



NATIONAL RIFLE ASSOCIATION

*LAW ENFORCEMENT ACTIVITIES DIVISION*



---

**THE FUNDAMENTALS OF HANDGUN MARKSMANSHIP**

**CONTENTS:**

<b>A. General Overview</b>	<b>2</b>
<b>B. The Fundamentals Of Marksmanship</b>	<b>3</b>
<b>C. Mental Discipline</b>	<b>21</b>

## **A. GENERAL OVERVIEW**

### **1. The Seven Fundamentals Are The Foundation Of All Shooting**

The fundamentals are critical to effective round placement and must be taught thoroughly in the classroom and practiced on the range.

### **2. Teaching The Fundamentals**

Instructor knowledge must go beyond an understanding of the fundamentals to having the skills to teach them.

Constantly strive to learn more about the fundamentals, to better apply them in your own practice, and find more effective, innovative ways to teach them.

### **3. The Marksmanship Class**

This is not just another class on marksmanship, but one designed to make you a better Instructor by showing you how to teach marksmanship fundamentals to law enforcement officers.

Knowledge of adult learning methodologies is required to convince students, in terms they can relate to, why they should be learning the information and skills.

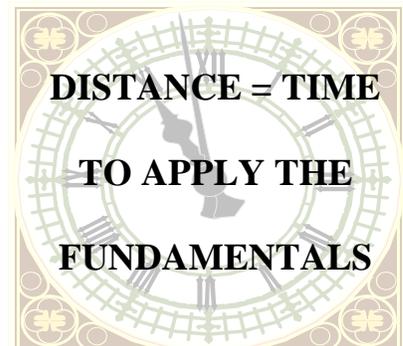
One of the most powerful reasons you have at your disposal is your officers' personal safety; the ability to make fast, accurate hits will better prepare them to prevail during a lethal encounter and Go Home Safely.

### **4. Learned Correctly And Consistently Applied**

The Fundamentals must be learned correctly, committed to the sub-conscious through repetition, and consistently applied to effectively use firearms.

### **5. Distance And The Fundamentals**

As distance increases, the Fundamentals become more important. At 2 or 3 yards it is difficult to miss a man size target, but at 15, 25, or 50 yards and beyond, the attention to Sight Alignment, Trigger Control and all other fundamentals must increase proportionately.



## B. THE FUNDAMENTALS OF MARKSMANSHIP

- ❑ GRIP
- ❑ STANCE
- ❑ SIGHT ALIGNMENT
- ❑ SIGHT PICTURE
- ❑ TRIGGER CONTROL
- ❑ BREATHING
- ❑ FOLLOW-THROUGH

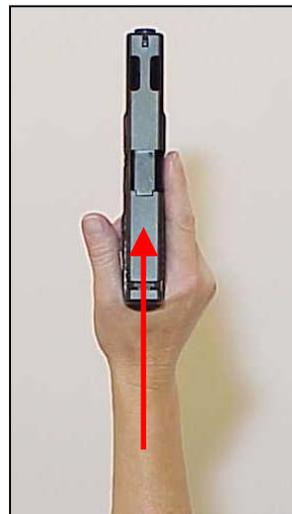
1. **Grip:** There will be both right and left-handed students in your classes. When explaining the positions of the hands and arms, avoid the use of the words “left” and “right.” Strive to use terminology that will be applicable to everyone in your class, such as “support hand” and “shooting hand.”

### a. Established in the Holster

- 1) **Holster Grip = Shooting Grip:** The correct shooting hand grip must start in the holster. If the holster does not allow a correct shooting hand grip, consider changing holsters.
- 2) **Initial "V" Adjustment:** For initial training, have students use the Support Hand to properly place the handgun in the Shooting Hand.

