

New Jersey Junior Bullseye Newsletter

January - March 2013

Dear Juniors,

Our sport offers the amazing opportunity to pursue perfection, a quest which can be renewed every time you set out to fire your next 10 rounds! Your past is “history” (offering an opportunity to learn what to repeat and what to adjust) – the *NEXT* 10 shots can be ALL 10s!!



It's a long journey. Don't speed through the enjoyment!

Best wishes,
Mary noalibis.mary@gmail.com

HOW DO YOU “GET A GRIP” ...?

[HM]- There are two things here. There is grip and there are grips. *[We'll talk about GRIP first!]*

Grip

<http://www.bullseyepistol.com/steinbrecher.htm>

<http://www.bullseyepistol.com/billblnk.htm#grip>

[Don Nygord] While every individual is different as to grip strength, amount of body mass (to absorb recoil), etc., there are some guide lines. The grip that you take on a pistol must be:

1. Constant
2. Adequate to hold the pistol securely during firing
3. Allow free and independent movement of the trigger finger



1- Grip Consistency

[MA] The main requirement is consistency of grip and trigger finger placement. Still difficult for me after 37 years of bullseye.

[HM] If you have identified trouble with your grip, inconsistent grip or you find yourself "pumping" the grip when you shoot sustained fire, here is the best advice I have on grip. First of all, dry fire. Dry firing trains more than just your trigger control. While dry firing you should be practicing (rehearsing) all of the basics, stance, GRIP, sight alignment,

trigger control and breathing. Second, Practice at the range. While dry firing or live fire practicing at the range, concentrate on just maintaining a consistent grip. Force yourself to maintain a consistent grip (slow fire while dry firing and timed and rapid fire live fire). Do it over and over again until your conscious mind has trained your sub-conscious (through repetition and rehearsal) to repeat a consistent grip every time. Once your subconscious mind is trained you will be able to maintain the proper grip and grip pressure automatically.

[HM] ...Now learn that grip. Learn it like you know the feel of putting on your boots. They have a certain feel. Someone else having exact same size and style of boot would not feel the same. Be able to get that grip and know when you have it or don't. Know exactly where your finger contacts the trigger. Feel the pistol and know where the edge of the grip, the trigger guard, the magazine release, the grip screw. Everything exactly located where you want. Be able to prove your grip by dry fire. Know what it looks and feels like when the sights are perfect "as" the hammer falls.

[HM] For me, in dry fire I mainly want to know how to get "my" grip. Recognize it and be able to duplicate it. Know when it is right and wrong. Know that a particular grip will cause the sight to move a certain way as the trigger is pressed from 0 to 100% of sear release. I believe that grip and trigger squeeze are very closely related. [I] can't have a good squeeze without a proper grip.

2- Grip Strength

[http://www.australiancynic.com/NYGORD.htm#_Grip_Pressure_\(2/98\)](http://www.australiancynic.com/NYGORD.htm#_Grip_Pressure_(2/98))

[HM] Your grip should be firm (not crushing or so hard to cause fatigue)

[EX] Many shooters aren't aware there's a need to tighten up on the wrist's tendons to replicate the same grip angle and maintain it consistently throughout their follow-through and course of fire. Unfortunately the human wrist isn't a lockable joint but it's possibly the most critical area of 'the grip' that'll fail.

[HM] From my own experience and what I have seen over the years, most of the problems lie with most shooters using too much pressure on the grip. They feel that that will help with sight alignment when the problem is really not locking the wrist at the moment the shot breaks. The grip needs to be comfortable to help with consistency which is priority one, but not so tight that it causes a tremor.

[bullseye-I]... my personal concept on grip pressure is that group size, as a function of grip pressure, is a U shaped curve and maybe it has a third axis for trigger sear weight.

Too loose grip gives bigger groups (trigger motion and recoil induced). Too tight also gives bigger groups (lack of trigger control). You can not grip tight and retain fine motor control of your finger. So what to do? "Just Right" tension that gives you trigger AND recoil control).

How much is that? Well you have to figure that out by training with "too much" and "too little" then "just right". Call it the "3 bears" exercise.

[Nygord] ... If you are "squeezing the sap" out of the wood on the grip of the gun, you will have a very difficult time moving the trigger finger with any finesse. For this reason Free Pistol grips are constructed to require a bent wrist. The more you must depress the hand and thereby take the wrist away from a straight position, the less force can be applied to the grip. This in turn forces you to grip more lightly and thus free the trigger finger for more subtle application of pressure to the 20-50 gram trigger weight of the Free Pistol. As you move up to higher trigger weights, the grip angle becomes less obtuse and finally you get to something like the Colt .45 Government model with a trigger pull of 4 lbs. (1800 grams!) and the gun is constructed to be held with an almost straight wrist.

