

# Home Practise

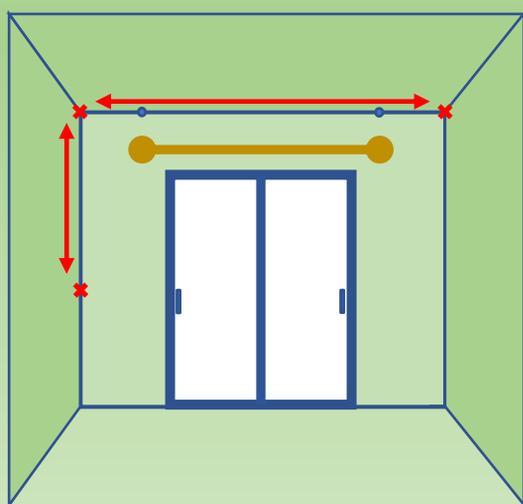
## Mount & Swing

Here are a few tips to keep your mount and swing in good condition, that you can do at home. Pick a good-sized room in your home and close the curtains. Neighbours seeing you swinging a gun around may get them a little concerned.

Now with an unloaded gun start by standing a few yards back from a mirror if you have one set at eye level, and mount your gun firmly into your cheek, with your head straight as you would normally. There should be no canting or rolling of your head. Have the gun mounted a foot or so above the mirror with the comb firmly into your cheek, now lower your barrels to the horizontal as if to shoot at your eye. What you should see is your eye reflected in the mirror with the pupil of your eye, and the iris, visible just above and in the centre of the rib. If it's too high the gun will shoot high, if you can't see it because it's too low you may well still shoot high as you will lift your head during the shot to see the target. Not centred and to the left the gun will shoot to the left and vis-versa.

Now repeat steps 1 and 2 but with your eyes closed until fully mounted and horizontal in front of the mirror. Open your eyes and check that your eye is as previously suggested. If it is not spot on you will need to practise your gun mount or consider a gun fit and possibly a stock reconfiguration. Practise this several times.

Once you have your mounted consistent try adding a swing. This will help to build muscle memory. Put on the same clothing you would wear normally when out shooting. In a room that enables you to be 8 to 10 feet away address a point on the adjacent wall as you would a target, a good place is the corner of two walls where they meet the ceiling. Now slowly mount your gun to this point with your feet position correctly. Make sure you are always focused on that corner point, don't allow your eyes to drift back to your barrels or bead. Now travel along the ceiling line to the opposite corner maintaining your correct mount and swinging from the hips. You can practise right to left, left to right and up and down the corner. Finally, imagine a point on the ceiling line, or use a piece of tape or blue tack, and pretend to pull the trigger at that point but continue swinging to the corner. This is good practise for those shooters who tend to "Stop" their swing when they get to the clay resulting in a miss behind.



**Practise this up to 10 minutes at a time daily.**