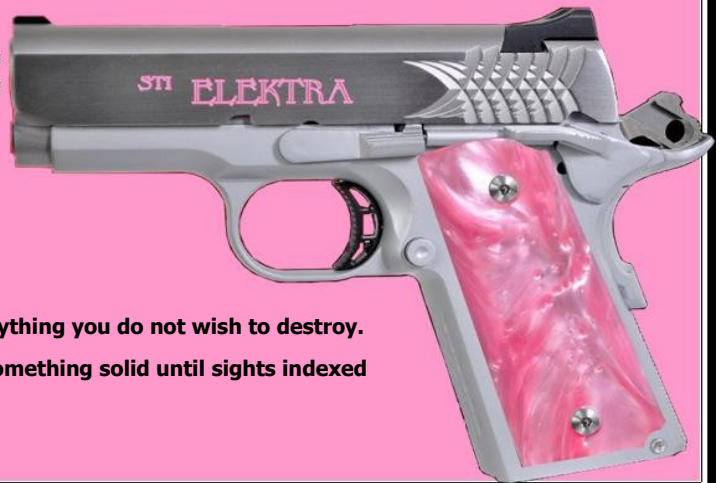


KEEPING THE PIECE

Women's Shooting Club



Safety First:

- 1) Treat All Guns as Loaded!
- 2) Never point the muzzle of any firearm toward anything you do not wish to destroy.
- 3) Keep trigger finger outside trigger well and on something solid until sights indexed on target and decision to shoot has been made.
- 4) Know your target and what lies behind it.

April 2011's Points to Ponder: Shooter Platform

- * Platform includes body positioning during shooting – feet, legs, trunk, arms, hands, head, etc.
- * Stance implies 'standing still', which is why we use the term 'platform'. Platform implies 'foundation', something solid.
- * Shooting Platform needs to be: aggressive, balanced, dynamic, & flexible.
- * Shooter needs to be able to move quickly in situations where multiple threats may present themselves.
- * An aggressive, forward stance manages recoil effectively & efficiently.



* Leaning away from the gun makes you prone to place shots high on target due to poor recoil management, and causes difficulty with obtaining clear sight picture.

* Bend slightly at knees and hips.

* Rotate shoulders forward to thrust pistol toward threat. This brings sights into alignment more effectively.



Remember, ladies...

"Your attitude determines your altitude...above or below ground." (Jim Higginbotham)