[Collegiate] So I have two different grips, one for air and one for standard/sport pistol.

Air pistol: my grip is relaxed, loose, a "carefree" feeling from fingers to wrist. I'm not saying my wrist isn't tight, but it not stuff because I trust my hold no matter what.

Standard/sport pistol: my grip is a little tighter, but not so right as to have no feeling in my finger tips. Yes, there is recoil to the .22, but not to where you need to worry about dropping the gun.

Similarities between the two: my fingers are lower than my wrist to make sure that the sights are always in align[ment]. I always have the butt of the gun tightly wedge[d] in the web between my thumb and pointing finger.

[MA] Tight enough to keep the pistol from moving in the hand during recoil. I shoot right eye left hand, so I hold the pistol off-set, clock wise in my hand. [See following discussion on position!]

3- Grip Position

[HM] Change your grip angle or position of your hand until the sight is as perfect as possible in the rear notch as the hammer falls.

[HM] As far as your grip, follow the USAMU Advanced Pistol Guide's description and illustrations on grip. Pressure should be between the front and back strap of the frame without pushing your thumb or fingertips into the side of the frame. Rest your thumb along side of the frame? Yes, but your fingertips and thumb should play a minimal part in gripping the pistol.



Figure 1-5. Getting the Grip.



Figure 1-6. The Grip.

<http://www.bullseyepistol.com/chapter1.htm#grip>

[HM] I take great care to get the exact grip I am trying to achieve when ever I pick up my gun. I have always tried to go with the text book grip which is to follow the AMU marksmanship guide as to grip.

Take the gun in the non shooting hand and place it in the center of the web of the shooting hand. Than just wrap the fingers around putting the pressure in exactly the same place every time.

There in lies the big problem with the grip, keeping the pressure the same on the same places of the hand all the time. To put it into words is the hard part but I will try.

When I wrap the hand I try to feel the fingers touching all the way around to the tips. I try to keep most of the pressure on the grip from the back to the front of the frame. The hand has to feel the pressure more like a vice in operation with parts of the pressure coming from the tips and the palm. It's important not to use much pressure on the heel of the hand, will cause heeled shots.

Hand size is so different that it is impossible for every shooter to grip the gun the same way. The grip you choose has to let the trigger finger land on the trigger in such a way to allow the pull to be straight to the rear.

[Editor's note: This is a particular concern for JUNIORS with small hands! Custom grips (see following section) have to work with frame size – the frame size of some pistols accommodate small hands better than others.

Some shooters START attaining their grip by putting their trigger finger in the “right place” FIRST, and THEN wrapping their hand around the grip wherever it needs to fall!]



[bullseye-l] I am right handed and left eye dominant. Back in the good old days when I started I was taught to shoot left handed since I'm left eye dominant. [I] did this for a very long time. When I discovered the Zins grip I found that I could shoot right handed and use my left eye. I did have to turn my head an inch or two farther when using my right hand than when using my left hand, remember I'm using my left eye.

So, my suggestion is to use a Zins grip with your left hand and use your right eye. Using a traditional grip with your opposite eye is not a good thing. You have to turn your head too far and tilt it too.

[...so what IS the ZINS GRIP??]

From: Zins GySgt Brian H

Sent: Wednesday, January 30, 2008 12:19 PM

To: bullseye...@lists.lava.net

All shots that not on call are in some form or fashion anticipation.

I would have to say that your problem is probably stemming from a grip issue. I will try to explain this the best that I can without actually having a visual for you to follow.

Look at your hand

The crease between the fatty portion below your thumb and pinky finger just above your wrist. The backstrap of the grip needs to go right between those fatty areas in that crease.

Our hands are actually designed perfectly for shooting. As long as we use the shape of our hand to our advantage. If you put the mainspring housing of the gun on the either of the fatty parts, the gun will move in recoil. With a .45 anyhow, not so much with a .22.

This will also help the gun align to your eye better without having to move your wrist to obtain sight alignment.

Brian



Most folks tend to hold the back strap on the fatty part of their hand. (see the red line)
For Brian, the backstrap is held as close to the bone as possible, (see the green line).

<http://www.brianzins.com/2010/06/11/grip/>

[Editor's Challenge: How can you tell if your grip position is the right one for you??? Junior with the best reply gets prize of the month!!]

