

# BACK TO BASICS SHOOTING

PISTOL / AR-15 / SHOTGUN

**FCPD Range Staff**

# Basics for Target and Combat Shooting

1. Stance
2. Grip
3. **Sight Alignment**
4. **Sight Picture**
5. Trigger/Finger placement
6. Breath control
7. **Trigger Control**
8. Follow through

# Shooting Stances

- ▣ Isosceles Stance
- ▣ Weaver Stance
- ▣ Modern L.E. Isosceles Stance  
(Fighting/Tactical Stance)



# Isosceles Stance



## Isosceles Triangle

- Stand facing the target with your feet shoulder width apart.
- Bend your knees slightly.
- Extend the handgun fully toward the target keeping your arms straight and locked.



# Weaver Stance



## Weaver Stance

- Stand facing the target with your feet shoulder width apart.
- Bend your knees slightly.
- Extend the handgun fully toward the target keeping your arms straight and locked.

# Modern L.E. Stance (fighting/tactical)



- Stand with your feet shoulder width apart. Your strong-side leg can be slightly behind the weak-side leg.
- Keep your shoulders squared with the target.
- Grasp the handgun using opposite pressure with both hands.

# Proper Grip

## ▣ Master Grip: Pistol

- Pistol Centered in web of the hand
- High in web
- No gaps
- Middle finger has the most pressure on weapon
- Thumbs have no pressure on weapon
- Same grip after each shot (no re-adjusting)



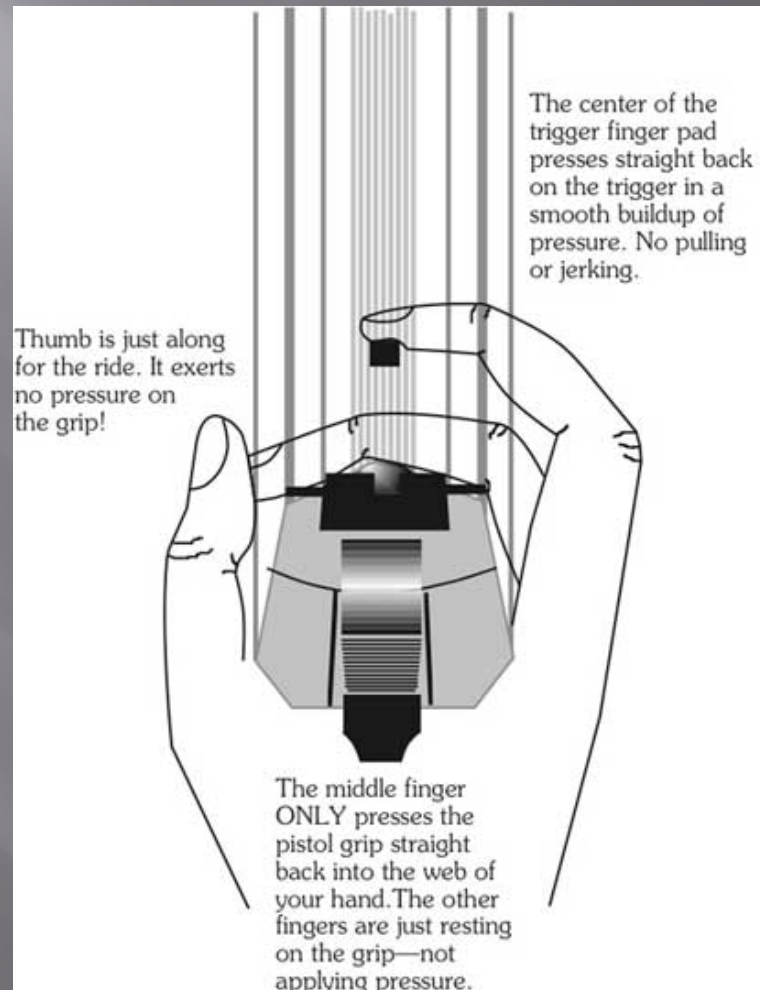


# Grips and Hand Placement





# Single Hand Master Grip



# Proper Grip

- ▣ AR-15 (Rifle) Shooting Platform
  - Shooting hand grips the pistol grip.
  - Support hand can grab the fore stock or the front of the magazine well.
  - The bottom corner of the buttstock should be placed in the crook of the shoulder. (Position the buttstock so that you bring the rifle to you eye and not you eye to the rifle)
  - Assume a proper shooting stance (Lean into the Rifle to absorb recoil).
  - Lock the Rifle into your body for a stable shooting platform.

