

Pistol Group Analysis

Group analysis allows you to determine what you are doing wrong in your shooting. Don't look at this as a negative exercise: this is an opportunity to diagnose a problem. With a sound diagnosis, you can determine a course of action to remedy it.

The following groups assume a right handed, right eye dominant shooter. For left-handed shooters, reverse the groups.

Pay attention to your groups, not individual shots.



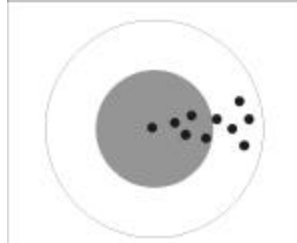
No Group - Scattered

Possible Causes
 1. All problems are evident, nothing specific stands out.
 2. Start with natural point of aim, then grip and trigger squeeze.



Vertical Centre Placement

Possible Causes
 1. Weak shoulder muscles.
 2. Swaying forward and backward causing vertical patterns.
 3. Breathing while aiming and firing.



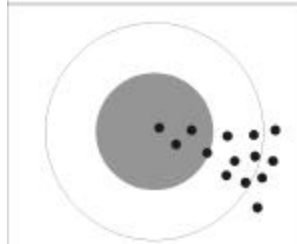
Right Horizontal

Possible Causes
 1. Applying extra pressure with thumb.
 2. Poor sight alignment: front sight alignment is off to the right.



Horizontal Centre Placement

Possible Causes
 1. Poor stance, resulting in bad natural point of aim.
 2. Poor handgrip, resulting in bad natural point of aim.
 3. Poor stance, resulting in body sway to the right and left.



Low Right Placement

Possible Causes
 1. Snatching the trigger, pulling it and the gun to the right.
 2. Slackening the wrist while the pistol fires.

Low Centre Placement

Possible Causes
 1. Poor concentration.
 2. Poor follow through, lowering gun before the shot is away.
 3. Poor sight alignment: front sight is centred, but too low.



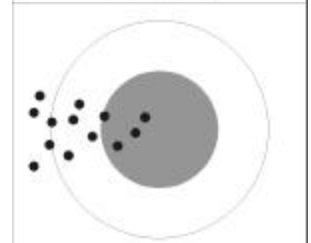
High Centre Placement

Possible Causes
 1. Heeling: applies pressure with the heel of the hand while the pistol fires.
 2. Breaking wrist up, pulling pistol up.
 3. Poor sight alignment: front sight is too high.



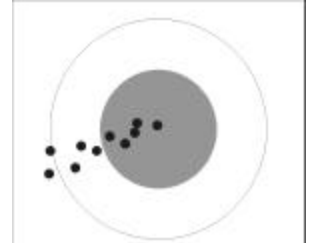
Left Horizontal Placement

Possible Causes
 1. Increasing grip pressure while shot breaks, bending wrist to left.
 2. Relaxing elbow while the shot breaks.



Low Horizontal Left

Possible Causes
 1. Pushing the trigger, moving it and the gun to the left.
 2. Poor sight alignment: front sight alignment is off to the left.
 3. Applying extra pressure with fingertips and/or pinkie.



High Right Placement

Possible Causes
 1. Slackening the wrist while the pistol fires.
 2. Heeling: applies pressure with the heel of the hand while the pistol fires.
 3. Anticipating recoil.



Low Left Placement

Possible Causes
 1. Jerking: applies excessive pressure to trigger, pushing it down and to the left.
 2. Canting the pistol to the left and dropping the barrel.

