

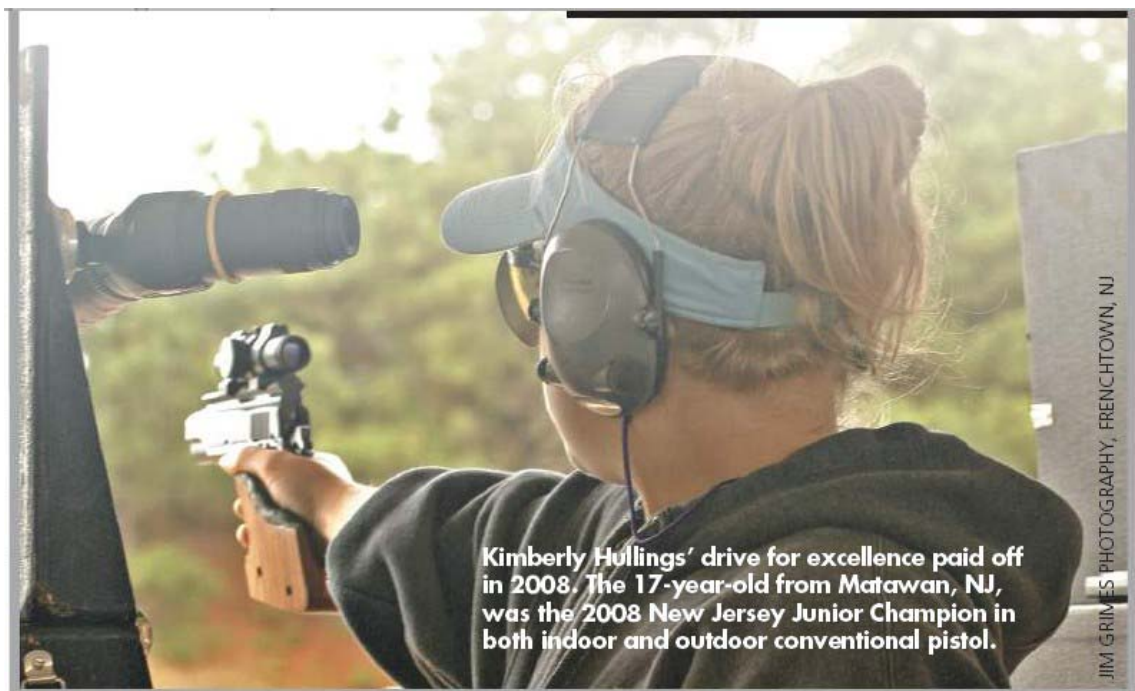
# New Jersey Junior Bullseye Newsletter

May 2013

Dear Juniors,

This month our local competitors share thoughts on success with “THE BIG GUN!”

Just when you’ve made progress with .22, it may feel like “starting over” when you begin shooting centerfire (and I don’t recommend that ANYONE try centerfire before achieving the basics with .22!) It’s the next milestone to reach for in our sport – if you want to shoot the full 2700 match, and hope to join the fun at Camp Perry for the National Championships in some upcoming July...




...and the good news is, quoting one of our High Masters, “YOU CAN DO IT!”

Best wishes,  
Mary [noalibis.mary@gmail.com](mailto:noalibis.mary@gmail.com)

## HOW DO YOU SHOOT .45?

“Recoil management and trigger pull weight are the main differences between a rimfire and centerfire gun.”



“Bullet points” marked by  are for special action or consideration – [“vive la différence!”](#)

### USE the same FUNDAMENTALS

HM - The need to approach the .45 the same as the .22 is very important. Make sure that you are thinking only about the fundamentals when you are practicing and not what your scores are. They will be lower at first but learning how to handle the extra recoil is the biggest problem in timed and rapid.

HM - You are already familiar with a smaller caliber gun, the .22. The .45 is different, but not in every respect. The fundamentals are the same, you still need to work on all of the fundamentals, for each and every shot. What's different is the amount of recoil and what you must do to control it.

MA - Other than a louder bang and a bit more recoil, you should shoot this gun exactly like your .22. All the same fundamentals apply!

