

Rifle Clinic

- Ideas from :

Axel Waschke President



Master your Eye



- How to find your Master eye
- Point your finger at an object 20 feet away while keeping BOTH eyes open
- If you are right handed, close the left eye
- If your finger is pointing at the object, the right eye is the master (dominant) eye
- If the finger is pointing away from the object, the left eye is master (dominant)
- The same procedure is applicable to a left handed shooter pointing with his left hand
- See the club membership manual for another method

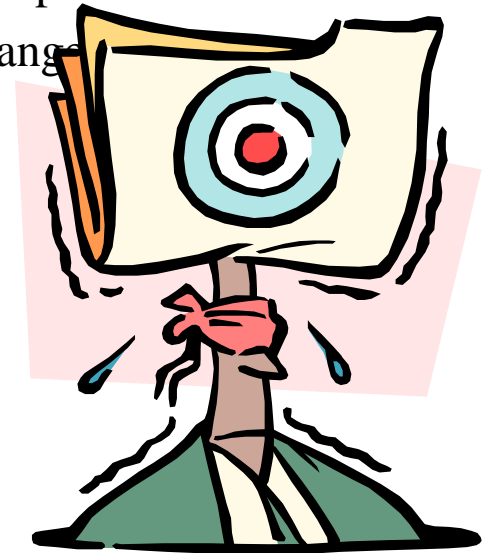
Preparation -101- at Home

- Avoid coffee or cola for the day
- Definitely no alcohol consumption
- Assemble all the equipment that you will be taking to the range. It is better to bring one firearm and take the time to enjoy to shoot it successfully
- Firearm Possession/Acquisition License
- Firearm Registration
- Rifle & Gun case, trigger lock & keys, corresponding ammo, targets
- Cleaning rod, cloth, oil, mini tool kit
- Shooting glasses, ear protection, shooting jacket

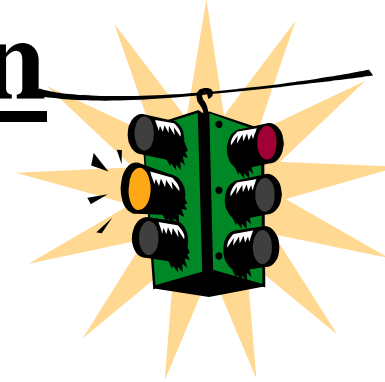


Preparation -101- at Club

- Review targets shot at last practice and recall planned personal improvements
- Review the relay procedure in order to be in sync with the other shooters
- Prepare your target (make sure it has your competition sticker and name on it)
- Reserve your spot on the relay board with your membership card
- Place your unlocked rifle in the rifle rack at entrance to range
- Be ready to take your equipment to the firing line
- Have your ammo on hand