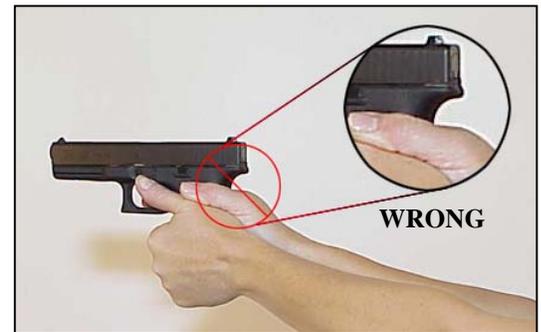
The backstrap should be placed into the “V” formed between the thumb and index finger. The barrel should ideally be in line with the forearm so the gun has a firm platform against which to recoil.

- 3) **Adjust Hand for Better Trigger Finger / Trigger Contact:** The Trigger Finger should be placed flat on the trigger so that the trigger can be properly pressed “straight to the rear.”
- 4) **A Strong, Consistent Grip:** The shooter must maintain a strong, consistent grip through manipulating, firing, cycling, follow-up shots, and reholstering.



## b. Hand High On Backstrap

- 1) **Increases Control and Reduces Recoil:** The closer the shooter's hands are to the bore, the less felt recoil there will be.
- 2) **Too High:** If too high, could interfere with the hammer on revolvers, cause a cycling problem, or injure the shooter when using semi-autos.
- 3) **Too Low:** Causes decreased control during recoil. The handgun will act like a lever in the shooter's hands and muzzle flip will increase.



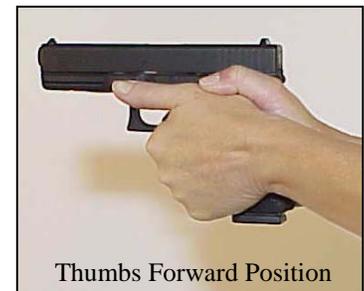
## c. Two-Handed Grip

- 1) **Provides the Best Control**
- 2) **Use Two Hands Whenever Possible:** If your support hand isn't otherwise occupied, place it ON the handgun.
- 3) **Correct Support Hand Grip:** Press the meaty portion of the Support Hand's thumb into the remaining open grip panel, wrap fingers around the front strap with the index finger pressed against the bottom of the trigger guard.

The support hand grips side-to-side. This tight "clamping" effect will help control the felt recoil and muzzle flip.

The index finger of the support hand does NOT wrap around the front of the trigger guard "Hollywood Style." This reduces the available side-to-side grip pressure on the gun, resulting in less control during recoil.

If a "thumbs up" grip is used, be certain that the thumbs are NOT exerting any pressure on the slide – this could cause malfunctions by retarding the slide's motion or pushing the slide catch up, inadvertently locking the slide open. With the wrists already "unlocked," or "broken," the shooter will have less control of the muzzle flip.



- d. **Thumbs:** Shooters initially trained on revolvers will often use the crossed-thumbs revolver grip when transitioning to a semi-automatic pistol.

Ensure that the thumbs do not:

- Exert pressure against the frame
- Press UP on the slide lock lever, inadvertently locking gun open
- Press DOWN on the slide lock lever which would prevent the slide from locking open when empty.
- Unintentionally press the magazine release while firing



Do not allow the thumbs to interfere with the slide lock lever – the shooter may inadvertently lock the slide open or prevent it from locking open when empty.

e. **Strength of Grip**

- 1) **Shooting Hand:** The shooting hand is as strong as a “firm handshake” and exerts pressure from the FRONTSTRAP to the BACKSTRAP. The goal is to hold the gun tightly, yet isolate the flexors of the trigger finger. If the shooting hand grip is too tight, the trigger finger will not be able to move independently. Over gripping can also cause the muscles of the shooting hand and arm to tremble.
- 2) **Support Hand:** The goal is to hold as tightly as possible without causing a tremor.
- 3) **If “Readjusting”:** If the shooter is "readjusting" the grip between shots, it is NOT tight enough.

## The Two-Handed Grip Training Aid



- Both thumbs forward will help reduce muzzle flip during firing.
- Shooting hand is “handshake” tight.
- Support hand is as tight as possible without causing a tremor.
- The web of the shooting hand should be as high on the backstrap as possible; the support hand should be as close to the bore as possible.



