

Here is a collection of Zins' stuff on trigger control

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Trigger movement has got to start prior to obtaining perfect sight picture.

....I had the luxury of being taught by the right people and understood what the trigger was for and how it works in relationship to sight alignment. Trigger control in bullseye is by far the most important of the fundamentals, without it you got nothing. Exercise wise, gonna hate this, but dry firing. I hated myself but when you get better and understand trigger control then and only then can you truly appreciate dry firing.

Prior to seeing perfect sight alignment and perfect sight picture start pressure on the trigger. Same as in short line. In short line as the gun begins to go back on target is when you want to start applying pressure on the trigger. You never want to wait until you see perfect sight alignment and perfect sight picture because as soon as you put pressure on the trigger it all goes away. So use the pressure on the trigger to bring the sights to where you want them so that the shot and the desired sight picture occur simultaneously.

I have had a few questions already about the trigger I shoot. For those who were not at Perry to hear the Panel discussion or have ever heard my take on trigger control here it is. Yes I shoot with a long rolling trigger. Am I saying that is the best way to shoot. NO It is the best way for me to shoot. The biggest problem with a long roll on a trigger is keeping a long roll on your trigger. Not a problem for the gunplumber, but a problem for the trigger puller. If you cannot pull the trigger without stopping and creeping you will lose the roll faster than someone who can pull smooth from start to shot. The main reason I like a long roll is the basis of shooting for me. I am a trigger control shooter. I am a firm believer that trigger control is by far the most important of all the fundamentals. Dare I say the only fundamental when it comes to pistol shooting. The sights on the gun are always aligned are they not and surely one can hold sight picture forever and a day until we pull the trigger. Hence that is why I pull the trigger before the eye sees what it wants to see. I use the pressure being applied to the trigger to steady the gun/sights. This is where I came up with the phrase using the trigger to align the sights. This can be done with a crisp trigger however I find it to be much easier if the trigger is actually moving to the rear. Looking forward to hearing some other takes on trigger control.

Quotes from Shooting Sports USA, May 2004.

From Champion GySgt Zins:

""Trigger control is the most important skill you can develop. All other shooting skills are pretty much useless without proper trigger technique.""

""You have to keep that trigger moving at all costs. As long as you keep it moving you'll be okay. The constant movement

on the trigger is crucial. Once you stop the rearward pressure on your trigger; that's when all sorts of bad things start to happen.”

“Thinking too much about sight alignment” is to be avoided, the magazine states also of GySgt Zins.

““Whenever I'm shooting, my sights are moving to some degree the entire time, but as long as I keep that trigger moving and my sights are on the target, I know my shot will break where I want it to,” said Zins. Confidence in shot placement comes with practice says Zins. “You can hold perfect sight alignment all day long, but if you don't execute proper trigger control, it really doesn't matter – who knows where the shot will fall?””

“Zins typically starts his trigger moving rearward before the sights are aligned. “I'll actually use my trigger pull to align my sights,” says Zins, who added that he shoots a long-roll trigger.”

Many valid points brought up in this lengthy discussion on Dry Fire TRAINING, and lets call it training not practice. As we are not practicing to become better at dry firing, we are conducting a training exercise to get better at putting holes in the center of the target.

The one thing to keep in mind when conducting any training exercise is: What do we want to accomplish from this drill? That has to be a goal in every training exercise or you are wasting your time and spinning your wheels. When it comes to dry firing with the arm extended or in your lap, both need to be done. There is no reason that the trigger would feel different because the arm is in your lap or in the air. When you dry fire with the gun in your lap all you are doing is learning what the trigger really feels like. When you bring the gun up you need to imitate the exact same feel of the trigger. If the trigger feels different than you need to evaluate what is going on with your grip and position. The gun in your lap takes out all the other variables that come into play. Blank target/wall or target. Both are equally important and both need to be done. Blank wall allows one to see the sights without any other distraction. I.e.: the target. It allows you to really concentrate on what the sights are doing when the hammer falls. When using a target it allows you to evaluate your hold. On a blank wall you can not really tell if the whole gun is staying within your wobble area or not.