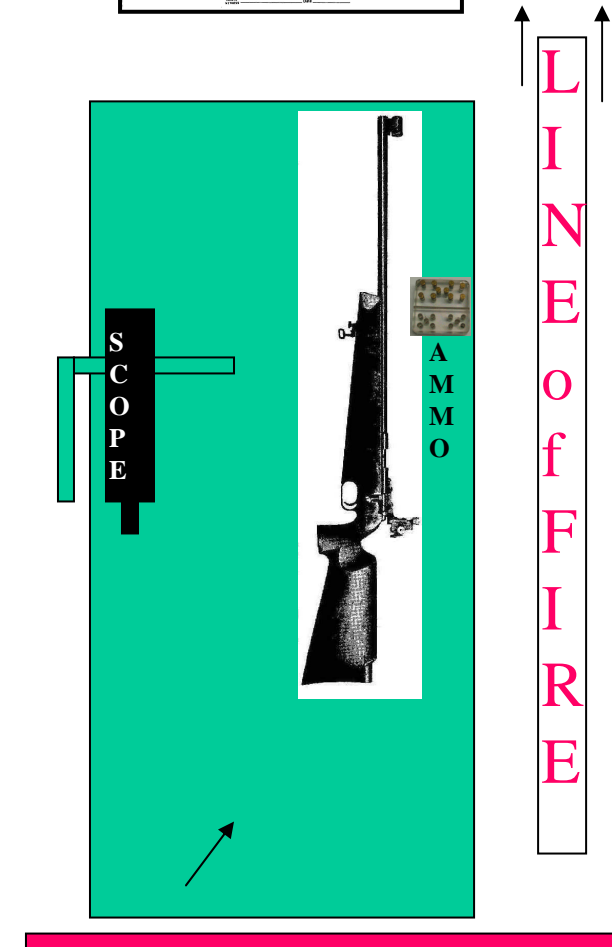
Relaxation



- Arrive on time
- Do not rush in traffic
- Concentrate on your performance
- Breathe deeply, slowing down your heartbeat
- Stand at a relaxed position, arms at your sides, shoulders relaxed inhale deeply and exhale as fully as you can. Repeat this 5-6 times making sure to exhale as completely as possible
- Follow your plan to set up your equipment

Equipment Set-Up

- Place firearm pointing down-range 100% of the time
- Place your equipment as shown
- Lay the bolt action rifle on its right side, on the open bolt
- Lay the semiautomatic rifle on its side with the slide back & locked open and facing up
- If your semiautomatic rifle does not stay open, insert a safety stopper
- Place ammo block within reach of your trigger hand