EX - Do not get "psyched out" by the myth of the BIG .45! With target loads it is just another gun and the technique for shooting it is the same as a .22. Practice technique and become comfortable with it. I prefer the .45 to my .22.

EX - Shooting the .45 should be no different from shooting the .22. The problem is we anticipate it being worse. We see the recoil as more than what it is. Every gun recoils when we shoot it, even the .22, but the .45 recoils more and therefore we thinking about it too much. You should shoot the .45 the same as you would shoot the .22. If your scores are drastically different between the two then you are either over-thinking the .45 or under-practicing the .45. If you are

finding that your average scores between the .22 and .45 is not within 10 points of each other, then you really should work on the .45 as much as you do the .22.



HM - The .22 zips along at a fairly high rate of speed, an average of 1050 feet per second. The .45 travels much slower, especially with target loads, which may travel at less than 700 feet per second. Thus, the bullet takes much longer to travel down the barrel and you have to hold the gun "on target" for a longer period of time! For me, the best way to ensure that the gun is "on target" is to "recover" after each shot and pretend you are going to take another shot right away, just as if you were shooting timed fire.



HM - You must start your thinking about the next shot as soon as you can get the trigger reset and start the next pull smoothly. This is the main issue that causes most of the real problems with the extra recoil. You need to understand that the pulling of the trigger smoothly is the first priority after the last shot, instead of using your instinct to get the sights back to the target first. This is a little hard to put into words, but the object of the challenge is to start pulling the trigger as soon as you can and then to get your sights back on the target while you are increasing the pressure on the trigger. It is the same with the rimfire but due to the small amount of recoil the learning is usually lost do to the quick recovery. In reality the start of the trigger squeeze in sustained fire is the single biggest problem in the understanding of how to get your shot off smoothly. If this can be understood by your conscious mind, your subconscious mind WILL be able to get the sights back to the center before the shot goes off. [ LOCK-UP] Making the arm stiff again before that shot goes off is the goal. So the shooter will have good sight alignment in the small amount of time allowed.



MA - You need to stay aggressive with the trigger and use that trigger squeeze to steer the sights (or dot) into alignment. Do not anticipate, let the sights continue going toward perfect alignment with your trigger squeeze. I'd also add, DO NOT align the sights (dot) AND THEN squeeze the trigger. The act of squeezing the trigger will move the sights out of alignment. Start your squeeze outside of perfect alignment. Watch the sights as the trigger releases the hammer. Which way does it move? You must be honest, you know it moves, which way? Now you will know where to start your squeeze and how your squeeze drives the sights.



## It has a heavier trigger – DRY FIRE!

HM - The .45 has a heavier trigger pull, 3 1/2 pounds instead of 2 pounds. You should get used to the heavier trigger pull by dry firing.

SS [Collegiate] - I would say that for me preparing for shooting this 45 was getting used to the trigger. Lots of dry fire!

[EDITOR'S NOTE: There are "roll" (even "LONG roll") triggers and "crisp" triggers – they feel very different even when they "weigh" the same! LEARN YOUR TRIGGER!]

## There's more RECOIL, but IT DOESN'T HURT!



HM - Let the gun recoil. It'll go up and to the left. That's normal. Let it recoil. If you're left handed, it will recoil up and to the right. This is normal. Don't be scared, just start out with a good firm grip, and you'll be fine.

EX - Most importantly remember that the .45 isn't a canon!! It kicks more than the .22 but not enough that you can't handle it!

MA - Most juniors (and the majority of adults for that matter) are anticipating recoil on the big calibers. Instinctively they know the gun is coming back in recoil so in response they push forward as the trigger is squeezed. So let us put some things in perspective about recoil. Does it hurt? Is it some force you can not accept or get used to? Compare it to catching a base ball. If you catch a well hit line drive the force of catching that ball is about double the force of a .44 magnum. Someone bumps you with a shopping cart of food at the grocery store. That bump energy is 3 or 4 times what you will get from a 1911 pistol. When you catch the ball it is felt, but it doesn't hurt. Recoil is like that, no one says the recoil hurts them. (excluding some magnum calibers) Look forward to the recoil the same way you look forward to catching a baseball.

