

A Quick Guide To Shooting Fundamentals

It's still not too late to start worrying about your safety and actually do something about it.

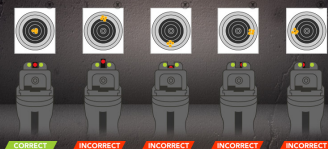
It will be, though, if you wait until SHTF and you won't be able to make good use of all the guns and ammo you stockpiled for your and your family's defense!

We wrote before on the importance of practicing you skills and [especially your shooting skills](#). An unsure hand and a moment of hesitation can take you from the shooter position to the target one in a second. So start working now on you skills, whenever you get the chance and keep these tips in mind:

A QUICK GUIDE TO SHOOTING FUNDAMENTALS

1. PROPER SIGHT ALIGNMENT

Using proper sight alignment is critical to hitting what you're actually aiming at. Your 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!



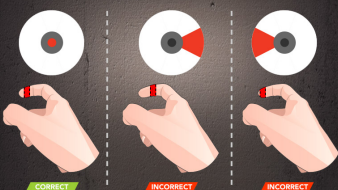
2. FOCUS

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!



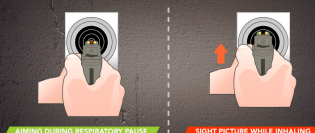
3. TRIGGER CONTROL

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.



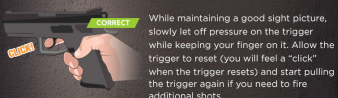
5. HOLD CONTROL

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.



While maintaining a good sight picture, slowly let off pressure on the trigger while keeping your finger on it. Allow the trigger to reset (you will feel a "click" when the trigger resets) and start pulling the trigger again if you need to fire additional shots.



Don't immediately release your finger and jerk the gun!



The government wants to take all your guns
But they can't get THIS ONE from you! [Watch video »](#)

*This article has been written by **Brenda E. Walsh** for [Survivopedia](#).*