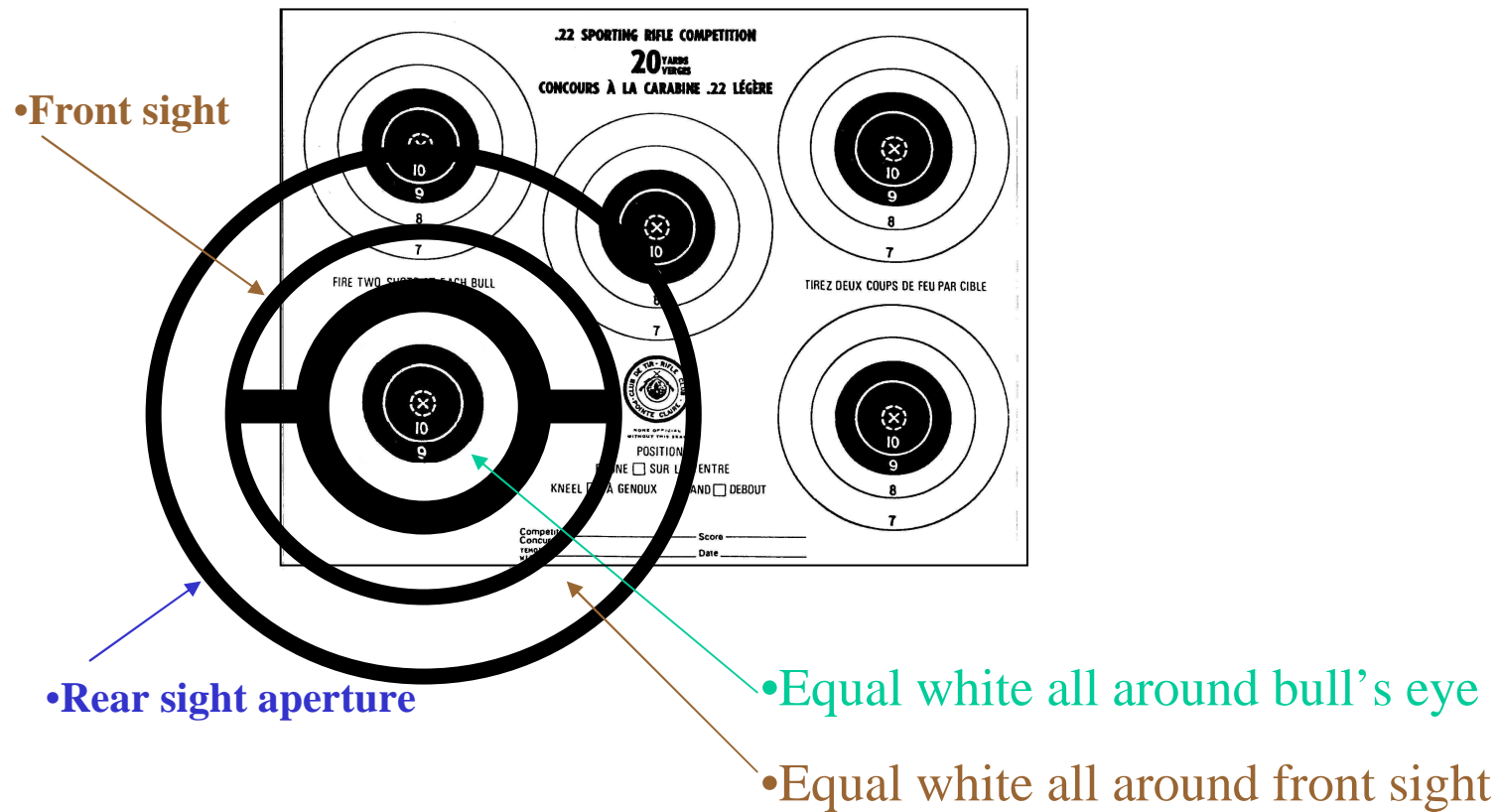


Layout for Right handed shooter

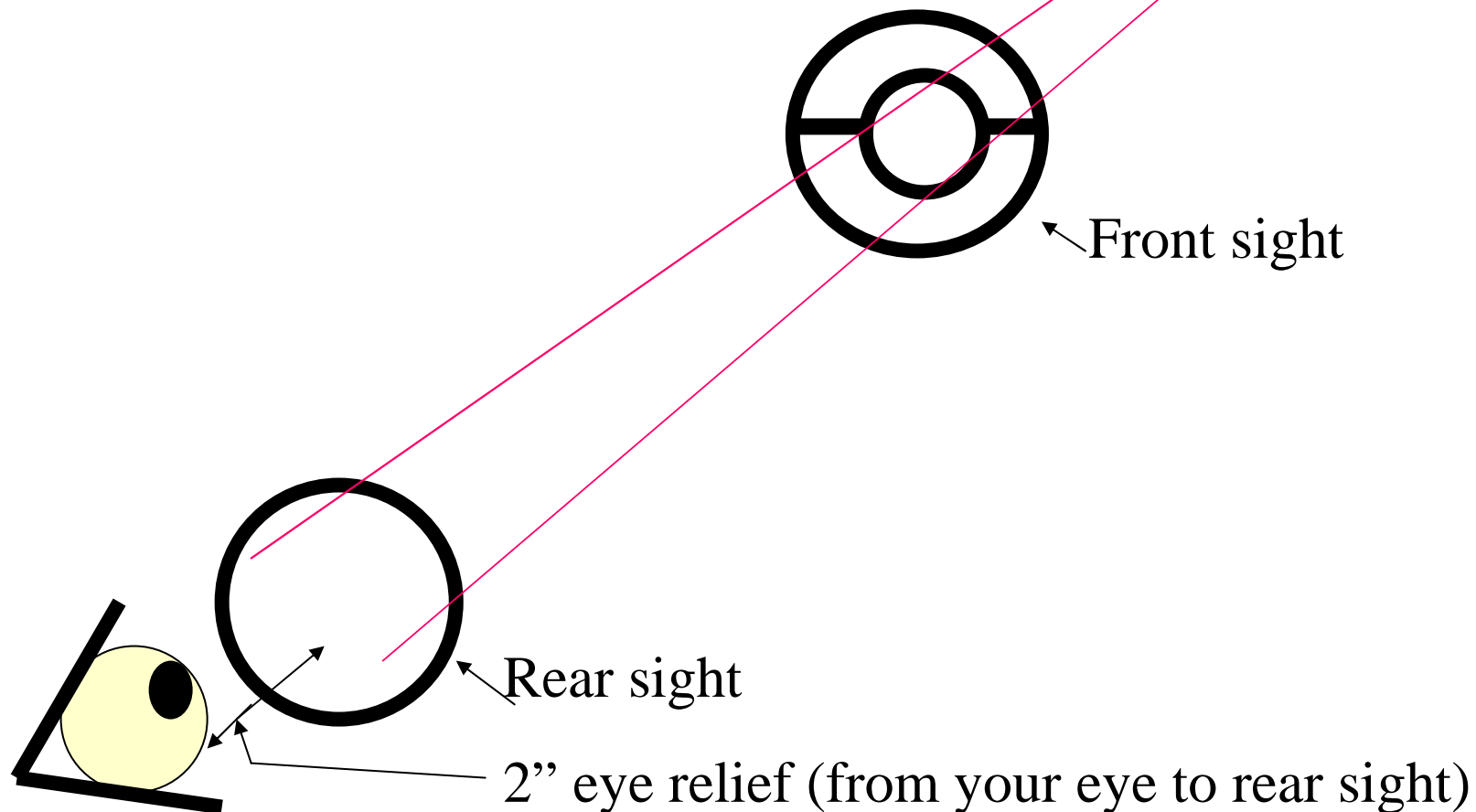
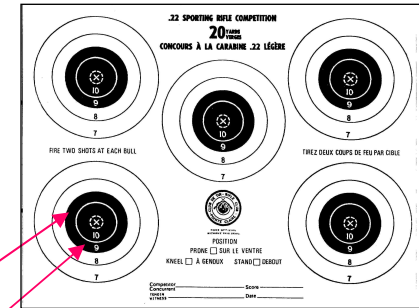
Layout is reversed for Left handed shooter