HM - The only way to get used to it and learn to handle the extra recoil is to just shoot the .45. It won't take long for you to get a sense of how hard you must grip to control the extra recoil.



HM - There is also the additional recoil from shooting a bullet that weighs 185 to 200 grains, instead of 40 grains. There will be more "impact" on your body and frame than with the .22. You do not need to grip the gun in a "death grip," but it is reasonable to grip the gun a little bit more firmly. You will probably need to be "more braced" to deal with the additional recoil, but that should not be hard to do. Just keep your body in the same position, "locking" the arm and shoulder in place, and you should be fine.



MA - Prove to yourself with a 1 shot drill that you do not need to "Gorilla" grip the gun.



SS [Collegiate] - Making sure every joint was locked from wrist to shoulder. Made the recoil not as bad and kept the sights more in line than before. It took time but that's how I got to where I was.



[EDITOR'S NOTE: My favorite "imagery" is to see my shooting arm as a solid 2x4, from shoulder right up to the base of the hand! You need to give the pistol a firm "base" to recoil against – it may not even function reliably if you try to "absorb" recoil in your wrist or elbow! Most .22's will "forgive" ...not so the .45!

Another great image is a "door stop spring" - if you find the right "tension" in your triceps, you'll get back on target after recoil "automatically" (or at least a lot more easily!)



Sometimes the "right" mental image (instead of lots of words) will help you shoot with your "right brain"

- see <http://www.golfpsych.com/blog/left-brain-lousy-golfer/>
- and <http://www.blueirisanctuary.com/id471.htm>

## There's a louder "BANG"



[EDITOR'S NOTE: "DOUBLE PLUG!!!" That is, use molded (or at least "spongy" disposable) ear plugs IN your ears, and then wear good quality ear muffs on top of that! Even if YOU shoot "gentle" target loads, the shooter next to you may "like it HOT!"]

HM - Dry firing can also be a big help in getting over the anticipation of the increased noise and recoil by training the mind that it will be just a sound of a click, instead of the first starting out with live ammo and a great deal of noise and kick. The noise and kick will have to be dealt with one way or the other but how your mind first perceives it I think is fairly important.

HM - If you're nervous, breathe deep and relax...!

MA - If possible start shooting .45 during the indoor season so that you can use a very light load. Use the lightest load possible - enough to hit the paper at 50 yds. Once you build confidence with the "big gun" - you can slowly increase your load.



HM -.22 caliber ammo is pretty much the same but there are several kinds of .45 ammo. There's "factory" ammo, which has a stiff recoil and top accuracy, as well as "reduced loads," which can provide excellent accuracy but much milder recoil. If you can, try the "milder recoil" loads because the gun will be much easier to shoot, won't recoil as much, and will make less noise. Yes, the "factory" ammo might shoot a little more accurately out of a Ransom Rest, but that's of no use to you if you "flinch" every time you shoot a shot because the gun is jumping all over the place and your ears hurt. I strongly recommend reduced loads, especially for juniors.



HM: You will probably have to adjust your sights between .25 and 50 yards. The .22 has such a flat trajectory that very little, if any, sight adjustment is required. With the .45, you may have to bring your sights up a few clicks from 25 to 50 yards, because the .45 does not shoot "flat."

## It makes bigger HOLES!

HM - There's good news here; because the .45 caliber bullets make bigger holes, shots that would have been "just out" with the .22, will be "in" with the .45, and your scores can be higher!



EX - Remember, the holes are bigger, so you have a better chance of hitting the 10/X ring!!



[EDITOR'S NOTE: BIG HOLES can be distraction you didn't have to deal with before – most can't see .22 holes in the target while you are shooting, but put a .45 in the 7 or 8 ring during sustained fire and it may be staring back at you when you go to take your next shot! You may have to work harder to FOCUS (see [MARCH Newsletter](#) – "What do you think of?") - also see the next "bullet point" from a 2600 Club shooter who had an interesting dilemma!]



