

Lesson 3

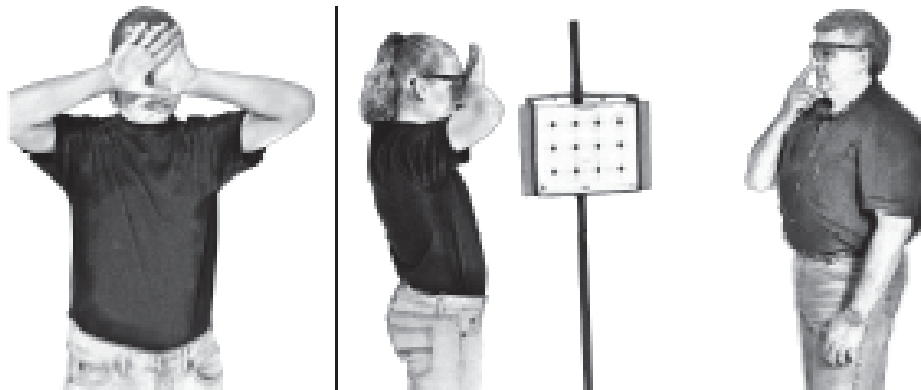
Dominant Eye, Sighting, and Marksmanship Techniques

Dominant Eye

Each of us is either right-handed or left-handed depending on which hand we use most frequently to do daily tasks. In the same way, each of us has one eye which we use to focus directly on an object. That eye is known as our dominant eye. To shoot effectively, we must know which eye is our dominant or master eye. If you have a right dominant eye you should shoot from the right shoulder, and if you have a left dominant eye you should shoot from the left shoulder.

There is a simple exercise we can do that lets us determine which eye is our dominant eye:

1. Pick a partner, stand five to six feet apart, and face each other.
2. Extend your arms to full length.
3. With both eyes open, form a tight circle around your partner's nose with your hands, as shown below.
4. Making sure you continue looking at your partner's nose, bring your hands back to your face.
5. When your hands touch your face, you will be looking through the circle at your partner's nose with your dominant eye.



What hand do you use when writing?	LEFT	RIGHT	(circle the answer)
Which eye is your dominant eye?	LEFT	RIGHT	(circle the answer)
Are you same side dominant?	YES	NO	(circle the answer)

If you circled no, please let us know.

Shouldering

The second most important thing to learn about is how to shoulder the gun correctly.

The first thing you have to know is where the gun fits in your shoulder. Let's all do this together.

Right shoulder shooters: Bend your right arm at the elbow, touch the center of your chest with your right hand, and raise your elbow so it is even with your shoulder. With your left hand find the pocket in your right shoulder. The pocket is located between the shoulder muscle and the collar bone. Press hard on this pocket, remember where it is.

If you are a left shoulder shooter, bend your left arm at the elbow and touch the center of your chest with your left hand. With your right hand, left arm still raised, find the pocket in your left shoulder.



Shouldering Exercise

1. Gun in left hand.
2. Raise the right elbow.
3. Put the gun in your shoulder pocket.
4. Right hand on the pistol grip, finger off the trigger.
5. Face gently on the stock.
6. Both eyes on the front sight. Keep the muzzle pointed up.
7. Look at the front sight, left foot forward, weight on the left foot.
8. Keep eyes on the sight, muzzle up, gun in the shoulder pocket. Now move the gun to shoulder level, eyes on sight.

Firing a Shot

The five most important things to remember in firing a shot are:

- Proper Sight Alignment
- Proper Sight Picture
- Breath Control
- Trigger Squeeze
- Follow Through

Breath And Trigger Squeeze Control

Up until now, we have not talked about the importance of breathing or trigger control. As we indicated earlier, trigger squeeze is very important in shooting a good group. By the same token, breathing is very important. For correct breathing, take a larger than normal breath, then let half of that breath out. While holding remaining breath, sight and squeeze the trigger. The reason you do not breathe while shooting from the prone position is the fact that the expansion of your chest will cause you to rise in your shooting position.

