



PISTOL

SHOOTING SPORTS

A Beginner's Guide to Practical Shooting Competition



Building Your Grip and Grip Strength

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Building Your Grip and Grip Strength

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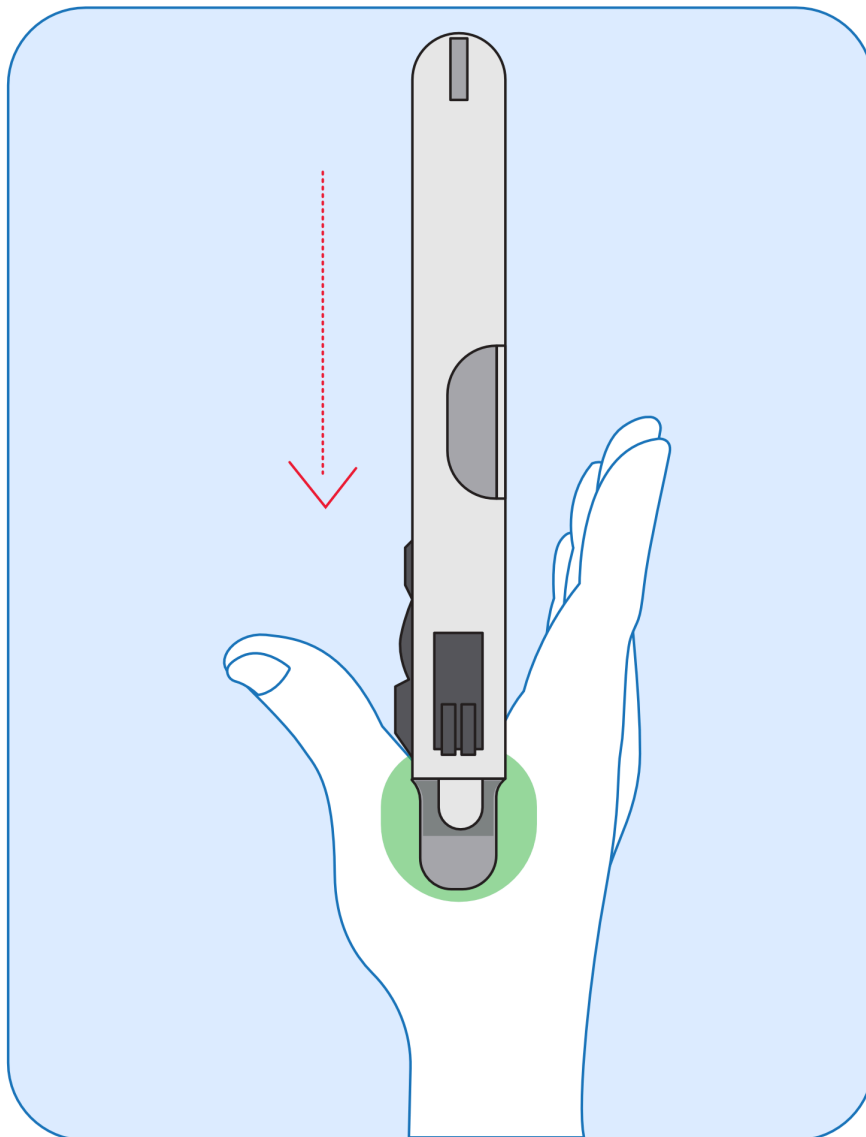


Your grip is instrumental in determining how consistently you are going to be able to shoot accurately. You want to develop an effective technique so that you don't need to think about the mechanics. Start slowly with the fundamentals and build on each step.