- Trigger finger is indexed along the frame.
- Support hand fingers are firmly wrapped around strong hand. Ideally, the support hand fingers are placed in the grooves created by the fingers of the shooting hand.
- Shooting hand is high on the backstrap.
- Support hand index finger is touching the bottom of the trigger guard, not wrapped around the front of it.



- When viewed from the top, the support hand thumb and the shooting hand index finger are approximately even.
- The support hand grips with side-to-side pressure, using the fingers and the palm in a “C-Clamp” manner.
- The shooting hand grips front to back, as firmly as possible, while still allowing independent movement of the trigger finger.
- The side of the trigger finger must NOT come into contact with the frame while firing.



- Revolvers can be fired with either a thumbs crossed or a thumbs forward grip.
- Ensure that the thumbs do not interfere with the rotation of the cylinder.

2. **Shooting Stance:** A law enforcement shooting stance needs to be a stable yet mobile platform from which to fire fast, accurate shots at possibly multiple, moving threats.

Previously in Law Enforcement, we have recognized two common stances in our firearms training, a “Weaver,” or “bladed” stance, and an “isosceles” stance. In the first stance, the shooter bladed his entire body approximately 30-40° and held one arm bent and one arm straight. In the second stance, the shooter stood with his feet parallel as though on a straight line, and his chest and two arms formed an isosceles triangle.



In keeping with modern training philosophies that we should “**bring the street to the range,**” firearm instructors should not limit their training to a rigid form of stance and consider the wide variety of positions from which their officers will have to fire when facing real threats in the line of duty.



a. **Stance Considerations:**

In teaching your students how to best position their bodies and hold their guns (handgun or long gun), the following elements should be given consideration:

- 1) Ability to Fire Accurately
- 2) Officer Safety (use of cover, including optimal use of body armor)
- 3) Stability & Balance
- 4) Mobility & Flexibility
- 5) Wide peripheral vision
- 6) Ability to maintain a solid position using whatever cover is available

b. Given these considerations, the following Standing Shooting Position will best fit the needs for an officer to prevail in a gunfight:

1) **Upper Body:** The upper body should face the threat when possible. This position:

- a) Helps maintain stability and good body armor coverage.
- b) Allows the officer to see more of the immediate threat area and scan side and rear areas easily.
- c) Allows the officer more flexibility to move in any direction.
- d) Aids in recoil management: with the shoulders evenly behind the gun in the centerline of the body, the shooter is in a stronger position to manage recoil and reduce the muzzle flip.



2) **Lower Body:** The feet must be positioned to allow the officer to maintain his balance and move in any direction quickly.

- a) Feet are approximately shoulder-width apart with the Shooting Hand side foot dropped back two to eight inches. This will provide both width and depth to the stance for greater balance.
- b) The feet should be parallel with both toes pointing forward to allow the officer to move quickly in any direction.
- c) Knees are slightly bent to aid in mobility.
- d) Weight is slightly forward over the balls of the feet. This keeps the shooter from rocking to the rear during recoil and aids in his mobility.



**A shooter's position must be adaptable to conform to any cover, and offer a stable platform from which to fire.**

- 3) **Aggressive & Balanced:** Get aggressively behind the gun. The stance must be balanced front-to-rear and side-to-side with the knees slightly bent so the officer is ready to move instantly in any direction. This aggressive and balanced stance provides better control of the gun and the ability to move as required by a constantly changing situation.
- 4) **Weight Forward:** Lean aggressively forward into the stance at the waist. Both knees are slightly bent and the body weight is over the balls of the feet. A forward stance provides greater control over the gun, which will result in reduced muzzle rise and faster follow up shots.



### c. One-Handed Shooting

- 1) **Use normal firing stance:** Whether the officer's support hand is incapacitated or otherwise occupied, the officer does not change his stance simply because he is firing one-handed.
- 2) Officers used to be trained to blade their bodies and take an additional step forward with the firing-side leg and lean towards the threat.
  - a) The officer is no longer presenting the largest part of the body armor towards the threat and is now exposing the side panels.
  - b) The officer is slightly off-balance leaning towards the threat and is less mobile while putting more weight over one foot instead of being balanced.
  - c) The officer has now placed the firearm closer to the threat, who may now be in position to take the firearm away from the officer.
  - d) This extra step means the officer will take longer to fire his first shot.



