

KEEPING THE PIECE

Women's Shooting Club



Safety First:

- 1) **Treat Every Gun 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 are on target and the decision to shoot has been made.**
- 4) **Know your target and what lies beyond it.**

October 2011 – Points to Ponder

One-Handed Shooting

Why is it important to practice shooting with one hand?

- Injury prior to or during fight
- Carrying a child or object which cannot be dropped
- Low-light shooting requiring handheld flashlight
- Trying to rescue someone
- Opening door or maneuvering through obstacle

How often should I practice this skill?

- As often as you go to the range, it is a good idea to do a little shooting one-handed. This skill is developed over repetitive practice and can only improve the more you do it. Your goal should be for one-handed shooting to feel natural and comfortable.

How do I practice?

- Find a comfortable stance – which may be different from your 2-handed shooting stance
- Tuck un-used hand in toward the body, either across the chest or behind the back are good places. You may also practice holding something.
- Some find that a slight cant of the gun makes it easier to control recoil. This is optional. I do not cant the pistol when I shoot one-handed.
- Start slowly. As comfort increases, pick up your speed concentrating on accuracy.
- Work with both hands independently. Strong Hand first, then Support Hand.

Remember Ladies, finding yourself in a situation which requires one-handed shooting is a bad time to realize you should have practiced it.