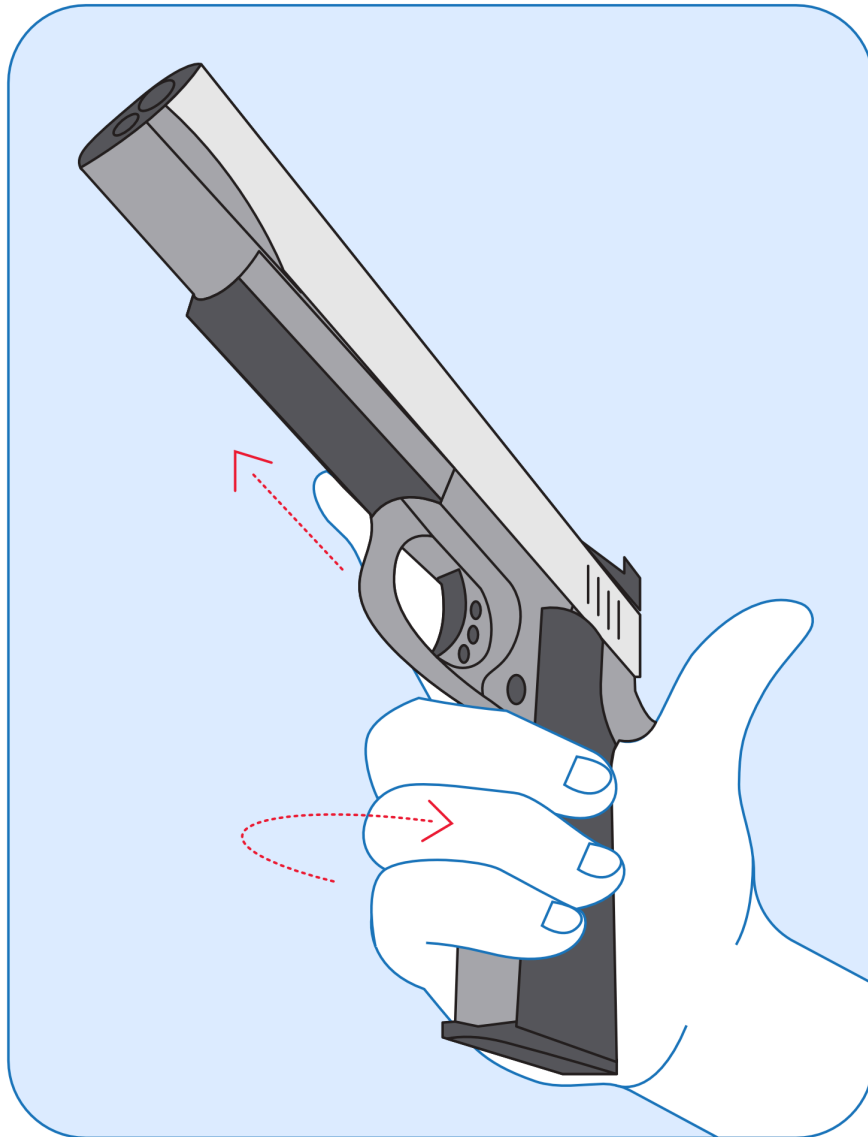
Building Your Grip - *Semi-Auto hand gun*

Dominant Hand:

1 - Keep the web of your hand high on the back strap, or beavertail, of the pistol.



2 - All three fingers under the trigger guard should be touching with the middle finger as high as possible on the front strap. There should be no space between the bottom of the trigger guard and your three fingers.

