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I have just started shooting several months ago and I am not sure what eye I should be closing. I do most things in life right handed although I do play golf left handed. How do I determine which shoulder I should be shooting from? I feel very uncomfortable shooting from my left shoulder.

Ms Kelly Holiday, Mermaid Beach QLD

In an ideal world Kelly the answer to the first part of your question, which eye should I close?, is neither eye. Do yourself a favour and go outside look up at the sky and point at the first object flying past you. A Bird, a plane, Superman, it doesn't matter. Point directly at it with your index finger, either hand is OK, close your left eye and if the object stays at the end of your finger then you are probably right eye dominant. If it moves off centre then you may be left eye dominant. Repeat the exercise closing your left eye to check the result.

I have the pleasure of introducing thousands of shooters every year to clay target shooting through my corporate shooting business and I am amazed at how many people believe they are right handed, but are actually left eye dominant. Here is a staggering statistic. About 10 percent of the population are left handed, about 30% of the population are left eye dominant. That means 20% of the population are of mixed dominance, left eye and right hand. Unfortunately that 20%, if they were clay target shooters, should be mounting the gun on the opposite shoulder than what they would generally consider normal. It is a huge advantage to have both eyes open thus aligning your dominant eye down the barrel of the shotgun and having the benefit of having your other eye open to gain the advantage of wider peripheral vision.

If shooting from the left shoulder is totally out of the question then simply buy a pair of shooting glasses and put some sticky tape over the middle of the left lense thus making the right eye take control. This will let you look down the middle of the barrel without any cross vision. Our Olympic Gold Medallist from Athens, Suzy Balogh, did this and it worked very well for her.

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