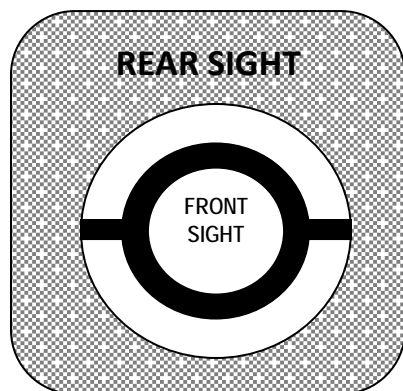
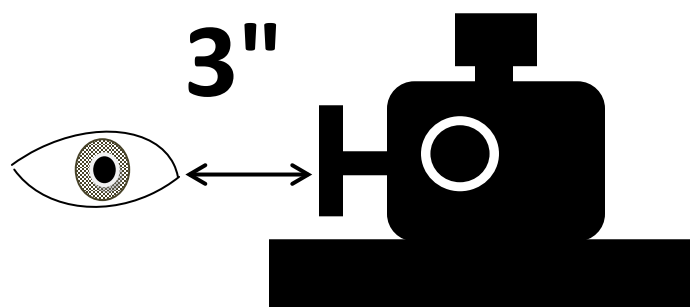


HINTS FOR SIGHT ALIGNMENT

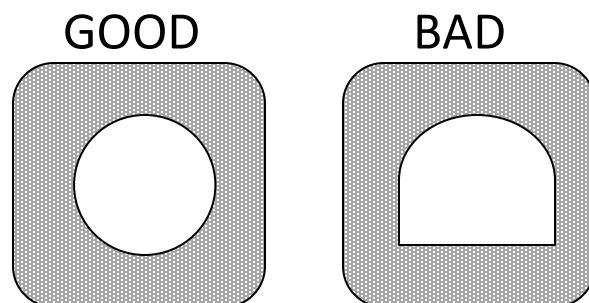


THE APERTURE IN THE FRONT SIGHT MUST BE PERFECTLY CENTERED IN THE REAR APERTURE

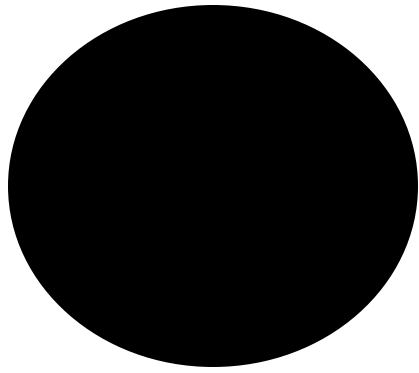
PROPER SIGHT ALIGNMENT IS VERY DIFFICULT IF YOUR AIMING EYE IS THE WRONG DISTANCE FROM THE REAR SIGHT. THIS IS CALLED EYE RELIEF. EYE RELIEF SHOULD BE ABOUT 3 INCHES WHEN YOU ARE IN POSITION. IF YOU ARE CLOSER, THE REAR APERTURE WILL LOOK TOO BIG AND YOU WON'T BE ABLE TO CENTER THE FRONT APERTURE EASILY. IF YOU ARE TOO MUCH FARTHER FROM THE SIGHT, THE FRONT APERTURE WILL LOOK TOO BIG MAKING GOOD SIGHT ALIGNMENT VERY HARD TO DO.