# BRING THE STREET TO THE RANGE

Train your officers to fire from more than a stationary stance.

Train them to shoot from a solid and flexible platform. Good sight picture and trigger control will give you an accurate hit from any position.



This officer created distance and fired on the move rather than from a stationary stance.

This officer transitions to his left hand and maintains his same stance to lean around the left side of cover.



Officers may have to fire from prone positions, whether firing under a vehicle or from an awkward and possibly unplanned position.



During a traffic stop drill, this officer took a step to the rear while he drew and fired.

## **From the 2004 FBI Law Enforcement Officers Killed & Assaulted report:**

49% of officers killed while wearing body armor were shot between the armor's side panels or through the armhole/shoulder area of the vest. p. 32

***Instructor Note:*** Physical characteristics, past injuries, equipment restrictions, and tactical considerations (type or shape of cover) will have an impact on the shooter's position, whether moving or stationary. Impress upon your students that the most important elements of marksmanship in a lethal encounter are sight alignment and trigger control.

### 3. SIGHT ALIGNMENT

**DEFINITION:** The relationship between the Front and Rear sights.



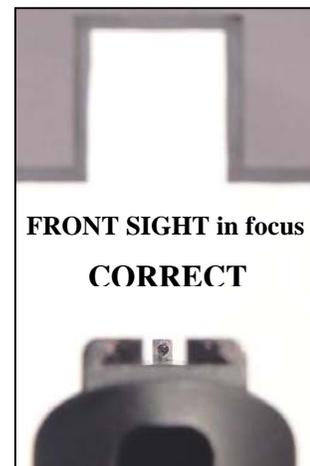
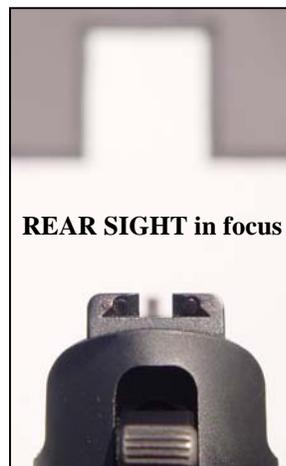
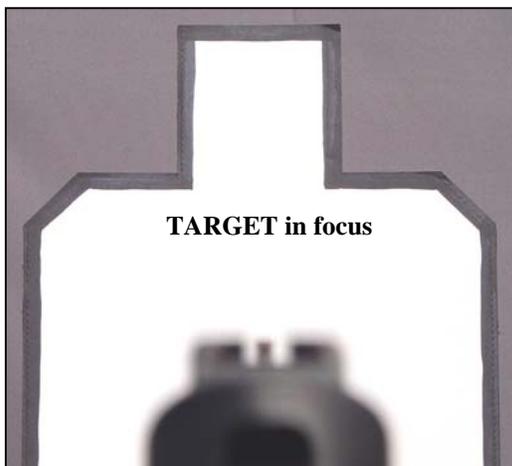
The Front Sight is centered in the Rear Sight Notch with Equal Space/Light on Either Side. The tops of the Front Sight and the Rear Sight are even.

### 4. SIGHT PICTURE

a. **DEFINITION: The placement of the aligned sights on the target.** The shooter's Point of Focus is the Front Sight. The Rear Sight will be blurred, and the target will be even more blurred. The shooter has three things to align: the front sight, rear sight and target. The front sight must be kept in sharp focus. Shooters will have a tendency to look at the target.