# AR-15





# AR-15 Continued



# Proper Grip

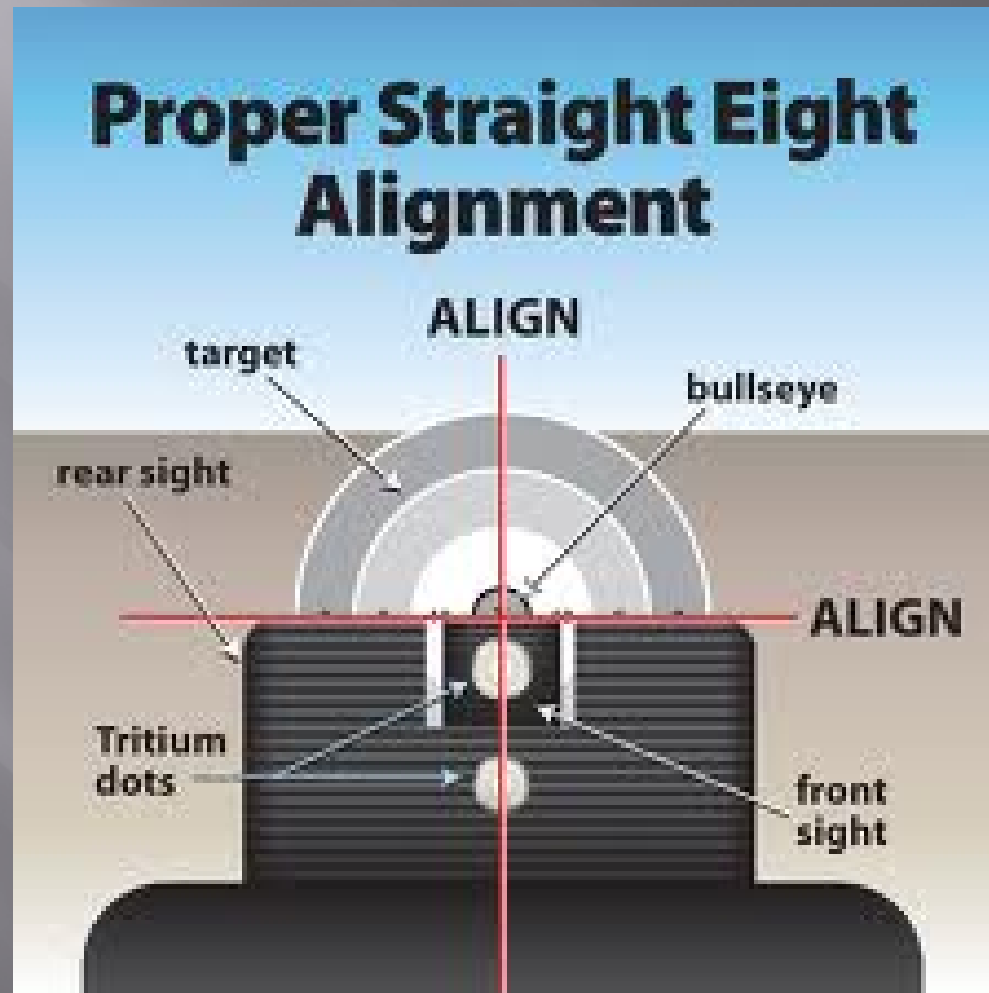
- ▣ Shotgun Shooting Platform
  - Shooting hand holds the stock.
  - Support hand can grips the fore stock. (Use hand/arm to manipulate action)
  - The bottom corner of the buttstock should be placed in the crook of the shoulder. (Position the buttstock so that you bring the shotgun to you eye and not your eye to the shotgun)
  - Assume a proper shooting stance (Lean into the Shotgun to absorb recoil).
  - Lock the shotgun into your body for a stable shooting platform.

