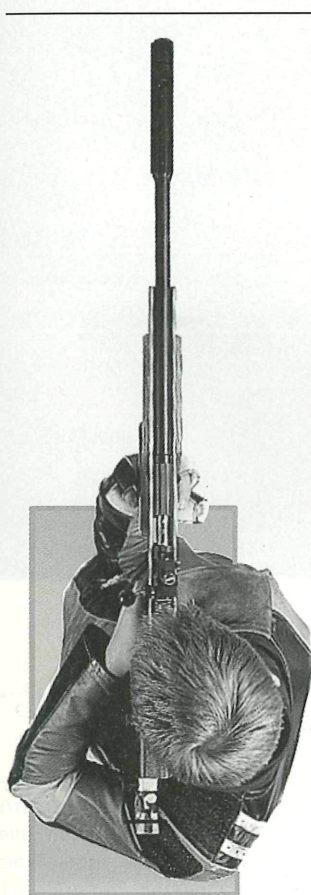
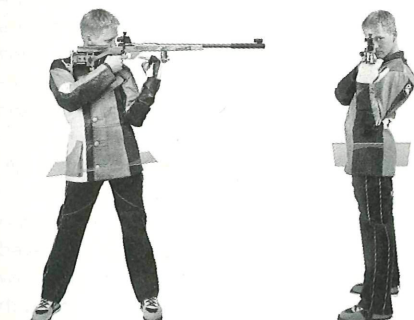


EXTERNAL SHOOTING POSITION: HIP POSITION

THE EXTERNAL APPEARANCE OF THE STANDING SHOOTING POSITION IS DETERMINED BY YOUR BODILY STRUCTURE. ON TOP OF THAT, THERE ARE RULES THAT FACILITATE STABILITY AND HOLDING. FOR EXAMPLE, THE PROPER POSITION OF THE PELVIS.



1



2

3

The 'ideal' position of the pelvis from three perspectives: Heightened towards the muzzle and pushed forward towards the target and towards the belly. Minor individual deviations are – as always – quite acceptable.

The visible shooting position is the technical calling card of a shooter. Some stand elegantly and move fluidly. Others give a twisted, cramped or somehow messy impression.

Since your height, your weight and the way you move are fixed in many respects, you can't freely choose all the characteristics of your shooting position.

However, the factors decisive for shooting are variable. They should be carefully conveyed, especially to a beginner, so that his posture will not be a hindrance to him later on. Whoever has shot from a faulty position for a long time will need more time to assimilate the new and correct rules. But it is worth the effort, since a good technique facilitates shooting considerably.

• STANDING: EXTERNAL SHOOTING POSITION

Many details must be worked out, before a shooting position fits. We will start with a key element that largely influences all other "constructive decisions" and therefore deserves special attention.

1. The position of the hip

The central platform of the standing shooting position is the pelvis. This largest bone in the human body connects the legs with the upper body. Numerous muscles and tendons are attached to this static element. The pelvis forms a supportive column with the left leg and lower left arm. Together with the lower left arm and the right leg, it supports the shooting position in the firing direction. The crest of the hip serves as an attachment point for the left elbow, another important seam during standing shooting.

It is the positioning of the pelvis - and not the foot position - that gives the shooting position its basic character. A correctly positioned hip excludes many sources of mistakes from the very start.

Following are some recommendations for the position of the pelvis which you can best learn from the photos:

1. The hip is exactly aligned in the firing direction and is not twisted.
2. The hip is pushed forward (towards the target), so that the left leg is considerably more strained (70:30).

3. The hip is pushed forward (in belly direction), so that the entire shooting position (viewed from the target) is slightly curved.

This hip position is seen among most male and female shooters of the elite class with individual deviations. The greatest difference is the extent of displacement. Small female shooters, for example, push their hip far to the front and usually achieve a vertical position of their left leg. Taller shooters manage with less outward shifts, because their rifle dips towards the target.

The forward push of the hip in belly direction depends on the relative weight of the gun. A woman, weighing 50 kg, pushes her hip further to the front than a man of 90 kg. You should make no compromises in your alignment with the target, since it is essential for your reaction to the shot development. Only a pelvis positioned in a straight line allows a vertical gradient of the barrel, when a shot is released, and opposes the impulse with maximum resistance. Some shooters are not able to keep their hip aligned due to a lack of mobility. This causes the muzzle to jump to the right. In such a case, special stretching exercises help to increase flexibility in the area of the lumbar spine.

• TEST AND TRAINING

You can easily check to what extent your pelvis meets these rules at home in front of a mirror. A small mirror at the shooting range (built into the lavatory if necessary!) can also help you monitor the correct position of your hip which should remain the same on every shot. At the very start of the training season, it is advisable to observe your hip position over several training units before and after each shot, until it "blindly" assumes its set position. In this way, your visual image and sense of feeling are combined, so that you soon acquire an exact sensation for the 'right' and 'wrong' position. Attentive trainers check the hip position of their shooters when they walk by.

Whoever deviates from the line gets dressed down in training and, if necessary, in competition as well.

Heinz Reinkemeier