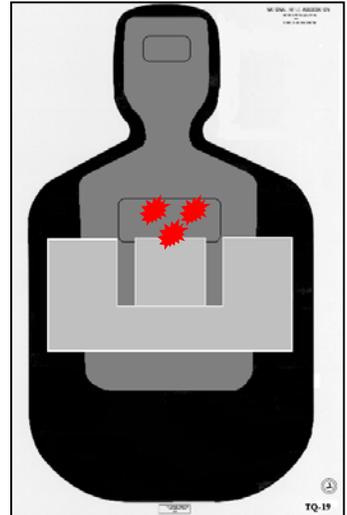
**NOTE:**

- ❑ Finger Demo – Hold up your index finger and focus on the top edge of your fingernail on a target and stay focused on your fingernail.



**b. Point-of-Aim: Center Mass of the Target Offered or Selected**

- 1) Biggest target area with the most room for error.
- 2) Location of Greatest concentration of vital organs.
  - a) When a full torso target is offered, a High Center Mass hold should be used.
  - b) Accurate CM Hits – A lethal encounter is two minds fighting. It is not over until your student beats the adversary’s mind. Just drawing the gun may cause your adversary to surrender, or it may take 1, 2, 3 or more rounds. Fast and accurate hits to the Center Mass will usually get the job done.



**c. Master Eye**

**1) Determine the Master Eye**

- a) **Trigger Finger Pointing:** With both eyes open, hold the Trigger Finger out at arms length and point at an object, then alternately close and open each eye. One eye makes the finger jump from the object and one eye keeps it close to the object. The eye keeping it close is the Master Eye.
- b) **Finger / Thumb Circle:** Form a circle with the thumb and forefinger and hold the circle at arms length. Place the circle on an object and, Keeping Both Eyes Open, bring the circle back all the way to your face. It will come back to the Master Eye.
- c) **Two-Handed Circle:** A few students, with little difference between their eye’s strengths, are “side dominant” depending on which hand they use (right hand, right eye dominant and left hand, left eye dominant).

To check this, use a Two-Handed Circle and hold each hand’s fingers and thumb straight, then place one hand on the other so a hole is produced where the webs (thumb and index finger connection) of both hands meet. Then bring both hands back to your face.

2) **Master Eye:** The master eye can change with age, illness and corrective lenses. The master eye should be checked at least every six months, for confirmation, and more often if required.

3) **Cross Dominance:** Not a problem with the handgun as the gun is moved sideways to place it between the master eye and the target. It is a problem with a long gun in law enforcement because the shooter MUST use the eye on whichever side the gun is mounted.

If you are working with an experienced shooter, who is using his master eye and “offside shoulder” successfully, leave him alone.

The marksmanship results, in a law enforcement context, will probably be perfectly acceptable and the student does not have to learn to manipulate the gun with his or her support hand.

**Instructor Tip:**

Have shooters turn their heads slightly to align the dominant eye with the rear sight, or have them move the firearm slightly in the direction of the dominant eye.

Do NOT allow students to dip their heads.

d. **Both Eyes Open:** Keep both eyes open unless you cannot fire accurately in this manner.

1) **Reduce Tunnel Vision:** Tunnel Vision will not be as bad with both eyes open.

2) **Greater Peripheral Vision:** We should assume that there may be more than one adversary, and greater peripheral vision can help locate them.

3) **Distance Shooting:** If you must close one eye to focus on the sights to hit a distant threat and ensure accuracy, then do so.



e. **Arc of Movement** (Wobble Area)

- 1) **Recognized:** The sights will wobble. The gun is going to move around which is seen as the sights moving on the target. Do not try to make the gun fire when the sights are suddenly perfect. You will jerk the trigger and throw the shot off. Work to reduce the wobble area as much as possible throughout training.
- 2) **Accepted:** Just shoot through the small wobble area. The shooter must accept the wobble area, be convinced to focus on the front sight, maintain proper sight alignment, hold as still as he or she can and shoot through the wobble area.

5. **TRIGGER CONTROL**

- a. **Movement of the Trigger Until the Gun Fires Without Moving the Sights:** This is really all there is to marksmanship. If your students can consistently accomplish this simple act, they can hit what they are shooting at EVERY time.

It really is a simple process, but it is not easy to do. Even world champion shooters will tell you they have to work hard at every single shot they fire, and always will.