[MA] When I attempted to analyze my grip as well as how I can try to help others, I listed options and questions regarding grip:

Possible Shooting Variations - GRIP

Grip	Position of Hand	Grabbing Grip	<ul style="list-style-type: none"> • Form a V at grip safety • Form a V at grip safety but slight ccw twist toward trigger • Form a V at grip safety but slight cw twist away from trigger 	Describe how you are placing your hand on the grip.
		Grip Pressure	<ul style="list-style-type: none"> • Gentle, Firm, Tight 	What type of pressure are you exerting on the grip?
		3 Finger Wrap	<ul style="list-style-type: none"> • Middle finger tight under trigger guard • Front strap between 1st & 2nd finger creases • Finger tips flat on side of grip • Feel a equal and opposite squeeze from front to back strap 	Describe your 3 fingers on the front strap.
		3 Finger Pressure	<ul style="list-style-type: none"> • Gentle, Firm, Tight 	How much pressure are you exerting on the grip with these 3 fingers?
	Trigger Finger	Position on trigger	<ul style="list-style-type: none"> • Tip, Middle, Before 1st crease • Center, bottom, top of trigger 	Where is the trigger located on your finger?
		Position on side of grip	<ul style="list-style-type: none"> • Resting on side • Free from side 	Describe the part of the trigger finger not touching the trigger.
	Thumb	Position on grip	<ul style="list-style-type: none"> • Fully touching Side • Tip slightly bent out/up/down 	Describe the position of your thumb.
		Pressure	<ul style="list-style-type: none"> • At rest • Squeeze to form a V 	What type of pressure are you exerting on the grip with your thumb?

Grips

[HM] I use orthopedic grips. That doesn't mean that everyone should and as a matter of fact, if I had to go back and start all over, I would use plain ordinary slabs on my 1911. Steve Reiter (6 time national champion) uses slabs. Brian Zins (12 time champ), Jim Henderson (2 time champ), Jim Lenardson (3 time champ), Phil Hemphill. Every National Champion for AT LEAST the past 20 years uses slab grips on their 1911. Learn to grip slabs properly. You will not be at a disadvantage. You will spend A LOT LESS money on grips. You will be able to change, borrow or share more easily and you will have an easier and more comfortable transition to service pistol matches where custom grips are not allowed.

[Editor's note: Orthopedic (also known as anatomical grips) may help you accomplish the above mentioned criteria - consistency (being fitted to your hand they may help you hold the pistol the same way every time) –a “palm shelf” may help you manage recoil (so you don't have to feel like you are working hard to keep the gun from moving in your hand while firing) - help you keep trigger finger independence (by letting your hand – not wrist- relax)... they might be worth a try if you can afford the experiment!]

<http://www.bullseyepistol.com/goodgrip.htm>



<http://jnb.com/~funggrip/>

<http://www.formgriffe.de/>

<http://www.morini.ch/>

<http://www.nill-grips.com/>

[Where can I buy them for my gun?]

<http://www.larrysguns.com/Departments/Grips.aspx>

<http://www.bullseyegear.com/bullseyepistol/home.php?cat=9>

(Vitarbo, Herrett Nationals...)

[...So, once you get a pair what do you do with them?]

<http://tonybrong.blogspot.com/2013/10/adjusting-anatomical-grips.html>

http://www.australiancynic.com/NYGORD.htm#_Modifying_Your_Pistol's

Junior Classification Congratulations:

Joseph Storch – Indoor Conventional Pistol EXPERT – Jan. 21, 2014 [*EARNED as JUNIOR!*]



(left) First .45 match
at NJ Indoor Championship
Old Bridge – March 2008



(right) TOP JUNIOR at NJ Indoor
Championship – Old Bridge – March 2013



(left) 95-3X in .22 Timed Fire
CJ Outdoor – 2008

(right) 839-24X
Last match as Junior
SCFGPA – 2013



(left) First Perry
(2008)

(right) Last Perry
as Junior (2013)



Joseph fired his first .22 match at the NJ Outdoor Championship
October 5, 2007 – 572-4X
And his first full 2700 at Lake Island
April 12, 2008 – 1936-10X

2013 Indoor “PR” 2422-54x
2013 Outdoor “PR” 2430-60x
(left) National High Collegiate at Perry 2013



Junior Match Reports:

Jan. 4 – Riverdale International – Michael B won EX/SS/MK class with an amazing score of 552 in Air Pistol, and was 2nd overall with 547 in Centerfire Pistol!!!

Jan 25-26 – Old Bridge 2700 – Josh was top Junior with 728-7X! Nicholas B took 2nd among 10 MK in .22 Timed Fire with 181-2X! Sam K broke 700 (and this was only his 2nd match!)