Just as important as breath control is trigger control. The trigger itself should be squeezed using the first joint of the first finger. This trigger squeeze is a steady pull on the trigger, straight back toward the eye of the shooter. If the trigger is jerked or squeezed quickly, the shot will hit to the right of the bullseye.

Follow Through

From the moment the trigger sets the shot in motion a certain amount of time is required for the projectile to be free of the barrel. Even though the time span is very short, any movement of the gun during this time will affect the accuracy of the shot on the target.

Sighting

Now that we know how to hold the gun and we know which eye is our dominant eye, the next thing to learn is how to sight the gun. We must learn correct sighting in order to shoot safely and accurately hit the target at which you are shooting.

Different guns feature different types of front and rear sights based on the purpose of the gun. Knowing how to align the various types of sights is important in order to be a good marksman with different guns.

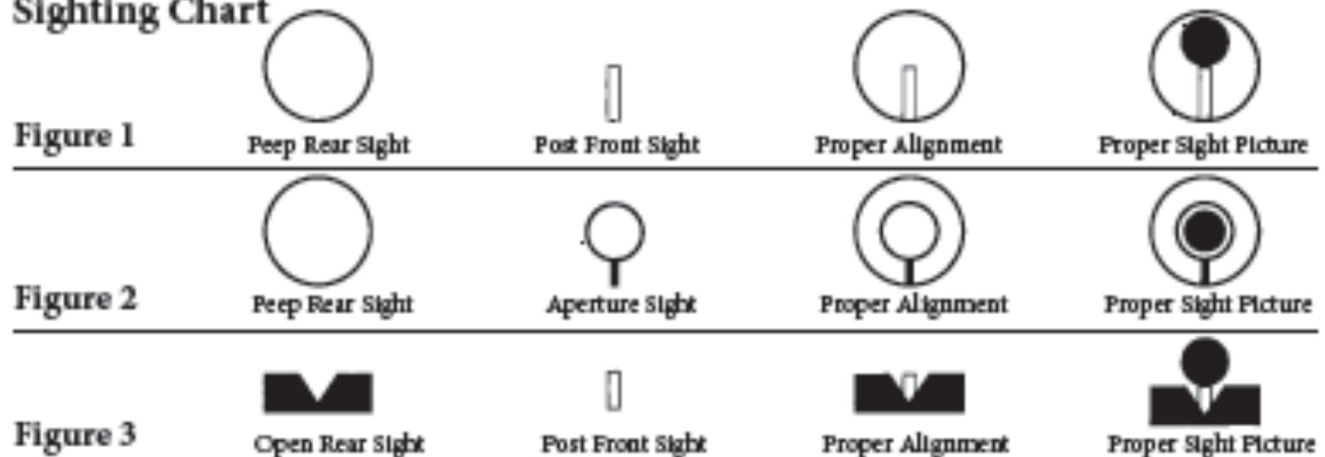
Many rifles utilize a rear notch sight with a front post or blade sight. These are commonly referred to as "iron sights" or "open sights". When shooting with open sights, the bullseye is placed directly on top of the front post sight which is centered in and level with the top of the rear notch sight.

Some guns will have a rear peep sight with a front post sight. Some front sight kits will have interchangeable front post or aperture sights. A proper sight picture using these sights requires positioning the bullseye on top of the front post with the top of the post in the center of the peep sight.

On guns used in match competition, such as the guns we'll be shooting, the most common sight combination is a rear peep sight with a front aperture sight. An Aperture is simply a small hole in the center of a disc. The size of the hole can vary to accommodate various targets and shooter preferences.

In a proper sight picture using this sighting system, the front aperture is centered in the rear peep sight and the bullseye should be centered in the front aperture. As a rule of thumb, the front aperture sight should appear to be about one and one half times the diameter of the bullseye when centered.

Sighting Chart



A larger version of this graphic is available on handout #6.

Shouldering