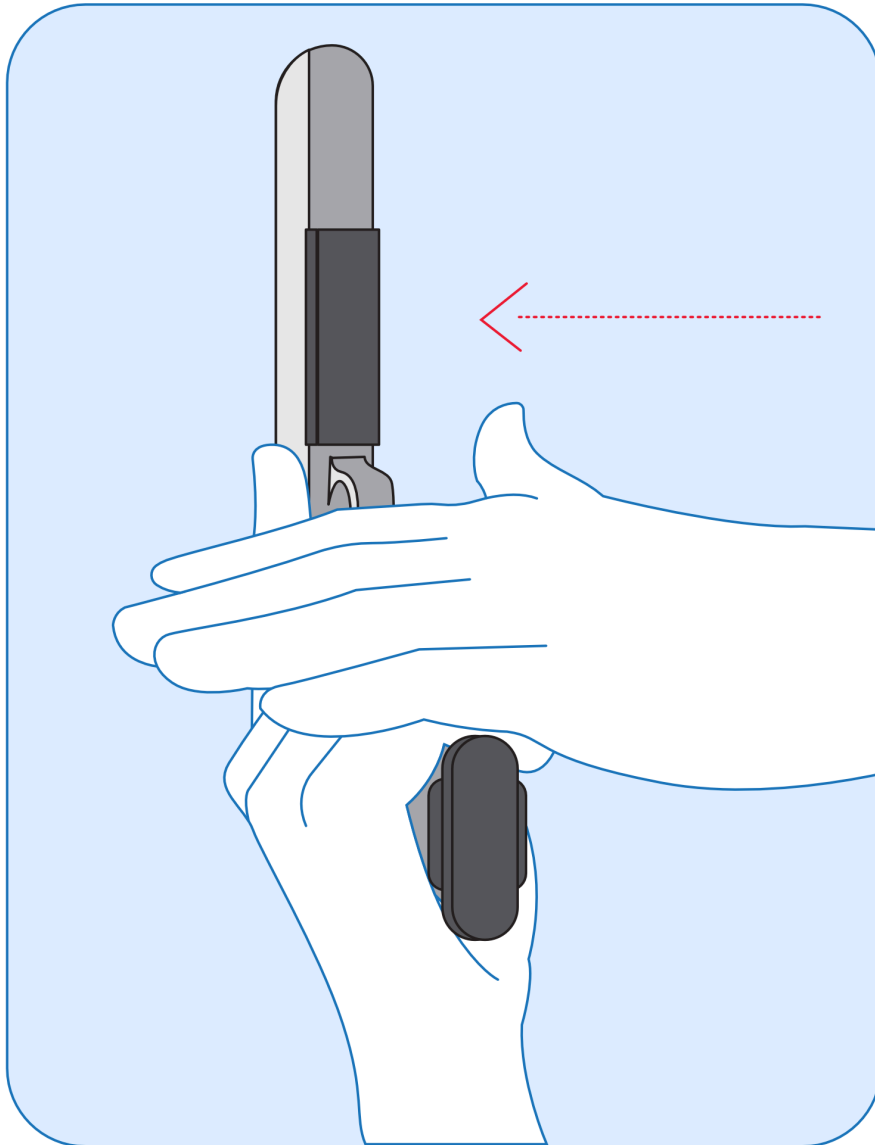


Your trigger finger should be pointing in the same direction as the barrel, down the side of the gun, outside the trigger guard. Your trigger finger must stay outside the trigger guard until you are ready to fire. The thumb on your dominant hand must remain up and ready to overlap your support hand after it is on the pistol.

