interruptions, delays and confusion in the progress of a pistol match. (Rule 9)

1. (9.1) Pistols unloaded
2. (9.4) Cease firing
3. (9.5) Not ready
4. (9.10) Disabled Pistol
5. (9.11) Malfunction

6. (9.14) Weighing Triggers

7. (9.16) Competitors Position

8. (9.17) Individual Coaching

9. (9.22) Interruption of fire

10. (9.25) Interference with target

11. (9.29) Score and classification falsification

12. (9.32) Disorderly conduct

13. (9.33) Refusal to obey

14. (9.34) Evasion of rules

15. (9.35) Disqualification

16. (9.36) Suspension

17. Miscellaneous

C. Challenge and protest procedures respectively apply to competition wherein a competitor feels that a shot has been improperly evaluated or feels that an injustice has been done to him other than in evaluation of the target. (Rule 16)

1. (16.1) Challenges

2. (16.2) (16.3) Protests

3. (16.4) Team Matches

D. It is not the intention of NRA rules to restrict the legal use of weapons and equipment. Any restrictions or conditions desired must be stated by the match sponsor in the match program. (Rule 3)

1. (3.1) Service Pistol

2. (3.2) .45 Caliber Semi-Automatic

3. (3.3) Service Revolver

4. (3.4) Any Center Fire Pistol or Revolver

5. (3.5) .22 Caliber Pistol or Revolver

6. (3.8) (3.9) Equipment

7. (3.17) Ammunition

E. Targets are scored by an adjacent competitor or a person designated by the range officer. All participants in pistol competition will be called upon to act as scorers. (Rule 14)

1. (14.1 - 14.10) How to score

2. (14.14) Scorers duties

3. (14.15 - 14.16) Score Cards

4. (15.3 - 15.5) Decision of ties

F. The safety of competitors, range personnel and spectators requires a high degree of self-discipline, constant attention to range control commands, the careful handling of firearms, exercising caution in moving about the range area, acting and speaking with consideration toward other competitors. (Rule 10)

1. (10.1 - 10.6) Range Discipline

2. (10.7) Firing line commands

3. (0) Range Safety:

a. The coach and the shooter must exercise utmost care in all phases of handling weapons and ammunition. Cleaning weapon, dry fire practice, transporting guns and ammunition to and from quarters or on trips to matches seems to be more dangerous than when the equipment is being used in a match or organized practice. The average person is less apt to commit a dangerous act when in a crowd where many weapons are present. This, no doubt, is why you seldom hear of anyone being wounded or killed at pistol or rifle matches. The constant supervision and caution in handling firearms is well served. A coach or range official should not hesitate to admonish when observing even the slightest infraction.

The following items are listed to enable the shooter to avoid jeopardizing the safety of others or himself:

(1) Clear the pistol every time it is picked up for any purpose. Never trust your memory. Consider every pistol as loaded until you have proved it otherwise.

(2) Always unload the pistol if it is to be left where someone else may handle it.

(3) Always point the pistol up when snapping it after examination. Keep the hammer fully down when the pistol is not loaded.

(4) Never place the finger within the trigger guard until you intend to fire or to snap for practice.

(5) Never point the pistol at anyone you do not intend to shoot, nor in a direction where an accidental discharge may do harm. On the range, do not snap for practice while standing back of the firing line.

(6) Before loading the pistol, draw back the slide and look through the bore to see that it is free from obstruction.

(7) On the range, do not insert a loaded magazine until the time for firing.

(8) Never turn around at the firing point while you hold a loaded pistol in your hand, because by so doing you may point it at the man firing alongside of you.

(9) On the range, do not load the pistol with a cartridge in the chamber until immediate use is anticipated. If there is any delay, lock the pistol and only unlock it while extending the arm to fire. Do not lower the hammer on a loaded cartridge; the pistol is much safer cocked and locked.

(10) In reducing a jam first remove the magazine.

(11) To remove a cartridge not fired, first remove the magazine, and then extract the cartridge from the chamber by drawing back the slide.

(12) Safety devices should be frequently tested. A safety device is a dangerous device if it does not work when expected.

(13) Don't mix alcohol with gun powder.

(14) Make sure range is clear before firing if you are not participating in organized firing. In organized firing, fire only on command of range officer.

(15) Do not handle weapon when any person is forward of firing line.

(16) No ammunition to leave range.

(17) Do not fire over and above barrier or backstop.

(18) Protect weapons from theft, thereby preventing loss from weapons falling into the hands of irresponsible persons. Do not leave weapons unattended either on the range or in a car. Lock all shooting equipment in trunk of car when transporting. Equipment exposed in an unlocked car is a temptation needlessly advertised.

(19) Register weapons on post, camp, or station.

CONCLUSION: A competitor who has full knowledge of the pistol match rules and understands range procedures, has relieved his mind of anxiety during and after the shooting phases as to whether any of these numerous essentials have been overlooked. This will allow him to concentrate on controlling his shooting to the fullest extent of his ability.

PREPARATION DATA SECTION

I.	TITLE AND NUMBER:	NRA Pistol Match Rules and Range Safety (P-2)
II.	TIME ALLOTTED:	50 - Minutes
III.	PERIODS OF INSTRUCTION:	One Period
IV.	INSTRUCTOR REFERENCES:	Coaches and Instructor Shooters
V.	INSTRUCTOR REFERENCES:	The Advanced Pistol Marksmanship Manual and NRA Pistol Rule Book
VI.	INSTRUCTIONAL AIDS:	1-Podium, Podium Cards, 1-Sound Set, 35mm Slides, 1-35mm Projector or GTA Charts, 1-NMC Score Card per student, Blackboard, Pointer, Lesson Plan and Hand Notes. 1-45 Cal. Pistol - Blank Cartridges, 1-NRA Pistol Rule Book per student
VII.	STUDENT EQUIPMENT AND UNIFORM:	Uniforms as Prescribed
VIII.	PHYSICAL FACILITIES:	1-Class Room with Blackboard and Chalk
IX.	PERSONNEL REQUIREMENTS:	1-Principal Instructor, 2 Assistants (Sound & Projector Operators)

LESSON OUTLINE SECTION PISTOL MATCH RULES

I. LESSON OBJECTIVE: To instruct pistol instructor-shooters and/or pistol coaches in NRA pistol match rules and range safety.

II. TEACHING POINTS:

A. Types of Competition.

B. Competition Regulations.

C. Challenges and Protests

D. Match Weapons, Equipment & Ammunition

E. Scoring

F. Range Control and Commands

III. INTRODUCTION:

A. Gain Attention:

B. Orient Students:

1. Lesson tie-in: In order to play the game it is essential that all players have a complete knowledge of the rules.

2. Motivation: Knowledge of match rules will help preclude any injustice being done to you or your team; also it will help prevent mistakes for which the team could be disqualified.

3. Scope: During this period we will discuss the different types of competition, the competition regulations with which the shooter most frequently comes into contact, challenges and protest, types of weapons and how to score.

IV. BODY:

A. First teaching point: Types of competition, (Rule 1.)

1. (1.2) Open Match
2. (1.2.1) National Trophy Matches
3. (1.2.2) National Matches
4. (1.3) Restricted Match
5. (1.4) Classified Match
6. (1.5) Invitational Match
7. (1.6) NRA Competition
8. (1.7) League Competition
9. (1.8) Squadded Individual Match
10. (1.9) Squadded Team Match
11. (1.13) Aggregate Matches
12. Miscellaneous

B. Second teaching point: Competition regulations (Rule 9)

1. (9.1) Pistols unloaded
2. (9.4) Cease firing
3. (9.5) Not ready
4. (9.10) Disabled Pistol
5. (9.11) Malfunction
6. (9.14) Weighing Triggers
7. (9.16) Competitors Position
8. (9.17) Individual Coaching
9. (9.22) Interruption of fire

10. (9.25) Interference with target

11. (9.29) Score and classification falsification

12. (9.32) Disorderly conduct

13. (9.33) Refusal to obey

14. (9.34) Evasion of rules

15. (9.35) Disqualification

16. (9.36) Suspension

17. Miscellaneous

C. Third Teaching Point: Challenges and Protests. (Rule 16)

1. (16.1) Challenges

2. (16.2) (16.3) Protests

3. (16.4) Team Matches

D. Fourth Teaching Point: Match Weapons, Equipment and Ammunition. (Rule 3)

1. (3.1) Service Pistol

2. (3.2) .45 Caliber Semi-Automatic

3. (3.3) Service Revolver

4. (3.4) Any Center Fire Pistol or Revolver

5. (3.5) .22 Caliber Pistol or Revolver

6. (3.8) (3.9) Equipment

7. (3.17) Ammunition

E. Fifth Teaching Point: Scoring. (Rule 14)

1. (14.1 - 14.10) How to score

2. (14.14) Scorers Duties

3. (14.15 - 14.16) Score Cards

4. (15.3 - 15.5) Decision of Ties

F. Sixth Teaching Point: Range Control and Commands (Rule 10)

1. (10.1 - 10.6) Range Discipline

2. (10.7) Firing Line Commands

3. Range Safety (10 Commandments of Safety, Annex #2)

V. CONCLUSION:

A. Retain Attention:

B. Summarize:

1. Types of Competition

2. Competition Regulations

3. Challenges and Protests

4. Match Weapons, Equipment and Ammunition

5. Scoring

6. Range Control and Commands

C. Application: Pistol Match Rules and Range Discipline will be used in all the different shooting phases of this course, in all NRA registered matches and most of the service sponsored pistol matches.

D. Closing Statement: A competitor who has full knowledge of the pistol match rules and understands range procedures has relieved his mind of anxiety during and after the shooting phases as to whether any of these numerous essentials have been overlooked. This will allow him to concentrate on controlling his shooting to the fullest extent of his ability.

ANNEX TO MATCH RULES AND RANGE SAFETY (P2)

CHART #I

1. TYPES OF COMPETITION
2. COMPETITIVE REGULATIONS
   a. PISTOLS UNLOADED
   b. CEASE FIRING
   c. NOT READY
   d. DISABLED WEAPONS
   e. MALFUNCTIONS
   f. WEIGHING TRIGGERS
   g. COMPETITORS POSITION
   h. INDIVIDUAL COACHING

CHART #II

2. COMPETITIVE REGULATIONS (Continued)
   i. INTERRUPTION OF FIRE
   j. DON'T TOUCH TARGET
   k. SCORE FALSIFICATION
   l. DISORDERLY CONDUCT
   m. REFUSAL TO OBEY
   n. EVASION OF RULES
   o. DISQUALIFICATION
   p. SUSPENSION

CHART #III

1. CHALLENGES
2. PROTESTS
3. NRA WEAPONS
4. SERVICE PISTOLS
5. SCORING
   a. HOW TO SCORE

b. EARLY OR LATE SHOTS

c. ALL SHOTS COUNT

d. RICOCHETS

e. SCORE CARDS

(1) ERASURES

(2) SIGNATURES

CHART #IV

RANGE CONTROL

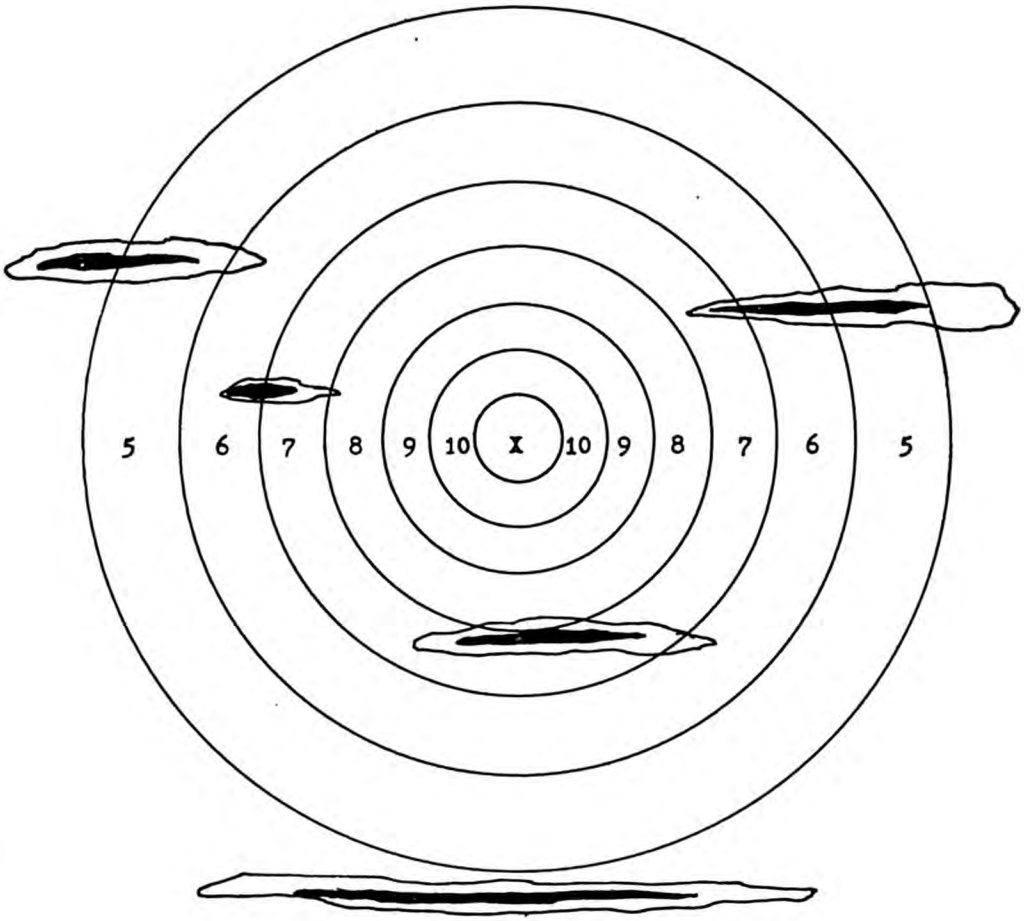
1. RANGE DISCIPLINE
2. FIRING LINE COMMANDS
3. RANGE SAFETY

ANNEX TO MATCH RULES AND RANGE SAFETY (P2)

CHART #6

TIME AND RAPID SKIDDER

SCORING



ANNEX TO MATCH RULES AND RANGE SAFETY (P2)

CHART #5

SCORING

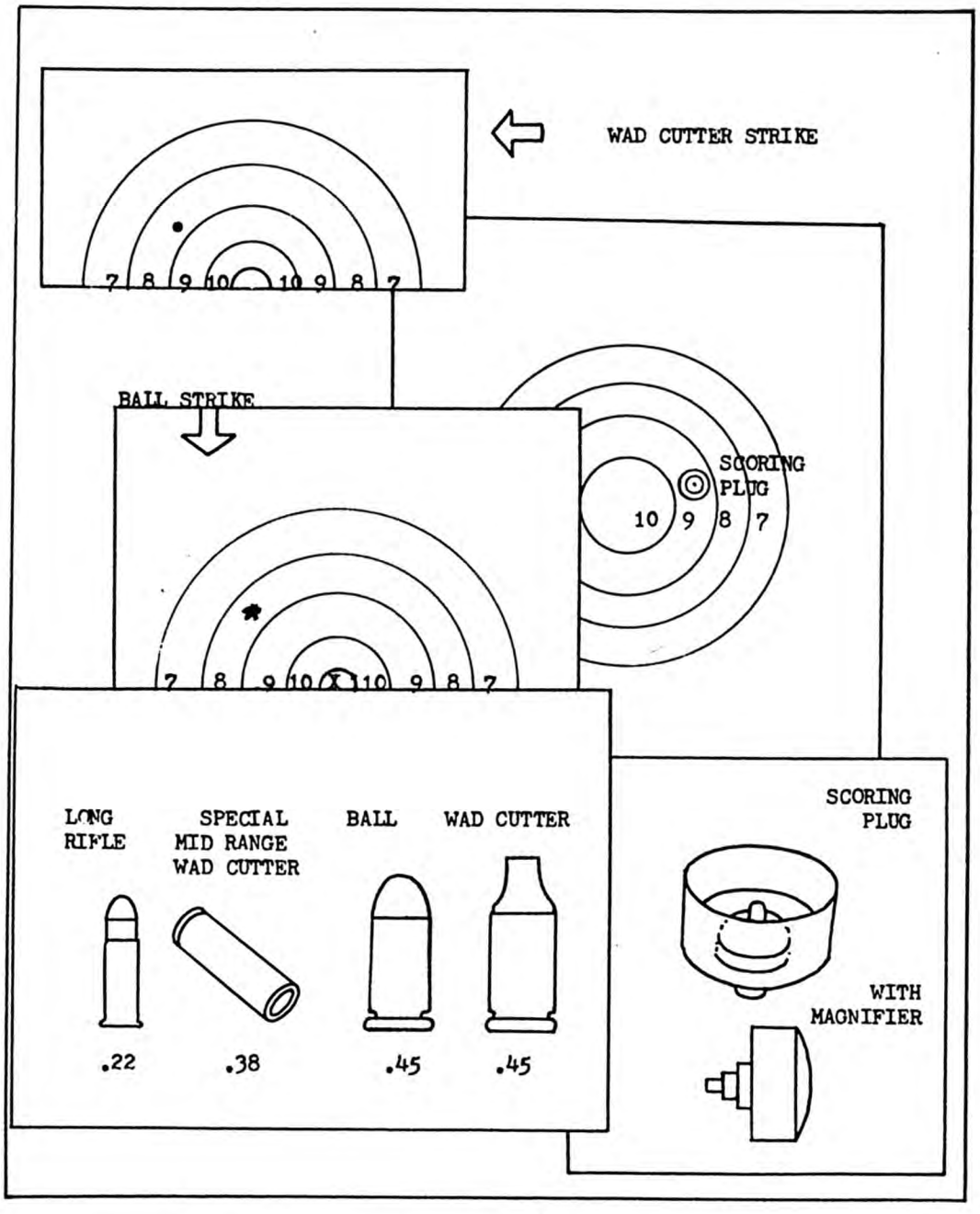
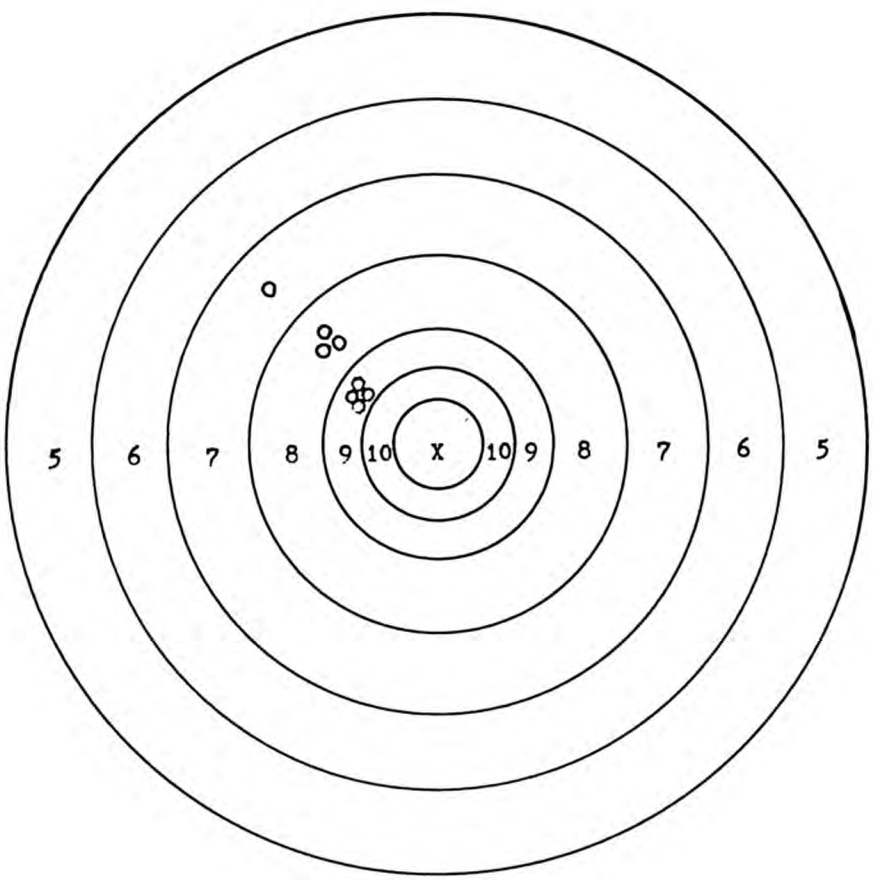


CHART #7

GROUPING OF SHOTS

SCORING



10 COMMANDMENTS OF SAFETY

1. Treat every gun with the respect due a loaded gun. This is the first rule of gun safety.

2. Guns carried into camp or home, or when otherwise not in use, must always be unloaded, and taken down or have actions open; guns always should be carried in cases to the shooting area.

3. Always be sure barrel and action are clear of obstructions, and that you have only ammunition of the proper size for the gun you are carrying. Remove oil and grease from chamber before firing.

4. Always carry your gun so that you can control the direction of the muzzle even if you stumble; keep the safety on until you are ready to shoot.

5. Be sure of your target before you pull the trigger; know the identifying features of the game you intend to hunt.

6. Never point a gun at anything you do not want to shoot; avoid all horseplay while handling a gun.

7. Unattended guns should be unloaded; guns and ammunition should be stored separately beyond reach of children and careless adults.

8. Never climb a tree or fence or jump a ditch with a loaded gun; never pull a gun toward you by the muzzle.

9. Never shoot a bullet at a flat, hard surface or the surface of water; when at target practice be sure your backstop is adequate.

10. Avoid alcoholic drinks before or during shooting.

CHAPTER III

ZEROING AND PRELIMINARY PREPARATION

As a competitive shooter you must know how to zero your weapon in order to place the strike of the bullet in the center of the target.

There is no excuse for losing points in competition due to an improperly zeroed pistol. This is a demonstration of lack of preparation generally attributed to a beginner. Hoping or expecting the weapon to be zeroed without having carefully checked it is insanity when you are firing for championship honors.

A. There are two categories of sights, fixed and adjustable.

1. Most pistols that are used in competition today are equipped with adjustable sights which are easily moved by a screw driver or coin. You may have at one time or another fired a weapon with fixed sights. It could be that you are using a pistol with fixed sights now. The fixed sights found on the service .45 are somewhat more difficult to adjust and therefore not primarily used for competitive shooting.

2. Should either of these types of sights need an adjustment, just how should you go about it? First we must know about the sights available.

3. There are many types of adjustable sights available on the market today, namely, the Eliason, Colt, Micro, Smith and Wesson, Hi Standard and Giles. Each one is designed and made by different manufacturers, therefore you will note the sight adjustment screws do not move all in the same direction. Clockwise will move one sight right and one sight left. This applies also for the elevation adjustment. Another difference is that each sight does not move the strike of the bullet the same distance per click and the movement of some is more positive. Some of these sights are more durable than others, that is, the amount of use before break down or the loss of accuracy.

4. Although many of these sights move different distances and in different directions this does not matter when you are using adjustable sights, what is important is that you know the capabilities of your sights.

B. Adjust your sights by using the shot group method.

1. You have just received a new pistol and proudly take it out of the box. You wish to shoot in the match this weekend. Most likely the weapon has been test fired before, but it is not zeroed for you. How do you go about zeroing this new weapon? Complying with the basic fundamentals of position, grip, sight alignment, trigger control etc., we recommend that you start your zeroing at twenty five (25) yards. The reason for this is that at this range you have less dispersion for probable shooting errors. Fire at least three rounds in a slow fire cadence before moving the sights. Check your group in relation to the center of the bull, make a bold sight change. Do not creep toward the target center one click at a time. When the group is centered you may wish to fire a timed fire string to confirm the zero at 25 yards. There may be a sight change when shooting at an accelerated rate of fire. Repeat the shot group method to establish a 50 yd zero. Don't try to zero by moving your sights after you have fired only one round. One round can easily be off center because of errors commited by the shooter and no sight change is warranted.

Exception to this rule may be made when you are in a match and called your first shot good, but the shot was not located on the target in relation to your call. Analyze your shooting performance first. You may determine that an immediate sight change is necessary. Don't be in too great a hurry to move your sights as the chance for error is infinite.

2. Fixed Sights. For elevation correction you must use the trial and error method with a file or if a good armorer is available he will be able to cut off the exact amount from the sights. Windage must be corrected for by moving the rear sight with either a sight mover or a hammer and punch. You cannot have a 25 yd and 50 yd zero with fixed sights. Your point of aim at 50 yds will be higher than 25 yds. An example would be to use a center hold at 50 yards and 6 o'clock at 25 yards. Correcting for windage with fixed sights is very difficult and it is not recommended that you move your sights (or zero) prior to match shooting.

Therefore we can say never "Hold Off" or use "Kentucky Windage" with either fixed or adjustable sights. This is adding a factor that is not consistent with proper trigger control. The shooter forces the shot to break at a specific spot and time instead of allowing the normal arc of movement and waiting for the surprise break of the shot. Do not chase the zero around the target by holding off. If you are grouping away from the center of the target, adjust the sights to compensate for the error.

C. Mark Sights. We have zeroed the weapon, but how will we be sure that we have the same zero next time we shoot. Can we remember the zero of several weapons. Mark sights at the 25 yd setting after effecting the zero.

1. It is a good idea to mark the sight adjustment screw with a small drop of nail polish or airplane dope to indicate the position of the 25 yd and 50 yd zero. You may also set the elevation screw down to its lowest point, counting the clicks as you do and record the number of clicks for both settings. This way you record the number of clicks from the base of the sight up to your 25 yard and 50 yard zero. (This method is used only for elevation). You may also make a sight adjustment card showing the position of the windage and elevation screw for all weapons. At times on different ranges, and under various weather and light conditions, you may find your zero changes slightly. You have a score book which has provisions for you to write in your sight settings, for specific ranges, light and weather conditions. Use this information. You will shoot on many ranges and under varying conditions and it is hard to remember the data about each range.

D. Unusual Zero Changes sometimes appear on the surface to be without rhyme or reason. A methodical approach toward checking out the trouble will, by process of elimination, reveal the cause.

1. Check scope: You may be scoping the adjacent target. Adjusting your zero to compensate for another shooter's grouping will crush even the stalwart.

2. Check the external parts of your front and rear sight assemblies. The sights may be loosened from recoil or bent or blunted from contact with other weapons or the weapon itself may have been dropped. The rear sight may have worn notches in the adjustment graduations. This would allow recoil to move the sight or when an adjustment is attempted the sight does not move in the desired direction.

3. Errors in position or grip cause the hold and the sight alignment, respectively, to drift toward the error even though the shooter may have made an artificial correction. Artificial corrections are those made in the direction which the arm or hand may be pointed by moving the arm at the shoulder or elbow as regards hold or at the wrist as regards grip. Instead,

a shift in body position should be made by moving the rear foot in direction of error in hold and shift in grip is made by sliding the grasp of the hand on the stock of the weapon toward the error. If a natural position and grip is attained, the result will remove the tendency to point at other than the center of target or have a sight alignment that tends to block out to right or left respectively.

4. Positive action is urgently needed when any of the foregoing situations are present. Make a quick check out of scope, position, grip and continue firing until it is apparent the difficulty was not remedied. The radical change in sight setting is warranted. A low six is just as bad as a high six.

In the case of a damaged sight, ask the range officer to permit you to declare a disabled weapon.

5. By checking the scorebook, there may be a record of a large change in sight adjustment for the pistol range on which you are now firing. Radical changes in light angle or light intensity might affect the normal setting that you use on the home range.

6. After completing firing, a consultation with your armorer or gunsmith might uncover certain changes in the fitting of components, wear, burrs, foreign matter that can alter the mating of finely fitted parts. This so called "settling" of the gun may cause a change in zero.

E. Preparation in the Assembly Area: You have zeroed that new gun. Today is the day of the match. You are firing the National Match Course and have a good score at the completion of the slow fire stage. Now you are on the line for timed fire. . . . "Ready on the right". . . . "Ready on the left". . . . "Ready on the firing line". . . . Now you have approximately three seconds to get your sights aligned, take up the slack, and break the first shot as the target appears. But no!! Wheels start clicking in your head and you begin to wonder "Have I got my 25 yard setting on my sights?" How can you eliminate these thoughts and be able to concentrate on shooting the best string of which you are capable? Careful preliminary preparation will in time become routine and will eliminate the dilemma of the thoughtless shooter. Check all equipment prior to firing a pistol match.

1. For want of a nail the shoe was lost, for want of shoe the horse was lost, etc. It can be said that this will hold true to the shooter who comes to the line in a lax, head-in-the-clouds attitude. Try to fire a rapid fire match without a magazine; or better still, with caliber .38 ammunition in a caliber .45 match. Then there is the shooter who just forgot his ammunition completely. You have heard and seen him running around looking for something to shoot with. Can you afford to forget 50 points? Will you have all of the necessary equipment in your gun box?

2. The following are items that are important aids to the shooter and should be assembled prior to shooting:

a. Carbide Lamp with Carbide: Needless to say, this small, inexpensive item may be termed one of the most important accessories in the shooter's kit. Its use is terminated without the all-important carbide. So open the top of the lamp and see how much carbide is in it. Is the carbide fresh and active?

b. Spare Parts: In the previous instruction you were told that no first person repairs would be made on team-issued weapons. This statement still holds true. An extra magazine and extractor will be the only spare parts necessary in this unit. On other teams, be governed by the support given to you and guide you as to the spare parts necessary.

c. Ammunition: Have the correct amount of ammunition for the match being fired, for the proper weapon. Do not forget the correct amount includes the possibility of refire due to malfunctions, range alibies, etc.

d. Pencil and Score Book: All should have pencil or pen. In a match you will most likely be called upon to score. Your score book should be kept up-to-date whether in practice or in a match.

e. Ear Plugs: The ear-shattering blast that drums through your head during the string of caliber .45 ball timed fire match makes you open your eyes to the fact that ear plugs do help deaden the noise. Well-- maybe you did close your eyes a little because there is either a fly or a big, fat seven on your target. Most likely your thoughts were of whether you would come out of this string with your eardrums intact. Were you able to concentrate on how to shoot?

f. Glasses with Cleaning Tissue: A shooter with 20/40 vision is somewhat at a disadvantage when he finds he has left his glasses in the glove compartment of his car. Another aspect of using glasses is that they shield the eye from ejected shells, unburnt powder, or that old six-shooter next to you that shaves lead in all directions. Colored lenses afford glare protection and are designed to let in the maximum amount of glare free light. Use them to best advantage by keeping them clean. Have lens tissues in your kit.

g. Screwdriver and Tools: Sights were made to be moved. It is a moment of disaster and comedy to watch when the shooter roots through his gun box in search of a screwdriver to change sights in between rapid fire strings. Will you have one in your gun kit and will you be able to find it? Other tools that will prove useful are cleaning rods, barrel bushing wrench and an allen wrench set.

h. Weapons and Magazines: The right weapon for the right match. This will eliminate much heart palpitation as for example you find out that today they are shooting the caliber .45 match and all you have is your caliber .22. A properly cleaned and lubricated weapon will have a much less chance of producing a malfunction. Look and see if you have the proper (and clean) magazine for the proper weapon.

i. Squadding Tickets: "Match 14, Relay 2, to the firing line." Unless you have a photographic memory, it is better to rely on your squadding ticket to inform you of your firing point and correct relay. Also, in some matches, the squadding ticket is also the score card. Keep them on your person or in your gun box at all times.

j. Stop Watch: Time is a unit that once passed by cannot be brought back. A stop watch is an efficient means to pace your shooting during slow fire.

