



# FIRING A GOOD RAPID FIRE SHOT

## Students' Notes



### 1. INTRODUCTION

The Rapid Fire section of the 25m Pistol discipline uses the **BASIC FUNDAMENTALS** of pistol shooting. With the basics as a foundation, we will build from this to the execution of a rapid fire shot.

There are several new stages to learn and then get them flowing within a period of 3 seconds. This can only be done with good practice to train the body and mind to the point that it becomes a conditioned set of reflexes (sub conscious).

### 2. SIGHT ADJUSTMENT

The precision series are shot on the International Precision target (Figure 1). Our area of aim is generally in the white underneath the aiming mark. The rapid fire series are shot on a rapid fire target that has a large black aiming mark and large scoring rings (Figure 2). There are also white aiming reference bars at each side of the target.

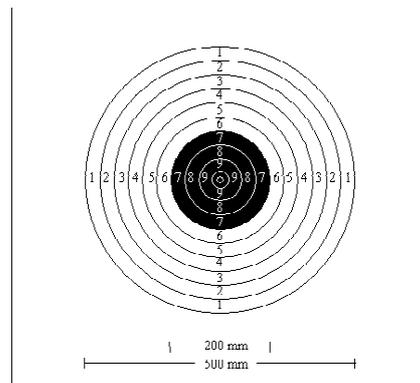


Figure 1 : International Precision Target

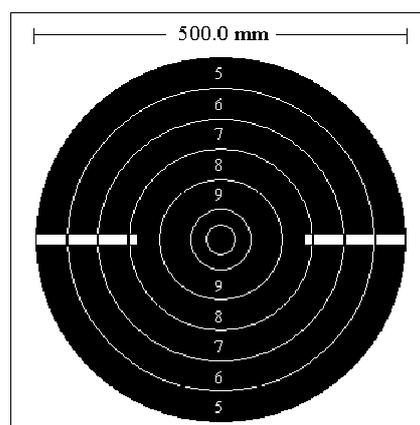


Figure 2 : Rapid Fire Target

Because of the need to quickly find the area to aim into with the rapid fire target, it is necessary to adjust your sights from the precision area aim setting to a 'central aim' to allow the use of the aiming reference bars for establishing the sight picture most efficiently.



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### 3. PREPARATION

(a) *Stance*

Establish your stance as for slow fire (precision) shooting

(b) *Position*

Check for correct body-target relationship as for slow fire (precision) shooting

(c) *Grip*

Check for correct grip as for slow fire (precision) shooting

- natural sight alignment
- firm enough to control the gun & prevent shift (a stable & consistent grip)
- independent trigger finger
- having carefully set it up, don't alter this grip

### 4. FIRING THE ONE SHOT

(a) *Sight Alignment (relationship of front and rear sights - not sights to target)*

- hold the gun just below the 45° position
- straighten the arm and 'lock' the elbow
- set the gun aspect with the arm lowered (**address the sights** by setting the top of the rear sight at the base of the front sight)
- at shot release, front sight focus & rear sight awareness (concentrate, with the point of focus on front sight)
- exclusive concentration

(b) *Trigger Control*

- independent trigger finger (since the trigger is operated a little quicker than for a slow fire shot, having an **independent** trigger finger is essential)
- positive uninterrupted trigger pressure
- based on perfect & undisturbed sight alignment

(c) *Shot Sequence*

(i) **At the call to attention:**

- cock the hammer (for revolvers) or close the slide (for semi-automatics)
- extend the arm locking the elbow, check for correct sight aspect and 'lock' the wrist
- take up trigger slack and apply initial pressure (slight)
- take a breath and exhale take a second breath and pause
- begin to focus attention below your target (near the ground)

(ii) **When the target begins to face:**

- quickly (and smoothly) raise your arm to bring the sights to the line of sight and visually 'gather' the sights while the gun rises (getting initial lateral sight alignment correct)
- slow the rate of rise when entering the area of the target
- quickly settle into area of aim and refine the sight alignment in the aiming area
- start positive uninterrupted trigger pressure
- concentrate on the sights while pulling the trigger (think of pulling the trigger **straight back** to your face)
- the shot will fire as a surprise - no reflex action



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### (iii) On release of shot:

- allow the gun to settle back while maintaining all control factors - sight alignment, trigger pressure, etc (i.e. **follow through, but not too long**)
- mentally register the shot placement based on the sight picture/alignment at shot release
- lower the arm, take a breath and relax
- cock the gun in readiness for the next presentation
- take a second breath and suspend at the natural pause

### (iv) Continuing the series:

Repeat (i) to (iii) another 4 times for the series.

Sounds like a daunting task, but . . . .with quality practice, these steps will all fall into a rhythm - the natural shooting rhythm - and they will simply flow. Focus on the task and mental concentration on achieving the 'perfect shot' adds to the level of performance.

## 5. SHOT ANALYSIS

As you get good at the shot execution, you will begin to 'know' where the shots will (should) be because you will use good follow through techniques to judge the presentation of the sights at shot release and the consequences.

This is an important skill to develop as you will need to adjust the sights if things are not as they should be.