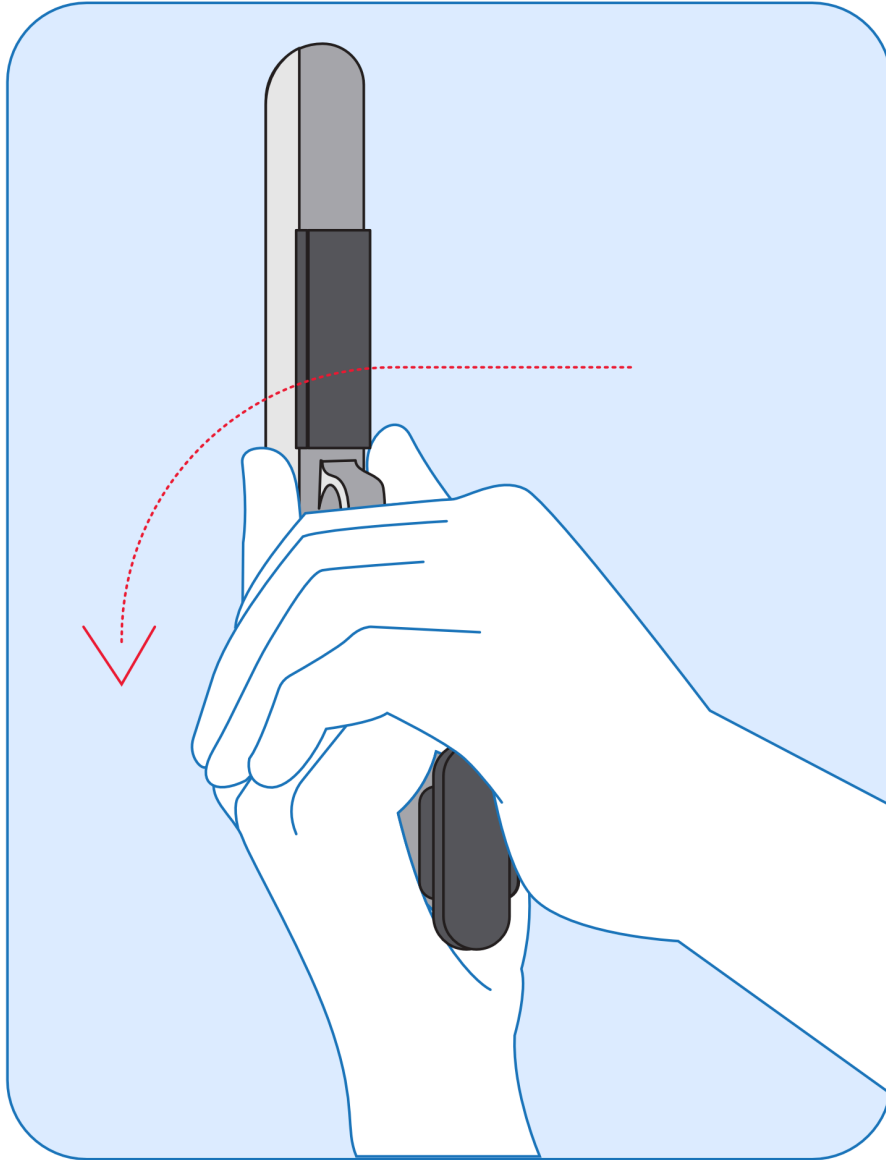


Support Hand:

3 - All four fingers should fit under the trigger guard and be placed as high as possible.



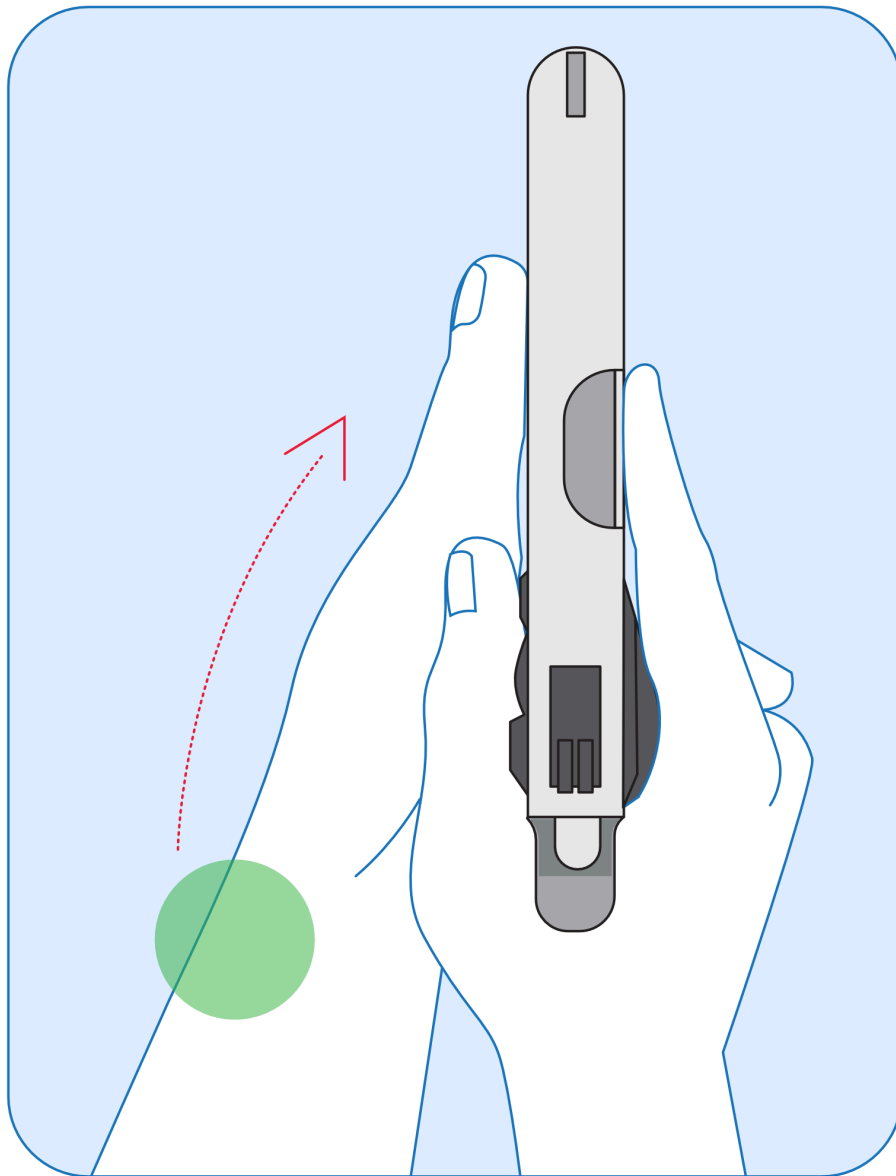
4 - Your palm will fit on the side of the pistol, just behind your dominant hand's fingertips, maximizing the contact area against the pistol's grips.