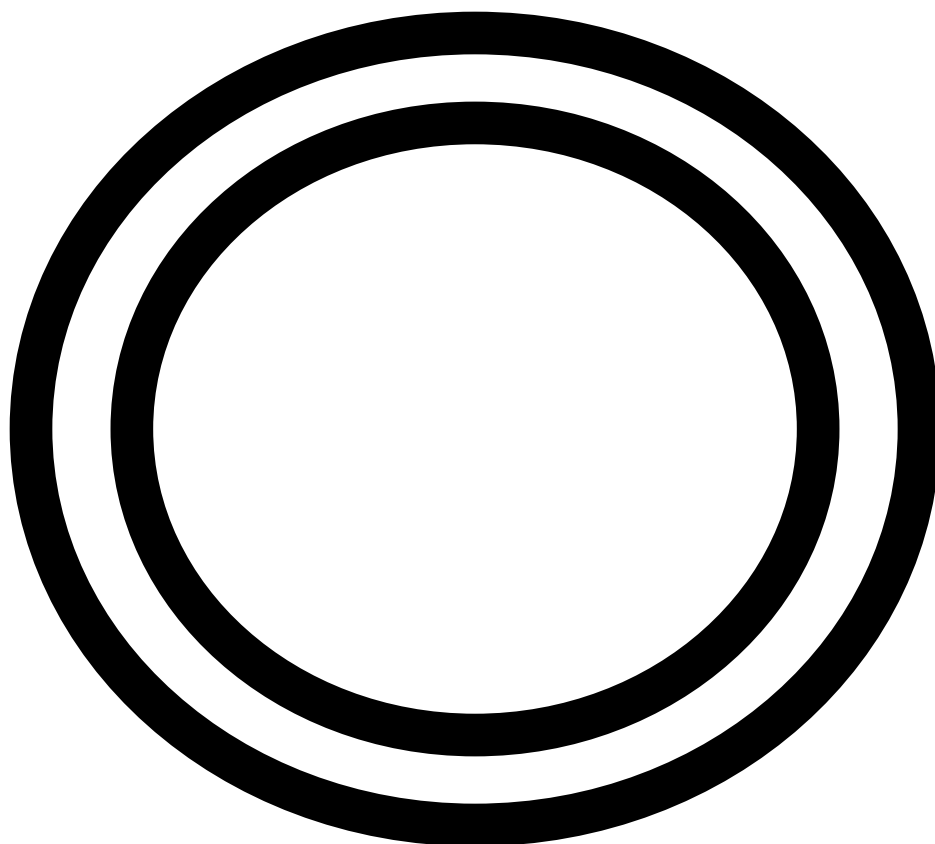
YOUR HEAD POSITION MUST STAY THE SAME FOR EACH SHOT. YOU HAVE TO FIND THE RIGHT PLACE FOR YOUR HEAD SO THAT THE REAR APERTURE IS A FULL CIRCLE. IF YOUR EYE ISN'T LINED UP WITH THE REAR SIGHT THE HOLE IN THE SIGHT WILL HAVE A SQUARE SIDE. IF YOU DON'T SEE A PERFECT REAR CIRCLE TELL YOUR COACH SO THAT SOME ADJUSTMENT CAN BE MADE.



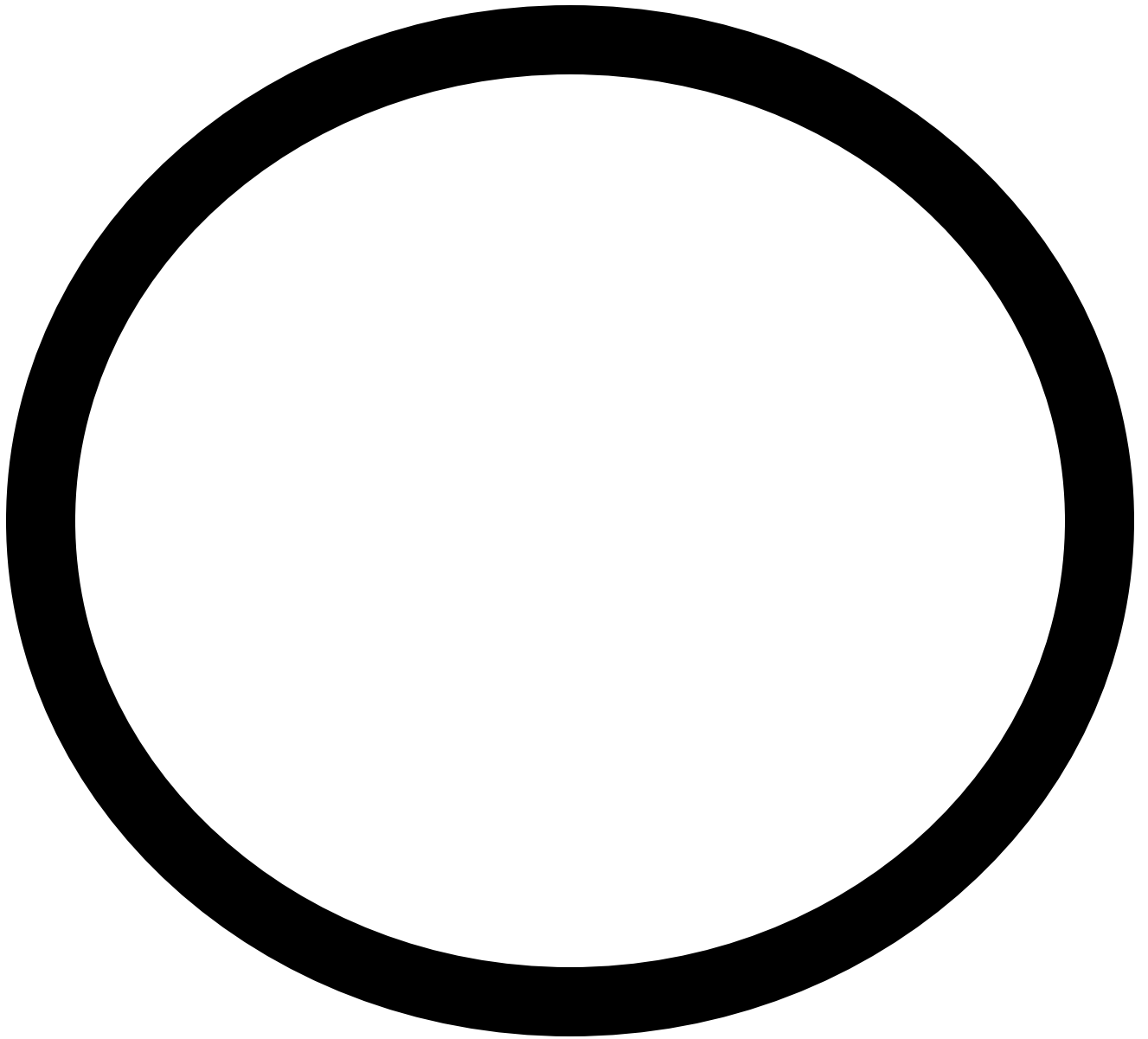
*ALWAYS USE AN EYE BLOCK FOR YOUR
NON AIMING EYE EITHER ON THE REAR
SIGHT OR ON YOUR FACE
ALWAYS, ALWAYS, ALWAYS AIM
WITH BOTH EYES OPEN*