# Shotgun

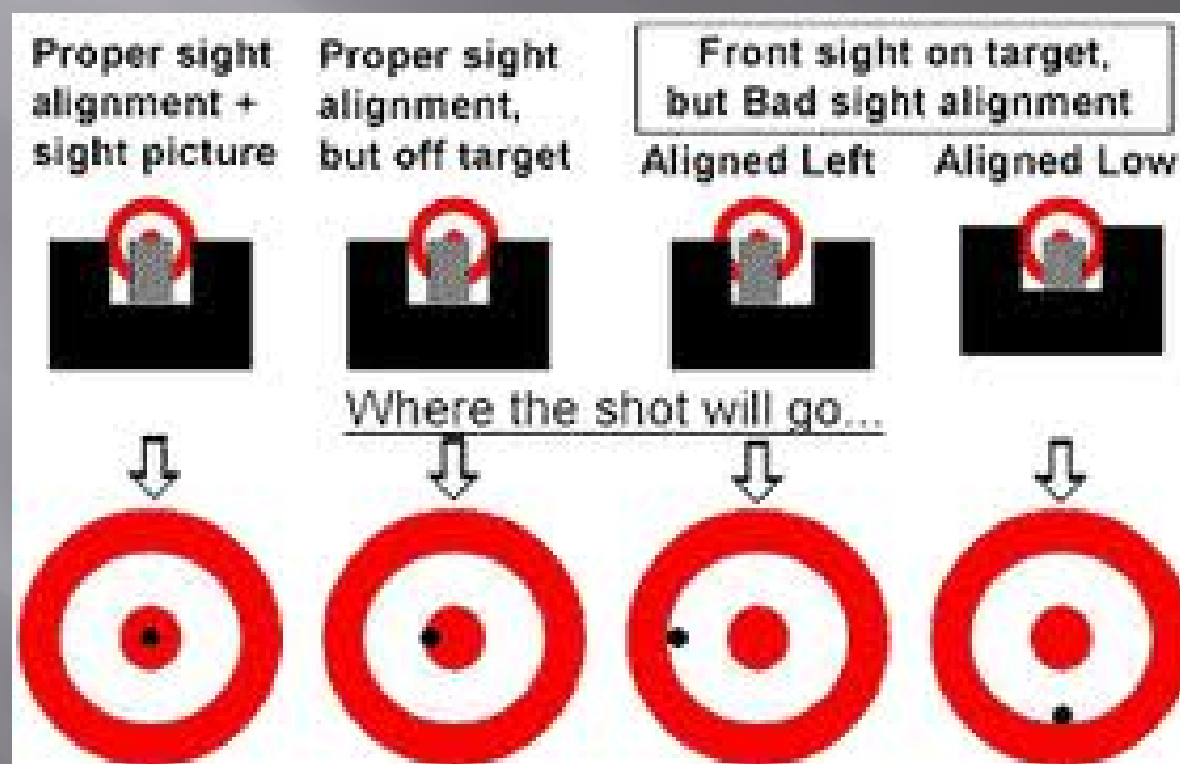




# Sight Alignment



# Sight Alignment Shot Placement



# Slight Alignment AR-15/Shotgun

## ▣ AR-15

- Align the front sight with the rear post.
- Be aware of the 2" difference from sight post to barrel.

## ▣ Shotgun

- Focus on the front bead
- You shouldn't see the top of the rail only the front bead.





# Sight Picture

## Focus in Aiming

United States Secret Service  
James J. Rowley  
Training Center



**INCORRECT**

Shooter Focused  
on Target.



**INCORRECT**

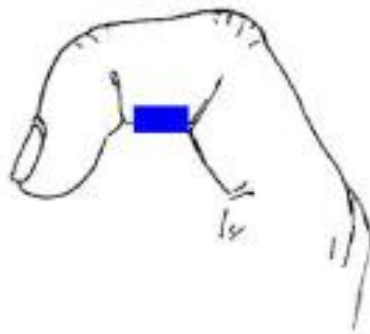
Shooter Focused  
on Rear Sight.



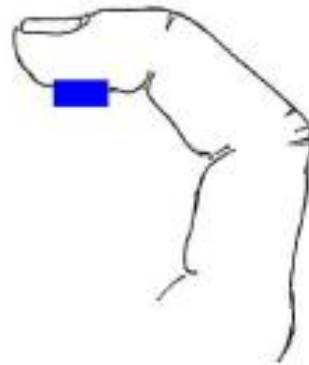
**CORRECT**

Shooter Focused  
on Front Sight.

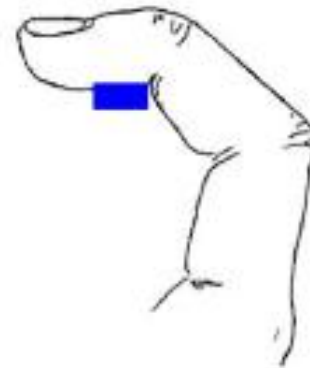
# Trigger Finger Placement



**Common incorrect  
contact will cause  
poor accuracy**



**Correct contact  
for accuracy and  
control**



**Old style, used for  
strong trigger pull  
(DA)**

Middle of pad

# Breath Control

- Inhale and exhale....shoot
- There is a 'window' in which your body is fully oxygenated, and thus you have a stable shooting platform.
- Don't hold your breath, waiting until everything is just perfect. You need to breath, or you will start shaking.

# Trigger Control

- Push/Press vs. Pull/Mash
- Imagine as if you're pressing a button



# Follow Through

- ▣ Weapon naturally rises after the first shot is fired
- ▣ Regaining your sight picture after the first shot
- ▣ Maintaining your master grip (no need to adjust your grip each time you shoot)
- ▣ Slowly depressing the trigger until you feel the sear reset, and pressing the trigger again.

# Effects of Poor Trigger Placement, Manipulation, and Grip





# Cycle of Fire

- ▣ Access – Hand comes to the weapon, establishes master grip while releasing hood.
- ▣ The Draw – Firearm pulled straight up out of the holster. Once the muzzle clears, rotate the firearm 90 degrees towards the threat.
- ▣ Present – Weapon is driven forward and met by the weak hand to establish a two handed grip.
- ▣ Engage – Clearly identify the target, using all of the previously mentioned tactics, and neutralize the threat.
- ▣ Muzzle Depress and Scan – After engagement, depress the weapon to allow for a visual scan of the target and area by scanning left / right / behind you.
- ▣ De-cock – If possible
- ▣ Ready Gun Position / Look – Bring weapon into center line by breaking the elbows, check over each shoulder for additional threats or witnesses.
- ▣ Holster – Holster the weapon with thumb over hammer and replace the safety hood without looking down