3. Physical preparation before reporting to the firing line is necessary.

a. The shooter should report to the range at least 15-30 minutes prior to firing time. This is necessary if the team captain wishes to have a meeting. The shooter also has a chance to relax and become settled during this period. Driving to the range and carrying a heavy gun box puts a strain on the heart and muscles of the shooter.

b. Blacken your sights before reporting to the firing line. You now have ample time to place a uniform even coat on the sights. The time to blacken sights is now, not on the firing line, although there may be times when this is impossible due to range procedure and other conditions.

c. Check to see if you have the sights set for the range at which this match will be fired. Yesterday your last firing may have been the rapid fire stage. What is the first match you will fire today?

d. Look at your squadding ticket and check your relay and target number. Take all of your equipment to the firing point indicated on the squadding ticket. This eliminates much of the walking distance to your target when the relay is called.

e. Put in your ear plugs and relax. Make it habit to wear your ear plugs other than on the firing line. The report of firing carries to all parts of the range area. Protect your ears at all times.

f. Having made sure that we have fully prepared to shoot the forthcoming match, we are confident when called to the firing line. Upon being called to the firing line the shooter finds his firing point, sets up his gun box and scope and makes a final check of his weapons, equipment, and of himself.

(1) Place your shooting box on the correct firing point and check squadding ticket to insure correct target number. This eliminates the unnecessary shuffle when another competitor informs you that you are on his firing point. Make sure you are correct and let him do the walking.

(2) Set your scope on your target. Why scope the catastrophe of the shooter next to you? How can you change a group when you are not shooting it? Scope your target and inspect for holes. Should there be any doubt of whether the target is clean, then move to the target line for a closer inspection.

(3) Make a final check of your weapon to see that the sights are still blackened. If the blacking has been rubbed off, then reblacken at this time.

4. Load the ammunition necessary for the match to be fired into the proper magazine.

5. Take your position on the firing line and assume a good firing position without weapon. Is this the position you will fire in the next match? When you are sure that you have a suitable position, then mark the position of the feet if you feel this is necessary.

6. When you are shooting you must think shooting, and only shooting, if you expect to excel in this keen competitive game. Therefore, mentally relax and expel all stray thoughts from your mind. Begin the mental process to condition your mind to shoot this match. Confidence comes from knowing that you are able to do all phases of a job well. A good way to retain this confidence is to mentally review the sequence of events necessary to deliver a correct shot or string. Concentrate on shot sequence.

F. On the command to "Load," the shooter completes his preparation to fire.

1. Physical preparation:

a. Upon the command to "Load," assume the position that you previously checked to be correct. Verify this position by extending the arm.

b. Load your weapon: Pay particular attention to see that the magazine catch has engaged the magazine. Failure of the weapon to load, caused by the magazine partially placed in the weapon is not a valid reason for alibi.

c. Do not place the safety in the "on" position. You have reached the stage where you are proficient with this weapon. Keep the weapon downrange and with reasonable care it is as safe as with the safety on.

d. Place the weapon in the shooting hand with the non-shooting hand. Get a good comfortable grip about the weapon. Check the position of your trigger finger.

2. Return to the mental review of your plan of action. Think! Relax!

a. Understand first that you are the determining factor in your performance. Luck is too undependable. Good shooters are not lucky, they obtain good results by making themselves apply the fundamentals on each shot fired.

Attempt not only to win each match but to set a new record.

Expect to work hard and think-think-think.

Prior planning in careful detail to your action in the delivery of each shot will minimize the destructive effect of tension and pressure.

Delays and irregularities in range operation upset some shooters. Use this factor to your advantage by remaining relaxed and exercising patience. If the shooter resolves in advance that everytime he sees exact sight alignment within his aiming area he will apply positive pressure straight to the rear until the weapon fires, he can concentrate exclusively on sight alignment, and sufficient pressure to fire the shot will be applied involuntarily.

Confidence is the deciding factor. You will achieve a flawless performance if you are convinced you are capable of winning the match.

b. The weapon is loaded and all you await is the command to fire.

YOU ARE READY!!!

PREPARATION DATA SECTION

I.	TITLE AND NUMBER:	Zeroing and Preliminary Preparation-P3
II.	TIME ALLOTTED:	Fifty (50) minutes
III.	PERIODS OF INSTRUCTION:	One
IV.	CLASS PRESENTED TO:	Coaches and Instructor Shooters
V.	INSTRUCTOR REFERENCES:	The Advanced Pistol Marksmanship Manual
VI.	INSTRUCTIONAL AIDS:	1 - Podium, 1 - Sound set, 1 - Balloon, 4 - Enlarged Standard American Targets (25 yds) with shot group, GTA Charts, or 35mm Slides & Projector, Sight Adjustment Cards (handout), 1 - Enlarged Standard American Target (50 yds) with sliding shot group. Podium Cards, 1 - Blackboard, Chalk, Preparation Check List (handout).
VII.	STUDENT EQUIPMENT AND UNIFORM:	Uniform as prescribed.
VIII.	PHYSICAL FACILITIES:	Outdoor bleachers or classroom for students.
IX.	PERSONNEL REQUIRED:	1 - Principal Instructor, 2 - Ass't Instructors (Sound & Projector Operator).

LESSON OUTLINE SECTION - ZEROING AND PRELIMINARY PREPARATION

I. LESSON OBJECTIVE: To instruct students in the proper method of zeroing a pistol and preliminary preparation to be accomplished prior to firing in a match.

II. TEACHING POINTS:

A. Two categories of sights, fixed and adjustable.

B. Adjust sights by using the shot group method.

C. Mark sights at the 25 yard and 50 yard setting after zeroing.

D. Unusual Zero Changes.

E. Preparation in Assembly Area.

F. Three minute preparation period on the firing line.

G. Preparation after the command load has been given.

III. INTRODUCTION:

A. Gain Attention:

B. Orient Students:

1. Lesson Tie In: Proper zero and adequate preparation insure that properly applied fundamentals will produce good results on the firing line.

2. Motivation: As a competitive shooter you must know how to zero your weapons in order to place the strike of the bullet in the center of the target. Preliminary preparation is essential to insure that the shooter can devote his entire attention to shooting his best scores.

NOTE: Show 50-yd target with sliding group. Explain how a centered group (with same Nr. 10's) will improve score.

3. Scope: During this period of instruction the proper approach to the problem of zeroing and preliminary preparation will be presented.

IV. BODY:

A. First Teaching Point: There are two categories of sights:

1. Fixed Sights

2. Adjustable Sights

a. Eliason

b. Colt

c. Micro

d. Smith and Wesson

e. Hi-Standard

f. Giles

g. Miscellaneous

NOTE: Handout sight adjustment cards.

B. Second Teaching Point: Adjust sights by using the shot group method.

1. Zero initially at 25 yds slow fire.

2. Shot group method.

3. Confirm by timed & rapid fire.

C. Third Teaching Point: Mark sights at the 25 yard and 50 yard setting after zeroing.

1. Methods of marking.

2. Use of sight adjustment card.

D. Fourth Teaching Point: Unusual zero changes.

1. Check scope.

2. Check sights, other external parts.

3. Check position & grip.

4. Take positive action.

5. Check scorebook.

6. Check with armorer.

E. Fifth Teaching Point: Preparation in the Assembly Area.

1. Use of Assembly Area check list.

NOTE: Pass out assembly area check list.

F. Sixth Teaching Point: Three Minute Preparation period on the firing line.

1. Use of three minute preparation check list.

NOTE: Pass out three minute preparation check list.

2. Refer to paragraph 5, worksheet for line coaches (P-9).

G. Seventh Teaching Point: Preparation after the command "load" has been given.

1. Physical preparation.

a. Recheck position & grip, target number and relax.

2. Mental preparation.

V. CONCLUSION:

A. Retain Attention: This material showing the correct method of zeroing and preliminary preparation contributes greatly to the results the shooter produces. It is beneficial to the shooter in that it assures him of a pattern to follow where a costly mistake can be eliminated.

B. Summarize:

1. Types of sights - Fixed and Adjustable.

2. Mark your sights.

3. Use the shot group method.

4. Unusual zero changes.

5. Preparation before reporting to firing line.

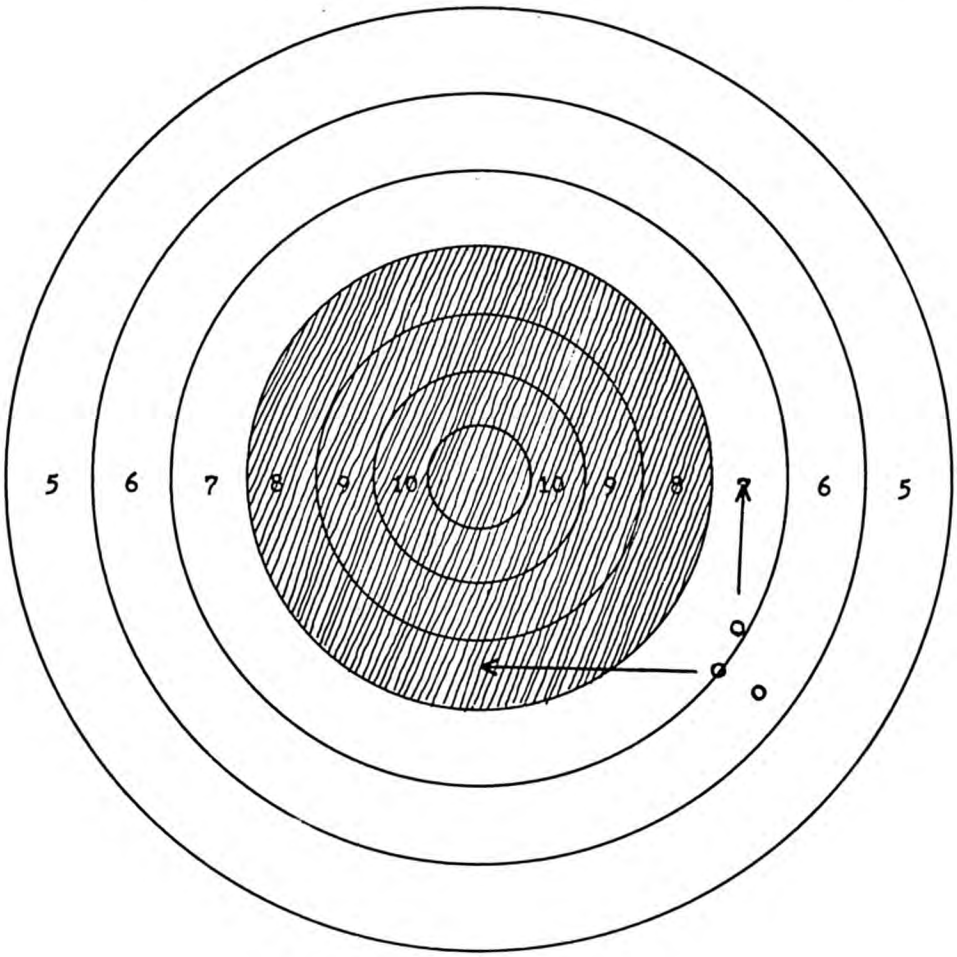
6. Preparation on the firing line.

7. Preparation on the command to load.

C. Application: These methods of preparation and zeroing will be used in all or in part during the different phases of this course and later when you are shooting in match conditions.

D. Closing Statement: A shooter who has a well zeroed weapon and has prepared properly for a match has relieved his mind of anxiety during the shooting phases as to whether any of those numerous essentials have been overlooked. This will allow him to concentrate on shooting to the full extent of his ability.

ANNEX TO ZEROING AND PRELIMINARY PREPARATION (P3)



50 YARD TARGET - PISTOL
STANDARD AMERICAN

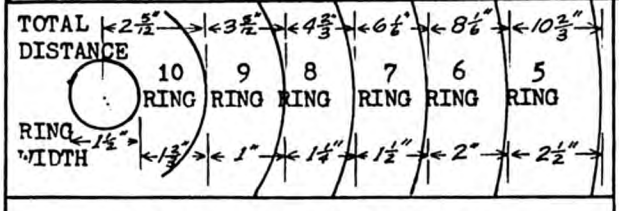
DEMONSTRATION OF BOLD SIGHT CHANGE

Group is equivalent to 8 ring or four and two-thirds (4 2/3) inch error at 6 o'clock in elevation-Eliason sight moves strike one-half (1/2) inch at 50 yds - approximately nine (9) clicks of increase in elevation needed. Group is equivalent to 7 ring or five and five-sixths (5 5/6) inch error in windage at 3 o'clock-Eliason sight moves strike one-half (1/2) inch at 50 yds - approximately twelve (12) clicks of left windage needed.

DO NOT LOSE UNNECESSARY POINTS CREEPING TO CENTER OF TARGET

SIGHT ADJUSTMENT CARD

STANDARD AMERICAN TARGET



CLEAR EVEN LIGHT (NORMAL ZERO)

25 YARDS

EL	WIND	EL	WIND
○	○	○	○
○	○	○	○
○	○	○	○
○	○	○	○

BRIGHT AND SUNNY

○	○	○	○
○	○	○	○

SIGHT CAPABILITIES

CLOCKWISE MOVES

S & W	R/D	Giles	L/D
Elliason	R/D	Micro	L/D
Hi Std New	R/D	Hi Std Old	L/U

CLOCKWISE MOVES	ONE CLICK AT 50 yds MOVES	BASIC SETTING ELEVATION FR BASE	BASIC SETTING WIND FR RIGHT
_____	___IN	___CL	___CL
_____	___IN	___CL	___CL
_____	___IN	___CL	___CL
_____	___IN	___CL	___CL

PRELIMINARY PREPARATION CHECK SHEET

ASSEMBLY AREA PREPARATION	FIRING LINE 3 MINUTE PREPARATION
(a) Check Squadding for Relay and Locate Your Target. (b) Have the Proper Gun & Ammunition. (c) Check the Sight Settings. (d) Carbide Light WITH CARBIDE. (e) Blacken the Sights. (f) Position Ear Plugs. (g) Oil Can. (h) Screw Driver. (i) Stop Watch. (j) Scorebook. BE READY For Relay to be Called. Look to the Weather. Time Range Commands. Concentrate on Fundamentals. Rehearse Mentally.	DO NOT HANDLE Guns Until The Range Officer Gives Clearance to do so. (a) Set Up and Scope ON TARGET. (b) Check Target For Holes. (c) Adjust Ear Plugs. (d) Load Magazines. (e) Recheck Sight Blackening. (f) Check Your Grip & Position. (g) Locate Your Shooting Equipment. NOW RELAX PHYSICALLY BUT Continue Your Mental Processing and THINK POSITIVELY & AGGRESSIVELY!

ANNEX "E" ZEROING AND PRELIMINARY PREPARATION (P3)

CHART #I

ZEROING

1. ZERO INITIALLY AT 25 YDS
2. USE SHOT GROUP METHOD
3. CONFIRM BY TIMED AND RAPID FIRE
4. MARK SIGHTS
5. CHECK BASIC SETTING

CHART #II

UNUSUAL ZERO CHANGE

1. CHECK WITH SCOPE
2. CHECK SIGHTS, EXTERNAL PARTS
3. CHECK POSITION, GRIP
4. TAKE POSITIVE ACTION
5. CHECK SCOREBOOK
6. CHECK WITH ARMORER

Side View



Figure 2

Front View



Figure 3

Rear View

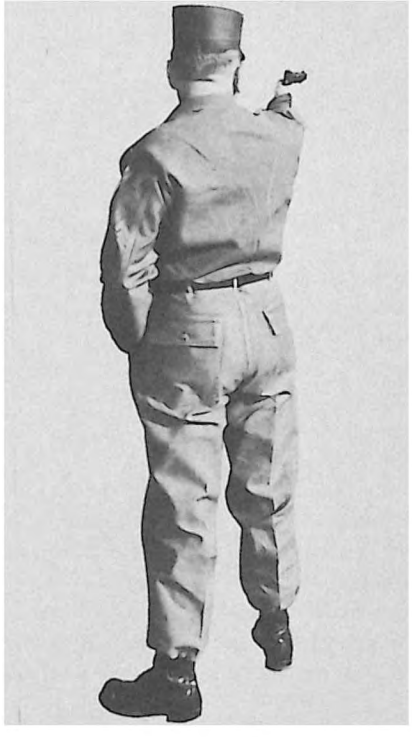


Figure 4

CHAPTER IV-V

FUNDAMENTALS OF ADVANCED PISTOL MARKSMANSHIP

There is no secret to winning pistol matches. A proper application of the fundamentals will accomplish a perfection of performance that will give the shooter exacting control of his actions.

A. The shooter should get into a good stance so as to give him stability and balance.

1. He should become familiar with this stance and practice getting the same general stance and position each time before firing a shot.

2. The feet are separated about the width of the shoulders or slightly more, toes pointed out slightly.

3. Stand up straight. Erect and relaxed, shoulders level.

4. The legs should be straight, but not stiff, knees locked but relaxed.

5. The hips should be level and in a natural position. Let the Abdomen relax.

6. The head and shoulders should be level. No humping over or with an unnatural tilt. Relaxed.

7. The free hand should be in the side pocket, not hanging loose.

8. Weight should be forward slightly and with a straight pressure on the toes so you can stand with little weaving. Do not lean away from the target.

B. How about the relationship between your body and the target? You must be able to aim at your target in a natural and consistent manner. Improper position will affect your ability to hold in the center of the aiming area.

1. The shooter must position himself naturally and align himself and his weapon so the bullet will strike the desired area without a tendency of the shooting arm to drift to either side of the target.

2. To align yourself properly with the target, use the following method:

a. First face approximately 45 degrees from the target using the methods of stance and positioning just mentioned.

b. Look at the target by turning only the head and eyes.

c. Raise the arm to align with the target. Close your eyes, raise your pistol and arm a foot or two above the horizontal and then allow it to settle back relaxed and naturally to the horizontal. Completely relax the shoulder not in use. Repeat this procedure once or twice, opening your eyes each time to check if your arm and pistol are aligned with the target. If the pistol has settled in the center of the target, you have your natural position.

d. If it settles to one side, move your rear foot in the direction of error keeping the body axis from the feet to the shoulder unchanged until the arm and pistol are aligned on the target again. Several tests such as this one will readily show you your natural position.

GRIP

Left Side



Figure 5

Right Side



Figure 6

Top View



Figure 7

e. The non-shooting arm should be relaxed, the pistol arm should be extended with the elbow and wrist locked without strain. You want your arm straight, firmly in place, with no tension on the muscles. This gives you solid arm control.

C. The weapon must be properly gripped in order to keep sights aligned and the weapon firmly held while firing the shot.

1. The most important feature of the grip is uniformity.

2. Pick up the pistol in the non-shooting hand. Spread the index finger and thumb of the shooting hand apart with the thumb held below the level of the index finger. Break the wrist downward slightly and seat the pistol with the backstrap of the pistol in the "V" created by the thumb and the index finger. Place the other fingers firmly around the stock, naturally with little or no pressure on the finger tips. Gripping is done with the base of the thumb and the lower three fingers. Too much pressure with the little finger may cause the shots to be pulled down. Press the stock back into the heel of the hand. The pressure of the grip is directed straight to the rear. Raise the thumb until it is higher than the level of the index finger. With the non-shooting hand firmly seat the weapon. Grip to the point of tremor then back off until the tremor disappears, you are now exerting correct pressure. The grip should now be firm, but not so tight as to cause a tremor.

3. Natural grip is one that allows the sights to stay in alignment without effort. Artificial alignment by wrist movement is unsatisfactory.

4. Base of the thumb only should rest against stock. End of thumb pressure may disturb sight alignment.

5. Pressure on the trigger by the trigger finger should not block sights over.

6. The trigger finger should extend through the trigger guard to a comfortable position. Do not worry about what portion of the finger you squeeze the trigger with, but rather whether you are squeezing straight back or not. According to the size of your hand the length of fingers, you will apply pressure with the tip, the ball, or the second joint of the finger. However, it might be noted that the majority of the top shooters crook the trigger finger so that the first joint is bisected by the trigger. Do not touch any part of the frame with the trigger finger. Dry fire a few shots watching the front sight carefully. If the sight moves at the instant of let off, move the finger left or right on the trigger, until there is no movement of the sight. The squeeze must be a natural, comfortable tightening of the trigger finger muscles with no conscientious supervision of the action. More about trigger control will be covered in a later period.

D. Proper breath control is to enable the shooter to fire the shot without disturbing the stability of the hold.

1. The object of proper breath control is to enable the shooter to hold his breath with a comfortable feeling long enough to fire one shot slow fire; five shots in twenty seconds timed fire; or five shots in ten seconds rapid fire, without disturbing the ability to hold. We recommend taking several deep relaxing breaths, immediately prior to extending the pistol, and as you extend it, take the final breath and exhale until your lungs feel comfortable. Hold it until you fire the required shots. If you have too much air in the lungs you will feel the pressure and it will interfere with your ability to hold. If you completely empty the lungs you will begin to need air in a few seconds. You are likely to have more trouble in the time fire stage than the others. To be comfortable for twenty seconds you must time your breathing just right and prepare for the string beforehand by taking several deep breaths. Take a deeper than normal breath at the command "Ready on the Right", take another at "Ready on the Left", extend your pistol and take the final breath and exhale to the point of comfort at "Ready on the Firing Line."

2. A shortage of oxygen in the blood may impair the vision slightly.

3. To be effective, breath control must be employed systematically and uniformly. The ability to concentrate and maintain rhythm is aided.

E. Sight Alignment is the Most Important Fundamental of Pistol Shooting. The main effort should be toward keeping your sights aligned. Holding the pistol perfectly still while applying trigger pressure is not the primary objective.

1. The relationship of the front and rear sight and hold:

a. If you had a 50 yd bamboo pole, you could (holding it perpendicular to the target) move this pole around in a 3" circle and still touch the bull's-eye.

b. If you have a misalignment of front and rear sight of 1/100" the strike of the bullet will be off 3" at 50 yds.

6" sight radii in 50 yds gives you 300 sight radiuses.
50 yds x 3 ft equals 150 ft x 2 equals 300
300 x 1/100" error equals 3 inches

c. Which is more important, Sight Alignment or a good hold? If this is true where should you focus your eyes? Sight alignment is the most critical of the two, therefore focus on the front sight.

2. Front Sight Point of Focus is imperative because without intense concentration on maintaining sight alignment, the degree of control in delivery of a good shot is reduced in proportion to the lessened degree of concentration on maintaining the correct relationship of front and rear sight. The point of focus must be unwavering during the short period of delivery of the shot. Needless to say, if the target is momentarily in clear focus, the ability of the shooter to achieve exact sight alignment is jeopardized for that moment, fleeting as it may be. With disturbing frequency, this is usually the instant that the pistol fires. An accurate shot call is utterly impossible under these conditions.

3. A genius can concentrate on only one thing to the exclusion of all else for about 8 - 10 seconds. The average advanced shooter then is probably limited in sustained concentration to a period of 3 to 6 seconds. This short space of time is the optimum period in which a controlled shot can be delivered. This optimum time interval is simultaneous with the acquiring of a satisfactory sight alignment and the starting of a positive pressure on the trigger. If the exact sight alignment is maintained and the trigger pressure remains positive, the shot will fire within the time the shooter is able to exert maximum control by virtue of the intensity of his uninterrupted concentration.

4. The arc of movement means a different dimension to various shooters. A shooter who is looking at the target instead of the sights is alarmed at the erratic waving of the shooting arm. Misplacing the eye focus to a distant object magnifies this relatively small movement. If however the eye is focused properly on the front sight and an effort is made to attain an exact alignment of front and rear sights, the once fearsome dangling of the shooting arm is immediately and apparently arrested to a great degree. The readiness of the confident shooter to apply positive pressure on the trigger and deliver a good shot is easily initiated.

5. Follow thru is the ability of the shooter to continue to concentrate on employing all the factors of controlling the shot brought to bear thru prior planning and employed in the delivery of the shot until the bullet is on the way to the target.

6. Accurate calling of a shot is dependent upon exact recall of the mental image of the sight alignment at the instant of firing. As demonstrated in paragraph A, 1., this chapter, the presence of 1/100th of an inch error in sight alignment will result in a 3 inch error from target center at 50 yds. Acute awareness of the slightest degree of error in alignment is an absolute requirement. Any approach to sight alignment other than maximum concentration on maintaining this exact relationship between front and rear sight is a salutatory bid for disaster.

F. Correct trigger control employed in coordination with other principles of good shooting such as confidence, aggressive approach, etc., the physical act of applying enough pressure on the trigger to fire a controlled shot is variable. Proper trigger control for each individual gradually assumes a uniformity as the techniques of proper application are mastered. The right combination of trigger control varies from one individual to another. Some shooters, for example, maintain a high degree of trigger control with a relatively loose grip where another may use a very tight grip because the movement of his trigger finger is not independent of the other fingers and hand. Another shooter may consistently apply trigger pressure at a rapid rate, maintaining an undisturbed sight alignment while the slow, deliberate application achieves positive results for yet another. An ever increasing number, extraordinary performers (Champions) use the precision approach to trigger control which will be covered in a subsequent paragraph, this chapter.

1. Area Shooting:

Trigger control has a series of required actions that take place if a smooth release of the firing mechanism is accomplished.

a. Any free movement of the trigger, known as slack, has to be taken up prior to a light initial pressure. This action assures that the sear and the sear notch on the hammer are in firm contact before positive trigger pressure is applied.

Initial pressure is an automatic, lightly applied pressure, approximately one fourth or less of the total required to fire the weapon. This careful action is an aid in the proposed positive pressure that will release the hammer quickly and smoothly.

b. Positive trigger pressure is primarily the act of committing the shooter to complete the firing of the shot once he has started the application of pressure. He is also committed to an unchanging rate of pressure, no speed up, no slowdown or stopping. The pressure can be of an uninterrupted nature because it is not applied initially unless conditions are settled and as near perfect as the shooter can set them up. If the perfect conditions should deteriorate, the shooter chooses not to fire then the weapon is benched. Relax, replan, and try again.

c. The word squeeze is used erroneously in connection with trigger control. When we think of the action of squeezing, we usually close all four fingers and thumb together at the same time. This is definitely not proper trigger control. The pressure put on the trigger must come from independent movement of the trigger finger only. The gripping fingers and the thumb do not move or tighten. Keep the grip pressure constant. Align the sights, settle into your normal aiming area and exert positive, uninterrupted, constantly increasing pressure, straight to the rear, until the hammer falls. You must not look for a perfect sight picture of rear sight-front sight-bull's eye. Instead, focus your eye upon the front sight, keeping it perfectly aligned with the rear sight. The blur of the out-of-focus target may move about slightly, but this movement is relatively unimportant. Any time the weapon is fired with good sight alignment within the normal arc of movement and it is a surprise shot, the shot will hit the target within your ability to hold.

If in applying positive trigger pressure straight to the rear so as not to disturb sight alignment, any thought which enters the shooter's mind to speed up or slow down this trigger pressure, results in the concentration on sight alignment being diluted or broken down completely. Bench the weapon and start over. A decision to speed up the trigger pressure also may result in a reflex action commonly known as anticipation and usually results in heeling the shot. The recoil becomes more imminent and the brain sends an uncontrollable signal for the arm and hand muscles to compensate for the coming jolt. This action invariably takes place a split second before the shot is fired. The value of a surprise break of the shot is obvious.

The focus of the eye is pinpointed on a small point on the front sight as it is possible to discern. The center point of the top surface of the front sight, the right or left top corner of the front sight or a fleck of dust that has settled on the front sight.

The relationship of the rear sight to the clearly defined front sight is one of acute awareness. The depth of field of normal vision is such that the rear sight will be in sharp focus also. The eye is capable of performing minute examination if the concentrated effort is expended. The sensitivity of the eye is such that the equalization of the light space on either side of the front sight can be in constant correction.

2. Precision Shooting: There is a more precise method of trigger control recommended for top master shooters. Through years of training and experience they will have developed a high degree of trigger control and the ability to hold steadily. To use this precision method, the shooter will align the sights and exert initial pressure on the trigger. He then makes every effort to hold the weapon motionless. Experience and practice will enable the shooter to hold the weapon almost absolutely motionless momentarily. It is during these moments of motionlessness, while the sights are perfectly aligned, that pressure is applied directly to the rear on the trigger. If the sight alignment is not perfect or movement of the weapon increases, the pressure on the trigger is maintained but not increased. When sight alignment is again perfect and movement diminishes, pressure on the trigger is continued. When the weapon fails to fire within the limited time the shooter can hold with minimum movement, trigger pressure is released and the weapon is returned to the bench. It must be re-emphasized that precision shooting is successful only with an experienced and patient master shooter. If difficulty is encountered using this method, revert to the constantly increasing positive method of trigger control described in the preceding paragraph, known as area shooting.

3. Cadence, rhythm, exact timing. Under any name this factor of reacting with precision comes only to those shooters who practice constantly. Occasional ability to time your actions precisely is not the answer to championship shooting. A three gun aggregate requires this to occur 270 times for a successful result. Consecutive, exacting performance can be attained thru properly conducted dry firing.

