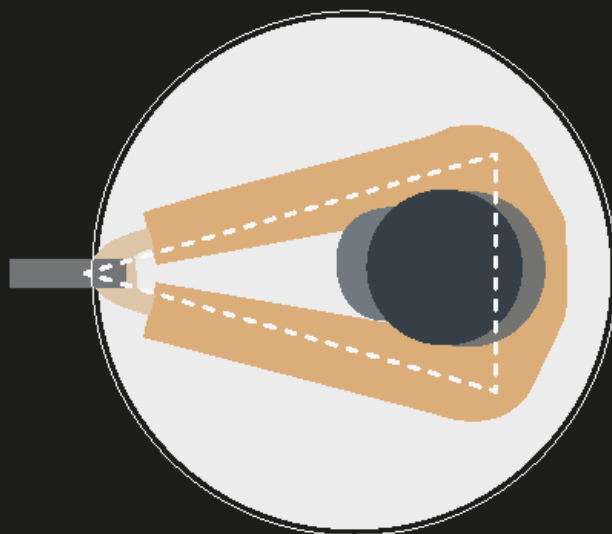


Shooting Stance 101

#FindOutFriday

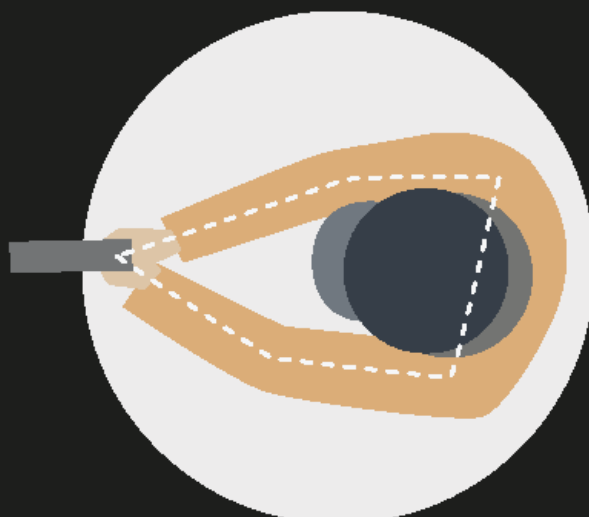
Isosceles

Shooter faces the target squarely, feet are shoulder-width apart with toes pointed at the target. Arms are full extended with the gun in the middle of the chest. There's a slight lean forward and some bending of the knees.



Weaver

Non-dominant leg is forward of the dominant leg with a slight forward lean ("nose over toes"). Toes are pointed forward and the firing-side arm is extended while the supporting arm is bent. The shooter employs a "push-pull" grip by pushing with the firing arm and pulling back with the supporting arm.



Chapman

Same as Weaver above except the shooting arm is fully extended, almost like a rifle stock. Some shooters will also create a cheek-weld on their upper arm.

