



The 'Ways of the rifle' has probably been the most successful book about rifle-shooting all over the world. In 2008 we publish a new English version of this manual, text, graphics and photos updated to the actual reality. Bound, 215 pages, 1001 pictures, see page 5. Here a print of page 47+48 of this book.

Coarse corrections are usually needed, if at all, immediately on first getting into position. Also after pauses during a match. The first glance through the sights may reveal some metres between your Zero Point and the target.

COARSE CORRECTIONS



Whether in such cases you are better to get up and start again; or to make a coarse correction; and what the borderline is, are things you must learn from your own experience.

The position must already be oriented to the target as correctly as possible, before the first sighting shot. To achieve this, the position won't be changed or disjointed, it will be gently rotated about the left elbow.

If shooting from movable benches, an easy solution can be simply to get up and change the position of the bench. Sometimes this also works with a shooting mat as well. But to be sure that you have the skill needed to cope with every occasion it is necessary to learn how to change your body angle from the outset.

This happens by using the feet as levers to lift the hips and move the whole body position around the pivot of the elbow.

Practice the rotation by shooting alternately at two neighbouring targets that are at least two metres apart.

Middling corrections of about 50 cm are more easily and precisely managed by moving individual limbs.

Twisting the whole upper body, with the neck as an approximate point of rotation, can be considered when the bench is very narrow or there is a danger of tangling with your neighbour. But this is not as comfortable as being able to stretch the body in a straight line, bending the spine certainly puts extra pressure on the buttocks. It's a solution that is especially suited to light and flexible shooters.

The preferred way of adjusting the balance is certainly by moving the legs. The feet can be easily moved, and because the levers are

so long, its possible to make small adjustments quite effectively. Shooting boots give the feet a very definite contact point, so it isn't easy to lapse back into the previous position without noticing.

There are many shooters who move their feet after every shot. This quiets the urge to move, helps circulation and also offers the chance to consistently recover the Zero Point in a more or less unconscious fashion.

The legs are moved around the axis of the hips. The right leg may also either be moved further out or the knee may be bent up more or less. These movements do however have further effects on your whole position, so make sure you learn about them in your training.

Raising your right knee increases the pressure on your left elbow, because the centre of gravity of the body shifts to the left. At the same time weight comes off your tummy, giving more freedom to breathe.

You can get an idea of which movements cause the muzzle to go where by studying the above diagrams. Test everything in practice and discover your preferences.