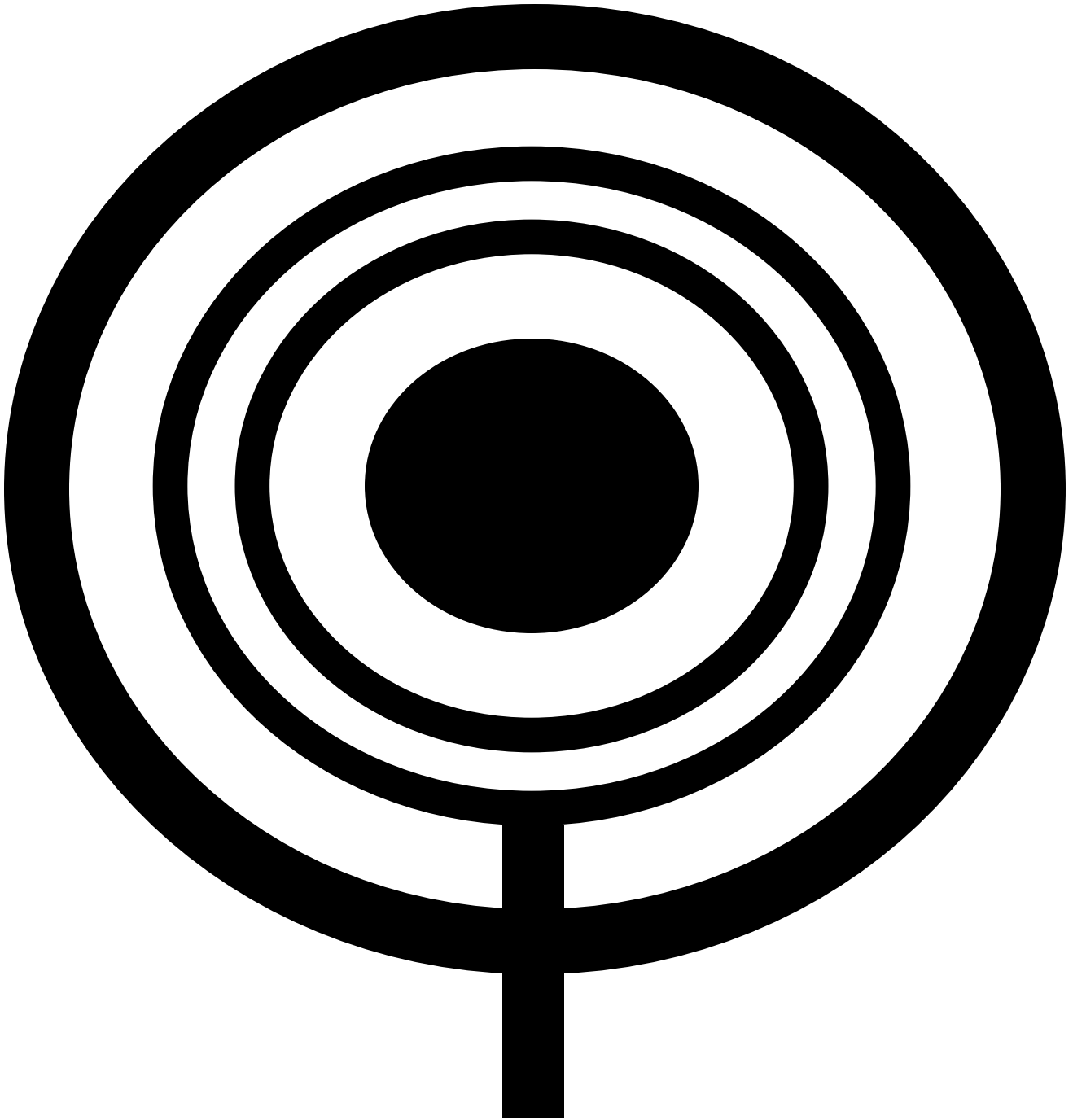
TARGET



FRONT SIGHT

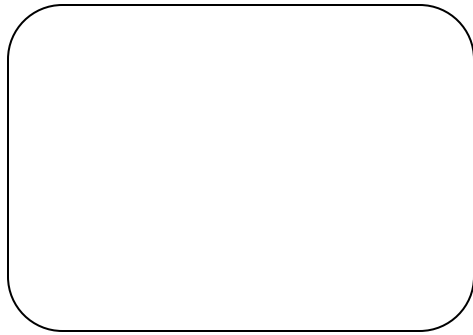


REAR SIGHT

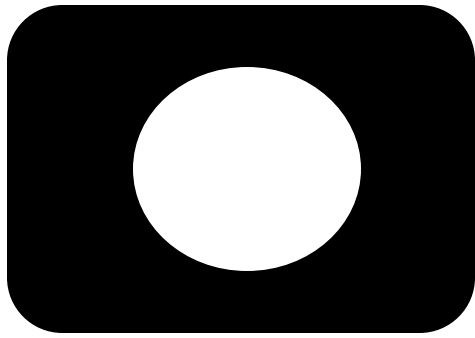


TARGET

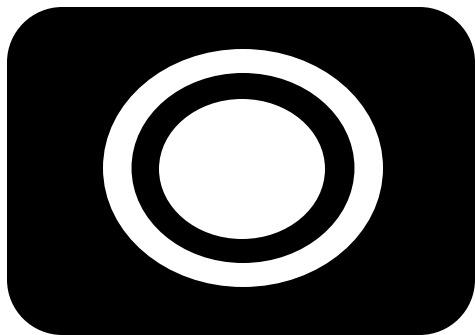
HOW TO USE TARGET SIGHTS



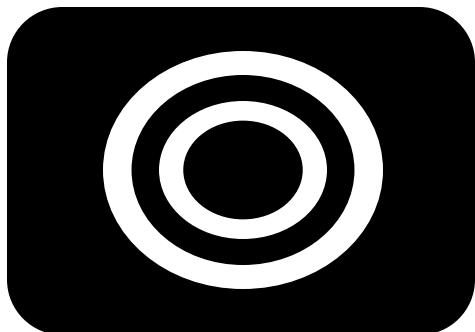
THIS IS WHAT YOU SEE WHEN YOU LOOK AT A BLANK WALL!



THIS IS WHAT YOU SEE WHEN YOU LOOK AT A BLANK WALL THROUGH YOUR REAR SIGHT



WHEN YOU LINE UP YOUR FRONT SIGHT IN THE CENTER OF YOUR REAR SIGHT IT LOOKS LIKE THIS

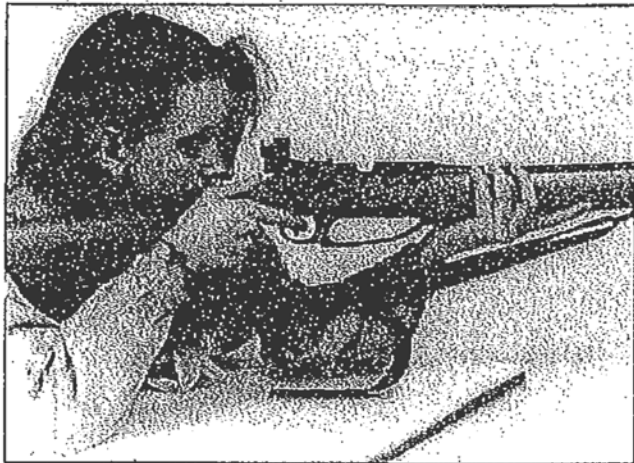


WHEN YOU PUT A TARGET ON THE BLANK WALL AND CENTER THE FRONT AND REAR SIGHT SO IT LOOKS LIKE THIS. YOU HAVE A PERFECT SIGHT PICTURE

Natural Point of Aim

The goal in the prone position is to be able to relax almost completely and let bone and the sling support your position. Once you have achieved that, you may not be pointing at the target. If you have to use muscle to force the gun in any direction to bring it to bear on the target, you are defeating your position. Therefore you must move your entire body, as though it were a statue, to bring the gun into position on the target. Use the following procedure to achieve natural point of aim in prone:

- First build your position with general reference to the target. Only bone and sling should be supporting your position.