G. DRY FIRING:

1. Developing the ability to apply the fundamentals to your shooting is a tedious painstaking process. If the effort is confined to range practice and competitive matches, years of hard work and great expense for ammunition are involved. The use of dry fire practice can reduce the cost in both respects.

2. Dry firing developes the ability to control your shooting in all the primary factors: Coordination, eyesight, arc of movement, uniformity of applying fundamentals, analysis and correction, etc. Most shooters however, only dry fire when they are in trouble. A great assist in accelerating their development is cast aside.

3. Achieving the ability to control your body in its job of delivering a good shot is one of repetition of good shooting habits. Dry firing is a definite aid in this stage of development. Also maintaining the fine edge, so to speak, is a necessary training requirement for the champion.

4. To get the most out of your dry firing, use the appropriate work sheet to guide your work. Prepare and plan each shot as if it was a live round. Relax when you are ready and give yourself fire commands. Deliver the shot with the same amount of effort as in live practice. Have a target face on the bench to mark your shot calls on. If the shot call embraced a detectable error, analyze and determine why the error was in your performance. A positive correction is necessary before proceeding to the next shot. A normal bulls eye, a blank wall or the open sky may be used to conduct dry firing.

5. Dry practice can be overdone. Initially, the new shooter should limit himself to ten minutes of sustained effort. Later, as performance improves, maximum time should be about thirty minutes. Sore, tired and aching arms and hands will reduce your scores and an idea may arise that dry firing is detrimental.

CONCLUSION: Mark well these words. The champion team shooter must have the ability to intensely concentrate, the sheer guts and determination to adhere to the application of fundamentals in spite of match pressure, adverse weather conditions, discouragement, gun trouble and possibly sickness. The driving force in sustaining a good performance is the confidence that the fundamentals can be applied.

PREPARATION DATA SECTION

I.	TITLE AND NUMBER:	Fundamentals: Stance, Position, Grip and Breath Control (P4)
II.	TIME ALLOTTED:	Fifty (50) minutes
III.	PERIODS OF INSTRUCTION:	One
IV.	CLASS PRESENTED TO:	Coaches and Instructor Shooters
V.	INSTRUCTOR REFERENCES:	The Advanced Pistol Marksmanship Manual.
VI.	INSTRUCTIONAL AIDS:	2 copies of lesson plan, hand notes, 1-Podium, 1-Sound Set, GTA Charts, or 35mm Slides & Projector, podium cards, blackboard, chalk, eraser, pointer, 1-Table, 1-.45 Cal Pistol.
VII.	STUDENT EQUIPMENT & UNIFORM:	Uniform as prescribed
VIII.	PHYSICAL FACILITIES:	Classroom or outdoor bleachers for students
IX.	PERSONNEL REQUIREMENTS:	1-Principal Instructor, demonstrators and assistant instructors as needed, 1-Sound & Projector operator.

LESSON OUTLINE SECTION

STANCE, POSITION, GRIP & BREATH CONTROL

I. LESSON OBJECTIVE: To instruct coaches and instructor shooters in the correct methods of applying the basic fundamentals.

II. TEACHING POINTS:

A. Stance

B. Position

C. Grip

D. Breath Control

III. INTRODUCTION:

A. Gain Attention:

B. Orient Students:

1. Lesson Tie-In: Up to this time we have discussed team organization, administration, match rules (NRA), safety, zeroing a preliminary preparation. During this hour we shall discuss some of the fundamentals which are the foundation of pistol shooting.

2. Motivation: Champions are not born. They are made through intense and continuous hard work in practice and matches. Good scores do not come easy. Concentration and preparation are very important considerations in readying yourself to master the caliber .45 pistol.

3. Scope: During this period we will discuss the first four (4) fundamentals of stance, position, grip and breath control.

IV. BODY:

A. First Teaching Point: Stance

1. Stability and balance

2. Position of feet

3. Erect and relaxed

4. Knees locked

5. Hips & Abdomen

6. Head & Shoulders

7. Free Hand

8. Weight Distribution

B. Second Teaching Point: Position

1. Weapon and arm

2. Trail foot

3. Body relaxed

4. Elbow locked

5. Natural hold

6. Solid Arm Control

C. Third Teaching Point: Grip

1. Uniformity

2. Weapon Centered

3. Natural Grip

4. Base of thumb

5. Pressure

6. Trigger finger

7. Sights should be in natural alignment

D. Fourth Teaching Point: Breath control

1. Vision

2. Steady hold

3. Stores oxygen

4. Comfortable and relaxed

5. Concentration and Cadence

6. Systematic and uniform

V. CONCLUSION:

A. Retain Attention:

B. Summarize:

1. Stance

2. Position

3. Grip

4. Breath Control

C. Application: These fundamentals are the foundation upon which to build good scores. Practice them at every opportunity.

D. Closing Statement: In all practice sessions as well as in matches the shooter must concentrate on the mastering of these fundamentals. Only by so doing can he expect to show a constant improvement and become a consistent shooter.

ANNEX TO FUNDAMENTALS, STANCE, POSITION, GRIP AND BREATH CONTROL (P4)

CHART #I

FUNDAMENTALS

1. STANCE
2. POSITION
3. GRIP
4. BREATH CONTROL

CHART #II

STANCE

1. STABILITY AND BALANCE
2. POSITION OF FEET
3. ERECT AND RELAXED
4. KNEES LOCKED
5. HIPS & ABDOMEN
6. HEAD & SHOULDERS
7. FREE HAND
8. WEIGHT DISTRIBUTION

CHART #III

POSITION

1. WEAPON AND ARM
2. TRAIL FOOT
3. NATURAL HOLD
4. BODY RELAXED
5. ELBOW LOCKED
6. SOLID ARM CONTROL

CHART # IV

GRIP

1. UNIFORMITY
2. WEAPON CENTERED
3. NATURAL GRIP
4. BASE OF THUMB
5. PRESSURE
6. TRIGGER FINGER
7. SIGHTS ALIGNED

CHART #V

BREATH CONTROL

1. VISION
2. STEADY HOLD
3. STORES OXYGEN
4. COMFORTABLE AND RELAXED
5. CONCENTRATION AND CADENCE
6. SYSTEMATIC AND UNIFORM

PREPARATION DATA SECTION

I.	TITLE AND NUMBER:	Fundamentals: Sight Alignment, Trigger Control and Dry Firing (P5)
II.	TIME ALLOTTED:	Fifty (50) Minutes
III.	PERIOD OF INSTRUCTION:	One
IV.	CLASS PRESENTED TO:	Coaches and Instructor Shooters
V.	INSTRUCTOR REFERENCE:	The Advanced Pistol Marksmanship Manual
VI.	INSTRUCTIONAL AIDS:	Blackboard, Chalk, Podium Cards, Podium, Sound Set, Pointer, GTA Charts or 35mm Slides and projector, Sling Shot device, and 25 yard target (full face).
VII.	STUDENT EQUIPMENT & UNIFORM:	Uniform as prescribed.

VIII. PHYSICAL FACILITIES: Classroom or outdoor bleachers

IX. PERSONNEL REQUIREMENTS: 1-Principal Instructor, 1-Assistant Instructor, 1-Sound Set Operator

LESSON OUTLINE SECTION - FUNDAMENTALS

I. LESSON OBJECTIVE: To instruct coaches and instructor shooters fundamentals of marksmanship: sight alignment, trigger control and the importance of dry firing.

II. TEACHING POINTS:

A. Sight Alignment

B. Trigger Control

C. Dry Firing

III. INTRODUCTION:

A. Gain Attention:

B. Orient Students:

1. Lesson Tie-In: In the previous class we discussed position, stance, and grip. Now we will discuss other fundamentals of good shooting, sight alignment, trigger control and dry firing.

2. Motivation: To understand the problems of your fellow shooter you must have a thorough knowledge of the fundamentals. You must have a full grasp and working knowledge of these fundamentals before you can develop into a good pistol shot. A good shooter knows from experience that fundamentals must be applied and not by-passed.

3. Scope: During this period we will discuss the fundamentals of sight alignment, trigger control, dry firing and their application.

IV. BODY:

A. First Teaching Point: Sight Alignment

1. Relationship of sights

2. Point of focus

3. Concentration

4. Arc of movement

5. Follow through

6. Shot call

B. Second Teaching Point: Trigger Control

1. Area Shooting:

a. Initial pressure

b. Positive pressure

c. Steadily increased pressure

d. Independent trigger finger

e. Surprise shot

2. Precision Shooting:

a. Difference between area & precision

b. For advanced shooters only

C. Third Teaching Point: Dry Firing

1. Dry firing, how it fits into the shooting program.

a. Apply fundamentals

b. Aids in development

c. Control of body

d. Develop cadence

e. Detect errors

f. Positive corrections

g. Don't overdo it

V. CONCLUSION:

A. Retain attention:

B. Summarize:

1. Sight Alignment

2. Trigger Control

3. Dry Firing

C. Application: By the proper application of the fundamentals better scores are inevitable. Remember: There is no secret to winning a match except proper application of fundamentals. If you were to interview such outstanding competitors as SMaj Joe Benner, Capt McMillian, SFC William Blankenship, Capt Green and others who have shot 2640 and above about their success in shooting a pistol, these gentlemen would refer you immediately to application of fundamentals.

D. Closing Statement: Before a shooter can become proficient he must develop in himself the ability to apply all the fundamentals. We must strive mightily toward this objective.

ANNEX TO FUNDAMENTALS: SIGHT ALIGNMENT, TRIGGER CONTROL & DRY FIRING (P5)

CHART #1

FUNDAMENTALS

1. SIGHT ALIGNMENT
2. TRIGGER CONTROL
   a. AREA SHOOTING
   b. PRECISION SHOOTING
3. DRY FIRING

CHART #II

SIGHT ALIGNMENT

1. RELATIONSHIP OF SIGHTS
2. POINT OF FOCUS
3. CONCENTRATION
4. ARC OF MOVEMENT
5. FOLLOW THROUGH
6. SHOT CALL

CHART #III

TRIGGER CONTROL

1. AREA SHOOTING
   a. INITIAL PRESSURE
   b. POSITIVE PRESSURE
   c. STEADILY INCREASING PRESSURE
   d. INDEPENDENT TRIGGER FINGER
   e. SURPRISE SHOT

2. PRECISION SHOOTING

a. INITIAL PRESSURE

b. POSITIVE PRESSURE

c. PRESSURE DISCONTINUED

d. INDEPENDENT TRIGGER FINGER

e. SURPRISE SHOT

CHART #IV

DRY FIRING

1. APPLY FUNDAMENTALS
2. AIDS IN DEVELOPMENT
3. CONTROL OF BODY
4. DEVELOP CADENCE
5. DETECT ERRORS
6. POSITIVE CORRECTIONS
7. DON'T OVER DO IT

CHAPTER VI

SLOW FIRE TECHNIQUE

NOTE: Included in the following text are many repetitions of material mentioned in Fundamentals of Pistol Shooting. These numerous reiterations are intended and will aid in achieving a complete understanding of the subject.

Most of the points lost in any aggregate score are slow fire points. It is therefore imperative that this stage of fire become the subject of painstaking, exact control. One shot in one minute gives the shooter sufficient time to organize the delivery of each shot. The successful delivery is assured when this cycle of action and thought is uniformly repeated: Prepare, plan, relax, deliver, analyze and correct.

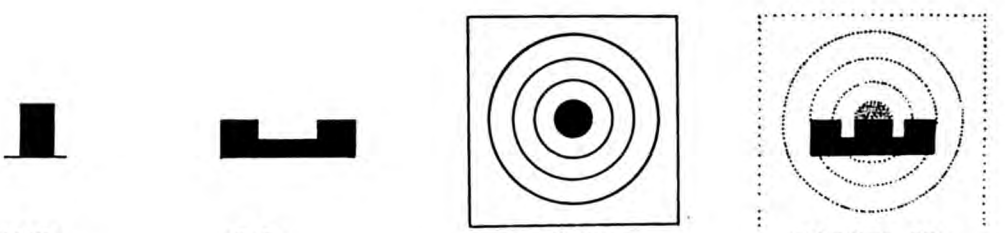
Holding the pistol perfectly still while pressure is applied to the trigger is not the primary objective. Do not expect to have a perfect sight picture. Some arc of movement is present in the hold of all shooters. It can sometimes be momentarily suppressed but the hazard of faulty trigger control appears in that the momentary absence of movement is of very short duration and an abrupt application of trigger pressure is projected into performance to fire the shot quickly before movement resumes.

With good sight alignment you can shoot groups within your ability to hold. If you can hold within the ten ring, all your shots will be tens, no matter when during the arc of movement the shot is fired if you have maintained exact sight alignment. With experience and practice your ability to hold will improve and your groups will become smaller.

A. In slow fire, a primary effort should be made toward keeping your sights aligned.

1. The relationship of the front and rear sights and the ability to hold:

RELATIONSHIP OF SIGHTS



a. In slow fire, the effort should be toward keeping your sights aligned, not in holding the pistol perfectly still. If you had a 50 yd pole, you could (holding it perpendicular to the target) move this pole around in a 3" circle and still touch the bull's eye.

b. If you have a misalignment of front and rear sight of 1/100" you will be off 3" at 50 yds.

6" sight radii in 50 yds gives you 300 sight radii.

50 yds x 3 ft equals 150 ft x 2 equals 300

300 x 1/100" error equals 3"

c. Which is more important, sight alignment or a good hold? If this is true where should you focus your eyes? Sight alignment is obviously the most critical of the two, therefore focus on the front sight.

NOTE: Use the shooter's slow fire worksheet. Care should be taken during the early stages of instructional practice to comply with each of the items listed. As a shooter becomes more capable, a quick plan is evolved, an almost instantaneous analysis is formulated leading to proper corrective techniques applied almost as an automatic act. Methodical repetition of all the essential steps will instill in the shooter good shooting habits used in proper sequence and with no omissions. Good shooting habits enable the shooter to consecutively repeat the delivery of a good shot on the target. Winning scores are produced by being prepared, planning confidently, performing uniformly. Systematic analysis and correction comprise a total picture that is complete control of your shooting. A sample copy of the slow fire worksheet is attached as an Annex.

2. Front sight point of focus is imperative because without intense concentration on maintaining sight alignment, the degree of control in delivery of a good shot is reduced in proportion to the lessened degree of concentration on maintaining the correct relationship of front and rear sight. The point of focus must be unwavering during the short period of delivery of the shot. Needless to say, if the target is momentarily in clear focus, the ability of the shooter to achieve exact sight alignment is jeopardized for that moment, fleeting as it may be. With disturbing frequency, this is usually the instant that the pistol fires. An accurate shot call is utterly impossible under these conditions.

3. A genius can concentrate on only one thing to the exclusion of all else for about 8-10 seconds. The average advanced shooter then is probably limited in sustained concentration to a period of 3 to 6 seconds. This short space of time is the optimum period in which a controlled shot can be delivered. This optimum time interval begins simultaneously with the acquiring of a satisfactory sight alignment and the starting of a positive pressure on the trigger. If the exact sight alignment is maintained and the trigger pressure remains positive, the shot will fire within the time the shooter is able to exert maximum control by virtue of the intensity of his uninterrupted concentration.

4. Follow thru is the ability of the shooter to continue to employ all the factors of controlling the shot brought to bear thru prior planning and employed in the delivery of the shot until the bullet is on the way to the target.

5. The arc of movement means a different dimension to various shooters. A shooter who is looking at the target instead of the sights is alarmed at the erratic waving of the shooting arm. Misplacing the eye focus to a distant object magnifies the relatively small movement. If however the eye is focused properly on the front sight and an effort is made to attain an exact alignment of front and rear sights, the once fearsome dangling of the shooting arm is immediately and apparently arrested to a great degree. The readiness of the confident shooter to apply positive pressure on the trigger and deliver a good shot is easily initiated.

6. Accurate calling of a shot is dependent upon exact recall of the mental image of the sight alignment at the instant of firng. As demonstrated in paragraph A, 1., this chapter, the presence of 1/100th of an inch error from target center at 50 yds. Acute awareness of the slightest degree of error in alignment is an absolute requirement. Any approach to sight alignment other than maximum concentration on maintaining this exact relationship between front and rear sight is a salutatory bid for disaster.

B. MENTAL PREPARATION:

1. Think through the sequence of delivery of a good shot. The following is an example of the shot sequence:

a. Extend arm and hold breath.

b. Settle into normal arc of movement.

c. Pick up sight alignment.

d. Take up slack in trigger - initial pressure.

e. Maintain sight alignment.

f. Start positive trigger pressure.

g. Concentrate only on sight alignment.

h. Follow thru.

2. Be keenly aware of conditions and adapt your performance to take advantage of knowing before hand the conditions under which you will have to fire. For example: Rapidly spoken fire commands, swiftly turning targets, evaluation of wind and light by observing the effect on previous relays, etc.

3. Stimulate your confidence by developing a conviction that a controlled, uniform and exacting performance will produce good scores. Accept shot values that are within your ability to hold.

4. Relaxation is best achieved by methodically bringing about a loosening of the muscular masses of the body. Think of the neck muscles, the shoulders, back, abdomen, buttocks and upper legs. Systematically reduce the tension on these members to one of support of an upright stance only, before each shot or string. A relaxed muscle does not become tired as quickly as the tense one. It is important also to rest and relax after two or three shots have been fired. Remember that in slow fire you do not have to shoot before bringing your gun down to rest. When a shooter fatiques, runs short of breath or experiences difficulty in maintaining concentration, by all means lower the arm and weapon to the bench and relax. Replan the delivery of the shot, breathe deeply and try again. Some excellent slow fire shooters try two or three times before delivering a controlled shot. Full application of the fundamentals insure the control of a shot.

5. Coping with events and planning for the team effort are within the premise of the line coach. Any unusual event that may create excitement on the firing line should be investigated by the coach. Any differences of opinion with range officials or other shooters should be handled by the coach. In short, the shooter should allow the coach to do the worrying. The shooter is usually taxed mentally in only attending to the job of concentration on maintaining sight alignment. Stay away from distractions that jeopardize this faculty.

6. Prior planning of the delivery of the shot is an insurance that the delivery will be controlled. A knowledge of proper shot sequence is the basis of this plan (See para B, 1, this chapter). The best assurance that a good performance can be duplicated is that the action follow a uniform, unchanging plan. An occasional good shot cannot be repeated at will because the shooter more than likely does not know how the good performance came about. The plan will be based on the following paramount control factors:

a. Concentrate on sight alignment while

b. Maintaining smallest arc of movement possible.

c. Apply positive trigger pressure straight to the rear so as not to disturb sight alignment. If any thought enters the shooters' mind to speed up or slow down this trigger pressure, the concentration on sight alignment is diluted or broken completely. Bench the weapon and start over. A decision to speed up the trigger pressure also may result in a reflex action commonly known as anticipation and usually results in heeling the shot. The recoil becomes more imminent and the brain sends an uncontrollable signal for the arm and hand muscles to compensate for the coming jolt. This action invariably takes place a split second before the shot is fired. The value of a surprise break of the shot is obvious.

d. The focus of the eye is pinpointed on a small point on the front sight as it is possible to discern. The center point of the top surface of the front sight. The right or left top corner of the front sight or a fleck of dust that has settled on the front sight. The relationship of the rear sight to the clearly defined front sight is one of acute awareness. The depth of field of normal vision is such that the rear sight will be in sharp focus also. The eye is capable of minute examination if the concentrated effort is expended. The sensitivity of the eye is such that the equalization of the light space on either side of the front sight can be in constant correction.

7. After a shot analysis, which will be covered in para D,2, this chapter, the imperative factor remains that corrective measures have to be incorporated into the shooter's performance if the error is to be avoided on the next shot. Slipshod analysis, if any, is usually compounded by the absence of corrective action. A very positive and insurmountable block is placed in the path of the shooter's progress. Without analysis and corrective measures improvement is at an end and a ceiling closes in over the hapless marksman which may persist for years. Vocabularies cannot express the chagrin and hopelessness of the man who has not learned what he is doing wrong or what to do about it if the trouble is found.

C. Correct trigger control is a control factor of many facets. In coordination with other principles of good shooting such as confidence, aggressive approach, etc., the physical act of applying enough pressure on the trigger to fire a controlled shot is variable. Proper trigger control for each individual gradually takes on a uniformity as the techniques of proper application are mastered. The right combination of trigger control varies from one individual to another. Some shooters, for example, maintain a high degree of trigger control with a relatively loose grip where another may use a very tight grip because the movement of his trigger finger is not independent of the other fingers and hand. Another shooter may consistently apply trigger pressure at a rapid rate, maintaining an undisturbed sight alignment while the slow, deliberate application achieves positive results for yet another. In ever increasing numbers, extra ordinary performers (Champions), use the precision approach to trigger control which will be covered in a subsequent paragraph, this chapter.

1. Area Shooting: Trigger control has a series of required actions that take place if a smooth release of the firing mechanism is accomplished.

a. Any free movement of the trigger, known as slack, has to be taken up prior to a light initial pressure. This action assures that the sear and the sear notch on the hammer are in firm contact before positive trigger pressure is applied. Initial pressure is lightly applied pressure, approximately one-fourth of the total required to fire the weapon. This careful action is an aid in the proposed positive pressure that will release the hammer quickly and smoothly.

b. Positive trigger pressure is primarily the act of committing the shooter to complete the firing of the shot once he has started the application of pressure. He is also committed to an unchanging rate of pressure, no speed up, no slow down or stopping. The pressure can be of an uninterrupted nature because it is not applied initially unless conditions are settled and as near perfect as the shooter can set them up. If the perfect conditions should deteriorate, the shooter chooses not to fire then the weapon is benched. Relax, replan and try again.

c. The word squeeze is used erroneously in connection with trigger control. When we think of the action of squeezing, we usually close all four fingers and thumb together at the same time. This is definitely not proper trigger control. The pressure put on the trigger must come from independent movement of the trigger finger only. The gripping fingers and the thumb do not move or tighten. Keep the grip pressure constant. Align the sights, settle into your normal aiming area and exert positive, uninterrupted constantly increasing pressure, straight to the rear, until the hammer falls. You must not look for a perfect picture of rear sight-front sight-bull'e-eye. Instead, focus your eye upon the front sight, keeping it perfectly aligned with the rear sight. The blur of the out-of-focus target may move about slightly, but this movement is relatively unimportant. Any time the weapon is fired with good sight alignment and it is a surprise shot, the shot will hit the target within your ability to hold.

2. Precision Shooting: There is a more precise method of trigger control recommended for top master shooters. Through years of training and experience they will have developed a high degree of trigger control and the ability to hold steadily. To use this precision method, the shooter will align the sights and exert initial pressure on the trigger. He then makes every effort to hold the weapon motionless. Experience and practice will enable the shooter to hold the weapon almost absolutely motionless momentarily. It is during these moments of motionlessness, while the sights are perfectly aligned, that pressure is applied directly to the rear of the trigger. If the sight alignment is not perfect or movement of the weapon increases, the pressure on the trigger is maintained but not increased. When sight alignment is again perfect and movement diminishes, pressure on the trigger is continued. When the weapon fails to fire within the limited time the shooter can hold with minimum movement, trigger pressure is released and the weapon is returned to bench. It must be reemphasized that precision shooting is successful only with an experienced and patient master shooter. If difficulty is encountered using this method, revert to the constantly increasing positive method of trigger control described in the preceding paragraph, known as area shooting.

D. An advanced pistol shooter establishes a system. First, of course, is complete preliminary preparation. Next to be considered is a shot sequence. For practice slow fire work, use the slow fire worksheet on the firing point to guide your organization of delivering a good shot. A sample copy is provided as an annex to lesson plan (P-6), slow fire technique.

1. Shot Sequence:

a. Extend arm and hold breath.

b. Settle into normal arc of movement.

c. Pick up sight alignment.

d. Take up slack - initial pressure.

e. Maintain sight alignment.

f. Start positive trigger pressure.

g. Concentrate on sight alignment.

h. Follow thru.

2. Shot Analysis: Prompt and complete shot analysis is a pre requisite for improvement in your performance or score. It is a complete waste of time, money and ammunition to fire away haphazardly. Pursuing the vain hope that improvement will come automatically. A

mental impression of everything you saw, felt or heard during delivery of the shot will contribute to the accuracy of your analysis. A mental image of the sight alignment as it appeared the instant the shot breaks, should imprint itself in your mind as deeply and clearly as red hot branding iron leaves a mark on a steer's rump. There are no half measures to be taken on the hard road to championship shooting. If you have committed an error, you must know why!

a. Follow thru check.

b. Call Shot - Describe sight alignment.

c. Compare hit and shot call.

d. If call is bad determine cause.

e. Watch error pattern form.

f. Ask questions of yourself.

It is well to consider the advantages in analyzing and studying your good shots. The controlled shots you deliver will yield the know how to enable you to repeat consecutively a good performance. For each good day of shooting there is a chain of favorable events that precede it, contributing their measure toward your health and well being, your emotional pitch for the day, your mental alertness to cope with the many trying situations that comprise a successful shooting day.

3. Positive Correction: Corrective measure prevent the repetition of a bad performance. Your coach can offer a substantial boost to your correction of errors. An agreement on the solution is ideal but you may have to accept the recommendations the coach offers on occasion even if you can not understand the logic. Without positive corrective measures, the iron curtain descends on your progress. Bad habits and flaws in performance remain in your technique and their stubborn presence fits like a hair shirt.

E. COMMON FAILURES:

There are obviously a multitude of causes for bad shots. We have listed below those most frequently found. It is not intended to be a complete list nor is it intended to provide the shooter with a convenient list of bad habits. It is, however, intended to assist the shooter in finding the source of his troubles.

1-2. Jerk or Heel. The abrupt application of pressure either with the trigger finger alone or in the case of heeling, pushing with the heel of the hand at the same time. Apply pressure to the trigger straight to the rear and wait for the shot to break. Anticipation can cause muscular reflexes of an instant nature that so closely coincide with recoil that extreme difficulty is experienced in making an accurate call. Anticipation is also the sire to flinching.

3. Vacillation (Plain Laziness): This is a mental fault more than a physical one, which results in your accepting minor imperfections in your performance which you could correct if you worked a little harder. The end result being you hope you get a good shot. Just like you hope you will get a gratis tax refund, and you will get one just about as frequently as you get the other.

4. Anxiety: You work and work on a shot, meanwhile building up in your mind doubt about the shot being good. Finally you shoot just to get rid of that particular round so you may work on the others. Napoleon arrived at Waterloo traveling the same bumpy road.

5. Not Looking at the Sights: This quite frequently is listed as "looking at the target." A shooter may be focusing his eye on neither the sights or the target, but since he does not see the target in clear focus he assumes he is looking at the sights. You must concentrate on sight alignment.

6. Loss of Concentration: If the shooter fails in his determination to apply positive pressure on the trigger while concentrating on the front sight his prior determination needs renewal and he should rest and start over.

7. Holding Too Long: Any adverse conditions that interrupt a shooter's ability to "hold" will cause him to delay his squeeze, waiting for conditions to better. The disturbing factor about this is that you will do it unconsciously; therefore, you must continuously ask yourself, am I being too particular?

8. Overcorrection: Maintaining control of your shooting is a continuous battle. The battle builds tension. Tension tightens the muscular movements and finally the abrupt motions made in compensation for errors are causing the shooter to go beyond the desired area and deliver shots in exactly the opposite place from where the error was causing him to shoot originally. Smoothly coordinated actions are best assured by the relaxed, confident and carefully planned approach.

9. Lack of Follow Thru: Follow thru is the subconscious attempt to keep everything just as it was at the time the shot broke. In other words you are continuing to fire the shot even after it is gone. Follow thru is not to be confused with recovery. Merely recovering and holding on the target after the shot is no indication that you are following thru.

10. Lack of Rhythm: Hesitancy on the first shot or any subsequent shot in timed or rapid fire. Develop a good rhythm and then have the fortitude to employ it in every case. Frequently many shooters will have fine rhythm until the last shot of a string and then hesitate, doctoring up that last shot.

11. Match Pressure: If there are 200 competitors in a match, rest assured that there are 200 shooters suffering from match pressure. What makes you think you are so different? If you are exerting all your mental energy toward executing the correct fundamentals rather than the arithmetic evaluation, your shooting match pressure will be what you feel when people congratulate you on a fine performance.

F. WIND SHOOTING AND UNUSUAL CONDITIONS:

1. Adverse weather conditions such as cold, hot or rainy weather or extreme light conditions pose problems that can be solved in much the same manner as in wind shooting. Be determined to adhere to the fundamentals and ignore as much as possible the distractions that are demoralizing to the competition. It is advisable to carry a raincoat with you at all times and possibly a plastic cover for your gun box to keep your equipment dry. Most ranges except at the National Matches have covered firing points that help to keep the competitors dry.

During cold weather the shooter must obviously wear warm clothing to include insulated underwear. When the shooter becomes shivering cold it is difficult to hold the sights in perfect alignment, or retain the sensitive trigger control, thereby reducing his score considerably. Hand warmers are very good and are small enough to keep in the gun box. Light oil must be used in cold weather to prevent malfunction of weapons.

During hot weather perspiration becomes a problem. A sponge sweat band keeps the sweat out of the eyes and it is recommended that a small can of powdered rosin be carried

in the gun box to dry the palms of the hands. When not on the firing line the shooter should relax in the shade. Here again covered firing points provide protection from the sun.

Light varies from extremely bright to very dim and the shooter must keep a record of light conditions on every range fired on in his score book. Some competitors are affected more by changes in light than others. A note should be made as to how much his zero changes in the different light conditions. Sights should be blackened with care on bright days. As a part of shooting accessories you should have both amber and green shooting glasses not only for light conditions but for protection against oil, wind and empty brass. Firing from an uncovered firing line usually requires different sight sittings than the firing from under a shed. Ammunition should be kept out of the sun as it's accuracy is affected if it is exposed to the direct rays of the sun.

2. Wind shooting is conducive to jerking the trigger. This is true because as the arc of movement increases the shooter developes a tendency to relax his trigger pressure. He is waiting for a more stable sight picture. His concentration on sight alignment will diminish and he will make an effort to set the shot off on the move as the sights pass the vicinity of the target center. The obvious answer is to, first: wait for a lull in the wind; next: concentrate as one normally does on sight alignment and as a minimum of movement is sensed, start an ever increasing pressure on the trigger until the shot is fired. Do not continue the hold during extreme gusts. Always take advantage of a chance to rest. Each attempt to fire a shot should be made with a firm resolve to align the sights and to apply increased trigger pressure until the shot is fired.

