

Standing Position Checklist

Build your position from the feet up.

- 1 Feet are shoulder width apart.
- 2 Feet are 90 degrees to the target. One foot may be slightly in front of the other.
- 3 Weight is evenly distributed over the feet. More weight may be over the left foot.
- 4 The legs are straight and the knees are not locked.
- 5 Hips face 90 degrees to the target.
- 6 Body is bent backwards to balance the weight of the rifle/body unit, and twisted to the left.
- 7 Left arm rests against the rib cage, and the left elbow is placed on the hip, if possible.
- 8 Left arm is a straight line when viewed from above.
- 9 Buttplate or hook is located lower than the other positions.
- 10 Right hand is placed on the pistol grip to produce a straight back trigger pull.
- 11 Trigger finger is parallel to the barrel.
- 12 Right arm is relaxed.
- 13 The shoulders are nearly level and relaxed.
- 14 Head is tipped forward slightly but the eyes are level.
- 15 Rifle may be canted.
- 16 Eye relief is 2-6 inches. Eyeball to sight iris.

To minimize lateral movement check for:

- 1 no hook in the left elbow
- 2 level eyes
- 3 no twist in the hips

Adjust your position slightly to accommodate your body's daily changes.

Have someone take a picture of you in a good position for future reference.

