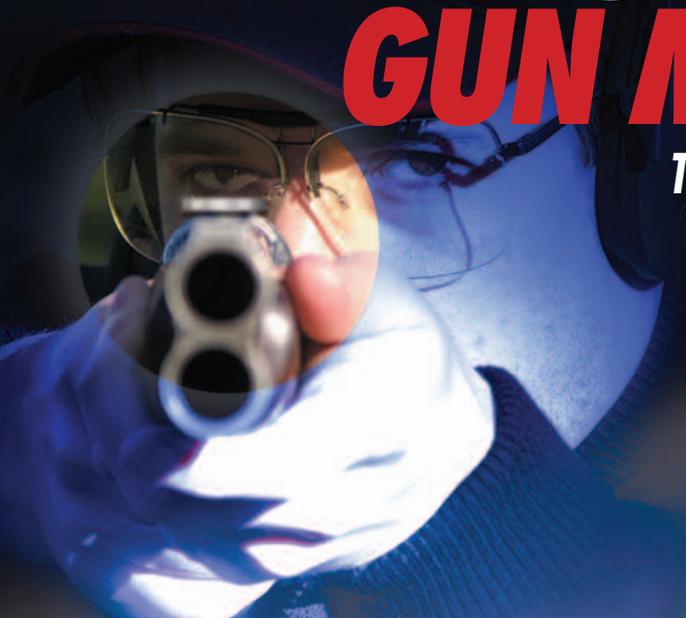


PERFECT GUN MOUNT

THIS SERIES OF INSTRUCTIONAL ARTICLES FOR MID-CLASS AND CLUB SHOOTERS IDENTIFIES THE MOST MISSED TARGETS, WHY AND HOW TO IMPROVE YOUR SCORES.

THE MOST MISSED TARGETS



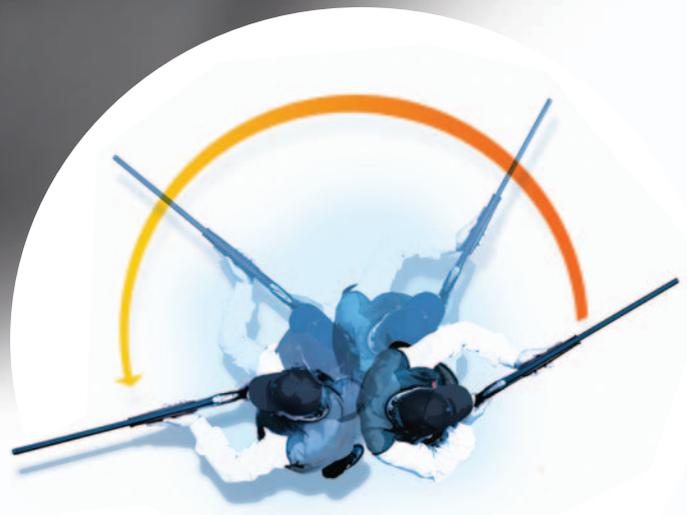
**INSTRUCTION FROM ROGER HILL,
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For a gun mount to be of any advantage to the shooter, it must be one smooth movement – not two. Too often I see shooters rush to mount the gun in the shoulder and then make a second move to achieve lead. For the perfect gun mount, the gun must come to the shoulder and

going down this road and to see what the advantages of shooting gun down will be. So, stand balanced with your gun mounted and pointed at an imaginary point toward your front. Without moving your feet (same stance) and maintaining the same mount, swing the gun as far as you

face at the same time. If the gun is mounted too soon, the shooter achieves nothing and might as well continue to shoot gun-up and cut out the variable of an inconsistent gun-mount. It takes time and commitment to practice to achieve a perfect gun-mount.

Before we start our training program to get the gun-mount right, we must first understand why we are



Gun Up. Swing the gun as far as you can to your left and your right without rolling your shoulders off the line. Make a note of how far you can go in both directions.



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can to your left and your right without rolling your shoulders off the line. Make a note of how far you can go in both directions.

Now take up the gun down position, keeping the gun out of your shoulder, and repeat the exercise. You will be amazed at the freedom and extra movement available, particularly to the right for right handed shooters and to the left for left handers. That's the benefit of the gun down stance.

So, if the benefit of shooting gun down tempts you to add this method (on certain targets) to your gun-up style, then you'll need to ensure you have a perfect gun mount to maintain consistency. Gun mount training starts at home (indoors) not on the shooting range. Here are three exercises to perfect your mount.

