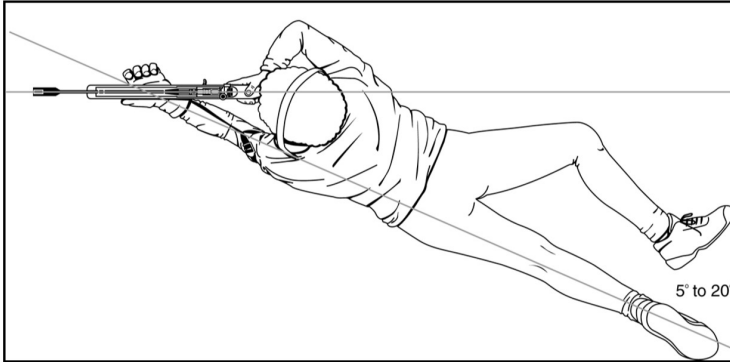


Use of a Sling

When positioned properly you should be in the following position:

- 1.The body should form a 5-20° angle to the line of sight;
- 2.The body should not be twisted and the spine should be straight;
- 3.The left leg should be parallel with the spine;
- 4.The right foot should turn out and point to the right; the left foot should be straight behind on the toe or pointed to the right per the comfort of the individual;
- 5.The right knee should be brought up so that the thigh forms an angle between 30-45° with the left leg. The right knee should be bent to improve stability. This causes the body to roll slightly to the left, raising the diaphragm off the ground, thus enhancing breathing. As the chest is also raised off the ground, body movements caused by normal heartbeat are minimized;



6.The left elbow should be positioned slightly to the left of the rifle. It should not be positioned directly under it or stability will be affected. The left forearm must form at least an angle of 30° with the ground;

7.The left hand should rest in the sling and firmly against the sling swivel and the fingers should not grip the fore end of the stock. The hand should be relaxed and the rifle should rest in the palm of the hand;

8.Once a good position is established, the right hand should grip the small of the butt with constant pressure. The force applied by the right hand should never have to support the rifle. If a distinct pressure is necessary to keep the rifle in place, some aspect of the position must be changed;

9.The right thumb should be placed on the stock directly behind the rear sight or around the small of the butt;

10.The position of the right elbow is established after the rest of the body is in place. After placing the right hand on the small of the butt, the right elbow should rest naturally where it falls and feels comfortable. However, the elbow should not be too close or too far from the rifle and it should only bear a small amount of pressure;

Use of a Sling

11.The shoulders should be straight and form right angles with the spine;

12.The butt plate is kept firmly in the hollow of the right shoulder. In order to ensure that the butt plate is always placed in the same spot, athletes should grasp it with their thumb and forefinger and place it in their shoulder for each and every shot. The right elbow will naturally fall in the same spot throughout the relay; and

13.The head rests comfortably on the butt and remains straight. There should be a minimal distance of approximately five (5) cm between the right eye and the rear sight (known as eye relief). This distance should remain constant throughout the relay. When the face is placed on the butt, the athlete should be looking directly through the sights. If this is not the case, their position should be modified.

14.To ensure positive results, the aforementioned points should be repeated for each shot. The elbows should always be in the same place, the head should exert the same amount of pressure on the rifle, the eye relief should remain constant and the right knee should always be in the same position. If any of these points does not feel right or if athletes find their position uncomfortable, they should readjust it until it is perfect.