MA - With good lighting I can see the "X" at 50 yd as well as 25yd. Since I start my squeeze with the dot down by 5:00 inside the black, then use the squeeze to drive it into the "X", I can see the "X" getting covered by the dull red dot. This past weekend [my "think-X" mantra] did not work. Third shot into timed fire NMC the "X" went away. Gone, nothing to see, nothing to steer toward, no "X" - my autopilot squeeze didn't know what to do. Coming in for a landing and suddenly the runway is gone! Yikes! Luckily it was Timed Fire - I managed to get all shots off. But that was a complete surprise distraction. I need to come up with another magic word to steer toward in sustained fire. Never thought I would have a problem concentrating because the X was shot out of a target!



Here are some DRILLS to help



HM - I think the single greatest thing any new shooter can do is actually find a chair the right height for your shooting bench that places the shooters arm flat on the bench and .45 on the bench (like your going to shoot to sight a gun in). Then fire 10 shots SF in this position try to hold the tube of the dot in the same place and red dot in the center....be very consistent and try (@ 25yds) to keep all shots in the black. If any shots print outside the black STOP...and start over do this to gain great trigger control, once you master this then work for the Ten ring. Repeat this to gain sight picture and confidence that you can squeeze the trigger effectively. Once this "bench shooting" has produced good SF targets at 25yds then repeat procedure during a TF string. The process of TF should produce a target that holds the repair center once this is accomplished you may want to stand up and try actually shooting with the .45 @ 25yd SF then progress to TF and RF.

HM - Trigger squeeze is the challenge when practicing, so the best way to help learn I think is to do some shooting on blank paper in the very beginning with sustained fire being the goal. Learn to pull the trigger smoothly in-between shots as soon as possible and not to worry about where they are going. Once you learn what trigger control is all about, meaning that you are pulling the trigger with only one knuckle on the trigger finger -the second joint in with the other joints stiff to some degree, that it is moving straight back smoothly without hesitation or interruption.

EX - I found early on that 3 second drills were helpful. You set the targets to turn for only 3 seconds and work on getting the first shot off quickly.

MA - Buddy practice: two people, one pistol, blank wall, NO AMMO in the room.

Shooter - Assume shooting position toward a safe area, basement wall or similar. Buddy - Stand beside the shooter on the strong side (right for right hand shooter. With hand perched a few inches above the pistol, grasp the slide and rack it rearward as the hammer is released. Shooter watches sight alignment (or dot position in tube) Assume it is not "perfect" which direction did squeezing the trigger move the front sight. The buddy cycling the slide rearward will simulate the same recoil you get from firing the .45ACP. Shooter must "Grip strong" to allow the buddy to cycle it. Buddy - wait until the hammer falls to cycle the gun. Watch the shooters eyes during this dry fire practice. You are looking for squint or blinks in conjunction with trigger squeeze. Very often people blink at the moment of hammer release because they know recoil is coming. You ask about sight alignment as the gun went off and they can not be sure because their eyes were closed. Don't believe me? Video tape yourself during live fire practice. Repeat the dry fire in stages 5 shots. (don't do too many) Switch positions. The buddy can call range commands.

***[EDITOR'S CHALLENGE #1 – What is the “ball and dummy” drill, and what does BRIAN ZINS think about it?? First two correct answers from juniors get another prize-of-the-month!***

***...if you find this reference, even if you are not first, it has LOTS of great thoughts for you – ENJOY! ]***



## YOU CAN DO IT!



MA - .45 is much easier for me than the .22, it has to do with the trigger and gun/grip geometry.... For me feeling that trigger is very important.

SS - I see many people shoot a smaller center fire caliber for the middle match. They do great with 22 and their center fire but fall far behind because of their 45 ACP course of fire. I would rather shot .45 ACP for last 2 courses of fire. Advantages are several - 2 guns to learn instead of 3. You get to shot .45 for 180 shots instead of 90. You have the opportunity to master it in half the time since you shoot it twice as much. Ask your dad to buy you a nice Les Baer Bullseye model and a nice 30mm Aimpoint sight....tell them it will help for your shooting team scholarship and will save them money in the long run!



