



Introduction to air pistol stance



Stance in any standing shooting discipline refers to the position of your body relative to the target you are shooting at.

Several highly detailed and analytical descriptions of this important aspect of air pistol shooting have been produced to help expert shooters get a tiny advantage over equally expert shooters! What follows here is just an *introduction* for those of you who are starting out in this precision sport, and who may need a helping hand to get you started. Developing good habits from the start avoids having to make difficult changes later. To shoot tight groups you need you need to adopt the same comfortable position each time. Following these instructions will help you to achieve this.

1. Feet and weight distribution: position your feet about shoulder width apart.

Your weight distribution should be equal on *each foot* with about 55% on the ball of *each foot* and 45% on your heels. Your feet should be turned slightly outwards to resist swaying movement.



2. Your knees should not be locked backwards and your thigh muscles should not be under tension. You should relax your legs so that there is only a slight muscle tension felt.
3. Your spine and neck should be aligned. Keep your shoulders relaxed. Keep your head up and stand tall.

One reason for 1, 2 and 3 above is to avoid unnecessary muscular effort. In time, this effort will cause your muscles to tire and inadvertently alter your firing position.



4. Your non-shooting hand must not be allowed to swing loose.

This will alter your balance. Anchor it in position under a belt or in a front trouser pocket. Back pockets don't work. Their use will twist your spine.





5. The elbow and wrist of your shooting arm should be locked during the lift and kept that way until you have finished your follow-through after the shot has been released. A relaxed wrist will move slightly to the left or right as you take your shot. A locked wrist will reduce this movement to minimum.

6. Keeping both of your eyes open, look straight ahead. Aim with your dominant eye (usually the same as your shooting hand, but not always so). You may use a translucent blinder in front of your non-aiming eye to help you focus on the front sight.



You will need to rehearse this process many times. Eventually the stance you adopt will be a matter for your muscle memory and will become an automatic response which will serve you well for many years of shooting.