***NOTE:** Said a Number of Ways – Trigger Press, Manipulation, Control, Stroke, a Surprise Break, etc. There is no “correct” way to say it except that way which “connects” with the student. A good instructor always makes use of different ways to say things in order to connect with as many students as possible.*

- b. **A Mental Process:** The Conscious Mind can only do one thing at a time, while the Subconscious Mind can do many things at the same time. In the act of firing a shot, two things have to be accomplished simultaneously (sight alignment and trigger control), while the mind can only consciously do one thing at a time.

Sight alignment and sight picture, being visual, tend to remain a conscious act. Trigger control, a tactile action, quickly becomes a subconscious act. Some shooters consciously think about lining up the sights, then forget about the sights and consciously think about pulling the trigger.

Of course, the sights will have wandered away from the intended point-of-aim by the time the gun fires. The instructor must understand that most students with a trigger jerk are probably not

conscious of it or doing it on purpose. The trigger jerk is a subconscious reaction to the sights being lined up and a desire for the gun to fire.

In some cases, these bad habits have been trained into the subconscious at an early stage in firearms training. Given that retraining takes longer and is much harder than initial training, more attention needs to be paid to teaching correct trigger manipulation in the law enforcement academy.

**NOTE:** *Traditional One-Shot Drills Are a Problem – One-shot drills are a logical starting place in academy firearm training. Students are initially told to fire and then immediately take their trigger fingers out of the trigger guard for one-shot drills. This forms incorrect trigger manipulation habits that are hard to break. When initially doing one-shot drills, law enforcement students must be taught to pause after the shot breaks (setup for the next shot and evaluate) and only then take their Trigger Finger off the trigger and out of the trigger guard.*

c. **Finger Contact Between Tip And First Joint:** Contact with the trigger should be somewhere between the tip and the first joint. There is NO additional leverage gained by moving the trigger finger beyond the first joint. Correct finger placement on the trigger facilitates moving the trigger without moving the sights.

1) **Trigger Press Must be Straight to the Rear:** The trigger finger must press the trigger straight to the rear so as not to move the sights and gun sideways.

2) **Too Much or Too Little Trigger Finger:** Depending upon the type of trigger and the size of the shooter's trigger finger, having too much or too little trigger finger may push or pull the sights and gun off target during the trigger press.



Revolver shooters may have to place slightly more trigger finger on the trigger because of the increased trigger pull.

- d. **Trigger Finger Placement:** This is an individual issue that will depend on a number of factors, including the size and strength of the student's hand and trigger finger.

The length and weight of trigger pull varies considerably between the "single action" pull of a "1911" style pistol and the heavier and longer pull of a "double action only" pistol or revolver.

Students with smaller hands may have to sacrifice a perfect grip in order to accomplish a smooth trigger pull straight to the rear that results in an accurately placed shot.

Once established, the trigger finger placement Must Be Consistent each time on a given gun.

- e. **Generally Less is Better:** Ideal trigger finger placement can be described as the least amount of finger on the trigger necessary to move the trigger until the gun fires without moving the sights.

Instructors will find that the vast majority of their students, who do not have ideal finger placement on the trigger, have too much finger in the trigger guard. There seems to be a generally held misconception that "more is better" when in fact the reverse is more often true.

- f. **No Frame Contact:** The trigger finger must not be in contact with the frame when pulling the trigger. Any contact between the frame and the trigger finger will PUSH the gun and the sights to the left when shooting right-handed and to the right when shooting left-handed.



- g. **Increase and Decrease of Pressure:** Good trigger manipulation is an increase and decrease in pressure on the trigger, NOT the commonly used pull, let go and pull again. This is a much smoother and gentler way of manipulating the trigger, resulting in much less "gun bounce" and sight disturbance. The Trigger Finger increases the pressure until the gun fires, then decreases the pressure until it resets, and the gun is ready to fire again, without the trigger finger being lifted from the trigger.

