

Shot Plan

1. Stance - check your foot position for Natural Point of Aim.
2. Grip - Not too tight, but firm. Close your eyes and move pistol up to the target. If dot is not centered in tube, adjust pistol very slightly in your hand to center it in tube.
3. Breathing - Take one or two deep breaths just before raising pistol.
4. Raise pistol to target - Place dot on black.
5. Trigger - Place finger on trigger at first digit and take up slack in trigger.
6. Settle in - Begin a slow squeeze while focus is on target and not dot.
7. Trigger control - Concentrate on slow trigger squeeze, feeling the roll, thinking key words "Center it".
8. Continue squeeze UNLESS dot goes out into the white.
9. If dot in white, re-set the trigger by removing finger from the trigger and lower pistol to bench. Begin again at #3.
10. Trigger control - Once trigger squeeze has started, continue it thru to break the shot as long as dot stays within the black.
11. Follow thru - Immediately return dot to black in recovery for a least 1 full second minimum.
12. Lower pistol - (Slow Fire only)
13. Positive thoughts - While pistol on bench, in Slow Fire, think only positive thoughts.