Your shot group will be larger as a result of the increased arc of movement but the wild shots resulting from faulty sight alignment, flinching, jerking and over correction will be minimized: Extensive practice under windy conditions is not recommended but enough firing should be conducted under those conditions to prevent a stampede to the nearest wind shelter when a wisp of air movement stirs the pine tops.

The major portion of our accomplishments on the firing line stems from our mental capacity to face up to the out of the ordinary and parlay these conditions into a winning margin. Poor conditions must never become an excuse for a relaxed and consequently poor performance. Good scores are produced by hard work in the application of the fundamentals regardless of the conditions. Proper application of the fundamentals is still the most important factor in shooting under adverse conditions and in the wind.

PREPARATION DATA SECTION

I.	TITLE & NUMBER:	Slow Fire Technique (P6)
II.	TIME ALLOTTED:	Fifty minutes
III.	PERIOD OF INSTRUCTION:	One
IV.	CLASS PRESENTED TO:	Coaches and Instructor Shooters
V.	INSTRUCTOR REFERENCES:	Advanced Pistol Marksmanship Manual
VI.	INSTRUCTIONAL AIDS:	1 podium, podium cards, 1 sound set, blackboard, chalk, eraser, one 50 yd target with three 10s and two 8s, five 9s and two 8s. One with six 10s, two 8s, one 7 and one 6. GTA charts or 35mm slides and projector. Slowfire worksheet. (handout)
VII.	STUDENT EQUIPMENT & UNIFORM:	Uniform as prescribed
VIII.	PHYSICAL FACILITIES:	Classroom or bleachers

LESSON OUTLINE SECTION

I. LESSON OBJECTIVE: To give the students a technique for slow fire and bring about a better understanding of the application of fundamentals, as applied to slow fire.

II. TEACHING POINTS:

A. Primary effort should be toward maintaining sight alignment.

B. Mental preparation.

C. Correct trigger control.

D. An advanced pistol shooter establishes a system.

E. Common failures.

F. Wind and unusual conditions.

III. INTRODUCTION:

A. Gain Attention.

B. Orient Students.

1. Lesson Tie-In: Up to this point you have had instruction in stance, position, grip, breath control, and dry firing. What we intend to do now is to tie all these fundamentals together and come up with a technique for slow fire.

2. Motivation: In any pistol match more points are dropped at the 50 yard line slow fire than in timed or rapid fire. Here is an example of how to improve your aggregate scores.

S	T	R	AGG
84	98	94	276

Improve 25 yard scores by 50%

S	T	R	AGG
84	99	97	280

Improve slow fire score by 50%

S	T	R	AGG
92	98	94	284

3. Scope: How do we improve this all important stage? By a systematic technique of applying the fundamentals, proper mental preparation, analysis of each performance and taking positive action in correcting faulty techniques and common failures.

IV. BODY:

A. First Teaching Point: Primary effort should be toward maintaining sight alignment.

1. Relationship of sights and the hold.
2. Point of focus.
3. Concentration.
4. Follow thru.
5. Arc of movement.
6. Shot call.

B. Second Teaching Point: Mental preparation.

1. Review shot sequence.
2. Adapt to conditions.
3. Stimulate confidence.
4. Relax.
5. Let coach worry.

6. Plan delivery of shot.

a. Concentrate on sight alignment.

b. Arc movement.

c. Positive trigger pressure.

d. Point of focus.

7. Positive correction.

C. Third Teaching Point: Correct trigger control.

1. Area shooting.

a. Initial pressure.

b. Positive pressure.

c. Steadily increasing pressure.

d. Independent trigger finger.

e. Surprise break.

f. Uniform grip.

2. Precision shooting.

D. Fourth Teaching Point: An advanced pistol shooter establishes a system.

NOTE: After complete preliminary preparation refer to slow fire worksheet.

1. Shot sequence:

a. Extend arm and hold breath.

b. Settle into normal arc of movement.

c. Pick up sight alignment.

d. Take up slack - initial pressure.

e. Maintain sight alignment.

f. Start positive trigger pressure.

g. Concentrate on sight alignment.

h. Follow thru.

2. Shot analysis:

   a. Follow thru check.

   b. Call shot.

   c. Compare hit.

   d. Determine cause.

   e. Error pattern.

   f. Ask yourself questions.

3. Positive correction:

E. Fifth Teaching Point: Common failures.

1. Jerk.

2. Heel (anticipation).

3. Vacillation.

4. Anxiety over results.

5. Looking at target.

6. Loss of concentration.

7. Holding too long.

8. Over correction.

F. Sixth Teaching Point: Wind and unusual conditions.

1. Continue effort to apply fundamentals.

2. Wait for lulls.

3. Mental attitude.

4. Compensate for weather conditions.

   a. Rain

   b. Cold

   c. Heat

   d. Light

V. CONCLUSION:

A. Retain attention.

B. Summary.

1. Sight alignment.

2. Mental preparation.

3. Trigger control.

4. Establish a system.

5. Common failures.

6. Wind and unusual conditions.

C. Application: As a coach or a shooter you must develop a definite technique by the systematic application of the fundamentals to obtain winning scores.

D. Closing statement: There are no gimmicks or special pills that will boost your slow fire scores. The answer is a lot of hard work, analysis or errors, and positive correction to prevent these same errors from occurring again.

ANNEX TO SLOW FIRE TECHNIQUE (P6)

CHART #I

SIGHT ALIGNMENT

1. RELATIONSHIP OF SIGHTS
2. POINT OF FOCUS
3. CONCENTRATION
4. FOLLOW THRU
5. ARC OF MOVEMENT
6. SHOT CALL

CHART #II

MENTAL PREPARATION

1. REVIEW SHOT SEQUENCE
2. ADAPT TO CONDITIONS
3. STIMULATE CONFIDENCE
4. RELAX
5. LET COACH WORRY
6. CORRECTIONS
7. PLAN DELIVERY OF SHOT

   a. CONCENTRATE ON SIGHT ALIGNMENT
   b. ARC OF MOVEMENT
   c. POSITIVE TRIGGER PRESSURE
   d. POINT OF FOCUS

CHART #III

TRIGGER CONTROL

AREA SHOOTING

   a. INITIAL PRESSURE
   b. POSITIVE PRESSURE
   c. STEADILY INCREASING PRESSURE
   d. INDEPENDENT TRIGGER FINGER
   e. SURPRISE BREAK
   f. UNIFORM GRIP

CHART #IV

ESTABLISH A SYSTEM

1. SHOT SEQUENCE

   a. EXTEND ARM AND HOLD BREATH
   b. SETTLE INTO NORMAL ARC OF MOVEMENT

ANNEX TO SLOW FIRE TECHNIQUE (CONT) (P6)

c. PICK UP SIGHT ALIGNMENT
d. TAKE UP SLACK - INITIAL PRESSURE
e. MAINTAIN SIGHT ALIGNMENT
f. START POSITIVE TRIGGER PRESSURE
g. CONCENTRATE ON ALIGNMENT
h. FOLLOW THRU

2. SHOT ANALYSIS

3. POSITIVE CORRECTION

CHART #V

COMMON FAILURES

1. JERK
2. HEEL (ANTICIPATION)
3. VACILLATION
4. ANXIETY OVER RESULTS
5. LOOKING AT TARGET
6. LOSS OF CONCENTRATION
7. HOLDING TOO LONG
8. OVER CORRECTION

CHART #VI

WIND AND UNUSUAL CONDITIONS

1. APPLY FUNDAMENTALS
2. WAIT FOR LULLS
3. MENTAL ATTITUDE
4. COMPENSATE FOR WEATHER

ANNEX TO SLOW FIRE TECHNIQUE (P6)

SLOW FIRE WORKSHEET

PREPARATORY (In assembly area)

1. Squadding - Proper Relay & Target
2. Using clean weapons - Proper Caliber
3. Proper sight setting (Zeroed)
4. Blacken Sights
5. Ammunition, Ear Plugs & Screwdriver

PREPARATORY (On firing line)

6. Focus scope on proper target
7. Dry Fire Position & Grip
8. Adjust ear plugs
9. Ammunition loaded into magazines
10. Relax into stance - Review shot sequence

SHOT SEQUENCE (Plan Action)

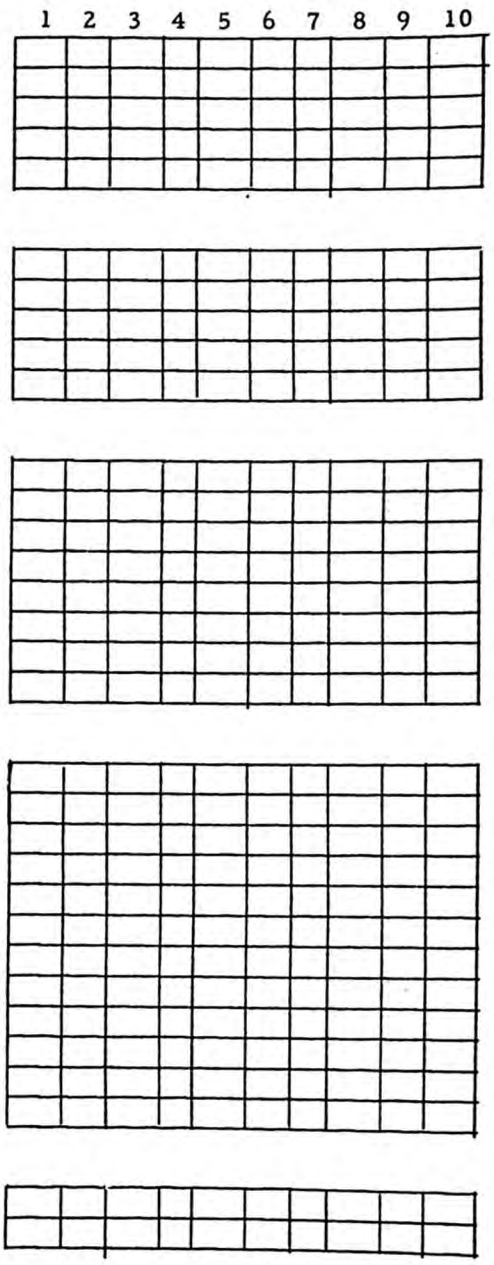
11. Extend arm & hold breath
12. Settle into normal arc of movement
13. Pick up sight alignment
14. Take up slack - Initial pressure
15. Maintain sight alignment
16. Start positive trigger pressure
17. Concentrate on sight alignment
18. Follow thru

SHOT ANALYSIS

19. Follow thru check
20. Call Shot - describe sight alignment
21. Compare hit location with call
22. If shot or call is bad, determine cause
23. Watch error pattern form
24. Shot break in normal arc of movement?
25. Hold too long?
26. Positive trigger pressure?
27. Benched weapon, why?
28. Lost concentration?
29. Surprise shot break?
30. Worried about results?

POSITIVE CORRECTION

31. Prompt application
32. Review plan of shot delivery



CHAPTER VII

TECHNIQUE OF TIMED AND RAPID FIRE

A. When a shooter takes his place on the firing line to shoot timed and rapid fire, a number of things have already taken place. Normally his slow fire has already been fired and the same fundamentals apply to the shooting of timed and rapid fire. Turn to chapters IV, V, and VI and review the basic fundamentals. In addition to these fundamentals there are two more used in timed and rapid fire. They are recovery and rhythm.

1. Recovery is the return of the weapon to the original holding position and grip that the shooter had when he started the string. Again, if the shooter has a good solid stance, correct position, a firm grip, wrist and elbow locked, the recovery also becomes more natural and if the weapon recovers to the right or to the left it may be so corrected by simply moving the rear foot in the direction of the error. Recovery must be accomplished as quickly as possible to allow more time for aligning the sights and applying trigger pressure.

2. Developing a good rhythm is very difficult but absolutely necessary for good, consistent timed and rapid fire. By planning to use a uniform technique, a sequence of actions and careful timing for each shot we achieve good rhythm. Concentrate on sight alignment and through practice make positive trigger control instinctive. Follow thru and recovery is the same in timed and rapid fire except that in rapid fire there is less time. In rapid fire the first shot should break soon after the target turns. It is not necessary to try to get the first shot to break while the target is turning but it should break within one second. Positive trigger pressure is applied as movement of the target is noticed by the shooters. Again you must recover as quickly as possible after each shot breaks so as to allow more time to recover the sight alignment and apply positive trigger pressure. This is particularly true during rapid fire and you do not have time to correct minor errors in hold. Any attempt to correct errors in hold results in loss of rhythm. This attempt causes a hesitation while the correction is being made and results in a speed up of trigger pressure for the remaining shots.

B. Complete preparation and prior planning is essential so that the firer is both mentally and physically ready. He cannot completely control his shooting unless he has physically checked conditions, equipment, range commands, ammunition, etc. This will free his mind so that he can concentrate on performance. All the mental and physical preparation is covered in chapters III and VI.

C. There must be a systematic approach to shooting good timed and rapid fire.

1. It is a good practice to run through your mind the complete sequence of a string of either timed or rapid fire before firing. Think through each step, know what you are going to do before you do it. Most of your top shooters do this to help them concentrate better and keep it fresh in their minds. Those points are as follows: extending the arm, breathing, settling into the aiming area on the edge of the target in line with the bull's-eye, maintaining a sight alignment, taking up the slack and applying pressure, starting a positive trigger pressure on the turning of the targets, and concentrating on sight alignment during the string.

With the help of a shooter's worksheet, follow the sequence of firing a string of rapid fire shots. We will assume that the shooter has his proper stance, position, and grip. Also that he is on the proper relay and right target. The range officer says: This will be your first string of rapid fire, five shots in ten seconds. With five rounds "LOAD." At this time try to relax. One thing you can do is to take a couple of deep breaths. Be sure of your grip. "IS THE LINE READY?" There will be a slight pause here. This gives you a chance to think about what you are going to do. You must get that first shot to break as soon as possible after

the turn of the target (within one second) so it will give you the full time allotted to fire your shots. "ARE YOU READY ON THE RIGHT?" extend your arm and breathe deeply. "ARE YOU READY ON THE LEFT?" Find your sight alignment and aiming area on the edge of the target frame where the bull's-eye will appear. Settle into your normal arc of movement, take a deep breath and let out about half of it and maintain sight alignment. "ARE YOU READY ON THE FIRING LINE?" You should have approximately three seconds before the targets turn. Maintain sight alignment and take up slack and initial pressure. Start positive trigger pressure as the targets start to turn and concentrate on sight alignment. Follow thru and recover to your original holding area on each shot. Maintain a definite rhythm by taking up slack and initial pressure during recovery, recovering as quickly as possible after each shot, finding sight alignment and applying positive, uninterrupted trigger pressure straight to the rear without disturbing sight alignment. Remember to have five distinct sight alignments and do not try to correct minor errors in hold. Area type aiming is employed throughout the firing and trigger pressure is applied on the basis of sight alignment and not sight picture. The eye should be focused on the front sight and remain focused in an area in space where the sight will return after recovery. Under no circumstances should you let the focus move to the target either before, during, or after each shot. There is a tendency on the part of comparative new shooters to look at the target as it starts to turn to make sure that the bull's-eye is there or that they have a good sight picture. It stands to reason that the bull's-eye isn't going anywhere but if you take your focus off the front sight for an instant it could move in any direction out of the rear sight notch. Usually at the very instant that the shooter looks at the target is when the shot breaks and it is impossible for him to maintain perfect sight alignment. This also makes it very difficult for him to accurately call his shots.

2. After firing each five shot string the shooter must analyze his performance to determine what mistakes were made and why they occurred. Analysis should be complete as some shooters have a tendency to ignore their good scores when very little went wrong. It is equally important to analyze the good shot strings so the combination of factors that produce these good strings can be remembered and repeated. In making the analysis the first point to remember is to be honest with yourself and your coach. By admitting mistakes the shooter can easily correct them, also the coach can help find a solution to mistakes that he is not aware of. In calling your shots try to remember five distinct sight alignments and compare shot calls to the group on the target.

3. After an analysis has been made positive corrective action must be taken right then to correct errors in performance. A shooter will never become a champion if he does not analyze and correct mistakes every time a string is fired. These common failures and corrective measures will be discussed in the next paragraph.

D. A number of common failures are found in Chapter VI on slow fire, but there are others that are peculiar to timed and rapid fire and are listed on the rapid fire worksheet.

1. Follow thru applies to slow, timed and rapid fire. This is not to be confused with recovery. Follow thru is the attempt by the shooter to keep everything exactly as it was until after the round is on its way to the target. Recovery is merely bringing the weapon back to the original holding area after recoil. Lack of follow thru is a breakdown of one or more factors set up by the shooter to control a good shot. For example, lack of follow thru might be caused by speed up of trigger pressure resulting in a jerked shot at seven o'clock.

2. Recovery must be made quickly to allow time for aligning sights and positive trigger pressure. Recovering too slowly takes up excess time, breaks the shooter's rhythm when he realizes that he has very little time left and speeds up his delivery rate. Each shot of a five shot string must be fired individually, each one treated as a single shot. The shooter must see five distinct sight alignments. To make this much easier the shooter has to have the correct stance, position and grip so that the sights will recover into natural alignment with the target

after each shot is fired. An incorrect grip will cause misalignment of the sights on recovery after each round is fired. Movement of the head from its normal position during recoil and recovery causes serious misalignment of sights. An incorrect position will cause the weapon to recover either to the right or left of the bull's-eye. To correct this error move the rear foot in the direction of the error. Both of these errors will cause a hesitation on the shooter's part to try and correct the error, breaking his concentration, losing valuable time and causing loss of rhythm. All these factors add up to a poor string of five shots. Dry fire the position and grip during the three minute preparation period just prior to the range officers command "Is the firing line ready?"

3. After each five shot string many shooters fail to remember each shot on the basis of five individual sight alignments and call the shot group. If the call and the group are not together it is necessary to determine the cause and apply positive correction. If the group is not centered then the weapon isn't zeroed, the position was bad or the grip incorrect. If the shooter is sure of the zero of his weapon then dry fire the position and grip before firing the next five shot string.

4. Rhythm is absolutely essential and probably the lack of rhythm causes more bad strings than any other factor. As explained previously the first shot must be fired within one second after the target turns in rapid fire. A common error is to try to make the first shot an X thereby losing valuable time in getting the string started. When this happens usually the shooter becomes worried about the time, loses his concentration, speeds up his delivery rate, and as a result has poor rhythm and a bad string. Another common error in this vein is to shoot the first four rounds with good rhythm then knowing there is a lot of time left, hesitates and tries to shoot an X on the last shot. Normally this last shot will be bad because the shooter does not apply trigger pressure properly, becomes worried about the time, loses his concentration and makes the shot fire. In doing so he disturbs the sight alignment by either jerking the trigger or heeling the shot.

5. In shooting rapid fire the shooter does not have time to correct minor errors in hold. Trigger pressure is applied on the basis of sight alignment and sight picture. The shooter should make every effort to keep his arc of movement at a minimum, continue positive trigger pressure, maintaining sight alignment, and shoot with a definite rhythm.

6. Lack of a system. When a shooter has a system to follow it relieves his mind so that he can concentrate on performance and not be worried about results. Care should be taken during the early stages of instructional practice to comply with each of the items on the shooter's worksheet. As the shooter becomes more capable only the key items of preparation, shot sequence and shot analysis and positive correction are relevant. Methodical repetition of these essential steps will instill in the shooter good shooting habits that will enable him to repeat consecutively a good shooting performance. Further the worksheet will help the shooter form the habit of not overlooking any factor that will help his shooting. Winning scores are produced by being ready, confident, performing uniformly and being in complete control of your shooting.

7. Complete and instantaneous shot analysis is a mandatory prerequisite for any improvement in your performance or scores. It is a complete waste of time and ammunition to stand on the line and fire haphazardly without any comprehensive attempt to improve. A mental impression of where each shot went and why, should come at the instant the shot breaks. Corrective measures to prevent the recurrence of a poor performance must be immediately applied. Much has been written about why we shoot poorly; however, be reminded that it is just advantageous to analyze why you are shooting well on a particular day. It is more helpful to know the right way to perform than to have your mind cluttered with a multitude of "don'ts." Coaches in particular should concentrate on and emphasize the positive factors.

8. Overeating at meals consumed during the shooting day has lowered many aggregates. The delicate edge that a shooter attains in the diligent training period before a match can be completely shattered by one hearty repast. The minimum arc of movement is greatly increased by the fitful pulsations of a heartbeat imprisoned between an overloaded stomach and a suet incased ribcage.

E. Wind Shooting and Unusual Conditions.

1. The precautions and measures mentioned during slow fire technique apply in rapid fire technique except waiting for lulls.

2. During timed and rapid fire, the shooter has to fire when the commands are given, wind or no wind. The means of overcoming this disturbing handicap are in the strenuous efforts to apply the fundamentals, but with less positive results, because the shooter cannot maintain his normal minimum arc of movement. Concentration on sight alignment regardless of movement caused by wind, will result in groups only slightly larger than those fired under ideal conditions.

3. Rhythm must be maintained through the uncompromising determination not to hesitate in applying positive trigger pressure despite the abnormal movement the shooter has in his extended shooting arm.

PREPARATION DATA SECTION

I.	TITLE & NUMBER:	Technique of Timed & Rapid Fire (P7)
II.	TIME ALLOTTED:	50 Minutes
III.	PERIOD OF INSTRUCTION:	One
IV.	CLASS PRESENTED TO:	Coaches and Instructor Shooters
V.	INSTRUCTOR REFERENCES:	The Advanced Marksmanship Manual, Pistol
VI.	INSTRUCTIONAL AIDS:	1-Podium, 1-Pointer, 1-Blackboard, Chalk, Podium Cards, GTA Charts or 35mm Slides and Projectors, Rapid Fire Worksheet (Handout)
VII.	STUDENT EQUIPMENT & UNIFORM:	Uniform as Prescribed.
VIII.	PHYSICAL FACILITIES:	Outdoor Bleachers or Classroom
IX.	PERSONNEL REQUIREMENTS:	1 Instructor, 1 Assistant Instructor, 1 Sound Set Operator

LESSON OUTLINE SECTION

I. LESSON OBJECTIVE: To acquaint the student with proper methods and techniques of timed and rapid fire.

II. TEACHING POINTS:

A. Same fundamentals as used in slow fire.

B. Complete preparation and Prior Planning.

C. Establish a System.

D. Common Failures.

E. Wind and Unusual Conditions.

III. INTRODUCTION:

A. Gain Attention.

B. Orient Students.

1. Lesson Tie-In: We have previously discussed fundamentals and how they apply to slow fire.

2. Motivation: Can you consistently shoot good timed and rapid fire scores? Have you ever had a chance to win a match and then blown up on Rapid Fire? Timed and rapid fire can be stumbling blocks, especially if attempted in a haphazard manner. However, through the development of proper techniques and careful planning you can become consistent in your performance.

3. Scope: Therefore during this period of instruction we will discuss the fundamentals each shooter must become aware of in order to shoot good timed and rapid fire scores.

IV. BODY:

A. First Teaching Point: In timed and rapid fire you apply the same fundamentals as in slow fire plus recovery and rhythm.

1. Grip.
2. Stance and Position.
3. Breathing.
4. Sight Alignment.
5. Trigger Control.
6. Follow Through.
7. Recovery (Used in T & R Fire)
8. Rhythm (Used in T & R Fire)

B. Second Teaching Point: Complete Preparation & Prior Planning

1. Sight Setting.
2. Sights Blackened.
3. Target and Relay.
4. Scope Proper Target.
5. Use Clean Weapons.
6. Position and Grip.
7. Ready and Loaded.
8. Breathe Deeply and Relax.
9. Review Shot Sequence.

C. Third Teaching Point: Establish a System.

1. Shot Sequence:
   a. Extend arm and breathe
   b. Find sight alignment.
   c. Aiming area on target frame
   d. Normal arc of movement

e. Maintain sight alignment

f. Slack and initial pressure

g. Start positive trigger pressure

h. Concentrate on sight alignment

i. Follow through

j. Recovery

k. Rhythm

2. Shot Analysis:

a. Honesty

b. Calling Shots

c. Correct and complete analysis

3. Positive Correction

D. Fourth Teaching Point: Common Failures.

1. Follow Thru

2. Recovery

3. Rhythm

4. Early First Shot

5. Looking at Target

6. Late Last Shot

E. Wind and Unusual Conditions

1. Continue Effort to Apply Fundamentals

2. Maintain Rhythm

3. Mental Attitude

4. Compensate for Weather Conditions

a. Rain

b. Cold

c. Heat

d. Light

V. CONCLUSION:

A. Retain Attention: To shoot good timed and rapid fire scores, you must first of all know all fundamentals for good shooting that you have learned in this class and previous classes. Then you must put all of these things into practice and after a string is fired, analyze your performance so that you can apply the necessary corrective action.

B. Summary:

1. Slow Fire Principles.

2. Complete Preparation & Prior Planning

3. Establish a System

   a. Shot Sequence

   b. Shot Analysis

   c. Positive Correction

4. Common Failures

5. Wind and Unusual Conditions

C. Application: Whether you are coaching a shooter or doing the shooting yourself, you will find a planned sequence of action is necessary to get good results.

D. Closing Statement: The many things that happen during the firing of the five shot string of timed or rapid fire do not just happen by chance, but are carefully planned and executed by the shooter. Successful repetition of a controlled five shot string is possible only by having complete knowledge of how it is done properly.

ANNEX TO TECHNIQUE OF TIMED AND RAPID FIRE (P7)

RAPID FIRE WORKSHEET

	1	2	3	4	5	6	7	8	9	10
PREPARATORY (In Assembly Area)										
1. Squadding - Proper relay and Target										
2. Using Clean Weapons - Proper Caliber										
3. Proper Sight Setting (Zeroed)										
4. Blacken Sights										
5. Ammunition, Ear Plugs & Screwdriver										
PREPARATORY (On Firing Line)										
6. Focus scope on Proper Target										
7. Dry Fire Position & Grip										
8. Adjust Ear Plugs										
9. Ammunition Loaded Into Magazines										
10. Relax into Stance - Review Shot Sequence										
SHOT SEQUENCE: (Plan Action)										
11. Extend Arm & Hold Breath										
12. Find Sight Alignment										
13. Find Aiming Area on Target Frame										
14. Settle into Normal Arc of Movement										
15. Take Up Slack - Initial Pressure										
16. Maintain Sight Alignment										
17. Start Positive Trigger Pressure as Target Turns										
18. Concentrate on Sight Alignment When Recovery from Recoil is Completed										
19. Follow Thru and Recover										
SHOT ANALYSIS:										
20. Follow Thru and Recovery Check										
21. Group Call-Describe Five Individual Sight Alignments										
22. Compare Group Location with Call										
23. If Group or Call is Bad, Determine Cause										
24. Surprise Break on Five Shots										
25. First Shot on Time & Rhythm Maintained?										
26. All Shots Break in Normal Arc of Movement?										
27. Positive Trigger Pressure?										
28. Lost Concentration?										
29. Ignored Minor Errors?										
30. Worried About Results?										
POSITIVE CORRECTION										
31. Prompt Application										
32. Review Plan of Shot Delivery										

ANNEX TO TECHNIQUE OF TIMED AND RAPID FIRE (P7)

CHART #I

TECHNIQUE OF TIMED AND RAPID FIRE

1. Same Principles as Slow Fire
2. Preparation and Prior Planning
3. Shot Sequence
4. Shot Analysis
5. Positive Correction

CHART #II

SLOW FIRE PRINCIPLES

1. Grip
2. Stance and Position
3. Breathing
4. Sight Alignment
5. Trigger Control
6. Follow Through

TIMED AND RAPID FIRE PRINCIPLES

1. Recovery
2. Rhythm

CHART #III

COMPLETE PREPARATION AND PRIOR PLANNING

1. Sight Setting
2. Sight Blackened
3. Target and Relay
4. Scope Proper Target
5. Use Clean Weapons
6. Position and Grip
7. Ready and Loaded
8. Breathe Deeply and Relax
9. Review Shot Sequence

CHART #IV

SHOT SEQUENCE

1. Extend Arm and Hold Breath
2. Find Sight Alignment
3. Aiming Area on Target Frame
4. Normal Arc of Movement
5. Maintain Sight Alignment
6. Slack and Initial Pressure
7. Start Positive Pressure

8. Concentrate on Sight Alignment
9. Follow Through
10. Recovery
11. Rhythm

CHART #V

SHOT ANALYSIS

1. Honesty
2. Calling Shots
3. Correct and Complete Analysis

POSITIVE CORRECTION

CHART #VI

WIND AND UNUSUAL CONDITIONS

1. Apply Fundamentals
2. Minimum Arc of Movement
3. Concentrate on Alignment
4. Rhythm - Positive Trigger Control
5. Mental Attitude

CHAPTER VIII

ATTRIBUTES OF A TEAM SHOOTER

A popular fallacy that good pistol scores are engendered by a blank mind has been proven completely erroneous. A quick look at the nation's outstanding pistol marksmen will show you individuals of higher than average level of intelligence. The necessity for intense concentration and strict adherence to a multitude of sometimes unnatural but correct shooting fundamentals, quickly eliminates those of lower intellect.

A good team shooter needs to have many attributes, however if he lacks the ability for complete concentration and the intestinal fortitude to make up his mind to adhere to fundamentals regardless of match pressure, adverse weather conditions or any other conceivable distractions, he is useless to you and the team.

A. We feel that consistency is the most useful and important attribute a shooter can have. If you, as a coach, can place four consistent shooters on the line for a teach match, your probability of winning is considerably better than that of a less fortunate team. If you have a man who shoots 297 part of the time and 287 the rest of the time, and a man who sticks pretty close between 290 and 294, which of these would you prefer having on your team? Naturally you say, the 292 average shooter with the smallest score spread. An inconsistent or erratic shooter can ruin a good team in the long run. The other members never know whether he is going to hit it hard or have an "off" day.

B. Compatability, as it pertains to team shooting, is the ability to get along well with your teammates. Next to consistency we place compatability in importance as an attribute to a team shooter. You are working as a team, in the highest sense of the word. All of your long hours of practice and hard work can be ruined if one of your team members makes a remark which you dislike or which causes you to form a dislike for him. Your mind dwells on this remark instead of being concentrated on your shooting. You must have a good thick hide to withstand these unimportant remarks. You must be able to get along with persons other than your teammates also. If people find that you can't stand a joke they may antagonize you by making you the butt of a joke. It really helps to be an easy going person while shooting on a pistol team. There is enough pressure on during the team match, the rest of the team doesn't need a grouch or a sore head to complicate things. Remember, smile and the world smiles with you. Grouch and the world laughs at you.