[EDITOR'S NOTE: You can set up your .45 to FIT you – there are lots of “options!”

- In addition to “roll” or “crisp” feeling (see discussion above), triggers come in different lengths (there are even such things as “trigger shoes”) and mainspring housing can be curved or flat to accommodate short (or long) fingers!
- Custom grips may help you hold the pistol the same way, every time – a “palm shelf” may help you manage recoil (but weather changes may affect your hand “size!”)
- A “full length” guide rod, especially tungsten ([see link](#) – *make sure you get the 2-piece version...ask Mary why!*) adds overall weight, but makes a big difference in the feeling of recoil, especially in Rapid Fire!
- If you use a red dot, “slide mount” feels very different than “frame mount” for any given load!]



## DAVE LANGE

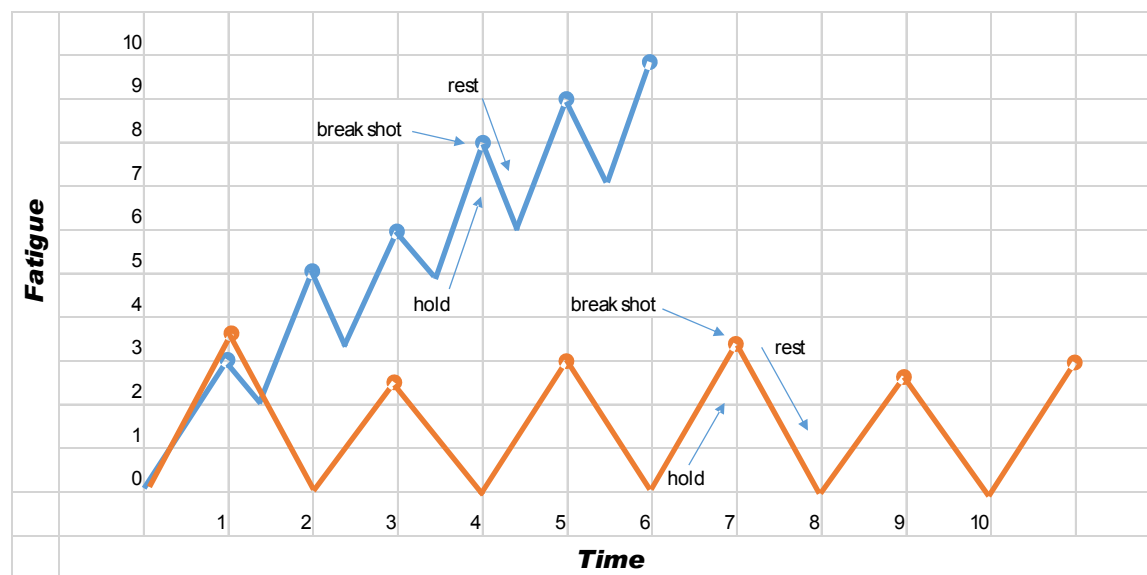


The basics of shooting do not change when you start shooting the 45. If anything they are more important. Going back to the basics will help you master the additional challenges of recoil and extra weight. Check your stance, get a good consistent grip, proper breathing, focus on sight alignment, maintain trigger control and follow through.

Some additional tips:

Slowfire – I usually use positive statements but in this case two negatives equal a positive... **DON'T** overhaul! When shooting a slowfire shot, you should take a few seconds to settle in and then about six to eight seconds to break the shot. If you don't break the shot in ten seconds, abort the shot. I can assure you that after ten seconds, your hold isn't going to get any better. Very important, as soon as aborting the shot comes into mind, **STOP**, take the pressure off of the trigger and then you can break your sight picture. This will prevent an AD while moving off of the target.

Rest between shots - The chart below represents time and fatigue. The blue line shows how fatigue goes up if you do not rest long enough in between shots. The orange line shows fatigue never going above the fatigue of a single shot. If it takes you ten seconds to break a shot, you should rest at least ten seconds before starting your shot plan for the next shot.



