

April 2006

Is there any correct way to stand when shooting clays? I shoot just for fun, but I can't find any instructional books on how to do the basic things.

Karen Norman, South Fremantle, WA

Karen it is sad that in our sport there is so little literature on the basics to help people get started. Stance is the most important fundamental of all. If I assume you are right handed I would explain the basic stance for a target that will be shot directly in front of you as follows. Pretend you are standing on a large clock. Place your left foot on the 1 o'clock marker and your right foot on the two o'clock position. (And no this is not a digital clock) This will get your body position in the correct alignment to mount the gun correctly in your shoulder. Your heels should be around 20 cm apart at the rear of your stance. Try to keep an even amount of weight on both your legs.

Would you recommend training for big events by making the targets faster so that when the competition day arrives the targets will appear easier?

Anthony Tyson, Broadmeadows, VIC

No Anthony I would always try and simulate in practice what will happen in the competition. Shooting faster targets will mean you will have to change your technique to shoot good scores. Practice is largely about building confidence and it's hard to build confidence when you can't shoot a competitive score.

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