C. This eagerness or love of shooting on the part of the team shooter has to apply not only to match shooting, but also to the long and grueling periods of practice with no other goal except self-improvement. You have all seen team shooters, when a lull in practice occurs, gather up their powder horns, and shot measures and experiment with old muzzle loaders. Some of them may be shooting an old junker of a .22 rifle or pistol which was old when they were born. A good percentage of them are hunters, or outdoorsmen of other calibre. Many of our pistol shooters are part time gun collectors of one degree of proficiency or another. In short, they enjoy guns and shooting. They know they are capable shooters and they look forward to matches with anticipation knowing they are going to turn in a presentable performance.

D. You may notice that the good shooters always seem to be standing around telling jokes when everyone is hastily preparing to shoot. Why? The next time you go to a match watch one of these shooters, he does everything ahead of time and more or less by the numbers. When the range officer says IS THE LINE READY, that shooter is ready. He is deliberate in everything he does, and he is thorough, where does this sure footed business come in? If our shooter is shooting a group in the 9 or 10 ring at 3 o'clock does he move his sights or just hope? If he is deliberate and positive in his actions and has confidence in his ability then he most certainly will move his sights.

E. It is impossible to shoot consistently good scores if you don't have CONFIDENCE IN YOUR ABILITIES. I think that a point concerning confidence in ability is the four minute mile. For years it was thought that it was impossible to run a mile in four minutes, however, as soon as one man did it, several others also accomplished it. The mental block was removed and people knew it was possible and they did it. Where confidence really enters the picture is where the first relay has fired a good score in a team match. The thoughts in each team members mind is a good indication of confidence: Either "I know the second relay will shoot a good score so we have the match won," or "I hope they don't goof up." Either "Good Lord, what do I do now," or, "We're bound to have a good score."

F. Although good equipment being an attribute of a team shooter may sound a little unusual at first, upon careful consideration it begins to mean a little more. This is of course a physical attribute and as such is one of the easiest to perfect. It is immaterial whether the Equipment is issued to the shooter or it belongs to him, it should be the best that is possible to have. Not only is it necessary to have the best possible but it is equally or more important to have his equipment complete and in good working order. A shooter can be just as easily upset by not having carbide to blacken his sights, or a screwdriver to move them as by having buck fever. By having his equipment complete and in good working order the team shooter builds confidence in this equipment, which is of primary importance in full team performance.

G. Good health is another attribute of a team shooter that is easily perfected. If a team shooter is to give a good performance he must be in good physical condition in order to have the stamina to stand on the firing line and make each shot or string of shots the best he is capable of firing. Physical conditioning is imperative if for no other reason than to give resiliency to the muscles and better nerve control. Not only should a shooter try to build better general health, he should keep himself in the best possible condition, prior to and during the matches. This includes knowledge of the effects that certain foods have on the system. In a later class the effects of some of these foods such as coffee, alcohol, drugs and tobacco will be discussed.

H. A team shooter must have an open mind. To accept little disturbance or little personality quirks of his teammates as all part of the days work will greatly add to the shooters ability to remain calm, serene and ready to concentrate on the job at hand: shoot each shot to the best of his ability. One thing is for sure, your teammates have to have an open mind to put up with you so you can at least do the same for them. Be always on the alert to help a teammate, accept and give constructive criticism in the spirit of being helpful and of pulling for the common good.

I. There is no room on any team anywhere for a poor sport. This goes especially on an Army Team. Any time you wear the Army uniform to a match you are representing the US Army. Although considering your own rank and pay you may think differently, but in the eyes of all the civilians at the match YOU are the Army. What is more, each civilian will look at you with the idea that he alone with his taxes, bought your weapons and equipment and even paid your entry fees. This behooves you to conduct yourself in a manner that will bring no criticism on the Army, the Marksmanship program and finally, but most assuredly YOU. Any letter that is written will, with the slow certain steps of death and taxes gradually flow down hill to YOU. BY YOUR CONDUCT make sure this is a letter of appreciation and not one of complaint. Our illustrious leader has said that there is no such thing as a good loser, however, you don't want to be a bad loser either.

J. Some philosopher has said, "You are what you think." What you tell yourself or what you convince yourself you can do, you more than likely will do. How many have ever stood on the line when all of a sudden one shooter slams his weapon down and says "?*#'%*$&!**)*), I just jerked a seven." It happens all the time.

Also how many have ever gone into the last string of rapid fire knowing exactly what you had to get for the NMC to beat either your old record or someone else. Not only that, but you are saying to yourself the whole time, "If I just don't goof this string up."

Your mental attitude governs your complete performance. Remember what was said previously; "you are what you think you are."

PREPARATION DATA SECTION

I.	TITLE AND NUMBER:	Attributes of a Team Shooter (P8)
II.	TIME:	Fifty (50) minutes
III.	PERIODS OF INSTRUCTION:	One
IV.	CLASS PRESENTED TO:	Coaches and Instructor Shooters
V.	INSTRUCTOR REFERENCES:	The Advanced Pistol Marksmanship Manual
VI.	INSTRUCTIONAL AIDS:	1-Podium,Podium Cards, 1-Blackboard, Chalk, GTA Cards or 35mm Slides and Projector.
VII.	STUDENT EQUIPMENT & UNIFORM:	Uniform as Prescribed.
VIII.	PHYSICAL FACILITIES:	Outdoor bleachers or classroom.
IX.	PERSONNEL REQUIREMENTS:	1-Principal Instructor, 1-Assistant Instructor, 1-Sound Set Operator.

LESSON OUTLINE

I. LESSON OBJECTIVE: To instruct line coaches in the attributes we expect to find and develop in a good team shooter.

II. TEACHING POINTS:

A. You must have consistent shooters if you expect to have a winning team.

B. Having four team members who are compatible will greatly enhance the team's potential to win.

C. The eagerness and desire to shoot must be present in all team shooters.

D. Deliberate and positive actions by a shooter indicate he is trying to control his performance.

E. Confidence displayed by coach and shooters will weld a solid team which will show steady improvement.

F. No effort can be spared in furnishing the best possible equipment to the shooter.

G. Good health helps to insure consistency in the shooter's performance.

H. The team shooter must have an open mind in order to properly accept constructive criticism from his coach and teammates.

I. Sportsmanship is required in any Team effort.

J. The developed mental attitude of the team shooter has the greatest effect on a good consistent performance.

III. INTRODUCTION:

A. Gain Attention:

B. Orient Students:

1. Lesson Tie-In: Application of fundamentals, principles and exacting techniques will generate good individual scores. There are certain attributes that an individual must have that will fit into and enhance the team effort.

2. Motivation: You are going to pick team members to shoot on your team. Whom will you pick and why? To have a well functioning, hard hitting team you must have some criteria by which you can select the best team shooters.

3. Scope: During this period we will cover the attributes of a shooter and the traits of character that are vital if a man is to develop into a top team shooter.

IV. BODY:

A. First Teaching Point: You must have consistent shooters if you expect to have a winning team.

B. Second Teaching Point: Having four members who are compatible will greatly enhance the teams chances of winning.

C. Third Teaching Point: The eagerness and desire to shoot must be present in all team shooters.

D. Fourth Teaching Point: Deliberate and positive actions by a shooter indicate that he is trying to control his performance.

E. Fifth Teaching Point: Confidence displayed by coach and shooter will weld a solid team which will show a steady performance.

F. Sixth Teaching Point: No effort can be spared in furnishing the best possible equipment to the shooter.

G. Seventh Teaching Point: Good health helps to insure consistency in the shooters performance.

H. Eighth Teaching Point: The team shooter must have an open mind in order to properly accept constructive criticism from his coach and teammates.

I. Ninth Teaching Point: Sportsmanship is required in any team effort.

J. Tenth Teaching Point: The developed mental attitude of the team shooter has the greatest single effect on a good consistent performance.

V. CONCLUSION:

A. Retain Attention: Question: Why do we send a team to a pistol match? We go to a pistol match to win all the team matches. The individual matches are fired to obtain a zero of our weapons in preparation for firing the team match.

B. Summarize:

1. Consistency
2. Compatability
3. Eagerness
4. Sure-footed and deliberate
5. Confidence
6. Good equipment
7. Good health
8. Open mind
9. Sportsmanship
10. Mental Attitude

C. Application: These attributes should be developed along with the fundamentals of Position, Trigger Control, etc. They are also interrelated. It is impossible to be sure-footed and deliberate without being confident. It is difficult to be consistent without being confident.

D. Closing Statement: You now have the attributes that a good team shooter must have. How well you practice them will show how much desire you have to win.

ANNEX TO ATTRIBUTES OF A TEAM SHOOTER (P8)

CHART #I

ATTRIBUTES OF A TEAM SHOOTER

1. CONSISTENCY
2. COMPATABILITY
3. EAGERNESS
4. SURE-FOOTED AND DELIBERATE
5. CONFIDENCE
6. GOOD EQUIPMENT
7. GOOD HEALTH
8. OPEN MIND
9. SPORTSMANSHIP
10. MENTAL ATTITUDE

CHAPTER IX

ATTRIBUTES AND DUTIES OF A PISTOL TEAM COACH

A. ATTRIBUTES: A pistol coach must give direction to the development of a shooter. The stability with which a shooter progresses and performs is to a great extent dependent on his determination to become a champion. However, there are attributes, moral and mental, that the coach must have that will accelerate this progress and prevent a lapse into old habits that may lead to a decline in performance.

A coach must be temperate in all things. He must have the moral fiber to refrain from loose living. Intestinal fortitude and power of the will can allow him to deny himself things that are damaging to his character and may compromise the example he is to set. Nothing should preclude the attainment of what he knows should be done. A good coach knows when it is important not to coach. He is obligated to do all for the shooter that he knows, but he must become less direct for periods to see if the shooter can control all the factors that add up to good shooting.

1. Self Control and Patience: We feel that self control and an infinite amount of patience are the main attributes of a pistol coach. Many times during team matches, under pressure, things could be done and said which would have an adverse effect on the team. The ability to control himself and the other members of the team will affect greatly the outcome of the team match. Irreparable damage can be done if the coach loses his temper with a man on his team and calls him uncomplimentary names. From that time forward there will be a wall between the two. Patience, especially while coaching new shooters will help the shooter to improve more rapidly. You may be required to stand beside a new shooter, or an old one, and watch him jerk shot after shot, you show him by use of ball and dummy that he is jerking, still he continues. Do you finally give up? No! Keep trying, you must have patience and confidence in the man. Tomorrow may be the day that he begins to grasp the meaning of points the coach has continued to stress.

2. Compatibility: An important attribute of a Pistol Coach is compatibility. This is simply a big word for getting along with other line coaches and shooters. There is no need to elaborate on this point. If the coach cannot get along with his shooters, he is worse than useless to the team.

3. Inspire Confidence: You, as a coach, must be able to inspire confidence in your shooters. First you must have confidence in yourself and show your team members that you have complete confidence in them and in their ability, both as individuals and as team shooters. Then, and only then, can you expect them to have confidence in their abilities and even more important, confidence in your ability.

4. Enthusiasm: Show enthusiasm, not just when the team is winning. If the team lost a match they must have desire and enthusiasm to be able to come back and shoot better the next time. Desire and enthusiasm are the things that keep us from giving up in disgust when everything seems to be going wrong.

5. Observant: The Pistol Coach will be observant of anything in his shooters' performance that can be improved to make his scores better. This applies primarily in practice, when the time can be taken to improve, but also should be observed in matches. He must be careful to see if the training schedule is achieving the required results. During a match he must be aware of any unusual conditions such as noise or movement near his team that could be distracting to his shooters. A close check of all phases of the match such as scoring, alibis, challenges, and block officer decisions must be made.

6. Wide Knowledge: The good Pistol Coach must have a wide basic knowledge of the shooting fundamentals and of coaching techniques. In addition he must have specific knowledge of match rules and range procedures. The good line coach does not necessarily have to be a top shooter but he should have sufficient experience so that he will know all the troubles of and most of the remedies of and for his shooters. The coach must constantly keep in his mind the traits of each shooter. He must know how to handle each one in every shooting situation so that the utmost can be obtained. As far as match rules the coach must be a virtual authority so that he knows what rights his team has and where they stand.

7. Exacting Standard: We have mentioned confidence in your shooters. To excel in inspiring confidence you must set exacting standards for them to follow. Your actions, as a coach, and as a member of the team must be above reproach at all times. You must require that your team members act in such a way as to reflect credit upon themselves and the US Army. As always, when you are at a match, you are representing the Army. One step out of line will cause some persons to say, "Well, there is the Army making an Ass out of itself again." You must require your team to utilize practice sessions to improve their shooting and to try new ideas, not just as a chance to burn up ammunition. During the shooting the coach should require a great amount of effort devoted to each man correcting his faults, and not allow him to accept an average performance. Strive for perfection in shooting, but at the same time retain exacting standards of personal and team conduct.

8. Open, Progressive Mind: Because a man has been shooting for 30 years does not necessarily mean that he knows more or has the best coaching techniques of anybody with less longevity. This business of "It was good enough 30 years ago, and it's good enough now," is not applicable anywhere, least of all in pistol shooting and coaching. The good coach should accept, with the proper frame of mind, constructive advice from anyone. He should continually strive to improve himself with better techniques. An open progressive mind applies also to his approach to the difference in personality and shooting ability in his shooters. No two individuals are alike. The coach who is flexible in his dealings with his shooters will in the long run have the best functioning team.

B. DUTIES OF THE COACH BEFORE THE MATCH:

1. Selection of Needed Training Subjects: Upon receipt of the assignment as coach he should determine the shooting ability of each of his shooters. This ability of course varies greatly not only between the All Army level and the Post, Camp, or Station level but, of more interest to the coach, between individual shooters on the same squad. This is a difficult but very important job. What the coach picks as the needed training subject may well determine the later success of the team.

2. Scheduling of Team Training: Careful observation of individual members and correcting faults during the training is one of the primary duties of the coach. The coach will quite naturally use the scores fired in practice to assist in selecting team members and scheduling training. Watch for the morale and attitude shown by each shooter, on and off the range. A good coach can pretty well tell who is shooting for the team effort and those who are shooting for personal glory.

3. Equipment Checks: BEFORE THE MATCH. The coach should periodically check the equipment of each of his shooters. This check serves a dual purpose. First it serves to check the mechanical functioning of each weapon. Many times a shooter does not bring a weapon in, because it malfunctions very seldom. Every time a weapon malfunctions it should be brought to the attention of the coach and the armorer.

Secondly the coach should check on the cleanliness of the weapons. Most shooters get pretty lazy about cleaning their weapons, particularly if he fires them every day. Unfortunately, many shooters think that cleaning a dirty, though functioning weapon will somehow cause it to start malfunctioning, groups to widen, and generally lose accuracy.

4. Conduct Periodic Tests: BEFORE THE MATCH. The coach should conduct written periodic tests in order to check how much the shooters have learned. This means how much of the fundamentals, how much of the NRA Match Rules, how much of general match procedures and how well they have mastered techniques. These tests should be part of the shooter's record in the teams' headquarters.

C. DUTIES OF THE COACH DURING THE MATCH:

1. During the firing of the individual matches you should check the scores fired by your team members and, if they fall below standard, talk to the shooter concerned and try to find out what the trouble is, try to get his thinking channeled back in the right direction. Remember we use the individual matches as zeroing matches for the team matches, any individual matches won are just gravy. Make yourself available to your men to assist them in every way possible.

2-3. Supervise physical preparation and guide mental preparation.

After the individual matches and prior to the team matches the coach should have a team meeting. During this meeting he should insure that all the team members have the right type and amount of ammunition? Are their weapons clean and in perfect working order? Check everything. From the time the coach started working with his four shooters he should have been guiding their mental preparation for this team match. Now he must do his best to get their minds off all miscellaneous interests and get them thinking only about this all important team match.

4. Assign Relay and Target Numbers:

The final point to be covered during the team meeting is the assignment of target and relay numbers. Be sure there is no misunderstanding on these numbers. Nothing is as demoralizing for a shooter as showing up behind target number 40 and finding none of his team mates there. By the time the range officer says load, the shooter discovers that the team is on target 4. When the target and relay number have been assigned, equipment checked, etc., the team moves up on the line. At this time the coach assigns additional duties to members of his team. This includes scoring his team or the adjacent team in the event this requirement has been given by the range officer, posting of the score board, carrying flags, chairs, and scopes up to the firing line, and other additional duties the coach feels necessary.

5. Make Decisions: Your team is on line and the team match has started. What are your actions? Some of your shooters may be hesitant about making sight corrections. You, as the coach, must make positive corrections, tell him what to do. Now is not the time for a mutual head scratching session between the shooter and the coach as to whether the sight should be changed. Usually you will have two firers on the line at the same time. You must decide which two will fire together best. Remember, you are responsible for the team, you are the person who must decide what is to be done and how to do it.

6. Stresses Safety: The coach should be constantly aware of any breaches of safety.

7. Caters:

The word may mean different things to different people but what we mean is the coach giving the shooter what he wants and needs, in the shooting line at least and aiding him

to achieve his best possible score. As has been mentioned previous the coach should know by the time of the matches just how each shooter likes to be coached and what the coach can do for him. If this means setting the shooter's gun box on the line and preparing his equipment for shooting then the coach should be glad to do it. It may also mean only for the coach to sit back and watch, and not say a word. The coach must always remember that he is there for the shooter's benefit and not the other way around.

8. Encourages: You must encourage the members of your team at all times. When they are shooting good you must encourage them to shoot better. When they don't do so well, try to assist them in mental preparation for the next shot or next match. This assistance is, in reality, encouragement. You are showing him that you believe he can do the job required and that you want to help him to correct any faults. Never, never, say anything to discourage any member of your team. By the same token, don't use false praise. If the team didn't shoot well, they know it, don't stand up there and tell them they did, of course you don't have to remind them that they shot like a bunch of idiots.

9. Scoring: All score of record practice matches and of matches must be maintained by the coaches. This doesn't mean that every shot fired must be counted for score. The shooters must be given free practice to allow them to try new procedures such as different positions, etc., however, when record scores are fired they must be made a part of the shooter's permanent record. From this record the coach can ascertain whether the shooter is improving or not, and what weapons or stages he needs more work on. All of the oral and written tests, etc., still won't indicate whether the man can shoot. You can only find this out from watching his scores.

D. DUTIES OF THE COACH AFTER THE MATCH:

1. Critique the team: There are several things a coach can do after a match. It does no good for him to stand in front of his shooters and rant and rave and tell them (if they didn't win) that they fired like a bunch of ringed tailed baboons. If they did actually shoot that way it does no good to tell them, they already know it.

2. Discusses and Recommends: Hand in hand with the critique goes the discussion and recommendations. The coach and the team should go over their performance and suggest ways to improve this shooter's rapid fire and that shooter's slow fire once they are back at their practice range.

3. Evaluation and Observation: The evaluation of a shooter is achieved primarily from the line coach and from the results of practice and match scores. The line coach will evaluate the shooter's potential ability, since he will be in the best position to see how the shooter reacts to the problems confronted when trying to achieve a good score. From his observations he will accurately fill out "The Individual Information and Evaluation Sheet" on each shooter. This evaluation will show the training needed to make him a better shooter. It can serve as a guide when considering the shooter for future teams.

4. Correction and Recommendation: During the match the coach should keep notes on any mistakes made by a team member, or the team. Then put into his training program the necessary corrections. He should make recommendations to the team on anything that will cause the group to perform better in future team matches. As you can see by the discussion, we have had, concerning the coach, that he is the director of the team. If he fails, the team fails, if he is a success the team will probably be a success.

E. A DEMONSTRATION OF PROPER COACHING TECHNIQUE (Para C. P-9)

CONCLUSION: Remember, you will probably be acting as a coach many times during your shooting career. You will be assisted greatly by the knowledge of the coaches' responsibilities and duties.

Good results are achieved only after hard work on both the coach and shooters part. The coach should be able to coach without alienating his shooters. Inspire confidence and enthusiasm and half the battle will be won. Learn as much about shooting fundamentals as you possibly can. A coach can teach only as much as he knows. Expect and get the best in sight and realize that nothing will replace hard work in the right direction.

Direct coaching of the shooter is only half of the coaches' job. True, it might seem to be the most rewarding, but you must plan what to train him, how to train him, and evaluate his performance to find out if the training is effective.

Organization and preparation of instructional classes is a responsibility of the coach. Make sure the shooter has good equipment and knows how to maintain it. When the coach has the shooters trained and enters his team in the match, his real job is cut out for him. He has to prepare his team mentally to meet the opposition.

If a coach tries to correct too many mistakes on the part of a shooter in one practice session, it serves only to confuse. He must correct each fault after full analysis and explanation to the shooter as to the nature of the fault. Too many shooters commit errors in performance without knowing why.

The advanced marksmanship coach should endeavor to develop the shooter from the level he receives him and instill in him the desire to progress. The will to win and be a part of a winning team serve to place the shooter in a receptive attitude. Never let the shooter forget, slide by or detour around the fundamentals. In his enthusiasm and confidence in his ability the aspiring champion recognizes no peer.

PREPARATION DATE SECTION

I.	TITLE AND NUMBER:	Attributes and duties of a Pistol team Coach (P9)
II.	TIME ALLOTTED:	Seventy-five (75) minutes
III.	PERIODS OF INSTRUCTION:	One
IV.	CLASS PRESENTED TO:	One and one-half Instructor Shooters
V.	INSTRUCTIONAL REFERENCES:	Advanced Pistol Marksmanship Manual
VI.	INSTRUCTIONAL AIDS:	Podium, podium cards, blackboard, chalk, firing benches, 2 weapons boxes with one .45 Cal pistol each, 1 pair binoculars, 2 chairs, 1 set equipment for coach (correct coaching), GTA charts or 35mm slides & projector, 1 sound set.
VII.	STUDENT EQUIPMENT AND UNIFORM:	Uniform as prescribed
VIII.	PHYSICAL FACILITIES:	Bleachers or classroom
IX.	PERSONNEL REQUIREMENTS:	1-Principle instructor, 1-assistant instructor, (if skit is used additional 6 assitant instructors needed), 1 sound set operator

LESSON OUTLINE SECTION - Attributes and duties of a pistol coach

I. LESSON OBJECTIVE: To orient students on the attributes and duties of a pistol coach.

II. TEACHING POINTS:

A. Personal attributes.

B. The coaches duties.

C. Demonstrate proper coaching technique.

III. INTRODUCTION:

A. Gain Attention:

B. Orient Students:

1. Lesson Tie-In: You have been previously instructed in the correct manner of shooting a pistol, the equipment required, and the rules and range procedures governing pistol matches. We will now discuss the responsibility involved in coaching a pistol team and the attributes to look for in a line coach.

2. Motivation: All of you will at one time or another, find yourselves acting as a line coach, possibly not during a team match, but at least coaching another shooter. What is expected of you?

3. Scope: During this period we will discuss the attributes of a good coach and his duties before, during and after a match.

IV. BODY:

A. First Teaching Point: Personal attributes.

1. Patience & self-control
2. Compatability
3. Inspired confidence
4. Enthusiasm
5. Observant
6. Knowledge & experience
7. Exacting
8. Open progressive mind.

B. Second Teaching Point: Coaches duties

1. Before the match:
   a. Training subjects
   b. Training schedules
   c. Supervises training
   d. Equipment checks.
   e. Periodic test
   f. Scoring
   g. Evaluation & Observation
   h. Correction & Recommendation
2. During the match:
   a. Available for consultation
   b. Supervise physical preparation
   c. Guides mental preparation
   d. Relay & point

e. Makes decisions

f. Stresses safety

g. Caters

h. Encourages

i. Scoring

3. After the Match:

a. Critiques

b. Discusses & recommends

c. Evaluation and observation

d. Correction & recommendation

C. Demonstration of Proper Coaching Technique:

NOTE: Use Line Coach Worksheet

1. Preparation: Preparation in assembly area and on firing line.

NOTE: Use appropriate shooters' worksheet on firing stand.

a. Physical

b. Mental

2. Planning Shot:

a. Shot Sequence:

(1) Extend arm and hold breath.

(2) Settle into normal arc of movement.

(3) Pick up sight alignment.

(4) Take up slack-initial pressure.

(5) Maintain sight alignment.

(6) Start positive trigger pressure.

(7) Concentrate on sight alignment.

(8) Follow thru.

3. Relaxation:

a. Each Major Portion of Body:

(1) Neck

(2) Shoulders

(3) Non-shooting arm.

(4) Abdomen

(5) Back

(6) Buttocks

(7) Upper legs

4. Deliver Shot:

a. As Planned - Do Not Compromise.

5. Shot Analysis:

NOTE: Use target center to plot shot calls.

a. Follow thru check.

b. Call Shot - Describe sight alignment.

c. Compare hit location with call.

d. If shot or call is bad, determine cause.

e. Watch for error pattern.

f. If analysis is vague or unsure, ask shooter some or all of the following questions:

(1) Did shot break in normal arc of movement?

(2) Hold too long?

(3) Positive trigger pressure?

(4) If shot could not be fired and shooter benched weapon, what was wrong?

(5) Lost concentration?

(6) Surprise shot break?

(7) Worried about results?

6. Positive Correction:

a. Prompt

b. Aggreement between coach and shooter.

c. Incorporate into plan for next shot.

V. CONCLUSION:

A. Retain Attention:

B. Summarize:

1. Personal Attributes

2. Coaches Duties

C. Application: The results achieved will be far greater by systematically applying proper coaching techniques to control the performance of the shooter.

D. Closing Statement: Behind every good shooter or winning team is a good coach and a lot of hard, well planned work. Hope or luck will never win the match.

ANNEX TO ATTRIBUTES AND DUTIES OF PISTOL TEAM COACH (P9)

CHART #I

ATTRIBUTES OF A GOOD COACH

1. Patience & Self Control
2. Compatability
3. Inspired Confidence
4. Enthusiasm
5. Observant
6. Knowledge & Experience
7. Exacting Standards
8. Open Progressive Mind

CHART #II

RESPONSIBILITIES OF THE COACH

I. BEFORE THE MATCH

1. Training Subjects
2. Training Schedules
3. Supervises Training
4. Equipment Checks
5. Periodic Test
6. Scoring
7. Evaluation & Observation
8. Correction & Recommendation

CHART #III

RESPONSIBILITIES OF THE COACH

II. DURING THE MATCH

1. Available for Consultation
2. Supervise Physical Preparation
3. Guides Mental Preparation

4. Relay & Point

5. Makes Decisions

6. Stresses Safety

7. Caters

8. Encourages

CHART #IV

RESPONSIBILITIES OF THE COACH

III. AFTER THE MATCH

1. Critiques

2. Discusses and Recommends

CHART #V

PROPER COACHING TECHNIQUES

1. Preparation

2. Planning Shot

3. Relaxation

4. Deliver Shot

5. Shot Analysis

6. Positive Correction

ANNEX TO ATTRIBUTES AND DUTIES OF A PISTOL TEAM COACH (P9)

WORKSHEET FOR LINE COACHES

1. Coach is in charge of team.

2. Each shooter will follow the same complete procedure for each shot or string.

3. Coach has responsibility for assisting shooter in individual matches as well as in team matches.

4. Assemble Team Members on Ready Line a sufficient time before match time or relay is called to allow for complete preparation.

   a. Designate relay & target number.

   b. Check for clean, proper functioning, and lubricated weapons.

   c. Check for sufficient proper caliber ammunition.

   d. Check for proper sight setting and weapon zeroed.

   e. Blacken sights.

   f. Use ear plugs & shooting glasses.

   g. Stop watch for time check.

   h. Score book & pencil.

   i. Chair.

   j. Obtain scorecard.

5. Mental Preparation:

   a. Review shot sequence (Slow, Timed & Rapid Fire).

   b. Encourage.

   c. Think & Observe.

   d. Maintain confidence that a controlled, uniform & exacting performance will produce good results.

   e. Talk shooter thru relaxation.

   f. Let coach worry about irregularities.

   g. Review techniques of shot analysis & correction.

   h. Remind shooter to exercise care & safety.

   i. Damage from mistakes is minimized by continuing to work hard.

j. Carefully planning the delivery of each shot will minimize the effect of tension and pressure.

k. Concentrate on maintaining sight alignment and holding the smallest possible sustained arc of movement while applying positive trigger pressure will result in a surprise shot break that will strike the target within the shooter' ability to hold.

6. Move to firing line with team member when relay is called with the following:

A. Coaching Equipment:

1. Ear plugs
2. Pencil and scoresheets
3. Scope & stand
4. If practice, 22, 38, or 45 Cal scoring plugs.
5. Stop Watch
6. Shooting Glasses
7. If practice, shooters worksheet.
8. Guidon
9. Extra magazines of all cal. available

B. Focus scope on proper target

C. Dry fire position

D. Dry fire grip

E. Relax into stance

F. When loaded, review shot sequence

G. Coach & Shooter will converse in low tones (Coach will refrain from talking continuously during final preparatory stage or during actual shooting as this may disturb shooter's concentration)

H. Complete shot analysis after each shot or string.

I. Corrective measures taken on each shot or string.

J. Time check after each shot.

K. Watch shooter or his weapon, not the target.

L. Follow team match procedures during scoring interval between stages of fire.

M. Have a non-shooting team member post score on team score board after each stage of fire.

N. Check & validate team score card with signature if acting as team captain.

O. Police firing point at completion of firing.

CHAPTER X

EVALUATION

Proper evaluation of a shooter's potential ability is based on knowledge of his personal traits, his understanding and retention of instruction, his ability to analyze his shooting faults, the trend of his shooting, his reaction to external conditions and the outstanding problems he has overcome and those he still faces as a challenge to his improvement. The evaluation of the shooter by the line coach, the team coach, and the officer in charge is made up of the following:

A. Individual information and evaluation sheet:

1. Line coach evaluation.

2. Graphic progress record.

3. Individual aggregate and team aggregate record. (average for complete training period)

a. Practice.

b. Match.

(Example of individual aggregate and team aggregate record for one caliber weapon in three matches.

