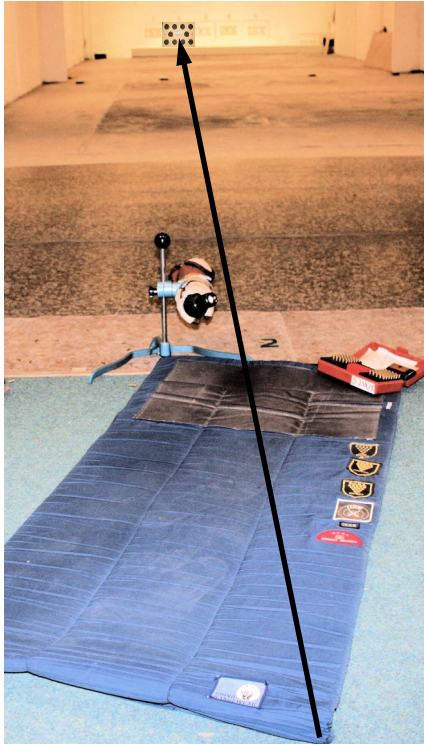


# CITY OF TRURO RIFLE CLUB

## Information Sheet No. 7    Firing Point Layout



The Shooting Mat is your primary reference for laying out your position ready to shoot. As you lie on your mat, your elbows, your body and rifle, your telescope, and ammunition must always be in the same positions. If you remember the positions and angles of each item, this will assist you in getting back to your correct firing position every time. This familiarity with your equipment will provide you with confidence in your shooting position and help you to attain good scores wherever you shoot.

Starting with the Shooting Mat – It is important that the shooting mat is placed correctly on the firing point and aligned with your target. The line at the front of the firing point denotes the furthest forward the shooter is allowed, so your elbow must be behind that line. The mat should be at an angle to this line, approximately the same angle as you lie on the point. Your coach will determine this angle for you, and will place marks on the mat to enable you to align it with the target.

Your coach can now set the telescope so that you can check the target without moving

from your shooting position. Again this position, relative to the mat, must be recorded.

It is important that the telescope is firmly placed on the firing point, rather than on the soft mat. The Ammunition block or box can be placed conveniently where the rounds can be selected, again without moving your shooting position.

You can now familiarise your shooting position. The telescope will always be in the same position in relation to the mat, and your left elbow will always be in the same position on the mat. You will now need a point of reference to align your body on the mat, and often this is done by feeling the edge of the mat with your left knee

With practice, every time you lay down to shoot, your position will bring your rifle automatically onto your target, without you having to wriggle around.

Your shooting mat is the platform your shooting position is built on, and the sooner you standardise and familiarise yourself with your position on it, the sooner your shooting accuracy will improve.