The Sight Picture - 1

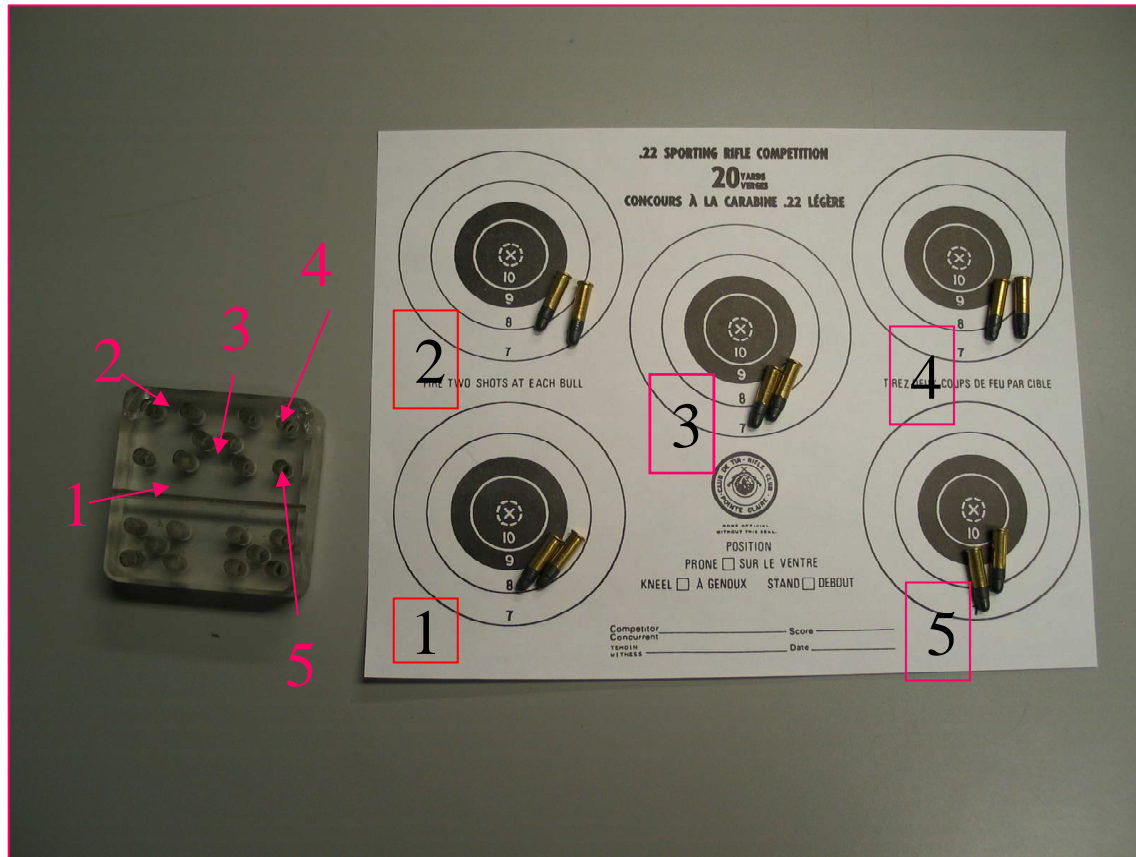
- Concentric



The Sight Picture - 2



5 Bull Target shooting sequence

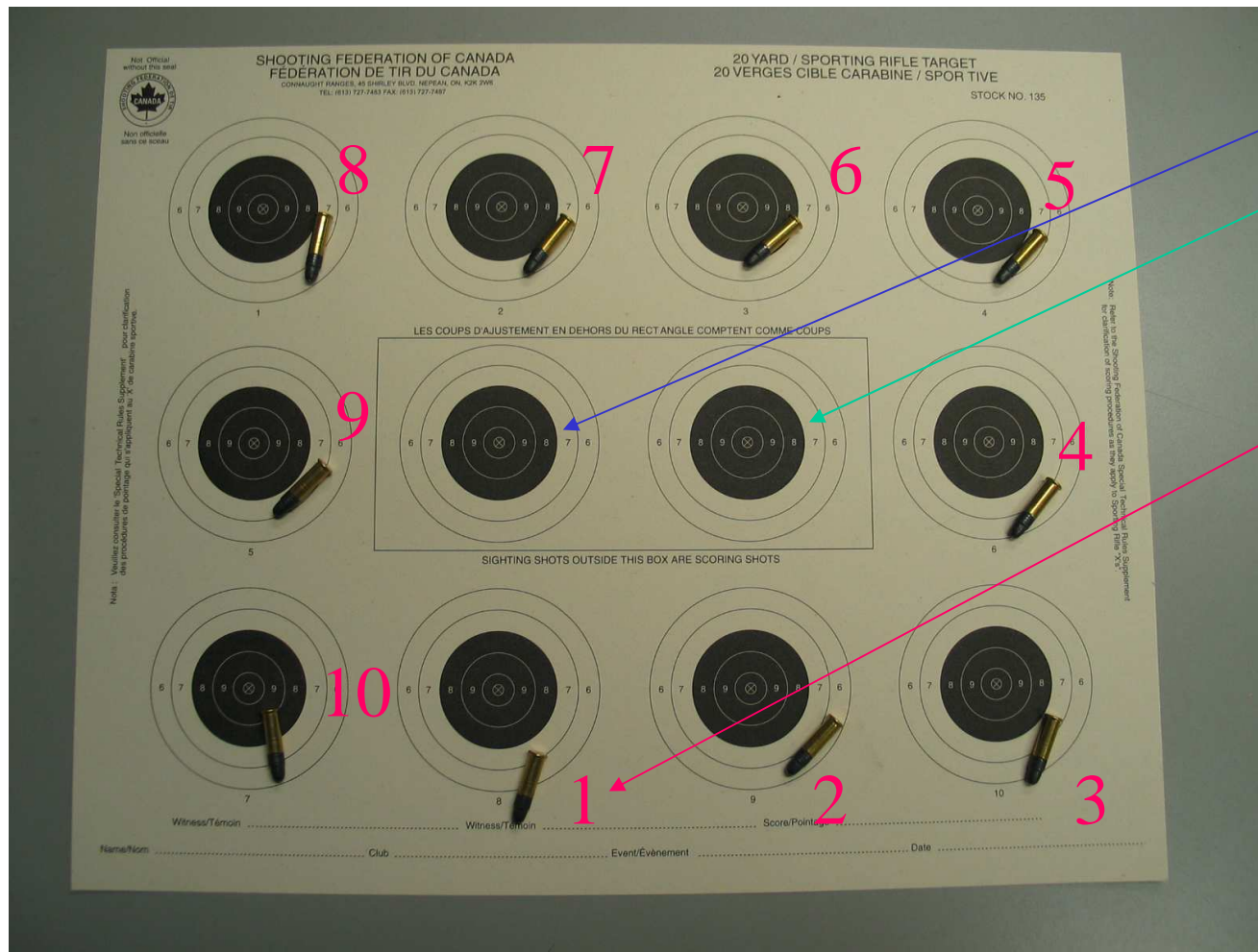


2 shots
per
bull's eye

- Good “Grouping” is the key

Shooting Federation of Canada

10 bull target shooting sequence



•Shoot at least 3 sighter shots into left bull's eye

•Save right sighter bull's eye for later if you have to confirm your sight picture!