B. Examination:

1. Oral

2. Written

C. Shooters individual score book.

An example of each of these evaluation factors follows:

EXAMPLE OF INDIVIDUAL AGGREGATE & TEAM AGGREGATE RECORD FOR ONE CALIBER WEAPON IN THREE MATCHES.

Ranking	Name	Indiv Agg	Tripled Team AGG	Grand Running Agg
1		2610	2592	5202
2		2606	2589	5194
3		2582	2604	5186
4		2579	2607	5186
5		2589	2595	5184
6		2575	2604	5179
7		2592	2583	5175
8		2548	2622	5170
9		2576	2586	5162
10		2592	2568	5160

Ranking	Name	Indiv Agg	Tripled Team Agg	Grand Running Agg
11		2561	2595	5156
12		2577	2568	5145
13		2579	2544	5123
14		2569	2547	5116
15		2552	2562	5114
16		2555	2541	5096
17		2533	2559	5092
18		2546	2526	5072
19		2539	2526	5065
20		2531	2526	5057

NOTE: 1st place individual aggregate score is average of 870 per match.
1st place team aggregate is average of 288X3 or 864 points per match.

It is readily apparent in this system that team shooting has the ratio of 50-50 instead of 75-25. Also apparent is the immediate comparison of individual versus team performance. This arrangement placed the team effort in its proper focus. The hot shot individual shooter has a difficult time compiling a running aggregate that will cause him to be chosen over a team member who has higher team scores. Team member number 8 might possibly be selected as one member of best four man team.

The dependable team shooter is the ultimate objective in US Army competitive marksmanship training program.

There are other enormous handicaps in selection of the four best pistol shooters on your pistol squad. The four best .22 caliber shooters are not necessarily the best .38 caliber shots and vice versa. Total aggregates of all three weapons is useless. Base your selection on three separate aggregates and graphs. Consult the line coaches' evaluation of each shooter on his performance and problems with each weapon. Further, direct consultation with the line coaches on the day of the team matches may reveal conditions such as mild illness, family problems, changes in normal living habits, depression or elation over current performance that may have a profound effect on team scores. If the wind is blowing today, there are certain members of your pistol squad who will perform immeasurably better than others. The line coaches' evaluation sheet for each shooter should have this information and other items listed filled in for ready reference. It is difficult to remember all these facts concerning a pistol squad of many shooters.

(Example) A. INDIVIDUAL INFORMATION AND EVALUATION SHEET

PERIOD_____ TO _____

NOTE: Information recorded here will by its very nature be considered confidential and will be only for the use of coaches and team officials. Each coach will make his remark in such a manner as to reflect his considered OPINION and what action he has taken to orient the shooter as to his particular problem if a problem is noted. Extreme care is indicated here and it is suggested that this portion of the file be filled in after the shooter has been under observation for at least a month or just prior to completion of training period.

NAME_____ RANK_____ SN_____ ORG_____

A. Personal Traits:

1. Mental Attitude:
2. Behavior:
3. Team Spirit:
4. Physical Condition:
5. Personal Appearance:
6. Care of Equipment:

B. Specific Problems:

1. Weapons:
2. Slow Fire:
3. Timed Fire:
4. Rapid Fire:
5. Other:

C. Reaction to Weather Conditions:

1. Wind:
2. Rain:
3. Cold:
4. Very Hot:

D. Response to Coaching:

1. Preliminary Preparation:
2. Position and Grip:
3. Sight Alignment and Sight Picture:
4. Trigger Control:
5. Mental Discipline:
6. Use of Slow, Timed and Rapid Fire Technique:
7. Shot Analysis:
8. Use of Corrective Measures:

E. Individual Aggregate Average:

Competitive: .22_____ C.F._____ .45W.C._____ AGG_____ .45H.B._____

Practice: .22_____ C.F._____ .45W.C._____ AGG_____ .45H.B._____

F. Team Average:

Competitive: (NMC) .22_____ C. F._____ .45W. C._____ .45H. B._____

Practice: (NMC) .22_____ C. F._____ .45. W. C._____ .45H. B._____

G. Test Grades: I_____ II_____ III_____ IV_____

H. Line Coach Evaluation:_____

_____
Signature of Line Coach

I. Head Coach Evaluation:_____

_____
Signature of Head Coach

Noted by_____
OIC Pistol Squad

The graphic record of an individual's shooting must furnish the following information: level of individual performance as compared to team performance in practice shooting and in match shooting. It is well known that the hot individual shooter can maintain an aggregate that is equal to or better than a good team shooter who is unable to post equally high individual scores. The graph furnishes this important knowledge at a glance where a running aggregate has to be studied in detail. The graph also shows the all important trend of a shooter's performance. A hot starter and weak finisher can have the same total aggregate as a slow starter and a hot finisher. The best team member is the one who is firing the best scores now. One more important factor that the graph shows is consistancy. The prospective performance of a shooter is somewhere between the peaks and valleys of the graph. The wider the span from best score to worst score, the less the accuracy of predicting the approximate score a certain shooter will get in the next team match. Are the peak performances attained during practice and a somewhat poorer performance attained during competition? This feature is immediately apparent on even a short term graph. What is John Doe's highest potential score?

The graph record is posted from a periodic information sheet containing for each weapon the individual aggregate and averaged to the equivalent of a national match course plus the team score. An example of an information sheet follows:

HEADQUARTERS
UNITED STATES ARMY MARKSMANSHIP TRAINING UNIT
Fort Benning, Georgia

US ARMY PISTOL DIVISION
INFORMATION SHEET #6
PERIOD 5-9 FEB 1962

11 February 1962

	22 Cal.			38 Cal.			45 Cal W. C.			45 Cal. HB
NAME	AGG	AVG	TEAM	AGG	AVG	TEAM	AGG	AVG	TEAM	TEAM
Blankenship	886	295	DNF	861	287	289	872	291	287	287
Hunter	888	296	295	848	283	296	856	285	289	285
Snavely	887	296	294	862	287	295	878	293	290	279
Thomson	878	293	293	862	287	294	858	286	285	285
Ogden	881	294	295	861	287	286	849	283	279	289
Schaser	886	295	297	860	287	285	863	288	285	278
Jones	879	293	293	871	290	285	869	290	289	278
Sicinski	868	289	295	851	284	287	877	292	DNF	DNF
Lincoln	875	292	295	859	286	279	861	287	276	285
Burchett	865	288	293	848	283	279	860	287	287	269
Anderson	879	293	291	811	270	289	858	286	294	277
Wilford	870	290	297	870	290	286	854	285	289	285
Roberts	878	293	288	845	282	291	856	286	289	290
Kurtz	857	286	274	850	283	DNF	823	278	282	261
Horton	881	294	290	843	281	291	865	288	283	278
McNally	882	294	296	856	285	286	871	290	289	292
Wallis	874	291	296	864	288	291	879	293	288	284
Weinbrecht	DNF			DNF			DNF		290	289
Motts	872	291	288	861	287	283	853	284	283	275
Harris	877	292	287	868	289	293	844	281	DNF	277

TEAM MATCHES

22 Cal.

"GREY"

Ogden	295-15
Schaser	297-16
Jones	293-14
Sicinski	295-12
	1180-57

"BLUE"

Blankenship	296-13
Hunter	295-17
Snavely	294- 9
Thomson	293-13
	1178-52

"RED"

Lincoln	295-11
Burchett	293-10
Anderson	291-13
Wilford	297-17
	1176-51

"GOLD"

Wallis	296-12
Tatum	292- 3
Metts	288-10
Harris	287- 8
	1163-33

"GREEN"

Roberts	288-16
Kurtz	274-10
Horton	290-14
McNally	296-18
	1148-58

38 Cal.

"BLUE"

Blankenship	289-10
McNally	286- 8
Anderson	289-11
Snavely	295-11
	1159-40

"GREY"

Hunter	296-13
Horton	291- 9
Jones	285-12
Ogden	286-12
	1157-42

"RED"

Wallis	291-10
Burchet	279- 7
Sicinski	287- 8
Thomson	294-16
	1151-41

"GOLD"

Wilford	286-12
Metts	283-11
Harris	293-11
Tatum	283- 8
	1145-32

"GREEN"

Schaser	285- 9
Roberts	291-11
Kurtz	278- 7
Lincoln	279- 6
	1133-33

45 Cal. W. C.

"RED"

Wallis	288-10
Burchett	287- 6
Sicinski	290-10
Anderson	294-12
	1159-38

"BLUE"

Blankenship	287-11
Snavely	290- 9
Hunter	289-12
Thomson	285-17
	1151-49

"GOLD"

Metts	283- 6
Roberts	289- 8
Harris	286- 9
Weinbrecht	290-11
	1148-34

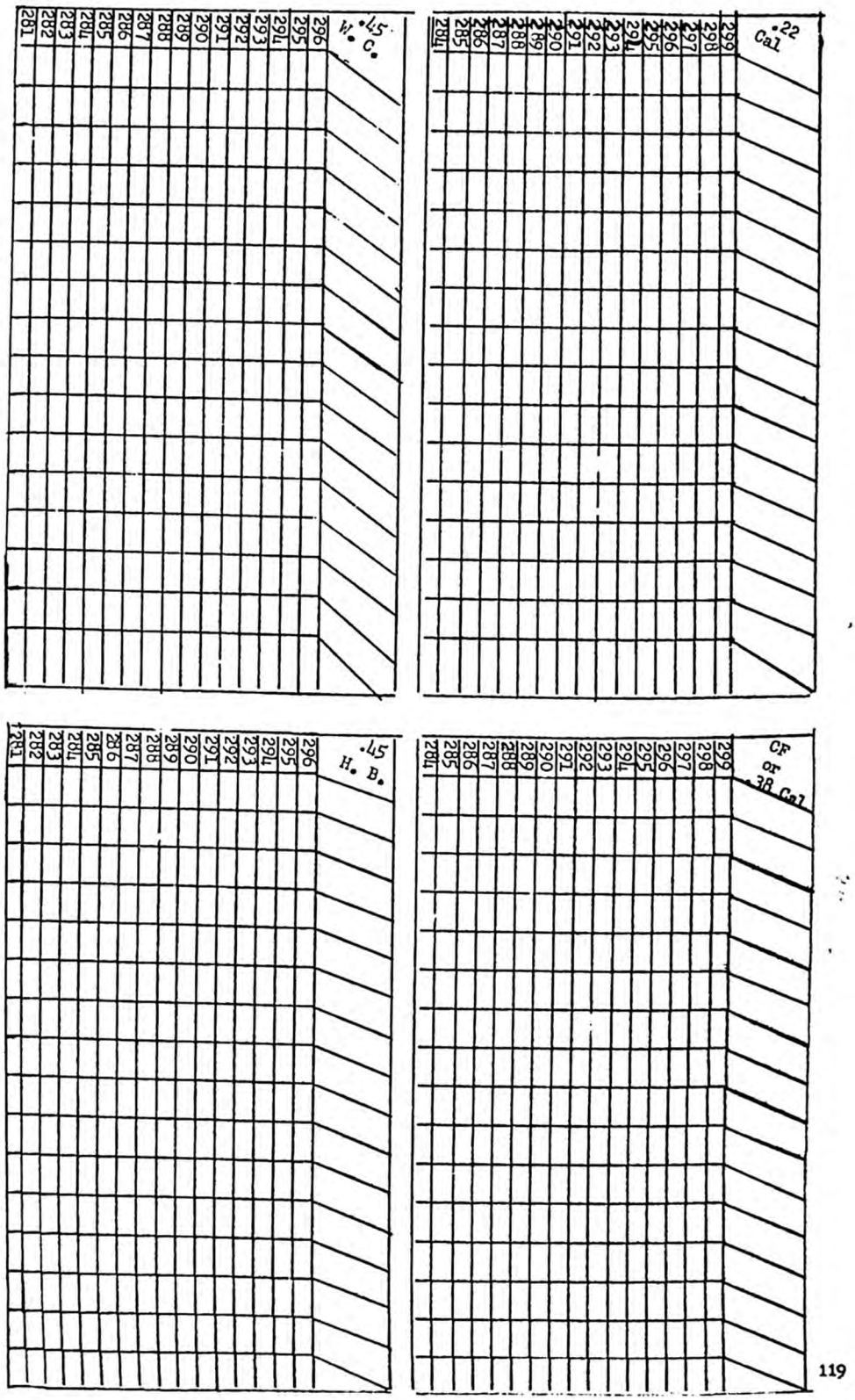
"GREEN"

Kurtz	282- 9
Schaser	285- 7
Horton	283-10
McNally	289-10
	1139-36

"GREY"

Jones	289- 9
Ogden	279- 5
Wilford	289- 7
Lincoln	276-12
	1133-33

2. Graphic Progress Record (Individual Average in Blue — Team Average in Red)



B. EXAMINATION

US ARMY PISTOL DIVISION Written Test #8

1. A pistol team is a group of shooters working toward the setting of a new national record team score.

2. The head coach is responsible for planning and execution of all training.

3. Good shooters should also make good pistol marksmanship instructors.

4. Shooting equipment may be obtained from (TA 60-18) and non-appropriated funds.

5. Ammunition is drawn under the authority of (TA 23-100).

6. Coaches take care of all administrative details, so the shooters are free to concentrate on shooting.

7. Many pistols will function with a broken extractor, and if you attempt to clear the pistol manually it will not extract a live round from the chamber.

8. A target pistol is like a machine, it is tightly fitted and needs regular cleaning and lubrication.

9. More alibis are caused by faulty or dirty magazines than any other reason.

10. In the advanced stages of pistol marksmanship a shooter can reach the top, only if he is the best, and has the best equipment available.

11. During a match, weapons will be loaded only after the Range Officer has given the command "Load".

12. When the Range Officer commands "Clear and ground all weapons" you should engage the safety lock on automatic pistol and/or open the cylinder of a revolver.

13. Once you have assumed your position on the firing line, all shots count for score.

14. Triggers may be weighed with official NRA trigger test weights at any time during a pistol match.

15. The assignment of an official referee to a registered NRA match is made by the NRA.

16. The official referee is the final judge in NRA matches on challenges.

17. The Chief Range Officer has full charge of the range.

18. The score board at a range may serve as a preliminary bulletin.

19. You may protest the equipment used by another competitor.

20. Normally you have _____ minutes between the time your relay is called to the firing line and the command "Load".

A. 1
B. 3
C. 5
D. 10

21. If, during a timed fire string, your target is faced longer than 20 seconds what must you do?

A. Protest to the referee about the timing of the targets.
B. Accept the score without seeing the target.
C. Refire
D. Have the option to select either "B or C".

22. When there is an error on the score card, an erasure will be made by the scorer to correct the error.

23. A pistol match may be restricted to service personnel if it is so stated in the match program.

24. A 32 Cal. or larger pistol may be used in the center fire matches.

25. You must fire the same pistol all the way through a gun aggregate (900).

26. Careful preliminary preparation before moving to the firing line will free the shooter's mind so he may plan and think about accomplishing the task ahead.

27. A zeroed weapon is actually one that will group all shots in the center of the target provided the basic fundamentals of marksmanship are employed.

28. It is a good idea to hold off instead of moving your sights when you are grouping slightly out of the ten-ring.

29. If your shots are grouping to the left of the ten-ring (center of the target), you must move the rear sight to the left in order to center the group on the target.

30. Sight changes other than normal should be noted in your score book for future use.

31. Adjust your sights by using the shot group method.

32. There are two categories of sights, fixed sights and adjustable sights.

33. If you have a good memory you need not mark your sights.

34. Physical preparation before moving to the firing line is not necessary.

35. An essential feature of grip is uniformity.

36. The shooter should get into a good stance so as to have stability and balance.

37. The shooter must position himself naturally and align himself and his weapon so the bullet will strike the desired area.

38. Position and stance are one and the same.

39. In order to get a good smooth squeeze, you should squeeze with the whole hand.

40. Most of the gripping pressure is applied with the middle two fingers.

41. The pressure of the grip is directed straight to the _____.

A. All around the same.
B. Rear.
C. Front.
D. Side of the palm.

42. Breath control should be practiced in preparation for each shot or string.

43. The shooting arm should be extended with the wrist loose without strain and the elbow locked tight.

44. Sight alignment is the relationship of the front sight and the rear sight to the target.

45. Independent control of the trigger finger is not necessary.

46. What does uniform employment of the fundamentals achieve?

A. All X's
B. All 10's
C. Consistently good shot groups.
D. A fair score.

47. When calling a shot what is the first thing to consider?

A. Good hold
B. Sight alignment
C. Clean break
D. Sight picture

48. Sight alignment is one of the most important fundamentals of marksmanship.

49. Trigger pressure must be applied by movement of the trigger finger only.

50. Trigger control for precision type shooting should be used by the top shooters only.

51. Dry firing will aid you in what fundamentals?

A. Sight alignment
B. Stance
C. Trigger control
D. All of the above

52. With a good stance you should relax all muscles not being used.

53. It is necessary mentally to call, analyze and correct each shot during slow fire for best results.

54. What is the best assurance that the next shot or string will be good after a bad shot or string has been fired?

A. Walk away from line, sit down in your chair and relax.
B. Violent, abusive criticism of oneself.
C. Work harder on the next shot.
D. Comprehensive shot analysis and application of positive corrective techniques.

55. Normal arc of movement can best be defined as _____.

A. The movement in sight alignment.
B. The area on the target where the bullet strikes.
C. The shooter's ability to hold.
D. The spot where the sights are when the shot is fired.

56. Try for a _____ at all times.

A. Surprise shot.
B. Shot in the x-ring.
C. Shot to fire within 8 seconds.
D. Shot to break the first time you put the gun up.

57. During slow fire on any one shot, your concentration is broken and you are not convinced you have created conditions under which you can deliver a good shot, what should you do?

A. Think about sight picture, then shoot.
B. Bench the weapon analyze the factors causing the doubt, then apply positive correction.
C. Squeeze faster.
D. Break the shot if it still looks good.

58. Follow thru and recovery are one and the same thing.

59. Holding the pistol perfectly still while aiming is not the primary objective in slow fire.

60. There are two popular places to hold, six o'clock and center.

61. Follow thru is the subconscious attempt to keep everything just as it was at the time the shot broke.

62. Next to sight alignment the most important factor of good timed and rapid fire is _____.

A. Sight picture.
B. Positive trigger control.
C. Shooting the first shot as the target faces.
D. None of the above.

63. Focus your vision on the _____ during timed and rapid fire.

A. Combination of the front and rear sight.
B. Target but be aware of your sights.
C. Front sight but be aware of the rear sight.
D. Rear sight but be aware of the front sight.

64. Waiting for the target to turn in timed and rapid fire the sights are aligned on _____.

A. A point exactly 45 degrees from your left foot.
B. The edge of the target where your aiming area will be when the target is faced.
C. A point in the impact area behind the target.
D. All of the above.

65. The most important attribute a good team shooter can have is _____.

A. Compatibility.
B. Consistency.
C. Knowledge of shooting.
D. Eager to win.

66. Compatibility is an attribute a shooter has when he knows the most good jokes.

67. Good health is not an attribute of a good team shooter.

68. A good team shooter must have an open mind.

69. Good team shooters know about their own scores and not those of their teammates or competitors.

70. Positive trigger control removes the necessity for being a good loser.

71. Eagerness and desire to win must be present in all team shooters.

72. Name three (3) attributes of a good team shooter:

1.
2.
3.

73. Intelligent coaching does not help a champion team shooter.

74. Name three (3) attributes of a pistol team coach:

1.
2.
3.

75. A team coach has complete control of his team at all times.

76. You, as a good coach must be able to inspire _____ in your shooters.

A. Enthusiasm
B. Confidence
C. Self-control
D. All of the above.

77. The pistol team coach should never under any circumstance lose confidence in his shooters.

78. The team coach has the responsibility of assisting the shooters in individual matches as well as in team matches.

79. The standards and conduct of a good team coach must be beyond reproach at all times.

80. It is necessary for a team coach to be familiar with the NRA pistol rules.

81. The coach should check on target numbers, relays, and squadding.

82. A good score is obtained in wind shooting by _____.

A. Getting on a relay where no wind is blowing.
B. Faster squeeze.
C. Applying basic fundamentals.
D. Wider stance in wind shooting.

83. Unusual conditions affect everyone equally.

84. Name five (5) adverse conditions the pistol shooter must learn to cope with:

1.
2.
3.
4.
5.

85. Shooting slow fire when lulls in the wind are few and far between, it is advisable to shoot more than one shot during the lulls.

86. Mental discipline is _____.

A. The ability to control your mental and physical actions.
B. The ability to direct your thinking toward accomplishing certain mental and physical tasks.
C. The ability to momentarily concentrate on the performance of a given task to the exclusion of any disturbing factors.
D. All of the above.

87. To reduce tension the shooter must _____.

A. Think negatively.
B. Think positively.
C. Do not think.
D. All the above.

88. Mental discipline is an important fundamental to the advanced shooter.

89. The shooter should not be worried about results but think of the sequence of actions and thoughts necessary to produce a good shot.

90. Positive thinking is followed by positive action.

91. Alcohol effects the shooter by destroying his _____.

A. Coordination.
B. Will to win.
C. Ability to concentrate.
D. All of the above.

92. Alcohol acts as a depressant rather than a stimulant.

93. Most champion shooters do not use alcohol or tobacco.

94. Smoking tobacco causes the shooter to have _____.

A. Larger than normal arc of movement.
B. Faster heart beat.
C. Shortness of breath.
D. All of the above.

95. Most drugs are habit forming and are a deterrant to good health.

96. Tranquillizers will assist the shooter not to worry about his sixes.

97. Proper trigger control allows the shooter to deliver a good shot without disturbing sight alignment.

98. There are many types of exercises that a shooter can use to his advantage. Name four (4):

1.
2.
3.
4.

99. Prescription shooting glasses will also protect the eyes from lead fragments, powder flash burns and other foreign objects.

100. It requires 120 controlled shots to win the National Trophy Team Match.

(Example)

C. THE SHOOTERS SCORE BOOK

The Shooters Score Book is a valuable aid to the competitive pistol shooter. It is an individual shooters record of all firing by stage, such as slow, timed, and rapid fire, plus National Match Course and all shots fired should be recorded. Practice scores should be kept separate from Match Scores.

The Score Book is valuable only if it is kept accurately and up to date. Record the bad scores as well as the good ones. By keeping the scorebook accurately it will be an aid in finding weak points in the shooters performance. The Score Book will show over a period of time a trend in the shooters overall progress. It will reflect progress in the different stages of fire. Averages may also be kept in the score book for each stage of fire. Record of ammunition used, sight adjustment, windage, and elevation, weather, light, wind, temperature, may be an aid to the shooter at a later day. There are many type score books that will do the job well, but choose the ones that are simple and will furnish the data you need quickly and enable you to start firing under existing conditions and eliminate the handicap of not knowing where to set your sights. An example of a Score Book page appears below:

DATE					LOCATION						AMMO	CALIBER				WIND				LIGHT
1	2	3	4	5	6	7	8	9	10	TOTAL	1	2	3	4	5	6	7	8	9	10	TOTAL
ELEV		WING		SF			TOTAL														
1	2	3	4	5	6	7	8	9	10	TOTAL				NMC		TOTAL					
														AGGREGATE							
														TEAM MATCH							
ELEV		WING		SF			TOTAL				1	2	3	4	5	6	7	8	9	10	TOTAL
1	2	3	4	5	6	7	8	9	10	TOTAL											
ELEV		WING		TF			TOTAL							NMC		TOTAL					

PREPARATION DATA SECTION

I.	TITLE AND NUMBER:	Evaluation (P10)
II.	TIME ALLOTTED:	Twenty-five (25) minutes
III.	PERIOD OF INSTRUCTION:	One
IV.	CLASS PRESENTED TO:	Coaches & Instructor Shooters
V.	INSTRUCTOR REFERENCES:	The Advanced Pistol Marksmanship Manual
VI.	INSTRUCTIONAL AIDS:	Blackboard, Chalk, Podium Cards, Podium, Sound Set, Pointer, GTA Charts or 35mm Slides and Projector.
VII.	STUDENT EQUIPMENT AND UNIFORM:	Uniform as prescribed.
VIII.	PHYSICAL FACILITIES:	Outdoor bleachers or classroom.
IX.	PERSONNEL REQUIREMENTS:	One (1) Principal Instructor. One (1) Assistant Instructor.

LESSON OUTLINE SECTION

I. LESSON OBJECTIVE: To orient the advanced shooter on the methods of selection of team members. To get the best results in team matches proper evaluation of team members is imperative.

II. TEACHING POINTS:

A. Individual information and evaluation sheet.

1. Line coach evaluation.

2. Progress graph.

3. Aggregate record.

B. Examination.

C. Score book.

III. INTRODUCTION:

A. Gain Attention.

B. Orient Students.

1. Lesson Tie-In: Present current knowledge of a shooter's progress and capability furnish the key to whether he will be used as a team member of the U.S. Army's Top Pistol Team in their quest for championship honors. How much does he know of how to control his shooting skill? How well will he perform in the next championship match?

2. Motivation: The four shooters on your team who are going to get the highest score in the next team match belong together on your team. How will you determine who they are?

3. Scope: The five prime evaluation factors in coach evaluation, progress graph, aggregate record, examination and the individual score book will be discussed.

IV. BODY:

A. First Teaching Point: Individual information and evaluation sheet.

1. Line coach evaluation.

2. Progress graph.

3. Aggregate record.

a. Practice.

b. Match.

B. Second Teaching Point: Examination.

1. Oral.

2. Written.

C. Third Teaching Point: Shooter's individual score book.

1. Separate record of practice and match scores.

2. Accuracy.

3. Complete and up-to-date.

4. Reflect progress in stages of fire.

5. Record of equipment, weapons and ammunition used.

6. Record of effect of various conditions on zero.

7. Furnish needed data quickly.

8. Eliminate handicap of having to find correct sight setting after match starts.

V. CONCLUSION:

A. Retain Attention.

B. Summarize.

1. Individual information and evaluation sheet.

2. Examination.

3. Score book.

C. Application: The four-man team that wins the national championship with any caliber weapon will be composed of the four best qualified shooters in the United States on that day. The futility of guesswork is apparent. The selection of team members is most likely to produce a winning team if the coach has correctly evaluated each member of the team and placed the best four perfomers together.

D. Closing Statement: The four-man team that makes the fewest mistakes will be the winner. Proper selection techniques will most likely preclude the presence on the team of an individual who will make the mistake that will be the straw that breaks the camel's back.

ANNEX TO EVALUATION (P10)

CHART #1

EVALUATION

1. INDIVIDUAL INFORMATION AND EVALUATION SHEET
    a. LINE COACH EVALUATION
    b. GRAPHIC PROGRESS RECORD
    c. INDIVIDUAL & TEAM AGGREGATE
2. EXAMINATION
3. SCORE BOOK

CHAPTER XI

MENTAL DISCIPLINE

Mental control has become a fundamental of advanced marksmanship because mastery of the physical skills alone does not provide the uniform, precise performance necessary to compete at the highest level.

Who won the last match you fired in? If you didn't win, why? To achieve results on a level that will produce winning scores in today's competition, a coordinated, exacting method of control based on the capability for intense concentration is necessary. Each properly executed sequence of events that creates conditions for a good shot contributes to the ease with which it can be repeated.

Mental discipline provides the grasp the shooter has to have to maintain his confidence, positive thinking, and ability to repeat a successful performance. It further provides continued interest which is stimulated by the desire to improve and also the ability to channel and sustain mental effort. It will help thought and action and avoid overconfidence, pessimism and exposure to conditions that will disrupt his mental tranquility.

A. Mental discipline is a shooting fundamental for the advanced pistol shooter.

1. Too little emphasis is placed on teaching and training on how and what to think.

2. To shoot well, you must develop a capacity for mental discipline.

3. The fear of failure to perform up to your known capability will generate gradual increasing tension. To reduce tension you must think positively, rather than negatively.

B. Positive thinking and actions are a result of confidence.

1. Positive actions and positive thinking prior to firing a shot, during the delivery of the shot, and accepting the result without regret will lead to successive shots free from anxiety.

2. The shooter should not be worried about results, but think of the sequence of actions and thoughts necessary to produce a good shot.

C. Confidence is generated by repeated success in uniformly employing the basic fundamentals. Uniformity of performance of basic fundamentals comes from extensive experience and match training.

D. Repetition of the basic fundamentals creates interest and a promise of improvement.

1. Regular and continuous practice gives the shooter an opportunity to repeat a good performance many times. The continuous duplication eventually convinces the shooter of his ability to repeat a good performance.

2. The desire to improve stimulates interest in regular practices.

E. The promise of improvement beyond basic accomplishment is initiated by acquainting the shooter with the highly satisfactory results to be obtained, thru exercising a greater degree of mental control.

A step by step, complete, planned approach to each shot as to physical acts and separate items of mental determination gradually result in developing mental discipline.

F. Confidence brings all factors for creating conditions for a good shot into clear focus.

1. Knowing your ability in practice and in matches generates the confidence that a good performance can be duplicated at will.

2. Positive thinking is followed by positive action.

3. A confident attitude adversely affects your competitors. A pistol match is normally conceded to a small number of confident individuals who expect to win. Confidence is contagious and favorably affects your teammates.

4. Smile. Give no comfort to your competition by revealing by word or act that anything is wrong that might affect the normal favorable outcome of the match.

G. Channeled mental effort resists the tendency of the mind to drift, during the period when intense concentration on sight alignment is essential.

1. Creating conditions for a good shot, follow an exact sequence.

2. Channel mental effort a step at a time toward the final act, as does the trigger pressure that releases the firing mechanism without disturbing sight alignment.

3. Complete exclusion of extraneous thoughts for a brief period is necessary for controlled delivery of the shot.

H. Prior determination of sequence of actions necessary to deliver a good shot on the target enables the shooter to sustain concentration for a longer period.

1. Concentrated planning of a sequence of events closes the mind to other thoughts.

2. Have a sequence of events list or worksheet and follow each time you come to the firing line.

3. Example: If a prior plan is made to apply positive trigger pressure when sights are in alignment and arc of movement is normal, positive trigger pressure becomes almost involuntary.

I. Coordination of thought and action is the result of experience obtained thru extensive practice and match shooting.

1. Precise coordination is absolutely necessary in controlling the delivery of strings of shots in a limited time interval.

