

The 10 Basic Principles of Shooting - The 10 F's

1. **FEET** positioning
2. **FORWARD LEAN** transference of weight to the front leg
3. **FIREARM FIT** gun mount, fit to face, free and easy, no force
4. **FRONT OF TRAP** gun hold position, point of rule of five, gun hold Position
5. **FOCUS OF EYES** out past trap
6. **FINGER ON TRIGGER** firm pressure, feeling first joint of index finger
7. **FORGET OUTSIDE INFLUENCES** your call for the target should be a flowing crisp call (due to the phonopulls) NOT faint, feeble or faltering. Be flexible, relaxed but alert
8. **FIRE AT TARGET** Focus on target, not foresight
9. **FOLLOW THROUGH** Go to next station for your first target of the rest (focus on one target at a time)
10. **FEED BACK** self-assessment