You want to minimize any open space toward the back of your hands, so they are both touching.



5 - Rotate your support hand's wrist, so your thumb is pointing in the same direction as your pistol's barrel. The four fingers on your support hand will now be angled toward the ground. Your support hand fingers wrap around your dominant hand to establish your grip side to side.



Warning: Be sure that no part of your hands or fingers are touching the slide when you are shooting, as this can introduce malfunctions and cause injury.

Extend both arms using the proper grip to create a triangle between your two arms and chest. Recoil control should be supported as much as possible by your arms instead of your wrists. Using the right techniques will help you control recoil better, so the gun returns to the same location every time.



Grip Pressure: The grip pressure of the dominant hand works front to back, whereas your support hand pressure works side to side. Use as much grip pressure as you can with your support hand. Try flexing your muscles instead of tensing them to the point of shaking. When you flex your larger muscle groups to create more pressure side to side, this will create more stability as your palms press together.

Your dominant hand grip should be strong enough to hold the gun and ensure your trigger finger can work the trigger without disrupting your sight picture. You can test your dominant hand grip by watching your sights as you pull the trigger straight back. If you introduce movement as you pull the trigger, ensure you are pulling the trigger straight back, then adjust your grip and try again.

Your grip should support pulling the trigger as independently as possible. You don't want the pressure of your grip overriding the execution of the trigger. When you have a good grip, the sights will move smoothly straight up and down through recoil instead of in random directions.

Remember, as you practice your gripping technique, you want to bring your hands together and present them at the same level as your eyes. Your elbows should be angled toward the ground, not pointing out to the side.

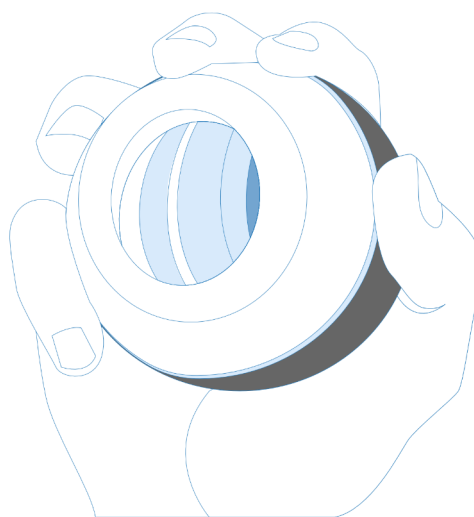
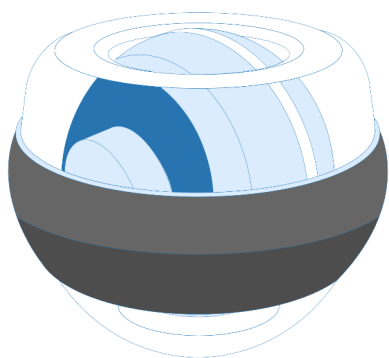
Take time to test what works best for you and your firearm. If you have sweaty hands or it's hot where you shoot, you may want to add grip tape to your pistol or use grip enhancer on your hands to help increase your ability to maintain grip adhesion.



