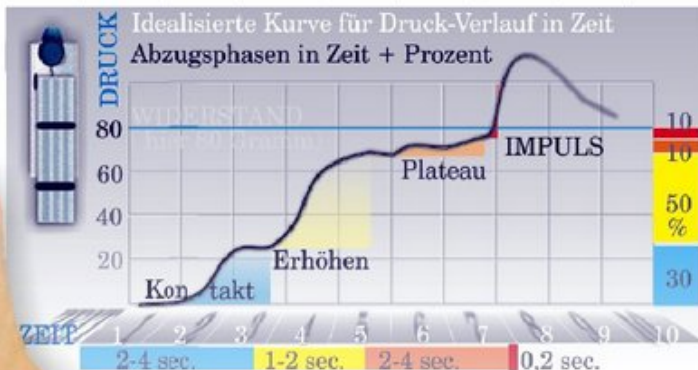


Gripping and trigger release are sensitive operations. Trigger-work is very susceptible to disturbances, never more so than in competition. The symptoms range from single mistakes right through to a breakdown of the entire movement sequence.

Even those shooters who are very precise and consistent in training, will suffer from disturbances. The more precarious the competition phase, the bigger the breakdown. It is important to pay attention to several aspects in order to achieve a clean and consistent trigger release:

1. The position, that is to say the posture of the forearm, wrist, hand and finger. In relation to which, the recommendations are to keep the wrist straight, the trigger finger parallel to the barrel (both in the vertical and the horizontal axis) and the fingertip at right-angles to the trigger-lever. Obviously, the set-up of the trigger-lever has to be adjusted to the position of the hand and finger.
2. The trigger-lever needs to be positioned vertically under the barrel, should be at right-angles to the barrel axis and be in an upright position at the point of final pressure. A straight surface with grooved markings is to be preferred to ball-point or banana-shapes.
3. The location on the adjustment rail should be chosen so that the finger will be pressing in a straight line along the axis of the barrel at the point of trigger release.
4. The impulse should run directly to the rear, so that the energy of the movement is met by the mass of the shooter's body.
5. Alongside the subjective feel reported by the shooter, SCATT-recordings are the best method by which to clearly analyse the precision of the trigger release.



Overview of the phases of trigger release, from our book 'Gewehrtraining 2008'.

An equal and careful increase of pressure on the trigger-lever is decisive.

For this, both grip and lever must be perfectly positioned, and the shooter has to work with complete concentration. A 'clean trigger release' is easier said than done, especially in moments of stress such as during the first or the final shot.



The ideal location of the trigger finger is important for the stability of the position and for the precision of the release. Specialists invest hours in getting their grip and trigger-lever into the right position. Often, this set-up may be slightly altered before the competition, in order to suit the form on the day.



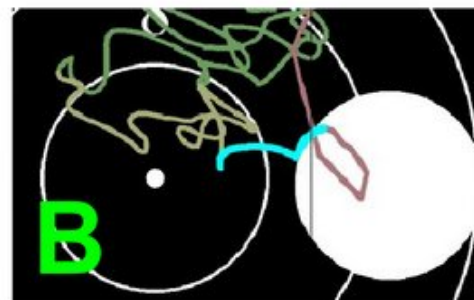
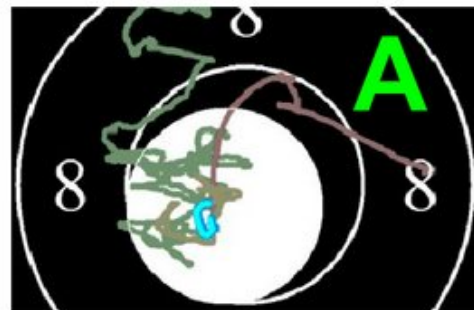
Among the tools permitted to be used, the sling is one of the most technically difficult to master. This strap provides stability in the prone and kneeling positions, and when correctly positioned, fixed and tensioned, enables the rifle to be held almost completely motionless.

We have taken a long hard look at the sling and come up with a number of sensible developments, while at the same time all the basic elements have been brought up to a consistent level of quality, so as to ensure that the whole works properly and can be comfortably adjusted in position.

6. The basic requirement for good trigger release is a well-adjusted trigger mechanism which has been customised for the individual shooter. Beginners and improvers should take care that the trigger offers enough resistance (> 100 grammes), in order to get themselves used to a clean and effective contact.

The truth is that around 50 % of all shooters have bad trigger release in that they either don't take up the first stage or flick at the trigger with the finger. In championships the figure may be even higher. Those who have long suffered from bad habits can try the following ways out of the maze:

- Ear-plugs help to reduce reflexes during trigger release.
- A longish pause wipes the slate clean and offers the chance to begin again.
- Shooting pistol forces one to learn to take up the first stage and overcome the resistance relatively cleanly.
- A short video of the trigger-finger in close-up from the left side, shows you unmistakably, where and how you operate the trigger-lever.
- A well-positioned pistol-grip which fits the hand offers a secure position.
- The coating of the grip permits a relaxed location of the hand and the forefinger.



On the SCATT, trigger release appears as a blue curve. The shorter the blue line, the cleaner was the trigger release. In picture (A) we see an almost perfect release, here the aiming trace is under one millimetre and the shothole covers the aiming area. In the second example (B), the release has covered a distance of around 5 mm and has thereby travelled sideways out of the aiming area. Obviously the squeeze has imparted force in this direction to the rifle, and the shot has landed in the 8-ring.