**NOTES:**

- ❑ *Set-Up the Next Shot: Law enforcement officers must be taught to ALWAYS set up the next shot by resetting the sear.*
- ❑ *Trigger Release: The trigger must travel far enough forward to reset. Failure to do so will result in "short stroking" the trigger and the gun WILL NOT fire on the next increase of pressure.*

- h. Maintain Trigger Contact Between Shots:** Once the trigger finger has been placed on the trigger to fire, it should never lose contact with the trigger until the required number of shots have been fired, this includes setting up for one more possible shot at the end.

This is NOT the way many law enforcement officers have been trained. Many release the trigger, with the trigger finger contacting the front of the trigger guard between shots. Some actually take their trigger fingers outside their trigger guards. The vast majority of those releasing the trigger are unaware of this subconscious action. Retraining, using the correct trigger manipulation, is required.

- i. Ideal Trigger Control is Letting the Gun Fire, Not Making It Fire:** While the student has made the conscious decision to fire, he should NOT anticipate the exact instant the gun will fire. Instead, he should concentrate on a smooth, consistent press to the rear, rather than on when the shot will break. Let it fire, Do Not make it fire.

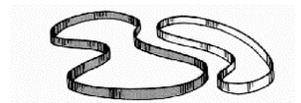
*NOTE: Anticipating and Flinching are a shooter's natural reaction to the anticipated noise and recoil. These are overcome with repetitive practice and proper trigger press.*

### 1) Showing Trigger Control

- a) **Hand Slapping vs. Pushing:** To show a student “slapping the trigger,” slap the back of your hand with your Trigger Finger, then remove the finger from your hand and slap it again.

Now, place the Trigger Finger on the back of your hand and increase and decrease pressure while the finger stays on the hand (simulates having your Trigger Finger not leave the trigger) to show proper trigger finger control.

- b) **Rubber Band:** Place both hands on a table with the shooting hand perpendicular to the chest and formed as though holding a pistol. Place the support hand forward of the shooting hand and lightly stretch a rubber band between the thumb of the support hand and the first pad of the index finger of the shooting hand. The shooting hand trigger finger should form a right angle, in the same manner as when firing a pistol. Move the trigger finger back and forward, simulating trigger finger movement; the trigger finger should move only from the second joint toward the tip.



- c) **Click Top Pen:** Hold it like you would a gun, using the clicker as the trigger while increasing and decreasing pressure.
- d) **Turkey Baster:** Increase pressure to release just one drop, then decrease pressure. Each drop must hit the same place on the floor. Start slowly – speed up.
- e) **Use Instructor’s Trigger Finger to Fire Shots:** The first shots can be fired by the instructor placing his Trigger Finger over top of the student’s trigger finger while the student is holding the gun in place. The instructor manipulates the trigger with increasing and decreasing pressure to give the student the feel. Sometimes the instructor must squeeze the trigger alone while the student aims the gun, to prove that the student does not have to know the exact instant the gun will fire. Note: Can also be used when helping to train-in Sight Alignment.
- f) **Coin or Empty Brass on Top of Gun:** Take the sights out of the equation. Keep the coin or brass still while manipulating the trigger. As training progresses, make it more difficult by moving the coin or brass toward the muzzle.
- h) **Students Should NOT Work Alone:** DO NOT send a student to practice trigger control (dry firing) alone. Have someone work with them to make sure they’re manipulating the trigger correctly. “Practice Does Not Make Perfect. Perfect Practice Makes Perfect.”



**NOTE:**

- ❑ *Trigger Control is the Most Difficult Fundamental to Teach: Traditionally, trigger control has been taught without training aids and without any attempt to use the words, “Let Me Show You.” An in-depth understanding of Adult Education techniques will enable the firearm instructor to do a much better job of teaching trigger control than has been done in the past.*
- ❑ *The Most Important Fundamentals: Of all the fundamentals of marksmanship, sight alignment and trigger control are undoubtedly the two most important. It is possible to shoot accurately employing just these two fundamentals, with an incorrect grip, standing on one leg, incapacitated in one arm and breathing*