Feb. 1 – Old Bridge JUNIOR 900 at 50 ft. – Our 2nd Annual NRA Registered JUNIOR-ONLY series of matches culminated with the highest number of competitors for this event fired at 50 feet! Nineteen juniors, including 3 first-time “Tyros,” participated! The overall winner was Michael B with 814-9X!



First among 15 Marksmen was Dan R, firing his indoor “personal best” 743-8X! Lily was top Woman, firing her indoor “personal best” 659-4X! We were particularly proud of Heather, Mark and Devin – all new to firing one-handed – they did great for their first match!



The Top Team was SCFGPA “No Alibis” (Morgan, Dan, Aman and Matt L), finishing with 907-9X! (Morgan had a 97-4X in TF for the team!!)

Feb. 15-16 – Old Bridge SECTIONAL at 50 ft. – Despite snow, 55 competitors including 9 juniors, made it to this year’s Sectional at OBRPC! Juniors got to shoot with their parents this time – Mark’s mom and Devin’s dad were among 3 making debut to pistol competition (and Devin and Mark both topped their scores from 2 weeks ago, Devin by over 100 points in the individual match alone, and fired 203 for “The CJ Bloopers”!) Trevor was Top Junior in the 900 with 787-

10X! Morgan was second among 33 MK (of all ages!) with 756-7X (his father was 1st!) Ian was 3rd junior overall with 691-5X (he's been weight-training!) Sam won a MK 1st place award in Timed Fire with 181-3X!



Mar. 14-16 – Old Bridge and Riverdale – NJ Indoor State Pistol Championship – We set a recent history record with a total of 89 competitors, including 13 juniors (along with many parents!) Michael B was Junior Champion, starting the match with 188-4X .22 Slow Fire – a score which broke his own National Junior record (which he set at our NJ Indoor Champ match in 2012!)



Gabbie and Ian both fired “personal bests” breaking 700 in a match for the first time! Mark fired his first 25-yard match, performing excellently as the only junior on the line on Saturday at Old

Bridge! Ed Glidden called ALL DAY at Old Bridge on Sunday, where we fit 37 competitors into 12 ports.



Nicole made a breakthrough, too, and fired her “personal best” while her father made his (surprise) debut to competition! Dan and his father both also fired “personal bests,” as did Matt and his father! Nick fired his first centerfire match, and his father broke 700 with .22! Morgan set an indoor centerfire “PR” (breaking in his new Les Baer!) and his father broke 800 with .22!!

Upcoming NJ Matches:

Mar. 29 – Square Circle – Gibbsboro, NJ - **Indoor 2700** - 9 AM – **JUNIORS SHOOT FOR FREE!** – contact Mary 908-788-5503 or noalibis.mary@gmail.com or sign up at www.NJPistol.com

Apr. 5-6 – Lake Island – Carteret, NJ - **Indoor 2700** - 8 AM and 1 PM (Sat.) 9 AM (Sun.) – **JUNIORS SHOOT FOR FREE!** – contact Mary 908-788-5503 or noalibis.mary@gmail.com or sign up at www.NJPistol.com

April 12 – CRRC – Princeton Junction, NJ - **OUTDOOR 2700** - 9 AM – contact Keith Stern 609-462-9428 or keithstern@gmail.com or sign up at www.NJPistol.com

April 26 – CJRPC - Jackson, NJ – **OUTDOOR 2700** – 9 AM – **JUNIORS SHOOT FOR FREE!** – contact Mary 908-788-5503 or noalibis.mary@gmail.com or sign up at www.NJPistol.com

Junior Leagues Report:

- **Old Bridge (2nd, 3rd, 4th (and now also 5th) Sundays at 5 PM – unless we have matches then!):**

Chairman: Ed Glidden at <mailto:eglidden@yahoo.com>

- **CJRPC in Jackson, NJ (Thursdays 6:00 PM):**

Chairman: Mike Westock (HE'S BACK!!) at <mailto:topgun22x45@aol.com>

- **SCFGPA in Bridgewater, NJ – *NEW SCHEDULE* – EVERY MONDAY at 7 PM:**

Chairman: Ray Badiak at <mailto:raybadiak@embarqmail.com>

TIP OF THE MONTH:



“For the things we have to learn before we can do them, we learn by doing them.”
– [Aristotle](#), *The Nicomachean Ethics*

PREVIOUS NEWSLETTER ISSUES CAN BE FOUND AT:

http://www.njpistol.com/Junior_Newsletter.htm