

New Jersey Junior Shooter Newsletter



October 2011
Issue #8

Special in this issue:
Stance

Ed is **RED**, Ron is Not

For past newsletters click
[HERE](#)

Sue got married!

See Junior report
below

The 3 Fundamental Gun Safety Rules

- 1. ALWAYS keep the gun pointed in a safe direction**
- 2. ALWAYS keep your finger off the trigger until ready to shoot**
- 3. ALWAYS keep the gun unloaded until ready to use**

Hello Juniors

John Gunn III and Kimberly are both very busy in college, so I will be your new editor until another junior takes over or when I turn 21 again.

Ray raybadiak@embarqmail.com

sTANCE

The stance forms the foundation for the shooter to hold steady and to build on the other fundamentals. All else remaining equal, an inconsistent stance will change your point of impact on the target. Like some other fundamentals, finding the stance that works for you is not given enough attention. But once found and habitualized, a proper stance becomes natural and automatic and leaves you free to concentrate on other things.

The main goal of a proper stance is to provide stable, **comfortable** and consistent support for the entire body so that it can hold the gun as steady as possible as well as recover from recoil quickly with little movement. The foot positions and body twist should be duplicated naturally, with little effort. It should be comfortable and give a repeatable natural point of aim.

Finding the stance that works for you involves experimentation on your part. Everyone is biomechanically different, so one stance does not fit all. But there are some basics to adhere to as mentioned previously: comfortable, sense of equilibrium, no muscle tension (**strain**) in the legs or torso, **your body is aligned to the target so your** arm rises naturally toward the target and .45 recoil is easily handled with no loss of balance.

To find the position that works for you, start by turning somewhere between 45°-90° from the target. Keep feet about shoulder width apart. Knees should not be stiffly locked. Back and neck should be straight, shoulders relaxed. Head upright. Your non-shooting arm must be

The SIX Fundamentals of Pistol Shooting

sTANCE

GrrrrriP

BREATH CONTROL



sIGHT ALIGNMENT

TRIGGER (ONTROL

FOLLOW THROUGH

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Ron Steinbrecher's eye
100-9X

anchored to prevent body sway in recoil...most place their hand in their pocket, but hooking your thumb on your belt loop in front works even better for balance. There are three twisting points to align you with the target. Use all three instead of just one or two. The three twist zones are hips-torso, shoulder and neck. **Since twisting for long periods of time can create strain, I suggest you visualize a line drawn through your ankles, another line through your hips and a line through your shoulders. When the lines are parallel there should be no twist in the body.**

The shooting arm must be extended fully with elbow and wrist locked in position (but not with too much tension). To counterbalance the weight of the gun in your extended hand, some backward sway may be necessary so as to keep your center of gravity in line with the center of your body mass. Keep your head level with the sights; your face should be turned as far as possible toward the target without undue strain on the neck muscles.

To find your natural point of aim, close your eyes and assume the positions described above....open them and see where your sights are aimed. Shift your feet to align the sights on the target bull, **rather than twisting at any of the three twist points.** Now lower your arm, close your eyes and repeat the process until you are properly aligned. Simulate recoil with your arm and see where it falls back naturally. Adjust again if necessary. Remember, **stay** as tension free as possible. You should be able to stand in this position for a long time without any noticeable fatigue or movement. **When you are satisfied with your position use chalk to mark your foot position. This will allow you to assume the starting position for your stance prior to the start of firing each shot or string of shots.**

After a period of time shooting, you may notice that your foot positions may have altered somewhat; this may be your tired body adjusting to find a more comfortable position. It's okay to accept this comfort adjustment. Check your alignment again and if it is off a bit, just use your rear foot to fine tune your point of impact by leaving the heel of the foot stationary and only making very slight (like an inch or two) toe movements left or right. **When satisfied with this new position re-mark your foot position with the chalk.**

In summary, your stance should be natural, comfortable, repeatable and align your point of aim with the center of the target.

Ron Steinbrecher (Additions in red by Ed Glidden)

Junior Competitor Report

Sept. 17, 23-24 and Oct. 1 –Highland Lakes and Jackson, NJ – 2011 New Jersey Outdoor State Pistol Championship –We had TEN juniors this year! **Blake Fleming** from VA (now in the US Coast Guard!) was High Junior with an amazing 2557-80X (he was 3rd in EX class!)

Kimberly Hullings got a ride home from OSU (from Tim Busse!) just to shoot our match, which she missed last year! Her 2428-53X was her “personal best” earned her titles of High NJ Resident Junior AND High Woman! She fired 809-22X in .45 Aggregate – her first time breaking 800 with the “big gun” and she even won a sacajawea for “cleaning it” in .22 Timed Fire!



Eric Verhasselt fired his “personal best” Grand Aggregate 2346-34X to take 3rd place in MK class! **Michael B. Soklaski** was 5th MK with 2286-40X (just 8 Xs ahead of **Joseph Storch**!) Michael fired an outstanding 841-19X in .22 Aggregate, topping his previous .22 “PR” by more than 13 points! Other juniors included Tim Busse’s son, Carl, firing at his first 2700, and CJ protégés **Tyler Potter** and **Josh Rotondo**! (Josh’s father, Ken, fired his first match, too!) We missed **Trevor Houlis**, who broke his thumb the week before the match (good heavens!)



Oct. 8 – Riverdale – Indoor 2700 – **Michael B. Soklaski** started off the indoor season with new indoor “personal best” Grand Aggregate, winning MK class with 2306-43X! His eight place awards included 1st in .22 Aggregate with 826-20X, including a short course 283-12X (topping all SS too!)

Kim Hullings is now back in Ohio for her sophomore year at OSU. On Oct. 7-8 her “Buckeye Pistol Team” won its season opening Ninth Annual Ohio Cup with Kim winning the 2-gun woman’s championship, out pointing Starling Shi, the USA Shooting Junior National Champion, 917 to 910! Kim was 1st in woman’s sport pistol with 565 and 2nd in air pistol. Keep up with Kim at <http://www.ohiostatebuckeyes.com/sports/c-pistol/sched/osu-c-pistol-sched.html>

Special Congratulations to our own “**Soccer Sue**” Westock – married to Douglas McKee on Sunday October 16! We wish them many happy years together!



Junior League Report

Old Bridge (2nd, 3rd and 4th Sundays at 5 PM): Chairman: Ed Glidden at <mailto:eglidden@yahoo.com>

CJRPC in Jackson, NJ (Thursdays 6:30 PM): Chairman: Mike Westock at <mailto:topgun22x45@aol.com>

Junior International (Olympic) Pistol Training Program: - Every Monday at Citizens Rifle and Revolver Club located at 213 Princeton-Hightstown Rd, Princeton Junction, NJ 08550

-Time: 6:30pm to 8:00pm -Open to boys and girls ages 10-18 -Target shooting experience not required

-Air pistol and equipment provided -Instructions by USA Shooting/NRA Approved and Certified Coaches

Contact Info: 917-981-7715 or email internationalpistol@gmail.com

Upcoming Matches

<http://www.njpistol.com>

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