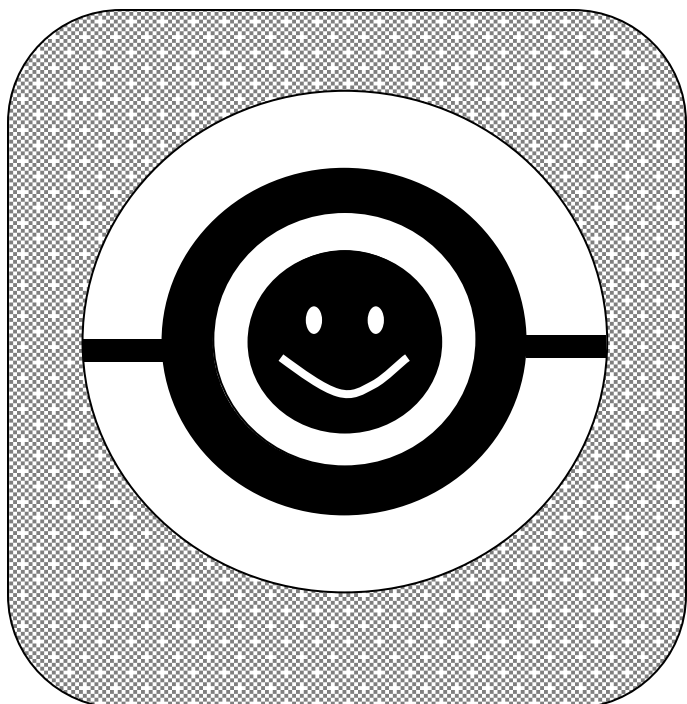
- Look through your sights, then look down and away from your sights without moving your head. Relax, let your position settle. Then look back through your sights and determine if your front sight needs to move right or left to come to bear on the target.
- Now you are going to move your body without altering your position. Using the left elbow as a pivot point, shift your body in the opposite direction that you want to move the front sight.



- Repeat the above steps incrementally until your sights are on a vertical line with the target.
- Getting the elevation you need is a simple matter of moving your left hand forward on the stock to lower the front sights or moving it back to raise the front sights.
- After each adjustment, use the technique of looking through your sights, looking away and relaxing, and then looking back through your sights to find your natural point of aim. Continue making small incremental adjustments in your position to bring your sights to bear on the target.

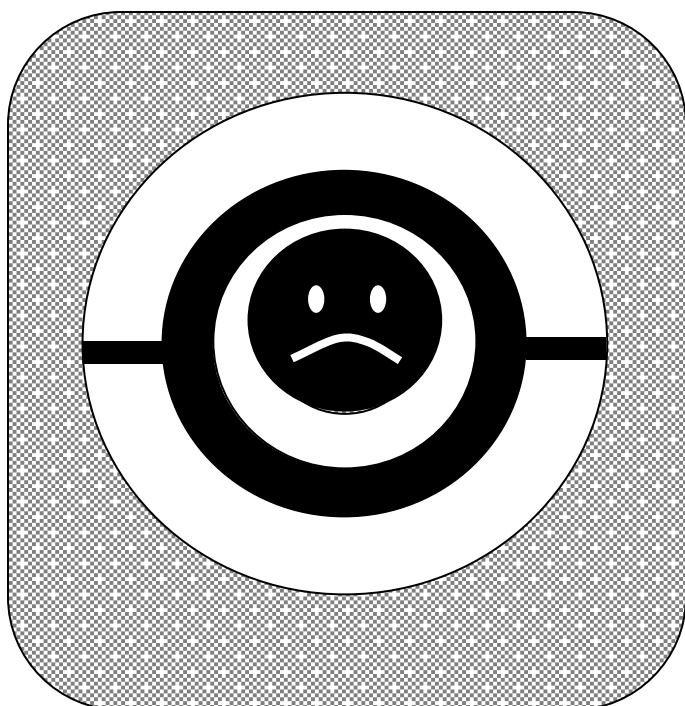
The ultimate in natural point of aim and relaxed support would be to be able to fall asleep in your position and then to wake up and find yourself still on the target. We are still looking for the shooter who can do this!

PERFECT SIGHT PICTURE



A PERFECT SIGHT PICTURE NEEDS PERFECT SIGHT ALIGNMENT AND THE TARGET IN THE RIGHT PLACE.

