

Firing On The First and Best Sight Picture

Introduction to the Exercise

The best sight picture is the one you get as soon as you centre your sights on the centre of the target. The longer you wait, the worst your sight picture will get, although you won't notice as the black of the bullseye will temporarily burn itself onto your retina, so the bull will look like it's in the middle but it may not be.

The purpose of this exercise is to get used to firing as soon as the sight picture is established, without hesitation. You will be able to see that you can still group well, even though you spend far less time in the aim.

The intended outcome of the exercise is that you will spend less time in the aim when shooting competition cards, with improved scores resulting.

Method

1. Prepare a five bull target with the 9 ring blacked out – scores are not important
2. Fire two shots at each bull and then another two shots at each bull i.e. go twice round the target shooting 2 shots per bull each time (20 shots in total, 4 per bull)
3. As you fire each shot, concentrate on getting the shot off as soon as the sight picture is established. You should discover that the results are better than you expected, indicating you could spend a lot less time in the aim without any reduction in score. Unlike a rapid card, you do not need to load or unload in a hurry, so do not neglect the follow through or rush to clear the chamber
4. Do not spot each shot – wait until the end so you can focus on your sight picture
5. Review the results
6. Repeat the exercise, concentrating with even more focus on getting the shot off as soon as possible
7. Review the results and consider how it would feel to fire as soon as the first sight picture is established