Timed fire – Maintain trigger control and shoot at a comfortable pace.

Rapid fire – Maintain trigger control and shoot at a comfortable pace. You are always better off shooting accurate and controlled shots than just ripping five shots down range. Practice shooting controlled shots. Do not be too concerned with the time in the beginning. If you don't get all five shots off in time, just remember, four eights are better than five fives or five misses. Important, if you save a round in rapid fire, remember, you still have a loaded gun. Clear it!

## Junior Classification Congratulations:

**Michael B Soklaski** – Air Pistol EXPERT – April 30, 2013

**Joseph Storch** – Indoor Conventional Pistol SHARPSHOOTER – May 13, 2013

**Suchisman Gangopadhyay**– Indoor Conventional Pistol MARKSMAN – March 5, 2013

**Dan Rosar** – Indoor Conventional Pistol MARKSMAN – March 18, 2013

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## Junior Competitors Report:

**March 2013 - Collegiate National Championships, Ft. Benning, GA** - FORMER NJ JUNIOR KIM HULLINGS got 3rd place in women's sport pistol and the 2-gun agg (overall women's category) and made First Team Sport Pistol All-American for the third year in a row!

**April 2-6 – 2013 Junior Olympic National 10m Air Pistol Men's Championship, Colorado Springs, CO** – Juan Pena-Velasquez fired 535 and 524, placing 25<sup>th</sup> overall and 8<sup>th</sup> in J2 age group! This was Juan's second year at the Junior Olympic Championships!

**April 13 – CRRC 2700** – Michael B Soklaski, age 16, was 1<sup>st</sup> place Sharpshooter in .22 aggregate with 827-16X, finishing with 2308-43X as a very nice start to outdoor season!

**April 27-28 – CJRPC 2700** – Among 44 competitors, we had a RECORD *ELEVEN* juniors! High Junior Sharpshooter Trevor Houlis, age 15, fired his "personal best" .45 aggregate 749-6X (despite a late last shot!) finishing with 2248-38X!



Marking his "1 year anniversary" in Bullseye competition, Morgan Mateus (above, right) was 1<sup>st</sup> among 17 Marksmen in .22 Timed Fire with 190-6X! Dan Rosar (2<sup>nd</sup> from left, above) fired his "personal best" 712-7X! Dylan Gebel and Dan tried a taste of .45 Slow Fire – Suchisman Gangopadhyay appreciated the opportunity to "test drive" a Dan Wesson revolver (thanks, Rich B!)



Garrett Hulse fired a full 2700 for his first NRA match...which also happened to be his 16<sup>th</sup> BIRTHDAY (Nicole and Emily brought CAKE and Debbie made cupcakes for the occasion!)



Nicole and Emily also fired their very first match! They both stayed to fire a second 900 for practice (and Nicole improved her Slow Fire Match score by almost 100 points!)

**[EDITOR'S CHALLENGE #2: What's "wrong" with Morgan's picture (above)? HINT – you may need to "zoom in" to study it at [http://www.njpistol.com/images/CJ\\_2013/April/Morgan.JPG](http://www.njpistol.com/images/CJ_2013/April/Morgan.JPG) - first junior to reply (other than Morgan) gets a second prize-of-the-month!]**

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### Upcoming NJ Matches:

**May 11 and Jun. 22** – Princeton Junction, NJ – **OUTDOOR 2700** – 9 AM – Juniors pay regular match fees – contact Keith Stern - 609-462-9428 or 732-821-2653 or [keithstern@gmail.com](mailto:keithstern@gmail.com) or [Keith.Stern1@verizon.net](mailto:Keith.Stern1@verizon.net) or sign up at [www.NJPistol.com](http://www.NJPistol.com)

**May 25-26 and Jun. 29-30** – Jackson, NJ – **OUTDOOR 2700** – 9 AM – JUNIORS SHOOT FOR FREE! – contact Mary 908-788-5503 or [noalibis.mary@gmail.com](mailto:noalibis.mary@gmail.com) or sign up at [www.NJPistol.com](http://www.NJPistol.com)

