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I am constantly confused where to position my left hand (I am a right handed shooter) on the forend of the gun. If I hold it short or near the action of the gun I think I shoot the targets faster, but if I hold it at the end I feel I can point the gun better however I often feel like I am overstretching. Is it OK to change my forend hold depending on the speed of the target?

Jacob Niles, Doncaster, Vic

Jacob it is a fallacy to believe a short forend hold will make you shoot the targets faster. What an overly short forend grip does do is give you less control. The only way a short grip will make you shoot targets faster is if you are using your arms to swing the gun instead of your whole upper torso. This is fundamentally wrong and will result in plenty of lost targets and inconsistency. Accuracy is largely determined from what our eyes dictate to the brain. Our body will then point at the object we are trying to hit. Forend hold should never be a major factor in this. A good “rule of thumb” if your forend hold is correct then generally your left forearm will be running at 45 degrees from the woodwork of the forend to the ground.

A year ago I bought a very expensive Italian shotgun and had it fitted to me by an experienced firearm dealer. My problem is since I bought this shotgun no matter what I try I cannot hit any target that goes to the right. I have also had my new firearm ported, back bored, forcing cones lengthened, variable chokes installed, triggers pulls lightened, lock timing minimized, adjustable stock made to customize my pattern percentages, recoil reducer fitted, pitch altered, drop in the comb altered, cast altered, a new high glow visibility front sight added as well as a super shock absorbing recoil pad. I only use imported European premium quality, hard antimony shot, high velocity target loads in both barrels. I have had advice off dozens of other shooters and have had hours of video footage taken of me. I have built up an extensive library of shooting books, manuals and instructional DVD's from around the world. I have read several books on mental training and have had several visits to a leading sports psychologist. I have had my vision checked as well as my eye dominance ascertained. I am very fit and athletic as I go to the gym three times a week and either ride my bike, run or do yoga and aerobic classes at least three days a week as well. I don't drink alcohol or smoke. I always try to get eight or nine hours sleep on the nights before I shoot and I drink plenty of salt replacing fluids before I compete and never indulge in caffeine. During competitions I try to only eat high energy foods, particularly those high in carbohydrates which give me sustained endurance. I believe I am a far better shooter than my scores are indicating. I am a positive person and I also have the belief, as do all my friends and family, that it is my destiny to one day become an international shooting champion. I have spent thousands of dollars and as many hours training. Give me your opinion. Is there a trick to shooting these right angled targets? What else should I try when it goes right?

Joseph C. Richmond, NSW

Try shooting to the right hand side of it.

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