•Make sure that you follow the firing sequence

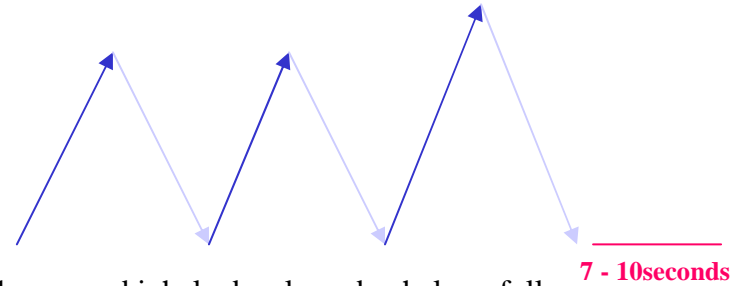
Develop a Rhythm



- Rhythm is something very complicated, yet very simple
- It is where everything previous comes into sync
- You will feel this if you start practicing the motions by “dry firing”
- Proper follow through and calling your shots is part of the scenario
- Start by laying out your equipment, setting up a scope
- Practice loading without putting your rifle down
- **Review** how to deal with a miss-fire
- **Review** how to deal with a malfunction : Badly feeding round, -
- Lead half-way down the barrel
- Foggy glasses



Breathing



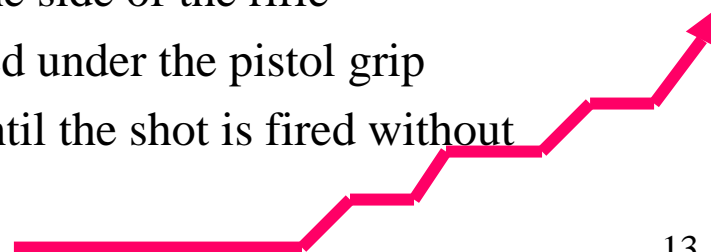
- Concentrate on your performance
- Breath deeply, slow down your heartbeat
- Lying in your prone position, rest your head on your crossed arms and inhale deeply and exhale as fully as you can.
- Close your eyes and blank out your mind. Feel the quiet in your earphones. Repeat slow breathing 5-6 times making sure to exhale as completely as possible. You will feel relaxed
- Now that you are ready to commence firing, take a new breath of air as you get into position and bring your rifle up and slowly let out all of your breath
- Close your eyes, repeat the breathing exercise and once you have exhaled completely, open your right eye to see if you are on target
- Slowly adjust your body position to find the proper aiming position and repeat inhaling deeply and exhaling completely again with your eyes closed.
- Check if your are on target with your right eye.
- Repeat the above until you find that you are getting the proper aim picture
- Only now are you ready to fire,
- Open your eye, take two regular breaths of air then take a third breath but make it a 110% breath of air and let it all out slowly until you are on the proper sight picture
- Slowly increase the trigger pressure until the rifle fires You have 7-10 long seconds to let the shot off
- This is not a deliberate movement, it is supposed to be a surprise. Do not rush
- Let the rifle recoil and capture the view of the sight picture once the rifle's movement has stopped (That is where the bullet struck the paper)
- Since you have 600 seconds to fire 10 shots, take care to go through this exercise in a slow rhythm as often as needed.

