

Raising the Pistol and lowering onto the point of aim

This needs to be performed as part of the shot creation cycle in a smooth and co-ordinated fashion in such a way that it can be repeated with ease.

The process starts with a couple of deep diaphragm breaths. On the second breath raise the pistol so that it is pointing above the aiming mark by about three centimetres, but maintaining the 'white' of the target in view.

This position needs to be wherever you feel comfortable and can properly and clearly see the sights. In this area the sights should be correctly aligned, equal notches and straight on the horizontal.

Take a small breath and at the same time raise the pistol centimetre or so. As you exhale start to lower the pistol.

The pistol should be lowered smoothly at an ever decreasing rate so as to come to a halt in the final aiming position.

You need to decide when to start taking up the first stage but I start about midway through the black on the descent.

If you over lower then do not be tempted to bounce back up, but lower the gun and start again. If you don't, you will have undone the good work above.

The point of 'over raising' the pistol is to engage the deltoid muscles. These muscles have a much finer degree of control relaxing (descending) than when raising and hence you have much more fine control in the aiming area.