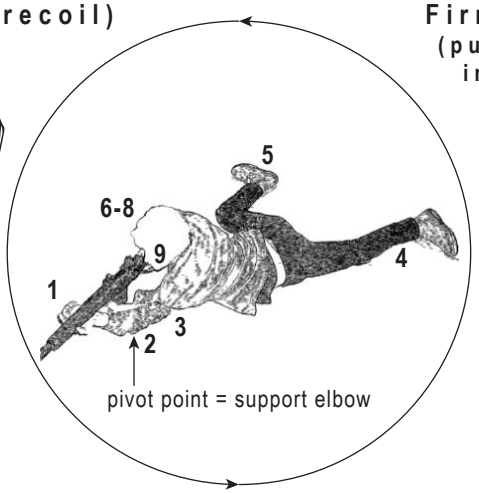
STEADY HOLD FACTORS
of the Prone Position

7. Trigger elbow - firmly planted (to resist recoil)

6. Trigger Hand - Firm handshake grip, (pulling buttstock firm in shoulder pocket)

8. Exagerated "C" shape trigger finger, (Not "dragging wood")



5. Trigger knee - drawn up high (90 degrees) (Shin in line with barrel)

9. "Turkey" neck and cheek weld (Neck stretched forward, drop cheek on stock)

1. Support hand- open,cradling rifle (fingers relaxed)

4. Support leg - in line with spine (foot relaxed)

2. Support Elbow - under receiver

3. Sling smooth across the back of hand, high on bicep and "snug"

Steady hold factors are essential to building a solid shooting position. It must be done as relaxed as possible to insure a natural point of aim. Always adjust your body position to get the sights on target. The key to precision marksmanship is to aim your entire body at the target, not just the rifle. Rotate around the support elbow. Moving your hips even a little will move your barrel a lot.

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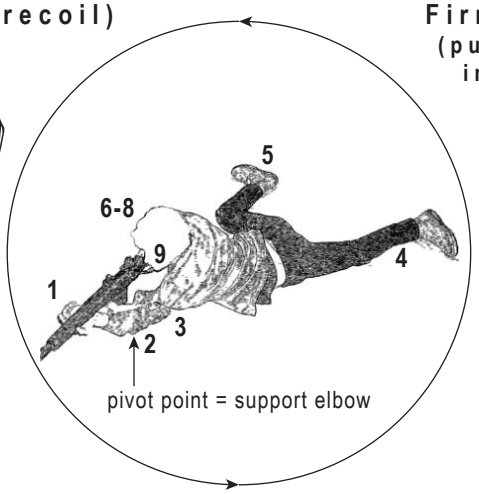

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