

Eye Dominance

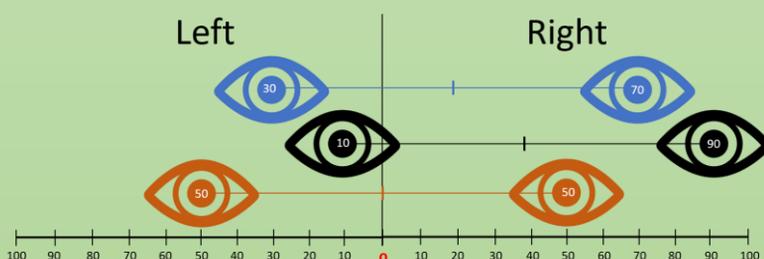
(sometimes called eye preference or eyedness).

When shooting a shotgun, it is best to have both eyes open. This enables information to be fed from both eyes simultaneously to the brain. It improves our ability to judge the speed, distance, and trajectory of the target.

After obtaining the target information with both eyes open, we use our dominant eye to point or aim the gun accurately while keeping both eyes open. Therefore, it is important that our dominant eye is the one looking straight down the rib of our gun.

If we are right-handed then right eye dominance is best and if left-handed left eye dominance is best. 70% of the population have their dominant eye on their handed side.

To be clear, eye dominance is not as black and white as it would appear. For instance, you could have a very dominant eye in a ratio of **90:10** or it may not be so dominant, it could be **70:30** or in some people it is **50:50**.



Therefore, eye dominance can be categorized as "weak" or "strong". Eye dominance can change. There are two times during the span of our life when eye dominance may shift. The first is during puberty and the second is later in life, starting at about age 45 or so.

Once through puberty, eye dominance tends to solidify and remain constant. Eye dominance can also change temporarily. Tiredness and fatigue can affect the strength of dominance and in a few cases change the dominance between eyes. Dominance can change depending upon the direction of gaze due to the image size changing on the retinas. Dominance can be affected by the colour of your eye protection lenses. Dominance can also be affected by gun fit. A poor gun fit can falsely give the impression that there is an eye dominance issue.

If you have an issue with eye dominance or you think you may have then talk with your instructor as there are many ways to address this. What works for some people may not work for others, but there will be a solution.

For Example:

An alternative design foresight, these come in many different forms from different colours and lengths to a rail only allowing one eye to see the foresight. (the one looking down the barrel).

An additional device on the side of the barrel to train the brain, how does this work? The device is attached to the gun barrel. Once the gun is in the ready position, the device can be seen by the eye over the barrel, but not the other eye. The device tells your brain to use the image seen by the eye over the barrel, rather than the conflicting image from your other eye.

Train Your Other Eye to be Dominant, Training the eye involves obstructing your dominant eye's ability to see clearly, forcing your other eye to adjust and take over. This method requires a significant amount of time and effort, but it may work for you.

Learn to Shoot with Your Other Hand, it will feel very unnatural at first. Take your time and slowly acclimate to using long guns with your opposite hand.

There are also Cross Over stocks and techniques like squinting one eye.

