

## **Guru Grumblings.**

### **The advantages of blank wall dry fire aiming**

This is an area of technique finalisation that very few have anything to do with. For many years now, I have watched the elite level small bore shooters using this technique in preparation for their events.

It is mainly used with preparation for standing shooting, and I suspect this is because the world elite level three position shooters do not place a lot of store in shooting prone. In fact they actively have some disdain for prone shooting.

Well, this may be so, but my thinking on this is that you do not win a three position match prone, but you can lose the match there!

OK, let's have a look at blank wall aiming and what it can do for the full bore prone shooters. Blank wall is connected with dry fire training, and is really the forerunner to "Dark Side" that I promote.

It is a simple procedure, in that you assume your position in dry fire, without any aiming mark to look at. The advantages are that you can do it anywhere, and I used this early in my career training dry fire at home. The other advantages are that it makes you concentrate on your foresight ring, and opens your mind to the feelings associated with position assembly.

You need to understand that positioning is repetition of a process. To assume the prone position with your rifle is made up of a number of consecutive processes. It starts off with the mat placement, and finishes with the shot released under dry fire and, of course, the follow through process.

Connected within this system are a number of reference points with assuming your position, and the rifle nestled in the cradle of the forward position around the elbows.

Each and every one of the trainees will have developed their own position based around the necessity to be able to hold the rifle still, and impart a trigger release without moving the rifle in any way whatsoever. This is the whole crunch item connected with training dry fire.

I do not use an aiming mark because I need to be able to monitor how my position feels, and the aiming mark can sometimes impart a direction to follow, and thus create some extraneous pressures getting the rifle to point at the dry fire target if used.

This is not what I am looking for: What I need to be able to obtain is to gain access to the mentality of finding the "flat plane". That highly enjoyable feeling of having the rifle in total control under the relaxation needed to produce the shot in the V ring.

With blank wall aiming, the relaxation of the position is extremely high in quality, and even one dry shot fired in this relaxation plane is far more valuable than two hours of dry fire hard work. The essence of this training segment is to be able to release the dry shot under full sighting concentration because you are looking at the foresight ring intently just to see if it moves under release.

This alone has other advantages, the main one being the ability to retain total focus on the foresight ring, without the aiming mark to clutter up, and demand more of the eyesight. This allows you to focus your energy, to retain the singular sighting necessary to have complete control of the rifle. This is why the small bore shooters use the technique to strengthen their standing shooting.

The method allows you to be able to monitor even the slightest variation in trigger hand pressures, the cheek piece pressure behind the sight and the relaxation of the neck so necessary to control recoil.

The butt pressure in the shoulder, sling point and forward hand positioning all comes into the equation, because you have opened your mind to be able to register the slightest difference in the techniques, from shot to shot. Your techniques are focussed on training, not just the ability to impart a well aimed live shot. This is the "flat plane of techniques" that a number of the really good shooters excel at. This is the Gutz of training well. Once this is in place, the pathway to very high scores is open, because your mind is open.

Think about it,

Guru