

A QUICK GUIDE TO  
**SHOOTING  
 FUNDAMENTALS**

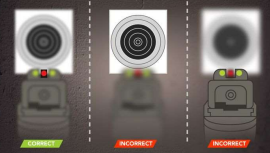
**1. PROPER SIGHT ALIGNMENT**

Using proper sight alignment is critical to hitting what you're actually aiming at. Four firearm's sights are properly aligned when the front sight (red) is directly centered with the rear sight (green). The very tip of your front sight should also be parallel with the tops of the "leaves" of the rear sight. Without proper alignment your shots will be off-target!



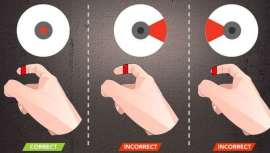
**2. FOCUS**

Focusing on the front sight provides you with the most precise indication of where exactly the gun is pointing. You can also more readily discern whether your sights are improperly aligned. If you focus on the rear sight or the target, it's much harder to figure out when you're "lined up" incorrectly.



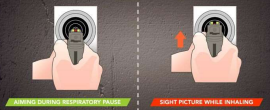
**3. TRIGGER CONTROL**

Center the first pad of your index finger on the trigger and pull straight back. Using the very tip of your finger, the second pad, or the "crease" between pads can cause you to pull shots left or right. Note that some instructors suggest using the second pad for guns with particularly heavy trigger pulls—only you can determine what works best for you!



**4. BREATH CONTROL**

Hold your breath while pulling the trigger. As you are exhaling, let about half of the air out of your lungs, aim and pull the trigger. Holding your breath is known as a respiratory pause and it will help you with your hold control.



**5. HOLD CONTROL**

If you're exercising proper breath control, this should be easy! As you pull the trigger, hold your entire body as still as possible. The most minor physical adjustment can affect the point of impact of your shots. Keeping as still as you can will help prevent that from occurring!

**6. FOLLOW THROUGH**

After you've fired a shot, keep your finger on the trigger while it's pulled to the rear.

