



ISSF

Rifle shooting

Methodology of approaching and taking positions

By Goran Maksimovic

Establishing middle line of position



Way of determining the middle line towards the target.



The shooter should mark out exactly where he is standing, so that after any breaks he can get back into exactly the same position in front of the measurement place.

Establishing middle line of position

Ruler or tape measure



Placing the ruler or tape measure helps the shooter to get into the same direction to the target and with the same foot spacing.

Establishing middle line of position

The shooting stand (tripod)



The shooting stand also helps by reducing the movements to and from the shooting position.

It should be placed as far as possible and approx. 30 cm to the right of the line to the target.

Standing position

I phase – assuming a position without a rifle or equipment



The shooter is turned 90° to the right from the target

The left foot is parallel with the firing line

The right foot is parallel or the toes are slightly pointed to the right.

The hips are moved forward towards the target

The left elbow is placed on the left hip and set the right arm in a position as if holding a rifle

Standing position

I phase – assuming a position without a rifle or equipment



The back is bended rearward and to the right until the weight is equally distributed on both legs and in the middle of the feet

The head is turned to the left towards the target

Standing position

II phase – with rifle



General adjustments to the rifle should be made such as:

fitting the butt plate, the length of the stock, the height of the fore-end, cheek-piece and the location of the rear sight.

Standing position

III phase – setup with the rifle and equipment



Fine tuning on four points where the shooter touches, holds and supports the rifle: shoulder, cheek, pistol grip and fore-end.

Check the contacts on those four points.

Check the COG of the rifle and system
body-rifle

Standing position

III phase – setup with the rifle and equipment



Check that the hips are in the direction of the target

Check the balance of the position.

Check head position

Prone position

I phase – assuming a position without a rifle or equipment

The shooter lie on the mat facing straight at the target with his hands folded under his chin



Turn the body to the left about 10-20 degrees
Bend the right leg, but not more than 45 degrees
Stretch the left arm towards the target and rest the right arm on the elbow

Prone position

II phase – with rifle

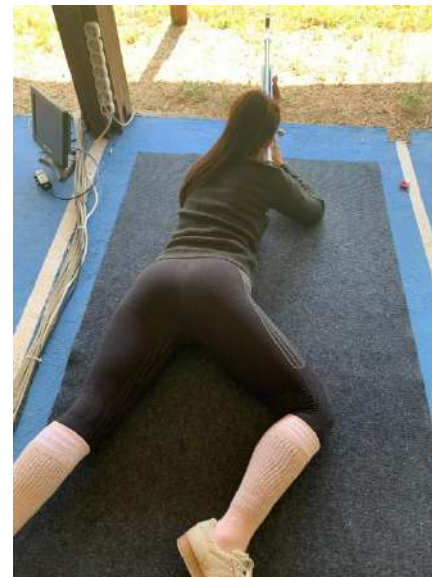


Provisionally adjust the butt plate – in the upper position with the hook slightly to the right

Adjust the length of the butt.

The right wrist should be straight

Place the left elbow so the weight of the rifle is completely on the left arm



Prone position

III phase – setup with the rifle and equipment



Attach the sling to the hand stop

Place the left palm between the sling and
fore-end stock
The wrist should be straight



Prone position

III phase – setup with the rifle and equipment



Leaning on the right arm, place the left elbow forward



Place the left side of the jacket under the body
Only the first button is buttoned

Prone position

III phase – setup with the rifle and equipment



Place the left elbow on the right place



Insert the butt plate into the shoulder as close to the head as possible

Prone position

III phase – setup with the rifle and equipment



Set the zero point of the position in the middle of the target without holding the rifle with the right hand



Check the firmness of the position and the position of the left elbow

Kneeling position

I phase – assuming a position without a rifle or equipment



Place the roll directly in the sighting line and rotate it about 45 degrees towards the target



Make a depression in the middle of the roll to make the foot rest more comfortable and stable

Kneeling position

I phase – assuming a position without a rifle or equipment



Assume the provisional position

The kneeling roll and the left foot are placed in the middle line of the target



Bend and relax the back

Aiming between the thumb and index finger
set the position in the direction of the target

Kneeling position

II phase – with rifle



Provisionally adjust the butt plate – in the middle position

Adjust the length of the butt

Fix the hand stop in the front of the left hand



Close eyes and remember the position

Kneeling position

III phase – setup with the rifle and equipment



Before kneeling, pull up your pants because then the rubber patches on the pant legs will be in the right place



Carefully place the right boot in the depression of the kneeling roll and sit down

Kneeling position

III phase – setup with the rifle and equipment



Checking the position of the right foot



Relax the back and check the stability of the position on the kneeling roll

Kneeling position

III phase – setup with the rifle and equipment



Place the left leg and check the feeling



By pressing the left arm down, check the stability of the left leg

Kneeling position

III phase – setup with the rifle and equipment

Final position



Kneeling position

III phase – setup with the rifle and equipment

Final position