2. Developing coordination aids in perfecting timing.

3. Split second coordination and timing are maintained by frequent practice and when the practice time is limited to less than sufficient, do not be over-confident and expect to be able to sustain your coordination completely through prolonged match shooting conditions.

J. Over-confidence dulls the normal responses of the individual to factors that could upset the sensitive balance on which his optimum performance depends.

1. Do not relax your determination to perform your best even if competition is not too keen.

2. Strive to reach a happy medium between over-confidence and negative thinking.

K. Pessimism detracts from the shooter's ability to channel his concentration.

1. Anxiety undermines the ability to control the shot. Impatience and uncontrolled actions are the results.

2. A negative approach precludes the probability of repeating a uniform satisfactory performance.

L. Avoid conditions which the shooter knows or should know as contributing to the disruption of his tranquility and mental control.

1. Avoid emotional upset such as anger, worry, giving up under adverse conditions or unsatisfactory shots, boasts, rumors, misinformation, and side remarks.

2. Ignore knowledge of other scores by scoping or haunting the scoreboard.

3. Resist concern over your final results.

4. Dismiss concern over the slight advantage of superior equipment.

5. Avoid scoping individual shots as the build up to the final score. Use the scope to confirm shot calls and control shot group.

M. The self-control attained by the advanced pistol shooter pays off not only in better match scores, but also in combat by the calmness and resolution in using any weapon to kill with nearly every round fired.

N. Mental discipline provides the emotional stability so necessary to the development of the champion shooter. Confidence in his ability and mastery of the basic skills combine to produce a dependable performance under all degrees of stress.

A DISCUSSION OF MATCH PRESSURE

If you think that you and you alone have the problem of match pressure, look around, we all have it.. The man who has never experienced match pressure has never been in position to win a match. Where is the difference? Where is the dividing line between champion and duffer? Both may shoot comparable scores in practice, yet one is invariably at the top of the bulletin and the other on the second page. The dividing line is clear and obvious; the ability or lack of it to control their thinking. Mental discipline. Some have learned to control their emotions and anxieties and go right ahead and perform within their capabilities. Others, even with years of experience, and also with a wealth of doubts and negative thoughts, pressure themselves out of the competition every time they step up to the firing line.

First in our treatment of match pressure we must find what causes it, for without knowing the precipitating factors we can never combat it. Match pressure is the direct result of the fear of failures and the loss of self esteem. Are we afraid of winning? If this were the real cause, we would have no desire to win, or to perform well, and there would be no pressure. No it is not the actual winning we are afraid of. We are afraid of <u>not</u> winning. This brings us right back to our fear of performing poorly and having our fellow competitors see our poor performance.

What happens to us physically when we are subjected to all of these mental gymnastics that result from match pressure. First and most prominent we shake, we drop our magazines, put our scope on the wrong target and some of us even shoot on the wrong target. In short we commit what seems a series of asinine mistakes that normally would never occur; the type of things that result from the preoccupation of our minds with, in this case, useless psychological distractions. In addition you invariably experience a shortness of breath which increases your breathing rate, and your heart beats about twice as fast as necessary. All of which seems to make it impossible for us to hold our pistol reasonably steady, let alone shoot well. To add to our distress we feel that everyone is witnessing our anxiety and stupidity. Yet with all this our counterpart the champion appears to be calm and enjoying himself. Let's face it. He is.

Are we finished with the results of match pressure? Far from it, for we have not yet touched the positive side of the ledger. Yes, there are definite advantages to match pressure. Many of our senses are more acute. For our purposes we see better, and our sense of touch is more exacting (that is why your trigger seems to become heavier in a match, actually it has not changed a bit, but we are more aware of it). Our awareness of the passage of time becomes more vivid. Don't believe it? What about the anxiety you feel just before you shoot the last round of a rapid fire string. All of these added together should, if employed correctly, make us more exacting and consequently better our performances. I refer you to those fortunate mental giants who shoot better in competition than in practice. However all of this is not pure gold. We said that these factors can better your performance if employed correctly. They can also detract from our score if we fail to use them to our advantage. As an example, there is no question that being able to see better is an advantage. But if we fail to recognize this for what it is and notice only that our sights are misaligned and the size of our aiming area has increased, this will cause hesitation in your squeeze, making you hold too long, "dressing it up." In fact so long that the oxygen supply to your eyes is depleted to the extent that you fail to see your errors. This results in a shot that is fired with incorrect sight alignment which you called good, but was not. And this does what to your match pressure? It doesn't reduce it! The object, of course, is mental control which will turn all of this to our advantage.

How do we control it? First, realize that it can be controlled and actually used to your advantage. If examples are necessary try Joe Benner, William McMillan, Dave Cartes, Bill Blankenship, Gasper DiFino, Dick Stineman, Jimmy Clark, and innumerable others. These individuals have learned to control their shooting to the extent that their match and practice scores don't vary appreciably. Most of these fine shooters have shot better than 2640 at one time or another. If their match scores dropped off one percent from their practice scores, this would mean that they must shoot practice scores as high as 2666. How much do your practice and match scores vary? Those men listed above do not by any stretch of the imagination complete the list of shooters who have learned to control their thinking. So we have the first premise. "It can be controlled."

Lest their be any misconceptions before we go any further, one way you cannot control match pressure and still shoot well is by the use of alcohol and drugs. True enough that either one or both of these may control some of the symptoms brought about by pressure; however; in doing so they incapacitate you in other ways that will prohibit good scores. If drugs were the answer then undoubtedly our national champion would be a doctor or a pharmacist. There are rumblings to the effect that you saw John Doe win a match when he was so tight he had to be led to the firing line. How did he do in the grand aggregate?

A DISCUSSION OF CONFIDENCE

People have been telling you for years that you must have confidence to shoot well. Confidence in what? How do you get it? How do we keep it once we put our hands on it? First and

foremost you must have confidence in the fundamentals that you use. Nothing can be more undermining than to attempt any task with wishy-washy ideas about how to accomplish it. You must believe, and preferably prove to yourself, that sight alignment is vastly more important than sight picture. Believing in correct rhythm and your ability to execute the same is the greatest deterrent to anxiety in rapid fire. Basic fundamentals have been proven to be correct over a period of years and they are not going to change over night just because you are in a match. Fundamentals need and deserve your confidence.

Confidence in yourself and your ability to execute these proven fundamentals correctly. You have proven your degree of ability to do this in your practice sessions. Go ahead and do it in the match. To the timid and hesitating, everything is impossible, because it seems so.

Think big! Think positive! "I can do this, I will do it," and you will succeed. However, as soon as you admit the slightest possibility of failure, so long as there is an influence in your mind that is preventing you from putting all your energies into your task, your success is questionable. It has been said innumerable times that a pistol shooter must have an open mind, implying that we must have the ability to accept new ideas. True, however, a mind continually open is a mind continually blank. A completely open mind is what a new born child has, and obviously that is not what we want. What we should strive for is a mind that is open to positive thoughts and completely closed to those of negative vein. You have heard so many times, "don't jerk the trigger." True as this axiom may be, it is of no advantage to have this running through your mind when you are trying to get off a shot, for it is negative, it implies failure, it continually occupies your efforts with something you do not want to do rather than something you should do. Would it not be more advantageous to think, "I must apply pressure firmly, evenly, and straight to the rear, for when I do this I will get a good shot." This is the positive side of the picture, it implies success, and gives you something that you should do rather than something you should not do. Another big problem faced by excitable pistol shooters is "getting 'em all off in rapid fire," and in spite of the necessity for doing this his approach to it is negative. As has been stated previously, have confidence in the fundamentals and your ability to apply them. In this case specifically, confidence in the fundamental that if you employ rhythm correctly, and you can; for you have accomplished this many times before, you will complete your string of rapid fire. As a result of thinking positively, your mental effort is directed toward executing proper rhythm, thus making it easier for you to do so and you have no worries for you and you will complete your rapid fire string within the allotted time.

You have an indication of what we are driving at from the two examples sited. Sweep out your mind, rout out all of those negative and detrimental thoughts, and replace them with positive thoughts. Our open mind didn't last too long did it? For a completely open mind is not what we want. What we want is a mind so full of positive "dos" and "wills" that there is no room nor necessity for those distracting "don't" and "can'ts." Just thinking positively is not enough, we still must have definite ideas of how we are going to employ these positive thoughts. There is no room for vagueness or vacilation. This of course brings us right back to having confidence in the fundamentals.

Following is a list of Do's that have proven to be advantageous.

Channel your thinking to fundamentals. You must continually think fundamentals and review them in your mind. Train yourself so that as many as possible of these fundamentals are executed automatically without any conscious thought or effort on your part. When you do this it leaves you with only a few of the most prominent fundamentals to contend with in the actual firing. This will enable you to, as an example, place all of your mental and physical efforts toward keeping the sights aligned while your position and follow through are so well ingrained as a result of training that you will employ them automatically.

Train yourself to think performance rather than score. Employing this technique, an eight or a seven becomes not a shot that subtracts two or three points from your aggregate, but a shot where you allowed yourself to deviate from one of the fundamentals. Rest assured that if you do your part on the firing line the score will take care of itself.

Who said "stay out of the scope?" To what advantage? If you are shooting a slow fire match you must go down and score after ten shots, and if it's the National Match Course, you must score before you shoot at 25 yards. Do you think you are going to keep something from yourself? Why should a good score scare you? A good score is just exactly what you went up to the line to accomplish. Of what value is a 98 slow fire if you don't possess the fortitude to continue? Learn to use the scope for the purpose it was intended. A check on your performance and zero. Use your scope as an aid in your analitical procedure, not to score your target. We are not so pretentious that we believe we are going to go through a ten shot string of slow fire with only three nines and not know what our score is. Our scope is, once again, to be used to evaluate the end product of your performance.

Work on each shot individually. Or, in the case of 25 yards, each string of shots. They must be treated this way for in reality there is no reason to believe that because your first shot was an eight your next one will be the same. Nor is it logical that if your first three shots were tens you have a guarantee that those to follow will also be tens. Each one is merely a representation of your ability to apply the fundamentals correctly. And your ability to do this will vary considerably if you let it.

Prior mental determination. This is the greatest asset that we have available to us. By simply thinking through the correct procedure for firing each shot just before you shoot, and making up your mind to do it the correct way, you can virtually eliminate distractions in the actual execution. Be warned right now, that if you fail to do this and approach the shot without a preconceived plan of attack, or without the mental determination to be right come fire or flood, your results at best will be erratic. You readily appreciate the necessity for concentrating on and aligning your sights. A very effective way to assist in this is to sit down and close your eyes and imagine front and rear sight not including the target. Try it right now. Most of us find that it is almost impossible to keep them aligned perfectly even in your mind's eye. However by doing this, you are conditioning your mind to accept the fact that they must be aligned. As a result it becomes that much easier for you to do it on the range. This technique of mentally aligning the sights is very effective if practiced just before going to sleep at night.

Win the aggregate not just one match. Why should we become excited or worried when we have cleaned three of the four strings of the 45 timed fire match. Go right ahead and clean the next string. Sure if you do so you may win the 45 timed fire, but that is not your overall objective. You came here to win the aggregate not just one match. Don't drop a couple of points here just because the possibility of winning one match has arisen.

Establish a routine. From routine comes boredom. What is boredom? The lack of excitement. What are we trying to do? Keep from becoming excited. In a more serious vein, by establishing a routine you eliminate the possibility of forgetting some trivial item of preparation that may throw you off balance later if you neglect if.

Relax your mind. Right from the time you get up in the morning. Nothing will put you in a greater state of mental agitation than to have to rush through breakfast, rush to get to the range just in time to make your relay. If this happens your slow fire score is ruined at about the third red light you hit, take it easy, shooting is fun, enjoy it.

Practice tranquility. Ever see the guy that loses his temper every time he has a bad shot? Who is he mad at? Those individuals who lose their tempers are doing nothing more than self-

admonishment for their vacillation in the execution of a shot. They recognize that if they had worked a little harder the shot would have been better. On the other hand if we do everything within our power to make the shot good and for some reason or other it isn't good we have no cause for irritation. Although a good shooter must place all of his mental and physical ability toward shooting a good score, infrequently he will fail to do this. Suffice to say that when this happens, if he chastises himself severely, or falls into a fit of complete depression because of a poor score, he will hurt greatly his chances for the rest of the match. It is not intended that you laugh off or treat lightly a poor performance; however, you must possess the presence of mind to accept the bitter with the sweet.

Match experience. Without question, one of the ingredients necessary in the making of an accomplished pistol competitor. However, experience alone is of no value. We must flavor our experience with an accurate and honest evaluation of our performance and the positive corrective measures that will raise our ability and eventually our scores. We must at one time or another experience some sort of mental control. It is not easy and is often left out of our training until our ability to shoot far outreaches our ability to exercies control when the chips are down. Perhaps when we first hand a youngster a pistol and say, "this is the front sight and this is the rear sight," we might well add right then, "these are the two things that you must train your mind as well as your hand and eye to keep aligned."

Physical conditioning. There is no doubt whatsoever that you can shoot better if you are in good physical condition. Your ability to hold, for example, is no better than the ability of the muscles of your arm to do this for you. Your ability to resist the stress and strain of pressure and anxiety is directly in proportion to your physical condition, if for no other reason than your recognizing the fact that your physical condition is better because you have a tranquil outlook on life.

Argue with your subconscious. Not only argue with it but win the argument. Even as we read this some of us are hearing that little voice in the back of our minds that keeps saying "yes this sort of thing may work for Joe, but I know damn well I'm going to goof up the next time I get close to a winning score." Who's voice is this? Where did all these ideas come from in the first place? Where did this little guy get all his knowledge. Let's be realistic. Our conscious mind puts these ideas into our subconscious, so don't ever believe that you can't overpower it.

It's not easy. He's been saying what he pleased for years and now he isn't going to be routed easily. But don't give in to him and eventually you will find that the subconscious mind is not in conflict with your conscious efforts.

Now with all of this emphasis on the positive approach you are going to get a big "don't." Don't expect immediate results the first time you try mental discipline. There is no sure cure for anything. There are no hidden secrets. All that we gain is the direct result of hard work. If you find that you can only exercise control for a short period of time work on extending this period. Remember that your returns are in proportion to your investments.

You and you alone are responsible for your performance and no man has the right to be a failure.

PREPARATION DATA SECTION

I.	TITLE AND NUMBER:	Mental Discipline (P11)
II.	TIME ALLOTTED:	Fifty (50) Minutes
III.	PERIODS OF INSTRUCTION:	One
IV.	CLASS PRESENTED TO:	Coaches and Instructor Shooters
V.	INSTRUCTOR REFERENCES:	The Advanced Pistol Marksmanship Manual
VI.	INSTRUCTIONAL AIDS:	1-Podium, Podium Cards, 1-Sound Set, Chalk, Blackboard, GTA Charts of 35mm Slides and Projector.
VII.	STUDENT EQUIPMENT AND UNIFORM:	Uniform as prescribed.
VIII.	PHYSICAL FACILITIES:	Outdoor bleachers or classroom for students.
IX.	PERSONNEL REQUIREMENTS:	1-Principal Instructor, 1-Asst Instructor, 1-Sound Set Operator.

LESSON OUTLINE SECTION - MENTAL DISCIPLINE

I. LESSON OBJECTIVE: To acquaint the competitive shooter with the fact that precise, uniform control of the physical skills employed in pistol shooting is dependent upon the degree of mental discipline with which the shooter governs his actions on the firing line. TRANQUILITY AND CONFIDENCE are the key words.

II. TEACHING POINTS:

A. Mental discipline is a shooting fundamental for the advanced pistol shooter.

B. Positive thinking and positive actions are the result of confidence.

C. Confidence is gained by repeated success in uniformly employing the basic fundamentals.

D. Confidence brings all factors for creating conditions for a good shot into clear focus (Tranquility).

E. Successful repetition of employing the basic fundamentals creates interest and a promise of improvement.

F. The promise of improvement, beyond basic accomplishment, is initiated by acquainting the shooter with the highly satisfactory results to be obtained thru exercising a greater degree of mental control.

G. Channeled mental effort resists the tendency of the mind to drift during the period when intense concentration on sight alignment is essential.

H. Prior determination of sequence of action necessary to deliver a good shot on target, enables the shooter to sustain concentration for a longer period.

I. Coordination of thought and action is the result of experience obtained thru extensive practice and match shooting.

J. Overconfidence dulls the normal response of the individual to factors that could upset the sensitive balance on which his optimum performance depends.

K. Pessimism detracts from the shooters ability to channel his concentration.

L. Avoid exposure to conditions which the shooter knows or should recognize as contributing to the disruption of his tranquility and mental control.

III. INTRODUCTION:

A. Gain Attention:

B. Orient Students:

1. Lesson Tie-In: Mental control has become a fundamental of advanced marksmanship because mastery of the physical skills alone does not provide the uniform, precise performance necessary to compete at the highest level.

2. Motivation: Who won the last match you fired in? If you didn't win, why? To achieve results on a level that will produce winning scores in todays competition, a coordinated, exacting method of control based on the capability for intense concentration is necessary. Each properly executed sequence of events that creates conditions for a good shot contributes to the ease with which it can be repeated.

3. Scope: Mental discipline provides the grasp the shooter needs to maintain his confidence, positive thinking and ability to repeat a successful performance. It further provides continued interest which is stimulated by the desire to improve and also the ability to channel and sustain mental effort. It will aid thought and action and assist in avoiding such detrimental practices as pessimism and exposure to conditions that will disrupt his mental tranquility.

IV. BODY:

A. First Teaching Point: Mental discipline is a shooting fundamental for the advanced pistol shooter.

B. Second Teaching Point: Positive thinking and actions are the result of confidence.

C. Third Teaching Point: Confidence is generated by repeated success in uniformly employing the basic fundamentals.

D. Fourth Teaching Point: Confidence brings all factors necessary for creating conditions for a good shot into clear focus.

E. Fifth Teaching Point: Successful repetition of employing the basic fundamentals creates interest and a promise of improvement.

F. Sixth Teaching Point: The promise of improvement beyond basic accomplishments is initiated by acquainting the shooter with the highly satisfactory results to be obtained, thru exercising a greater degree of mental control.

G. Seventh Teaching Point: Channeled mental effort resists the tendency of the mind to drift, during the period when intense concentration on sight alignment is essential.

H. Eighth Teaching Point: PRIOR DETERMINATION OF SEQUENCE of actions necessary to deliver a good shot on the target enables the shooter to sustain concentration for a longer period.

I. Ninth Teaching Point: Coordination of thought and action is the result of experience obtained thru extensive practice and match shooting.

J. Tenth Teaching Point: Overconfidence dulls the normal responses of the individual to factors that could upset the sensitive balance on which this optimum performance depends.

K. Eleventh Teaching Point: Pessimism detracts from the shooters ability to channel his concentration.

L. Twelfth Teaching Point: Avoid conditions which the shooter knows or should know as contributing to the disruption of his tranquility and mental control.

V. CONCLUSION:

A. Retain Attention:

B. Summarize:

1. Mental discipline is a fundamental for advanced shooters.
2. Positive thinking.
3. Confidence generated.
4. Confidence brings all factors of controlled shooting into clear focus.
5. Interest created and held.
6. Promise of improvement.
7. Channeled mental effort resists pressure.
8. Prior determination of sequence.
9. Coordination of thoughts and actions.
10. Overconfidence.
11. Pessimism.
12. Avoid conditions which may upset tranquility.

C. Application: The selfcontrol attained by the advanced pistol shooter pays off not only in better match scores, but also in combat by the calmness and resolution in using any weapon to kill with nearly every round fired.

D. Closing Statement: Mental discipline provides the emotional stability so necessary to the development of the champion shooter. Confidence in his ability and mastery of the basic skills combine to produce a dependable performance under all degrees of stress.

ANNEX TO MENTAL DISCIPLINE (P11)

CHART #I

MENTAL DISCIPLINE

1. A FUNDAMENTAL
2. POSITIVE THINKING
3. CONFIDENCE
4. REPETITION
5. PRIOR PLANNING
6. TRANQUILITY
7. CHANNELED MENTAL EFFORT
8. PRIOR SEQUENCE
9. COORDINATION
10. OVERCONFIDENCE
11. PESSIMISM
12. AVOID DISTRACTIONS

CHAPTER XII

THE EFFECTS OF ALCOHOL, COFFEE, TOBACCO AND DRUGS

A. Contrary to most peoples' belief alcohol acts as a depressant rather than a stimulant. It dulls the senses, lessens the desire to win, destroys coordination and lessens the shooters ability to concentrate. Alcohol taken at the proper time in the proper amount might possibly lessen the shooters anxiety but by so doing has other effects that are far more harmful to the body and detrimental to the shooters score. No one can say what the right amount is or when it should be taken. Some shooters may shoot a good score with a hangover. Doctors say that a man's senses are keener than normal after a drink, however sharper hearing and a dark brown taste do not help the shooter hit the X ring. The third day is when the effects become more noticeable and a shooter goes to pieces on the firing line. Alcohol dehydrates the body, blood and brain. It may have a permanent ill effect if used over a long period of time in large quantities. Alcohol is habit forming and cannot be successfully used as a crutch in pistol shooting. Alcohol and gunpowder don't mix.

B. Usually the first thing that happens after a night of drinking alcohol a man heads for that big cup of black coffee. It's true that coffee overcomes depression and acts as a stimulant. It also makes the mind alert and increases the flow of urine. Coffee affects the nervous system of everyone and the effects are more pronounced on some people than others. It gives some the shakes, increases heart beat and moisture on the palms of the hands of others. None of these effects are desirable while shooting a pistol. Coffee should be taken in moderation. Before and during a match or practice session, it is not advisable to drink coffee at all. Most top shooters drink Sanka coffee or a like product with no caffein.

C. While drinking that big black cup of coffee out come the cigarettes. Cigarettes affect the nervous system and breathing. Nicotine is a deadly poison if taken even in a tiny dose. The nicotine in cigarettes shrink the capillaries and usually cause nervous movements in the fingers and hands. It makes the heart beat faster and labor to pump blood to these blood starved portions of your body. Nicotine dulls the sensory nerves in your mouth and throat, which for some reason causes and increases nervousness under pressure. It also dulls the sense of taste causing loss of appetite and loss of weight. For this reason people who give up smoking tend to gain weight. They begin to taste food again and enjoy eating.

The main deterrent to smoking is the effect of tobacco on the lungs and the smokers' health. Smoking cures the lungs like a piece of meat. What does the inside of heavy smoker's lungs look like? Ask any heavy smoker. He occasionally coughs up a chunk and could give you a good description. The capacity to carry oxygen to the blood is reduced. This reduction in lung capacity causes shortness of breath and makes the heart work harder in order to get enough oxygen to the body. Smoking has definitely been associated with lung cancer and the heavy smokers have a record of a high rate of lung cancer. Smoking is a dirty, filthy, costly, unhealthy habit and most champions do not smoke, drink alcohol, or drink coffee before and during a match or practice session.

If a man smokes two packs of cigarettes a day for 365 days it will cost him $182.50 a year. Has your wife complained lately of a worn out panty girdle because you don't have the money to pay for a new one? Quit smoking, buy her a new one and start winning pistol matches.

D. At one time or another some shooter has probably tried all drugs and tranquilizers to see what effect they would have on his shooting. Drugs affect different people in different ways so dosage would be a problem even if they did any good toward reducing anxiety, nervousness etc. Any time medication or drugs are used that affect the body functions, the effects will do more harm than good to the shooters performance. A depressant slows reflexes,

lessens the desire to win, promotes carelessness, causes loss of concentration and coordination. A stimulant causes nervousness, hypertension, increases heartbeat, excessive movement of the hands, trembling, etc. Most drugs are habit forming and all are a deterrant to good health. There is no substitute for good clean living, a healthy body and just plain GUTS!

E. A COMMENTARY BY DR. CRANE IN THE NEWSPAPER, ARIZONA REPUBLIC, PHOENIX, ARIZONA, 1 May 1961.

Mike Peppe, famous swimming coach at Ohio State University, has produced many Olympic stars. He says:

"We do not permit any member of our swimming or diving teams to use alcoholic beverages or tobacco in any form or quantity."

This typical attitude of modern coaches is medically sound. Here are the reasons why tobacco hampers athletes (and also predisposes heart patients to fatal coronary attacks):

1. Carbon monoxide in the smoke "fixes" some of your red blood cells so they cannot carry oxygen.

This carbon monoxide content of the smoker's blood may run as high as 10 per cent.

Indeed, the smoking of just 3 cigarettes, says the 1959 American Medical Association report, produces the relative oxygen deficiency of a 7,500-foot mountain top altitude. Visit your library and read Chapter 21 in the college textbook (Psychology Applied).

Obviously, shortage of oxygen to the muscles "winds" an athlete. Smoking also makes his heart beat faster, even when he is standing still.

Smoking just one cigarette may thus zoom your pulse rate as much as 20 extra beats per minute, thereby wearing out your heart needlessly.

An older cigar addict was also used in a similar experiment. He smoked 6 cigars per day. His heart meanwhile averaged 82 beats per minute.

Then he quit his tobacco habit for six months. During this time, his pulse averaged only 75 beats per minute. You can see why tobacco users shorten their lives by 5 to 7 years.

2. Tobacco also promotes thickening of the artery walls with a consequent rise in blood pressure. This makes the heart work much harder and also predisposes tobacco addicts to strokes of apoplexy and coronary attacks.

3. Smokers also have a thicker coating of mucus in their windpipes and lungs. That is why they cough so much, especially when they change posture, vertical to horizontal at bedtime.

LIKEWISE, in the morning when they arise and go from horizontal to vertical, this sudden shift of fluid along the air channels then produces tickles and heavy bouts of coughing.

That thicker lining of fluid slows down the exchange of oxygen in the lungs, so this also makes the smoker shorter of breath when he engages in athletics of any sort.

PREPARATION DATA SECTION

I.	TITLE AND NUMBER:	The effects of Tobacco, Alcohol, Coffee and Drugs (P12)
II.	TIME ALLOTED:	Twenty-five (25) minutes
III.	PERIOD OF INSTRUCTION:	One
IV.	CLASS PRESENTED TO:	Coaches and Instructor Shooters
V.	INSTRUCTOR REFERENCE:	The Advanced Pistol Marksmanship Manual
VI.	INSTRUCTIONAL AIDS:	Podium, Podium Cards, Blackboard, Chalk, Pointer, GTA Charts or 35mm Slides and Projector
VII.	STUDENT EQUIPMENT AND UNIFORM:	Uniform as prescribed
VIII.	PHYSICAL FACILITIES:	Outdoor bleachers or classroom for students
IX.	PERSONNEL REQUIREMENT:	One PI and 1 Asst Instructor, 1 Sound Set Operator

LESSON OUTLINE SECTION

TOBACCO, ALCOHOL, COFFEE & DRUGS

I. LESSON OBJECTIVE: To familiarize the student with the adverse effects of alcohol, tobacco, coffee, and drugs.

II. TEACHING POINTS:

A. Alcohol acts as a depressant

B. Coffee speeds up the nervous system

C. Tobacco affects the nervous system and breathing

D. The use of drugs may become habit forming

III. INTRODUCTION:

A. Gain Attention:

B. Orient Students:

1. Lesson Tie-In: You've heard the expression "built-in" error and several times throughout your course of instruction. During this next period we will discuss a few of these causes of built in errors and how they affect your scores.

2. Motivation: The use of stimulants has varying effects on all of us. As shooters and coaches you should be aware of these affects as they pertain to shooting.

3. Scope: During this period we will discuss both the beneficial and harmful effects of various stimulants and depressants on the body.

IV. BODY:

A. First Teaching Point: Alcohol acts as a depressant.

1. A depressant
2. Lessens desire to win
3. Loss of judgement
4. Promotes carelessness
5. Dehydrates body
6. Permanent effects
7. Habit forming

B. Second Teaching Point: Coffee speeds up the nervous system

1. Stimulant
2. Habit forming
3. Affects nervous system

C. Third Teaching Point: Tobacco affects the nervous system and breathing

1. Nervous system
2. Lungs
3. Heart beat
4. Expense
5. Habit forming

D. Fourth Teaching Point: Use of Drugs will become habit forming

1. Depressant
   a. Timing
   b. Alertness
   c. Will to Win
   d. Optical & Muscular control

2. Stimulant

a. Artificial reactions

b. Increased anxiety

c. Optical illusions

3. Other Reactions

V. CONCLUSION: Instructor Ref; Alcohol, Its' Effects on Man, by Haven Emerson, MD, The Cigarette and You, by Donald W. Hewitt, MD.

A. Retain Attention: I'd like to tell you now of a man who thought that sleeping pills would relax him during the match. They worked fine during slow fire. He couldn't jerk a shot to save his life. His reaction time wasn't fast enough. Then during timed fire, he managed to get a pretty good score because he wasn't pressed for time. But, during rapid fire he came apart. His reactions were slowed to such an extent that he couldn't get five shots out of the pistol during the allotted time.

B. Summarize:

1. Alcohol acts as a depressant.

2. Coffee speeds up the nervous system.

3. Tobacco affects the nervous system and breathing.

4. The use of drugs may become habit forming.

C. Application: Try giving up tobacco, and drink coffee in moderation for several months. See if you don't feel better and shoot better.

D. Closing Statement: Remember that to be a fine pistol shot you must train diligently. A good athlete undergoes rigorous training to develop his ability----------and indulges in nothing that will prevent the attainment of top honors.

ANNEX TO THE EFFECTS OF ALCOHOL, COFFEE, TOBACCO & DRUGS (P12)

CHART # I

ALCOHOL

1. A DEPRESSANT
2. LESSENS ĐESIRE TO WIN
3. LOSS OF JUDGEMENT
4. PROMOTES CARELESSNESS
5. DEHYDRATES BODY
6. PERMANENT EFFECTS
7. HABIT FORMING

CHART # II

COFFEE

1. STIMULANT
2. HABIT FORMING
3. AFFECTS NERVOUS SYSTEM

CHART #III

TOBACCO

1. NERVOUS SYSTEM
2. LUNGS
3. HEART BEAT
4. EXPENSE
5. HABIT FORMING

CHART # IV

DRUGS

1. DEPRESSANT
   a. TIMING
   b. ALERTNESS
   c. WILL TO WIN
   d. OPTICAL & MUSCLE CONTROL
2. STIMULANT
   a. ARTIFICIAL REACTIONS
   b. INCREASED ANXIETY
   c. OPTICAL ILLUSIONS
3. OTHER REACTIONS

Chapter XIII

PHYSICAL CONDITIONING

A. Physical training should be progressive, either in repetitions performed, or in resistance used. Conditioning must remain short of the fine drawn condition sought by track athletes, as this is generally considered detrimental to good pistol shooting. Violent and strenuous athletics which may result in injuries should be avoided.

