

## EXERCISES for HOME

### Exercise 1:

In front of mirror (use a .22 black patch 1.4 metres off the ground) Position your body and put sight picture below the patch as you would on a normal target. Hold and monitor all movements if you start to move any part of your body, arm, head. Do not correct, stop holding and begin again. Do this for 20 to 30 minutes on all training days. We will call this Exercise SIFM.

### Exercise 2. Holding in Proper Aiming Area.

Hold in aiming area on target and work on achieving a correct sight picture feel all movement and try to resist it. Now do this with the times below.

- i) Hold - 20 seconds rest 15 seconds.  
After you do this 6 times rest for 1 minute.
- ii) Hold - 30 seconds rest 30 seconds.  
Do 6 times then rest for 1 minute.
- iii) Hold - 1 minute rest 20 seconds.  
Do 6 times then rest for 1 minute.

We will call this Exercise H1.

### Exercise 3. TRIGGER TO OVERLOAD

Lift pistol against a white background. (If using back of A/P Target place sight picture on same area as you would on proper target).

Line sights up. Now squeeze trigger to the overload and release. Do not cock trigger.

The aim of this Exercise is to learn how to operate the trigger action without disturbing the aligned sight picture. Make it a continuous smooth action and release. We will call this Exercise TR1.

### Exercise 4 LIFTING, SIGHTING AND TRIGGERING.

On a stationary target lift pistol into the centre aiming area. Watch the sights for accurate alignment.

Do 10 consecutive lifts without stopping and with no more than 6 seconds in between. Repeat twice more. We will call this Exercise L+S.

### Exercise 5:

This is same as L+S only now operate the trigger without cocking and learn to do this without disturbing sight alignment. We will call this Exercise L+S+T.