Grip Strength and Endurance

Strong hands and forearms provide a competitor with a more stable platform for competitive shooting. This strength translates to better recoil control and an ability to keep the sights on target. It is no surprise that the stronger your hands and grip are, the quicker you will advance your skills.

In competition, you will be competing on stages for extended periods. You don't want to get fatigued and have your accuracy and precision decline after a few minutes of shooting. It starts to become very clear that you not only need strength, but you also need endurance in your grip to maintain consistency over time.



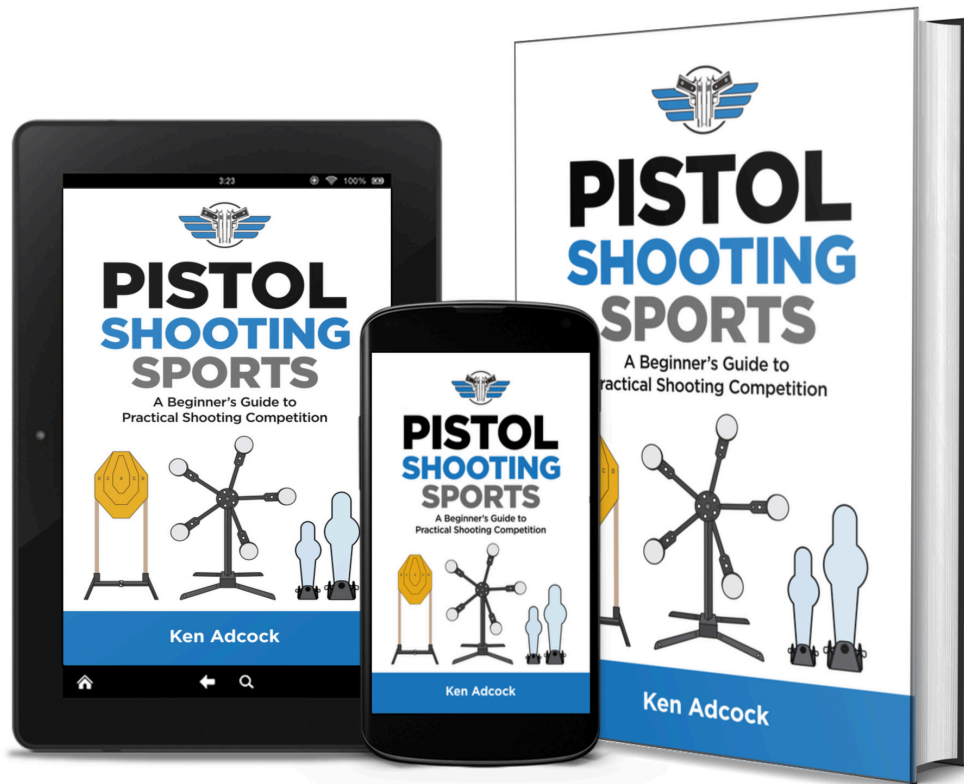
Building Strength and Endurance

I like using static resistance exercises to build grip strength and endurance. Gyro Balls are great tools that you can use while at your desk or sitting at home. These tools help strengthen the muscles in your forearms, wrists, and hands.

These tools look like a plastic ball that fits in the palm of your hand, and inside is a gyroscope that spins. As you move it around, the inside will spin faster and create more force, causing you to exhaust more effort to simply hold it in place. You only need to do this for a few minutes a day to notice results. These tools are inexpensive and can be found online or in many sporting goods stores.

Warning: If you have arthritis or experience discomfort or pain, you should stop immediately and seek medical advice for your condition.





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