A series of mild non-strenuous exercises of the type that require body-bending, stretching, deep breathing and moderate muscular tension that will not cause a rapid build-up toward peak physical fitness are best suited toward obtaining a condition defined as body tone and a feeling of well-being.

B. There are many different types of exercises that a shooter can use to his advantage. Walking is a very good exercise. When I say walking, I don't mean that you can just take a slow window shopping walk and get any good out of it. You must make the walk very briskly.

Swimming is another good exercise, and in swimming most all of the muscles get a workout. Most every Army Post, Town, or City has a pool that is open the year round, and they are never so full of people that you can't get in to swim.

A good exercise to build the wrist and arm muscles is the wrist and forearm developer, or roll up exercise.

A method of developing the grip is by using a sponge rubber ball about 3" in diameter cut in half. Squeeze the ball with the shooting hand. You can take this aid with you in most any place you go, and exercise almost any time that you are not using your shooting hand.

Any sport that encourages physical activity is beneficial to a shooter. I recommend that each of you culitivate an interest in a sport that will insure sufficient exercises for all around physical fitness.

C. The pistol team daily dozen was especially developed by Lt. Col. Lloyd C. Hummert, former OIC of the US Army Pistol Team, to develop those muscles used in pistol shooting. The attached diagram will assist the instructor in understanding how these exercises are done.

1. Warm-up: A four count exercise done in moderate cadence. This exercise is designed to get you ready for the forthcoming exercises. Starting position is feet spread approximately 12 inches apart, hands extended over head. At the count of one, bend at the waist and knees, reaching between the legs as far back as possible. On the count of two, straighten body up, extending the hands over the head; at the count of three, perform same as in one; at the count of four, do the same.

2. Cat Stretch: The starting position is a modified leaning rest, the buttocks being higher. This is an eight count exercise. Count of 1-2-3 are upward, each count pushing the buttocks higher. Count of 4, back to starting position. Count of 5-6-7 are downward, and on the count of 8, back to the starting position. This exercise uses the back and shoulder muscles.

3. Body Twister: The starting position is bent forward at the waist with arms extended parallel with ground, feet spread approximately twelve inches apart. This is a four count exercise. At the count of one, swing the right arm so as to touch the left toe. Keep the shoulders and arms rigid so the twisting movement is from the waist. On the count of two, touch the right toe with the left hand. At count of three, repeat count one; at count of four, repeat count two. This uses the muscles along the sides and back of legs.

4. Push-up: The starting position is the leaning rest. This is a four count exercise. At the count of one, bend the arms at the elbows, allowing the body to move downward; keep the body straight at all times. At the count of two, recover, count of three, same as one: count of four, recover. This uses the arms and shoulder muscles.

5. Back Bender: The starting position is standing with the feet spread twelve inches apart, hands on small of back. On the count of one, bend at the waist, touching toes, with the hands. On the count of two, recover, putting the hands in the small of back; count of three, bend backward at the waist; count of four, recover. This uses the back, legs, and stomach muscles.

6. Hip & Leg Stretcher: The starting position is with the hands and knees on the ground. This is a four count exercise. At the count of one bend at the elbows and touch the chin to the ground at the same time extending the left leg back and up as far as possible. Count of two, recover; count of three, same as one using the right leg instead of the left; count of four, recover. This uses the arm and leg muscles.

7. Shoulder Builder: Starting position is standing with the feet spread and hands and arms at the sides. This is a four count exercise. At the count of one, extend the arms sideward, parallel to the ground. Count of two, recover; count of three, extend the arms overhead, keeping the elbows locked; count of four, recover. This exercise is to be done with dumbbells if available. This uses the muscles of the arm and side and the shoulder muscles.

8. Abdominal Kick: The starting position is sitting with the arms extended to the rear, allowing your weight to rest on the hands. Legs straight, feet together about 15 degrees off the ground. This is a four count exercise. At the count of one, pull the legs toward the chest. Count of two, extend the legs outward, keeping the feet off the ground. Count of three, same as one; count of four, same as two. This uses the stomach and leg muscles.

9. Side Bender: The starting position is standing with the feet spread and with the arms extended overhead touching the palms of the hands. This is a four count exercise. On the count of one, bend at the waist to the right side, count of two, recover; count of three, bend to the left, count of four, recover. This uses the muscles along the side.

10. Flutter Kick: The starting position is flat on back, arms to side, feet off ground. This is a four count exercise. At the count of one lift the right leg upward, count of two drop the right leg and lift the left leg. 3 and 4 same as one and two. This is done in quick time. This uses the stomach and leg muscles.

11. Tricep Builder: The starting position is standing, bent forward at the waist, arms bent at the elbows along the side, triceps parallel with the body. This is a four count exercise. At the count of one extend the arm back and upward, count of two, recover, count of three, same as one, count of four, recover. This exercise is to be done with dumbbells if available. This uses the tricep muscles.

12. Leg Spreader: The starting position is standing with the feet spread as far as possible still keeping the body balanced. Hands on the hips. This is a four count exercise. At the count of one bend the left leg at the knee and extend the arms, parallel with the ground. Lean to the left as far as possible, still keeping balanced. Count of two, recover, count of three bend to the right, same as one, count of four, recover. This uses the leg muscles.

To be effective, physical training for the pistol shooter must be realistic and continuous. The objective is to so condition the body that the general health is excellent and that the muscular and nervous systems are fully capable of withstanding the grind of match conditions and enable the shooter to fire his maximum scores.

PISTOL TEAM DAILY DOZEN

I. WARM UP



II. CAT STRETCH



III. TWISTER



IV. PUSH-UP



V. BACK BENDER



VI. HIP & LEG SPREADER



VII. SHOULDER BUILDER



VIII. ABDOMINAL KICK



IX. SIDE BENDER



X. FLUTTER KICK



XI. TRICEP BUILDER



XII. LEG SPREADER



THE SEVENTY SECOND FORMULA

The Pistol Div. of the United States Army Marksmanship Training Unit is presently experimenting with a completely new series of dynamic tension physical exercises. These exercises were furnished by a Canadian Captain attending one of the 1961 Advanced Marksmanship Courses conducted by USAMTU Pistol Division.

According to a report from the Canadian Army, an experiment was conducted at the University of British Columbia utilizing two groups, one group performed the new exercises while the other performed more vigorous exercises utilizing weights, etc. for a period of sixty days. At the end of this sixty day period the group performing the new exercises doubled their strength while the other group experienced no great physical improvement.

In view of these reported results, the fact that pistol shooters require physical stamina to perform efficiently, the minimum time required daily to perform the exercises, the absence of danger of strained muscles and injuries, the SEVENTY SECOND exercises has been reproduced and distributed to all members of the USAMTU Pistol Group for testing and reported results.

HOW TO DO THEM

One of the great advantages of this program is that no equipment is ever required. The exercises can be performed at any time when seventy seconds can be spared. It is suggested however that a routine time such as when arising in the morning be selected.

The main thing is EFFORT. Each exercise is performed to a count of one thousand - two thousand - three thousand - four thousand - five thousand - six thousand, pressure or stretching being applied to the full throughout the count. Part of the theory is that a muscle builds more rapidly under tension applied vigorously and for a short period than it can when put to use over a prolonged period. The latter results in a buildup of lactic acid (a product of exertion) which finally is so accumulated within the fibres of the muscle that further movement is impossible until the acid has been absorbed into the system.

THE EXERCISES

EX #1

Hands held fingers up finger tips in line with chin, elbows raised in line with shoulders. Hands pressed one against the other with as much effort as possible.



EX #2

Both hands gripped at waist level, as much effort as possible exerted in squeezing hands together.



EX #3

Arms hanging loose slightly bent in front of body palm of hand facing forward. Suddenly and with as much squeeze as possible contract the bicep and clench the fists tight.



EX #4

Arms loose at sides. Suddenly extend arms backward as high as possible fingers stiff whole arm as tense as possible.



EX #5

Arms extended over head in relaxed position. Suddenly make every effort to force finger-tips through ceiling.



EX #6

Arms extended in front of body. Suddenly try to force arms with outstretched fingers through opposite wall.



EX #7

Hands on hips, weight normal on balls of feet. Suddenly tense arms, abdomen, and all leg muscles.



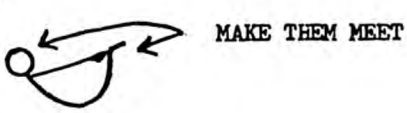
EX #8

Sit on floor legs crossed arms at sides. Suddenly bend toes inward toward heel, tense leg muscles.



EX #9

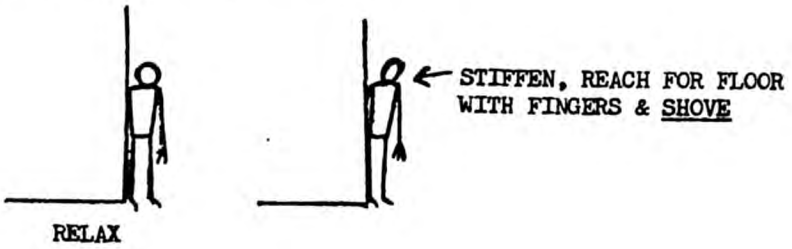
Lie on floor face down. Suddenly arch backward; try to touch head to heels. Arms extended backward and up.



This is one that is guaranteed to reduce pant size from 38" to 28"!

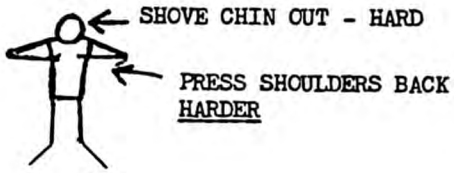
EX #10

Place one side against a wall arms at sides. Suddenly stiffen side nearest wall and try to shove your way through it. Now try the other side.



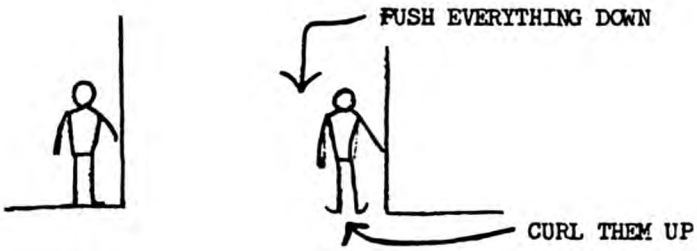
EX #11

Back to wall, fingers on collarbone elbows in line with shoulders. Suddenly try to shove your chin through wall opposite, at same time try to flatten shoulders against the wall behind.



EX #12

Stand about 18" from wall. Raise the toes stand on heels, place hand on wall for balance. Suddenly try to touch knees with toes and floor with your rear end.



PREPARATION DATA SECTION

I.	TITLE AND NUMBER:	Physical Conditioning (P13)
II.	TIME ALLOTED:	Twenty-five (25) minutes
III.	PERIODS OF INSTRUCTION:	One
IV.	CLASS PRESENTED TO:	Coaches and Instructor Shooters
V.	INSTRUCTOR REFERENCE:	The Advanced Pistol Marksmanship Manual
VI.	INSTRUCTIONAL AIDS:	1-Podium, Podium Cards, 1 Sponge, Rubber Ball (3" dia) cut in half, 2-Dumbbells (51 lbs ea), 1-Wrist and forearm builder, 1 Sound Set, GTA Charts or 35mm Slides & Projector
VII.	STUDENT EQUIPMENT & UNIFORM:	Uniform as prescribed
VIII.	PHYSICAL FACILITIES:	Outdoor bleachers or classroom for students
IX.	PERSONNEL REQUIREMENTS:	1-Principal Instructor, 1-Assistant Instructor, 1-Sound Set Operator

LESSON OUTLINE SECTION PHYSICAL CONDITIONING

I. LESSON OBJECTIVE: To teach the students that physical conditioning is very important to a pistol shooter.

II. TEACHING POINTS:

A. A competitor must be in good physical condition to shoot good scores.

B. Types of exercises that a shooter can use to his advantage.

C. Exercises used by the US Army Pistol Squad.

D. The Seventy Second Formula (Tension Exercises).

III. INTRODUCTION:

A. Gain Attention:

B. Orient Students:

1. Lesson Tie-In: You have already heard a lot about the fundamentals of good pistol shooting. I know you get tired just listening fo all the things that are necessary to deliver a good shot on the target, but think how tired you will get standing on the firing line firing shot after shot all day.

2. Motivation: If you expect to get the best results from yourself and your team you must be in good physical as well as good mental condition.

3. Scope: During this class we will explain why physical conditioning is important. We will show the best exercises and explain which muscles are being used.

IV. BODY:

A. First Teaching Point: A competitor must be in good physical condition to shoot a good score.

B. Second Teaching Point: Types of Exercises that a shooter can use to his advantage.

1. Walking.
2. Swimming.
3. Forearm Developer.
4. Rubber Ball.

C. Third Teaching Point: Exercises used by the US Army Pistol Team:

1. Warm up.
2. Cat Stretch.
3. Body Twister.
4. Push-up.
5. Back Bender.
6. Hip & Leg Stretcher.
7. Shoulder Builder.
8. Abdominal Kick.
9. Side Bender.
10. Flutter Kick.
11. Triceps Builder.
12. Leg Spreader.

D. Fourth Teaching Point: The Seventy Second Formula (Tension Exercises).

V. CONCLUSION:

A. Retain Attention: If you are serious about your own or your team's ability to turn in a winning score, you must be very conscious of the need for physical conditioning.

B. Summarize:

1. Physical Conditioning a "Must"!

2. Parts of the Body used.

3. Helpful Exercises.

4. Pistol Shooters Daily Dozen.

C. Application: The most highly recommended exercises are the pistol shooters daily dozen. A minimum of six repetitions is required.

D. Closing Statement: Any form of physical conditioning is helpful and a shooter must be in good condition to withstand the long hours and pressures of championship competition.

CHAPTER XIV

REVIEW OF WEAK POINTS

A. Weak points in the shooter's performance are subject to extra supervision of shot analysis and positive corrective measures. Various performance flaws peculiar to slow fire techniques are discussed in Chapter VI under paragraph D, "Common Failures." Other shooting deficiencies peculiar to rapid fire technique are discussed in Chapter VII under paragraph D, "Common Failures."

1. Improper Grip: Natural sight alignment depends upon a uniform grip being maintained throughout all firing.

2. Improper Position of Stance: An improper position will cause the weapon to settle to the right or left of the bull's-eye instead of directly underneath or directly on it. Valuable time in timed and rapid fire is lost by having to correct the error caused by faulty position after each shot is fired.

3. Early First Shot In Timed and Rapid Fire: In rapid fire it is necessary to break the first shot immediately after the target turns, to eliminate worry about time and to maintain a definite rhythm. An early shot destroys all chance of a winning score.

4. Rhythm in Timed and Rapid Fire: A definite rhythm or cadence is a must, especially in rapid fire, where only 10 seconds is allowed. After recovery continue a positive pressure against the trigger, keeping the sights as nearly aligned as possible. Hesitating while trying to correct any detected error in rapid fire, breaks rhythm, concentration and loses valuable time.

5. Follow Thru and Recovery: Follow thru is the continuation of all mental and physical processes brought into play to deliver a controlled shot, and is maintained beyond the point where recoil indicates that the bullet is on the way to the target. Recovery is the return and settling of the weapon, to the aiming area, after recoil has taken place. In rapid fire, it should be accomplished as quickly as possible.

6. Holding Too Long In Slow Fire: A limited amount of oxygen can be stored up in our system and we can only hold our breath a certain length of time. It stands to reason that within the first ten or twelve seconds we are in better condition to deliver a good shot on the target. Waiting too long to apply a positive squeeze to break the shot may cause the arm to tremble and the eyes to blur. The shooter eventually becomes impatient and speeds up his trigger action. This causes a jerk shot.

7. Looking at the Target: The eye can only focus on one object at a time. That object should be the front sight. Valuable time is lost in looking over the sights, furthermore during the instant you remove your focus from the sights, they could become misaligned. If the shot breaks at this time, the bullet may not strike in the desired area. Most shooters have at one time or another, experienced this occurance. It is difficult to maintain constant focus on the front sight, but it is necessary.

8. Anticipation: Flinching, heeling and the changing of the characteristics of your arc of movement, from normal to straight line movement are the symptoms of anticipation. The human body has a natural tendency to brace itself against an expected shot. This is caused by a subconscious awareness that the shooter has decided to moderately speed up the trigger squeeze, because conditions are ideal NOW and may not remain so for very long.

Muscular and/or nervous reflex action takes place and disturbs sight alignment because the reflexes usually react sooner than the actual firing of the shot. The instant nature of the reflex actions sometimes so closely coincide with recoil that difficulty is often encountered in making an accurate shot call.

9. Jerking: A spasmodic, abrupt trigger finger movement combined with the reflex action of the arm and hand muscles causes a violent disturbance of sight alignment and results in a bad shot. When this happens, the shooter may be attempting to use precision technique but faulty trigger control prevents the application of smooth trigger pressure. Examples of possible condition:

a. When the shooter has perfect sight alignment and is able to momentarily freeze the arc of movement.

b. Attempting to fire the shot during an enlarged arc of movement such as in wind shooting and initiating a squeeze at the instant the aligned sights move across or move into the vicinity of the aiming area.

c. After holding too long, many shooters become impatient and exert abrupt action on the trigger. The knowledge that he will be unable to sustain this lack of movement or be unable to slow passage by the aiming area prompts the spasmodic trigger action.

B. All unsound and faulty techniques must be eliminated.

1. Complete analysis of a shooter's performance is necessary and, when errors are made, corrective action should be taken immediately. (Example: If the shooter is heeling or jerking stop and dry fire several rounds.)

2. When possible shoot with someone who is a better shot than you. Ovserve his methods, the sequence of events he uses and request that he coach you for a few strings. Most good shooters are willing to help another shooter perfect his performance.

C. All unsolved shooting problems continue to place a handicap on performance.

1. Unresolved shooting problems are a continuing burden plaguing a shooter on the firing line. As a shooter knows, persistent shooting faults mean a slump in performance and he is not mentally prepared when on the firing line and cannot concentrate properly. His anxiety is that these faults will constantly affect his performance and will handicap his scores. A so-called slump need only last until planning for the next shot.

2. The solution of those knotty problems in your shooting can be best resolved by comprehensive shot analysis and application of corrective techniques.

D. Suggested techniques should be fully explored and tested.

1. The old saying that "Rome wasn't built in a day", applies here. When an expert suggests changes in any part of a beginners performance, he should give the new method a thorough trial before discarding it. The master shooter attained his rating by doing things right.

CONCLUSION: The knowledge you have gained in analysis and corrective technique will remove the limitations on your performance. No record score is sacred. No champion is inviolate. The deliberate and cool efficiency with which you deliver countless shots to the ten ring will pay off in combat situations where this same efficiency will kill with ruthless regularity.

PREPARATION DATA SECTION

I. TITLE AND NUMBER:	Review of weak points and helpful suggestions (P14)
II. TIME ALLOTTED:	Twenty-Five (25) Minutes
III. PERIODS OF INSTRUCTION:	One Half (1/2)
IV. CLASS PRESENTED TO:	Coaches and Instructor Shooters
V. INSTRUCTOR REFERENCES:	The Advanced Pistol Marksmanship Manual
VI. INSTRUCTIONAL AIDS:	1-Podium, Podium Charts, 1-Sound Set, 1 BB, Chalk, 6-Name Card Holders, GTA Charts or 35 mm slides and projector
VII. STUDENT EQUIPMENT AND UNIFORM:	Uniform as prescribed
VIII. PHYSICAL FACILITIES:	Outdoor bleachers or classroom
IX. PERSONNEL REQUIREMENTS:	1-Principle Instructor, 1-Asst Instructor 1-Sound Set Operator

LESSON OUTLINE SECTION REVIEW OF WEAK POINTS

I. LESSON OBJECTIVE: To bring to the attention of the students the weak points in performance noted during training, faulty techniques to be avoided, answer questions related to solving shooters problems and suggest proven techniques for improvement.

II. TEACHING POINTS:

A. All weak points are subject to complete analysis and positive correction.

B. All unsound and faulty techniques must be eliminated.

C. All unsolved problems continue to place a handicap on performance.

D. Suggested corrective techniques should be fully explored and tried.

III. INTRODUCTION:

A. Gain Attention:

B. Orient Students:

1. Lesson Tie In: The shooter must stop and analyze his performance each shot after he steps up to the firing line. He must then apply corrective measure, to lessen the probability of faulty techniques recurring.

2. Motivation: The shooters knowledge of his weak points and how to correct them is the foundation for improvement.

3. Scope: Discussion of weak points observed during coaching of the students, weak points of the average shooter and those points brought out by class members and suggestion of corrective measures for specific conditions.

IV. BODY:

A. First Teaching Point: All weak points are subject to complete analysis and positive correction.

1. Grip
2. Position and Stance
3. Early Shot
4. Rhythm
5. Follow Thru
6. Recovery
7. Holding Too Long
8. Looking at the Target
9. Anticipation (Heeling)
10. Jerking

B. Second Teaching Point: All unsound and faulty techniques must be eliminated.

C. Third Teaching Point: All unsolved problems continue to place a handicap on performance.

D. Fourth Teaching Point: Suggested corrective techniques should be fully explored and tried.

V. CONCLUSION:

A. Retain Attention:

B. Summarize:

1. Improvement is based on analysis and positive correction of weak points.
2. Eliminate all faulty techniques.
3. Unsolved problems handicap performance.
4. Corrective techniques should be fully tried.

C. Application: The knowledge you have gained of analysis and corrective technique will remove the limitations on your performance. No record score is sacred. No champion is inviolate. The deliberate and cool efficiency with which you deliver countless shots to the ten ring will pay off in combat situations where this same efficiency will kill with ruthless regularity.

D. Closing Statement: If you concentrate on the basic fundamentals, seek advice, and observe the experts, develop the capacity for mental discipline, completely analyze your performance and apply positive correction, you can expect radical improvement in your performance.

ANNEX TO REVIEW OF WEAK POINTS AND HELPFUL SUGGESTIONS (P14)

CHART #I

WEAK POINTS

1. GRIP
2. POSITION AND STANCE
3. EARLY SHOT
4. RHYTHM
5. FOLLOW THRU
6. RECOVERY
7. HOLDING TOO LONG
8. LOOKING AT TARGET
9. ANTICIPATION (HEELING)
10. JERKING

CHAPTER XV

PREPARATION DATA SECTION

I.	TITLE AND NUMBER:	Review of course (P15)
II.	TIME ALLOTTED:	Seventy-Five (75) Minutes
III.	PERIODS OF INSTRUCTION:	One and One-Half
IV.	CLASS PRESENTED TO:	Coaches and Instructor Shooters
V.	INSTRUCTOR REFERENCES:	The Advanced Marksmanship Manual
VI.	INSTRUCTIONAL AIDS:	1-Podium, Podium Chart, 1-Blackboard, 1-45 Cal. Pistol, Chalk, GTA Charts or 35mm Slides & Projector
VII.	STUDENT EQUIPMENT AND UNIFORM:	Uniform as prescribed
VIII.	PHYSICAL FACILITIES:	Classroom or bleachers
IX.	PERSONNEL REQUIREMENTS:	1-Principle Instructor, 1-Asst Instructor 1- Sound Set Operator

LESSON OUTLINE SECTION - REVIEW OF COURSE

I. LESSON OBJECTIVE: To reemphasize the important points covered in the entire pistol advanced marksmanship course.

II. TEACHING POINTS:

A. Team Administration and Procurement

B. Match Rules

C. Safety

D. Zeroing & Preparation

E. Fundamentals

F. Slow Fire Technique

G. Timed & Rapid Fire Technique

H. Team Shooter

I. Team Shooter

J. Evaluation

K. Mental Discipline

L. Coffee, Alcohol, Tobacco and Drugs

M. Physical Conditioning

III. INTRODUCTION:

A. Gain Attention:

1. Lesson Tie-In: As we approach the end of the course, we will refresh your memory on the most important points.

2. Motivation: You must have a thorough knowledge of the important factors of pistol shooting in order to properly train a winning pistol team.

3. Scope: During this period we will review the entire course.

IV. BODY:

A. First Teaching Point: Team administration Procurement and Maintenance of weapons and equipment.

B. Second Teaching Point: Range Safety

C. Third Teaching Point: Match Rules

D. Fourth Teaching Point: Zeroing & Preliminary Preparation

E. Fifth Teaching Point: Fundamentals

F. Sixth Teaching Point: Slow Fire Technique

G. Seventh Teaching Point: Timed and Rapid Fire Technique

H. Eighth Teaching Point: Team Shooter

I. Ninth Teaching Point: Team Coach

J. Tenth Teaching Point: Evaluation

K. Eleventh Teaching Point: Mental Discipline

L. Twelfth Teaching Point: Coffee, Alcohol, Tobacoo and Drugs

M. Thirteenth Teaching Point: Physical Conditioning

V. CONCLUSION:

A. Retain Attention:

B. Summarize: Here, once more, are the major points by which we hope to develop in the US Army a large nucleus of advanced pistol shooters and coaches.

C. Closing Statement: Knowledge of the basic fundamentals gives the shooter a good foundation on which to build good habits and good scores. Improvement beyond the basic accomplishment is initiated by acquainting the shooter with the highly satisfactory results to be obtained through developing the necessary mental discipline for successful repetition in applying the basic fundamentals.

ANNEX TO REVIEW OF COURSE (P15)

CHART #I

REVIEW OF COURSE

1. TEAM ORG & ADMIN
2. MATCH RULES
3. SAFETY
4. ZEROING & PREPARATION
5. FUNDAMENTALS
6. SLOW FIRE

CHART #II

7. TIMED & RAPID FIRE
8. TEAM SHOOTER
9. TEAM COACH
10. WIND & UNUSUAL CONDITIONS
11. MENTAL DISCIPLINE
12. COFFEE, ALCOHOL, TOBACCO & DRUGS
13. PHYSICAL CONDITIONING

CHAPTER XVI

PREPARATION DATA SECTION

I.	TITLE AND NUMBER:	Written test, critique and panel discussion (P-16)
II.	TIME ALLOTED:	Seventy-five (75) minutes
III.	PERIOD OF INSTRUCTION:	One and one-half
IV.	CLASS PRESENTED TO:	Coaches and instructor-shooters
V.	INSTRUCTOR REFERENCE:	The Advanced Pistol Marksmanship Manual
VI.	INSTRUCTIONAL AIDS:	Podium, podium cards, blackboard, chalk, and pointer
VII.	STUDENT EQUIPMENT AND UNIFORM:	Uniform as prescribed
VIII.	PHYSICAL FACILITIES:	Classroom, table & chair, and pencil for students

LESSON OUTLINE SECTION -Written test, critique and panel discussion

I. LESSON OBJECTIVE: To test the student in pistol marksmanship, critique and discuss the important points.

II. TEACHING POINTS:

A. Written Test

B. Critique

C. Panel Discussion

III. INTRODUCTION:

A. Gain Attention: Pass out test to students.

B. Orient Students:

1. Lesson Tie-In: This test is designed to help the student find out where he is weak in the marksmanship course of instruction. It also permits the instructor to know how well his instruction is being learned by the student.

2. Motivation: Any misunderstanding or lack of knowledge of marksmanship principles will be a handicap on performance.

3. Scope: During this period you will take the written test, after the written test is completed, you may question all of the instructors you had during this course of instruction. They will be made available to you in the form of a panel. Questions will be directed to the instructor on that particular subject.

IV. BODY:

A. Written Test

B. Critique

C. Panel Discussion

CONCLUSION: A valid test will identify for the instructor the points that are not thoroughly understood. Subsequent instruction will stress the weak points.

PISTOL ADVANCED MARKSMANSHIP TRAINING PROGRAM
(5 DAY TRAINING SCHEDULE)

1ST DAY

TIME	SUBJECT	INSTRUCTOR
0800-0825	Introduction	Pistol Div. OIC
0830-0920	(P-1) Team Organization	Instructor-Shooter
1000-1050	(P-2) Match Rules & Range Safety	Instructor-Shooter
1100-1150	(P-3) Zeroing & Preliminary Preparation	Instructor-Shooter
1330-1420	(P-4) Fundamentals	Instructor-Shooter
1430-1520	(P-5) Fundamentals	Instructor-Shooter
1530-1630	Zeroing 22 Cal. & 45 Cal.	Instructor-Shooter

2ND DAY

0800-0850	(P-6) Technique of Slow Fire	Instructor-Shooter
0900-1000	Ball & Dummy Practice	Instructor-Shooter
1000-1200	Slow Fire Practice	Instructor-Shooter
1330-1420	(P-7) Technique of Timed & Rapid Fire	Instructor-Shooter
1430-1500	Rapid Fire Drill	Instructor-Shooter
1500-1630	Timed & Rapid Fire Practice	Instructor-Shooter

3RD DAY

0800-0850	(P-8) Attributes of a team shooter	Instructor-Shooter
0900-0925	(P-9) Attributes of a Pistol Team Coach	Instructor-Shooter
1000-1050	(P-9) Duties of a Pistol Team Coach	Instructor-Shooter
1100-1125	(P-10) Evaluation	Instructor-Shooter
1330-1500	22 Cal. NMC	Instructor-Shooter
1500-1630	45 Cal. (Service) NMC	Instructor-Shooter

4TH DAY

0800-0850	(P-11) Mental Discipline	Instructor-Shooter
0900-0925	(P-12) Effects of Tobacco, Alcohol, Coffee & Drugs	Instructor-Shooter
1000-1025	(P-13) Physical Conditioning	Instructor-Shooter
1035-1100	(P-14) Review of Weak Points and Helpful Suggestions	Instructor-Shooter
1330-1500	22 Cal. NMC Team Match	Instructor-Shooter
1500-1630	45 Cal. (Service) NMC Team Match	Instructor-Shooter

5TH DAY

0800-0920	(P-15) Review of Course	Instructor-Shooter
0930-1050	(P-16) Written Test, Critique and Panel Discussion	Instructor-Shooter
1100-1125	Award of Certificates	Pistol Div., OIC

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