**June 15** – Jackson, NJ AND Highland Lakes, NJ – **NJ Service Pistol and Distinguished Revolver Championship** – 9 AM – JUNIORS SHOOT FOR FREE! – contact Mary (for CJRPC) 908-788-5503 or [noalibis.mary@gmail.com](mailto:noalibis.mary@gmail.com) or Dave Lange (Cherry Ridge) 201-251-0933 or [DL2700@aol.com](mailto:DL2700@aol.com) OR sign up at [www.NJPistol.com](http://www.NJPistol.com)

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### Junior Leagues Report:

**Old Bridge (2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Sundays at 5 PM – unless we have matches then!):**  
Chairman: Ed Glidden at <mailto:eglidden@yahoo.com>

**CJRPC in Jackson, NJ (Thursdays **AFTER 900 League** - around 7 PM):**  
Chairman: Mike Westock at <mailto:topgun22x45@aol.com>



*Nicole, Garrett and Emily – new CJ Juniors made their debut to competition and received the official CJ Junior Pistol League hats – CONGRATULATIONS!*

**NOTE: APRIL thru SEPTEMBER, CJRPC Outdoor 900 League** (Juniors shooting one-handed and parents are welcome!) starts at **5:30 PM EVERY THURSDAY!**

**SCFGPA in Bridgewater, NJ – (1<sup>st</sup> Sunday at 5 PM, last 2 Wednesdays of the month at 7 PM):**  
Chairman: Ray Badiak at <mailto:raybadiak@embarqmail.com>

## TIP OF THE MONTH:

### **CHECK YOUR GRIP!**

**- by Mike G. S.**

Yesterday's match was a perfect example of what happens when a slight grip variation occurs. For my 1st .45cal match I was shooting to the right of the x, felt like the trigger took a lot more pressure than normal and I noticed that as I was squeezing the trigger I had to apply more and more thumb pressure. My score was lower than normal. After the 1st match was over, I reviewed my shot analysis wheel and flipped through my logbook to remind myself of what I do to shoot a 10. When I started my 2nd .45cal match I took my first slow fire shot and it felt right. It was an x. I realized that the grip hand was rotated a little more to the left - the blackstrap of the firearm was in the middle of the web between my thumb and index finger. Previously the backstrap was on the web but closer to my thumb. This caused my trigger finger to extend a little too much on the trigger and caused a twisting moment as I pulled the trigger. Once I figured out what was different from my norm and made the correction, the score improved.

The reason for this long winded story is to show how a slight change can make a big difference. The more you can describe (write in your log book) of how you shoot well, the better the chance of being able to analyze and correct unexpected results.

### ***PREVIOUS NEWSLETTER ISSUES CAN BE FOUND AT:***

[http://www.njpistol.com/Junior\\_Newsletter.htm](http://www.njpistol.com/Junior_Newsletter.htm)

For those “technically inclined” see the following link for an animation of 1911 mechanical functioning – see <http://www.youtube.com/watch?v=1H3IFJXxyEs> (Details about trigger, sear, hammer can be seen starting at around 2:20 and barrel lockup and disengage at around 5:00!)



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**GA-956 Air Force Junior Reserve Officer  
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present the chance to win a  
Travis Strahan Accu-Lock 1911 competition pistol!!!**

A **\$100 donation** buys you a raffle ticket, a chance to win multiple prizes, including an outstanding, .45 caliber pistol. Donations are tax deductible as proceeds will support the above mentioned junior marksmanship programs.



The drawing will be held on July 10, 2013 at the UltraDot Picnic in Camp Perry, Ohio. Join us for fun, food and tons of prizes!!!

**YOU DO NOT HAVE TO BE PRESENT TO WIN THE GRAND PRIZE,  
A TRAVIS STRAHAN ACCU-LOCK 1911 COMPETITION PISTOL!!!**

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805 757-9603 or [Arthur.rozier@walton.k12.ga.us](mailto:Arthur.rozier@walton.k12.ga.us)