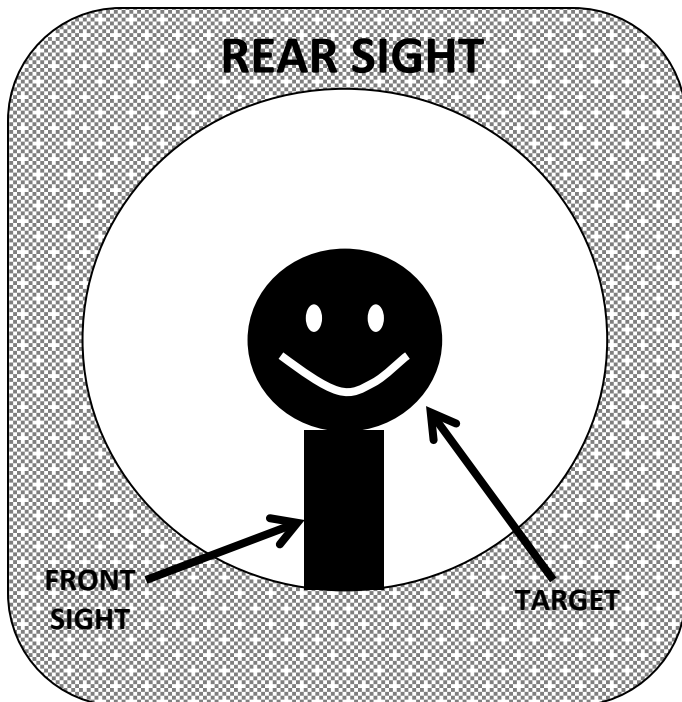
IF YOU LINE UP THE SIGHTS AND TARGET LIKE THIS WHEN THE SHOT IS FIRED YOU WILL SHOOT A 10 (if the sights are adjusted)



IF THE SIGHTS AND TARGET ARE LINED UP LIKE THIS WHEN THE SHOT IS FIRED THE SHOT WILL GO LOW

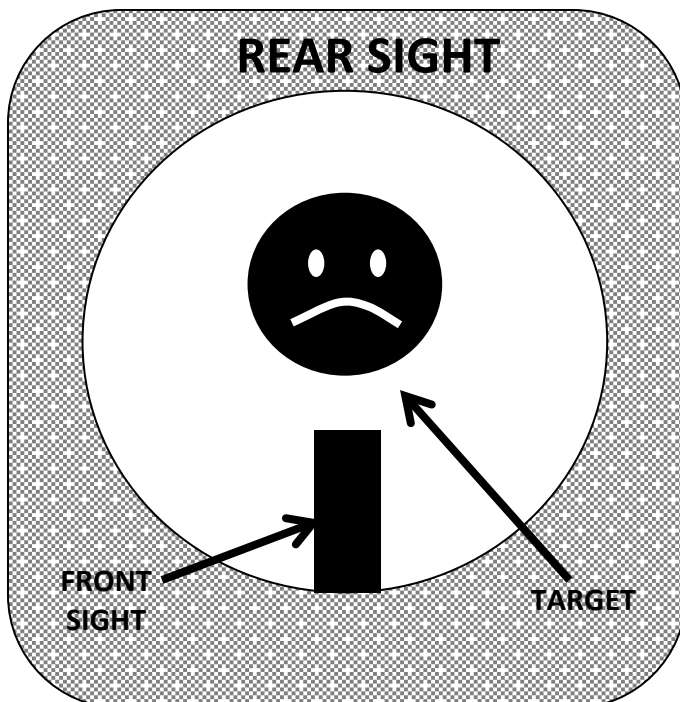
NOT PERFECT SIGHT PICTURE

PERFECT SIGHT PICTURE



A PERFECT SIGHT PICTURE HAS PERFECT SIGHT ALIGNMENT AND THE TARGET ADDED IN THE RIGHT PLACE.