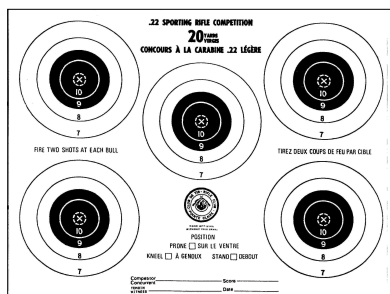




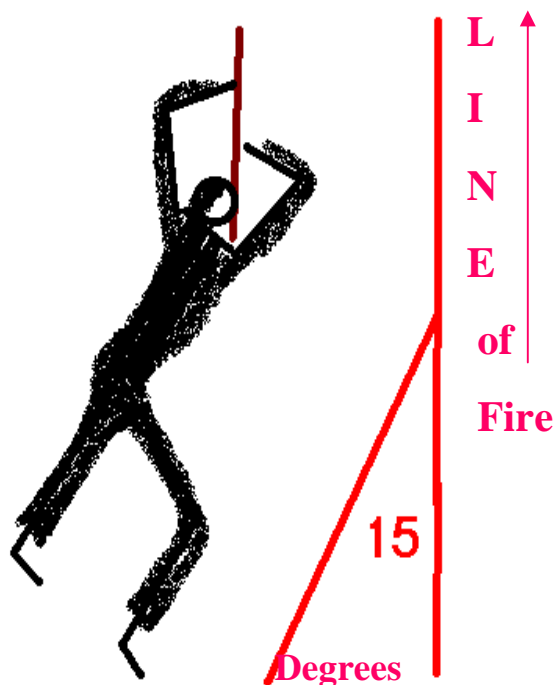
PRONE - Sporting Rifle

- You place yourself on the shooting mat, pointing to the right of the target at an angle of 15 degrees
- Roll slightly unto the left side of your body, raising your right knee to an angle of 45 degrees while planting both elbows to keep your upper body slightly raised.
- Your left hand grips the fore-stock of the rifle approx 4 inches in front of the trigger guard and pushes the rifle into the right shoulder
- Your right hand grips the rifle's pistol-grip keeping the rifle vertically aligned
- Very little pressure is applied here
- Your index finger should touch the trigger at crease of the first finger joint
- No part of the trigger finger should touch the side of the rifle
- To achieve this, place the small finger curled under the pistol grip
- Trigger pressure is applied in increments until the shot is fired without deliberately forcing it





Prone-101 Sporting Rifle



Prone angle to firing line = 15 degrees

Left forearm angle to floor = 30 degrees

Eye relief = 2 inches

Keep left hand on rifle at all times at least 3 inches in front of trigger guard

Right knee is up = 45 degrees

Both feet point to the right and lay flat on the matt

PRONE – Part 1

Sporting Rifle



- Once the follow through after the first shot has been completed:
- Prepare for the next shot by only lowering your rifle's butt straight down to the mat and letting it slide down alongside your right forearm planting your butt point into the mat beside your right elbow
- Maintain your grip of your left hand on the rifle and keep it up
- With your right hand reach up to pull open the bolt
- With your right hand slide in the next round and close the bolt
- Place your right hand on the pistol grip as before with the small finger under the grip
- Plant your right elbow back down, right next to the butt
- With your right hand lift the rifle back up to your shoulder and cheek
- With closed eyes start your breathing exercise and check your positioning

PRONE -Part 2

Sporting Rifle



- Assuming that you've followed all the previous instructions
- Your First shot is aimed at the lower left bull's eye
- The second shot also
- The right knee is lowered by 3 inches to raise the muzzle to the top left bulls eye
- To properly get into position for the middle bull's eye, shift your hips to the left 2 inches
- To fire at the top right bull's eye shift hips again 2 inches to the left
- To aim at the lower right bull's eye lower your right knee back to the starting position
- For best results, adjusting the body for each bull's eye on a target is a must



KNEELING – Sporting Rifle

- You will need a kneeling roll, this support is allowed as long as it is to specs.
- To adjust for the more erect head position, slide the rear sight back on its rail about 2 inches, close to your eye
- Your kneeling position is facing the target at about 10 degrees to the right of the target
- The kneeling roll is placed on the laced part of your right boot and the knee is placed on the mat pointing 20 degrees to right of the target. Sit down on your right heel well centered
- Your left knee is pointing 10 degrees to the left of the target and your left foot is twisted to the right as far as comfortable making the left leg tighten and become a stable platform
- Twist your upper body slightly to the left facing the target
- Place the flat portion of your left elbow on the flat part of your left knee holding your rifle with your left hand placed 3 inches in front of the trigger guard
- Place the toe of the butt into the hollow area under your right collarbone
- Hook your right hand's thumb over the pistol grip's comb and let the right elbow pull down on the grip keeping the arm close to the body.
- To adjust elevation move the left hand on the fore stock.
- To adjust windage move right knee clockwise or anticlockwise.
- Repeat breathing and closed eyes exercise as in prone
- Let off the shot only once you have exhaled completely

Standing - Sporting Rifle



- To adjust for the more erect head position, slide the rear sight back on its rail about 2 inches close to your eye
In many instances the rear sight must be re-adjusted 10 clicks upward
- Stand with feet shoulder width apart, facing 90 degrees to the right of the target
- Inhale
- Lift your rifle up into the air as if aiming at a flying duck and place the toe of the butt into the hollow area under your right collarbone placing the cheek plate high against your face
- Place the thumb of your left hand on the serrated part of the trigger guard and place three finger on to the fore stock to steady the rifle
- Turn your upper body towards the target keeping the muzzle pointing at the sky
- Slowly exhale as you place your left elbow against your left ribcage while you are lowering the rifle to attain the bull's eye
- As the rifle moves on to the aiming point continually increase the trigger pressure in order that the shot is let off just above dead center. This is done in a non-deliberate movement to prevent any pulled shots

Analyse please



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