*furiously. However, perfect grip, stance, breath control and follow through will not help, if your student cannot align the sights and manipulate the trigger without disturbing the sights. In fact, sight alignment and trigger control can be thought of as the fundamentals and the remainder as aids to these two.*

- ❑ *Sight Alignment and Trigger Control Must be Applied Simultaneously: or “together,” or “at the same time,” or “concurrently” and the major issue is the conscious mind’s ability to do only one thing at a time. Correct trigger manipulation MUST be trained into the subconscious. As retraining is so much harder than initial training, initial academy training is the ideal time for this to take place.*

## **6. BREATHING**

**a. Physical:** Deep breaths increase oxygen in the bloodstream, which will:

- 1) Strengthen Muscles**
- 2) Clear Vision**
- 3) Aid Concentration and Consistency in Marksmanship**

**b. Use of Breath Control:**

- 1) In Close Quarters Not Important:** At these close distances, it is not important to control breathing.
- 2) Aids Shot Placement at Longer Distances:** Also when taking more precise shots.
- 3) Natural Respiratory Pause:** This is the ideal time to accomplish trigger press. It is the time when the body is most at rest. It is also the most easily repeated position. Depending on stress levels and physical exertion, the Natural Respiratory Pause can last as long as five seconds.

Do NOT let your students take a breath and let half of it out. This position is not easily repeatable and holding in half a lung full of air induces muscular tension into the position.

## 7. FOLLOW THROUGH

a. **Marksmanship Fundamentals Maintained:** Continue to apply all the fundamentals until the bullet has left the barrel.

1) **Maintain Sight Picture and Position:** Maintain an intense focus on the front sight throughout the cycling of the slide.

2) **Reset Trigger:** Decrease trigger finger pressure without losing contact with the trigger. Do not release the trigger more than is necessary to reset the sear. This wastes time and encourages the shooter to slap the trigger.

b. **Combat Elements of Follow Through:**

1) **Calling the Shot: “DID I HIT?”** Know where the shot will go based on the sight picture at the instant the gun fired. The shooter will retain an image of the sight picture the instant the shot breaks. Having students call their shots forces them to work harder at the fundamentals, knowing they will be asked to predict where every shot hit. These predictions are a valuable tool for both the student and the instructor when teaching marksmanship and analyzing targets. The ability to call flyers also allows the center of the group to be more precisely determined when making sight adjustments to zero the gun.

2) **Reacquire Target: “DO I NEED MORE HITS?”** Find the target and evaluate.

3) **Shoot and Move:** Unless behind cover, move out of the direct line of attack when possible. Do not remain in the same position from which you last fired. Move by taking a simple lateral step (big step/half step).

4) **Scan: “ARE THERE OTHER THREATS?”** With the gun lowered to a ready position and the finger OFF the trigger, conduct a 360° scan for other threats.

c. **Calling the Shot:** Knowing where the shot went based on the sight picture at the instant the gun fired. The shooter will retain an image of the sight picture at the instant the shot breaks. (This assumes the student had at least one eye open when the gun fired.)

Having students call shots forces them to work harder at the fundamentals, knowing they will be asked to predict where every shot has hit. These predictions are a valuable tool for both the student and the instructor when teaching marksmanship and analyzing targets.

## C. MENTAL DISCIPLINE & THE FUNDAMENTALS

- 1. Clear the Mind:** For the tasks at hand. All other thoughts are thrown out of your mind. Get down to the business at hand - NOW!
- 2. Concentrate:** This is essential to winning a lethal encounter. You must concentrate on the fundamentals and the constantly changing situation. The two most important fundamentals are Sight Alignment and Trigger control.
- 3. Confidence, Positive Thinking, Self-Control:** Firearm Instructors must teach their students the skills they need and provide the training necessary to master them. Instill self-confidence by setting attainable goals in small stages, encourage them with positive feedback, and **never let them fail in training.**
- 4. Know You Can Win:** If your students enter the lethal encounter with confidence in their ability to WIN, they will probably win. If your students enter with doubts, they are preprogrammed to lose. We can make a difference.