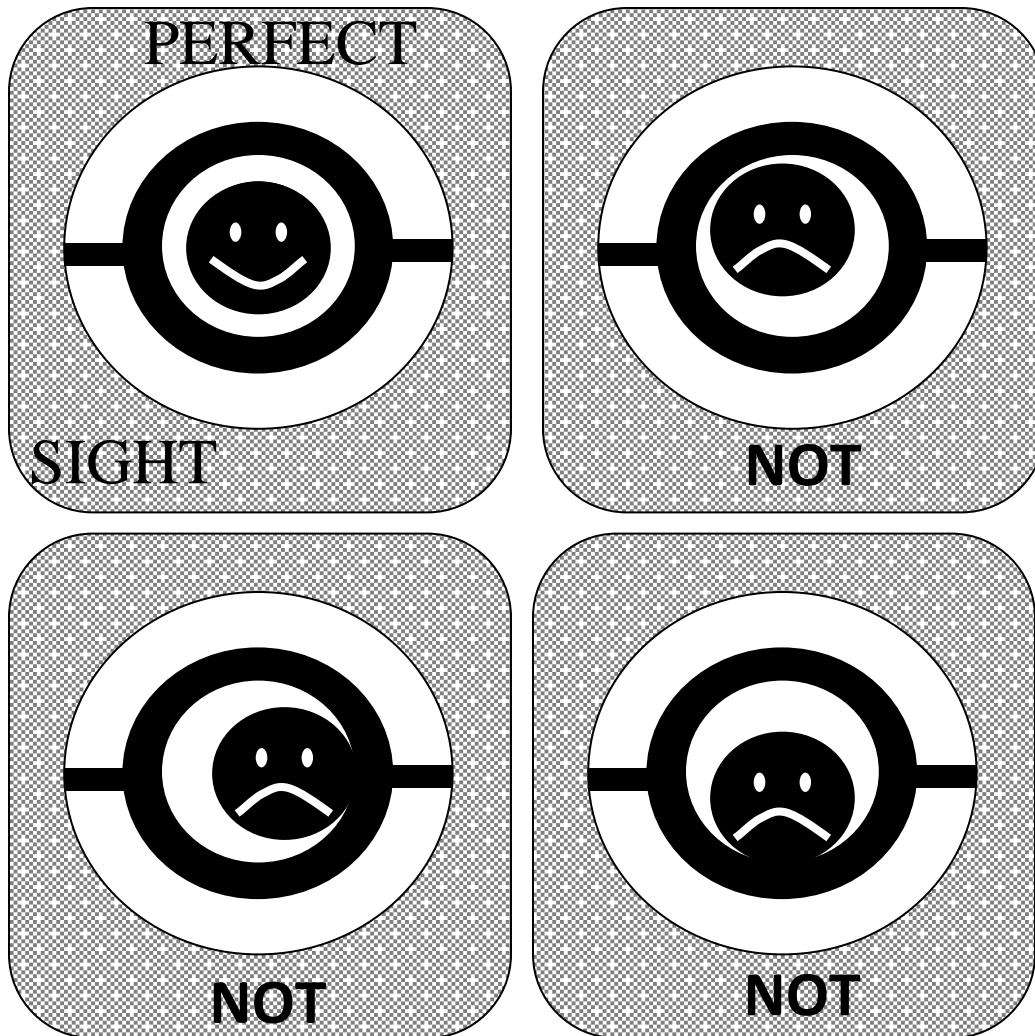
IF YOU LINE UP THE SIGHTS AND TARGET LIKE THIS WHEN THE SHOT IS FIRED YOU WILL SHOOT A 10 (if the sights are adjusted)