Exercise 1:
Stand in front of an upright mirror and put a mark on the mirror, at



Gun Down. Keeping the gun out of your shoulder, repeat the exercise. You will be amazed at the freedom and extra movement available.

ANOTHER WAY TO CHECK YOUR EYE RIB HEIGHT IS CORRECT WHEN THE GUN IS MOUNTED, IS TO PUT A COIN ON THE RIB JUST BEFORE THE END OF THE FORE-END. IF YOUR EYE HEIGHT IS CORRECT, YOU SHOULD JUST BE ABLE TO SEE THE TOP OF THE FRONT BEAD ABOVE THE COIN.



about eye height (sticky paper, dry erase marker or lipstick). This is your aiming point. Check and double check your gun is empty and then mount it onto the mark. Check that you can only see the color of your eye above the rib of the gun.

Another way to check your eye rib height is correct when the gun is mounted, is to put a coin on the rib

just before the end of the fore-end (about 9-10 inches from the breach). If your eye height is correct, you should just be able to see the top of the front bead above the coin. If not, take the gun out of your shoulder and adjust your grip on the fore-end – further along the fore-end will make the eye lower, closer to the action will make the eye higher



above the rib. Keep moving your hand position and re-mounting the gun – experiment until you get the right picture and make a note of where your front hand is. (Hand adjustment must be done with the gun out of the shoulder – hand adjustment has no effect if done when the gun is mounted.) If you change your stance this will also change eye height above the rib.

When the eye height is right, mount the gun in the mirror, check eye and replace the coin on the rib. Now very slowly lower the gun from the shoulder, keeping the rib parallel, so that the coin does not fall off. To achieve this, both hands must work together – not back hand first, which will cause a see-sawing action of the stock coming up followed by the barrels and the coin falling off. To get the hands to work together and achieve a parallel mount, gently push with the front hand and pull with back hand, as though the gun was made of rubber and you are gently trying to stretch it.

Now slowly re-mount the gun using the same action, keeping the coin balanced on the rib. Slowly mounting and re-mounting is neurolinguistic training (muscle memory). Only do this exercise six times every other day, allowing a day for the muscles to recover. If you do this exercise every second day, after five or six weeks you should be able to stand in front of the same mirror with your eyes closed, mount the gun, open your eyes and your eye should be dead center of the rib and the height above the rib should be spot on.

...DON'T BE IMPATIENT, IF IT DOES NOT WORK FIRST TIME IT CAN TAKE UP TO A YEAR TO PERFECT A GUN MOUNT – BUT WHEN PERFECTED, IT IS A GREAT CLUB TO HAVE IN THE BAG!!

Very slowly lower the gun from the shoulder, keeping the rib parallel, so that the coin does not fall off. Now slowly re-mount the gun using the same action, keeping the coin balanced on the rib. Slowly mounting and re-mounting is neurolinguistic training (muscle memory).



Exercise 2:

With the gun just out of the shoulder in the ready to mount position (do not mount), follow any natural lines with the muzzles (very slowly) by looking at the lines not the muzzles. By lines I mean where a wall meets a ceiling, floors meet walls, paths, roof-lines or corners of buildings outside. Do this exercise on the rest day between mirror mount days. This will start to train your body's parallel and vertical movement – more muscle memory.

Exercise 3:

Only to be done when mirror mount can be done with your eyes closed. Now put Exercise 1 and 2 together using the same lines as in Exercise 2, but this time put markers on the lines or use marks on the lines as your target. From the

gun down position, slowly move the muzzles along the line at the same time as slowly mounting the gun into your shoulder and face. The gun should arrive at your shoulder and face at the same time, on or just in front of the target. The slower you do this, the greater the benefits (more muscle memory). Only when the gun comes to the shoulder and face at the same time on or just in front of the target are you ready to start shooting at clays gun down.

To start with, only shoot at targets you know you can hit every time, you don't want to be thinking about how to break the target as well as your gun mount. Keep it simple and build your confidence. Only have the gun a little way out of your shoulder to start with, and quite quickly you will establish a comfortable gun down distance from the shoulder that suits you and your timing. Remember, there is no advantage if the gun is in the shoulder and face too soon.

Don't be impatient if it does not work first time as it can take up to a year to perfect a gun mount – but when perfected, it is a great club to have in the bag!

Shoot safe, Shoot straight. ■

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Authors note: These exercises are done indoors. Hearing and eye protection are not necessary but do wear your shooting vest to ensure your gun mount is perfect.