Once pressure is put on the trigger it cannot be allowed to stop until after the shot breaks. If you do stop you need to abort the shot, reset the trigger and start over from the beginning.

BZ The relationship between sight alignment and trigger control

Often when the fundamentals are explained these two are explained as two different acts. Well truth be told, it's really kind of hard to accomplish one without the other. They have a symbiotic relationship. In order to truly settle the movement in the dot or sights you need a smooth steady trigger squeeze. Trigger control is merely a reaction to what the eye sees. What? One can hold perfect sight alignment / sight picture for a long time. Now apply pressure to the trigger, what happens? Something moves right? So if this happens in a slow fire shot what typically happens? We stop squeezing until everything settles down again and we start the trigger. It moves. We stop the trigger. It settles. We start the trigger. It moves and so on and so on and so on. So from this we can see how the finger already acts to what the eye sees. We do not have to train the eye to accomplish this it already does it. We need to make it work for us and get the finger to react at a more opportune time. BEFORE we have obtained perfect sight alignment / sight picture. Yes I just said to start squeezing the trigger before you have obtained a perfect sight alignment / sight picture. Your sight alignment should be pretty close to perfect since we have mastered a perfect grip and the sights are aligned, not just to each other but also to the our eye, as soon as we raise the gun. Or we will master that soon. So before the sights or dot have settled into the center of the target we should start our trigger squeeze taking advantage of the pressure that is being applied to the trigger to help stabilize the sight. Continue to squeeze the trigger uninterrupted using that pressure to help move toward and stay center and allow the shot to break.

Said nothing about a surprise break. Not a big believer in the surprise break. Just being honest. I know when my gun is going to shoot. I know what it feels like right up until it shoots. I really know my trigger. I have done lots of dry firing without looking at the sights just to know what it feels like.

It has been called steering the sights with the trigger, but I don't like the connotation that carries. More of a sight alignment/sight picture through trigger control concept.

When I took the clinic from Zins we talked about cadence. He said it was not a consideration. The important thing was hold, sights, and uninterrupted trigger pull.

You need to first understand what the trigger is for. The trigger is not there to merely make the gun go BANG. The trigger is there to help stabilize the sights. The 2 most important fundamentals are sight aiming and trigger control. Not in that order. Aiming includes Sight Alignment and Sight Picture. The key to trigger control is that the trigger has to be moving to the rear before perfect sight PICTURE is acquired. If you have perfect sight picture and the trigger is not moving you will not want to move the trigger: hence chicken finger, because we know that if we start to squeeze the trigger now it will ruin the pretty picture you are looking at. Must be moving the trigger prior to sight picture. Brian H. Zins

If you don't have perfect sight alignment, iron sight or dot, it is nearly impossible to ever be able to call your shot. You have to look at the whole sight picture and where the sights were when the shot broke.

Keeping in mind that if done properly the trigger finger was reacting to what the eye was seeing and thus allowing for a clean break. Don't confuse that with the old thought of "align the sights in the middle then squeeze the trigger." If you saw perfect sight picture then the trigger moved in response to that there is a real good chance that you pulled the shot out of

the center of the aiming area. The trigger has got to have pressure building on it before you ever get close to having perfect sight picture.

Don't get wrapped up in calling your shots until you have developed excellent trigger control. If you are not moving the trigger to the rear before you get to the point of perfect sight picture than you are WAY behind on the trigger squeeze and will jerk the trigger.

Remember just about all of us can hold perfect sight picture for a long time. It's when try to hold perfect sight picture and apply pressure to the trigger that we screw things up. Trigger control is way more important than sight alignment. Use the pressure building on the trigger to stabilize the movement as you settle in the middle of your aiming area and allow the pressure to continue to build until the shot breaks. Being able to call your shots will come in time once you master trigger control.

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