IF THE SIGHTS AND TARGET ARE LINED UP LIKE THIS WHEN THE SHOT IS FIRED THE SHOT WILL GO LOW

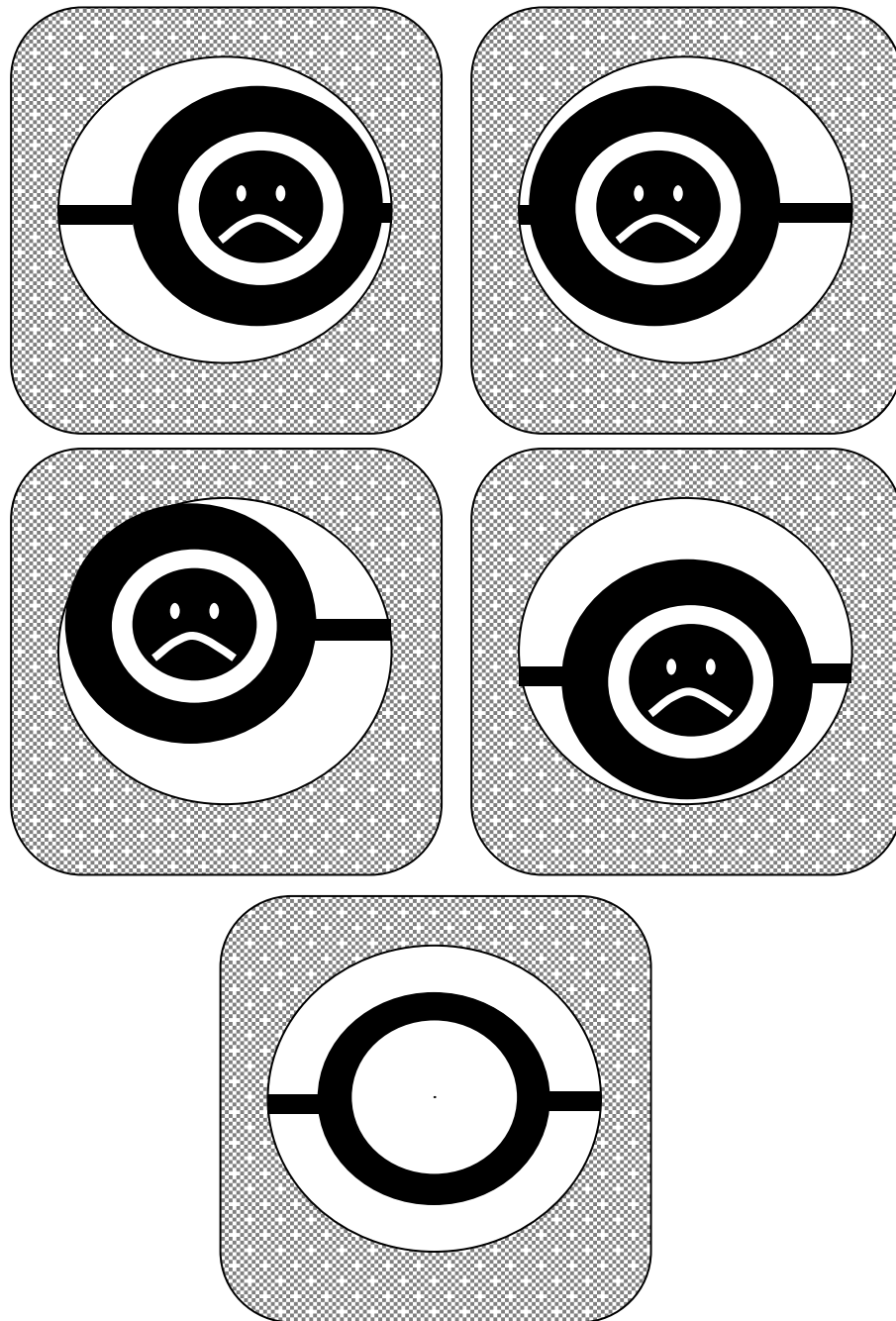
NOT PERFECT SIGHT PICTURE

A PERFECT SIGHT PICTURE MUST
HAVE PERFECT SIGHT ALIGNMENT
AND A TARGET IN THE CENTER.



YOU CANNOT GET A PERFECT
SIGHT PICTURE IF YOU ARE
LOOKING AT THE TARGET.
YOU MUST FOCUS ON THE FRONT SIGHT! YOUR
EYE CANNOT SEE BOTH THE TARGET AND THE
FRONT SIGHT CLEARLY!

SIGHT PICTURE WITH SIGHT ALIGNMENT PROBLEMS



REMEMBER THAT SIGHT ALIGNMENT IS HOW YOUR EYE LINES UP WITH THE FRONT AND REAR SIGHT. EVEN IF THE TARGET IS IN THE MIDDLE OF THE FRONT SIGHT, BAD SIGHT ALIGNMENT WILL THROW THE SHOT OFF.

PROPER USE OF THE EYES IN AIMING

The eye and sight system involves proper use of the eyes, selection and use of the sight system. It is not necessary to have natural 20/20 vision. Many national and world champions use corrective lenses. It is important to have corrected vision of approximately 20/20 allowing the shooter to see the sight picture clearly. An ophthalmologist should provide a thorough examination and accurate vision correction.

There are several rules that should be kept in mind regarding the use of the eyes in sighting:

1. Look straight forward from the eye sockets. Eyes see most accurately when looking straight forward. Eye muscle tension and strain are avoided.
2. Shoot with both "eyes open. If one eye is closed the muscles of that eye will fatigue and result in an annoying disruption of shooter concentration. The non-aiming eye should not be placed in darkness by covering it with a patch or similar device. The eyes work as a team and if one eye is placed in darkness the pupil of that eye will tend to enlarge. The pupil of the aiming eye will also enlarge somewhat in sympathy with the non-aiming eye. The result is a less than optimally clear sight picture.
3. A blinder or vision blocking device is recommended to help avoid squinting and eye fatigue. The blinder may be of any suitable semi-flexible material of a translucent or neutral color. Use of a line of sight blocking device for the non-aiming eye will also reduce distractions therefore enhancing concentration.
4. Almost everyone's eyes differ somewhat. Eyes differ as widely as individual hands. Eyes vary in their acuity, depth perception, ability to see colors, reactions to bright and dim light, etc. With this in mind each shooter must select his own sight system and aperture settings to see optimally.

