

# Shooting Stance

Like a good building the foundations are crucial to success. Your feet are your foundations for good shooting.

The stance is aligned assuming the shooter is facing the Kill Point (12 o'clock) position. The left foot faces 1 O'clock, the right 2 O'clock. For the left handed shooter it is a mirror image. Or, imagine the straight line starting from the heel of your back foot past the big toe of your front foot along the ground and up to your kill point.

These clock-face alignments alone do not ensure a correct stance as they do not clearly define the relationship between the two feet – the right foot could be in any forward or rearward position relative to the left and still satisfy the requirements of the first paragraph. So have your feet about shoulder width apart.

When shooting single targets this is easy to achieve. If you are shooting pairs you may have to adopt a compromise position between the two targets. If you are a right handed shooter align more to the target more to the right. Or to the left for a left handed shooter. This is because the right handed shooter is turning against their natural rotation and therefore if not careful has a tendency to push the gun away from the face and vice-versa for the left handed shooter.

