



The Butts Bugle GSRD Newsletter

August / September/ October 2015

Dear Shooters

Welcome to the August edition of the GSRD monthly newsletter. Sunday 2nd August was a cold, grey, windy, drizzly day, but we did see a little sunshine.

The course of fire was a revised 3 P match starting at the 200 yards for Deliberate (rather than 300 yards to give new shooters a fairer chance of getting a decent score on paper and developing their shooting skills at distance) 12 rounds -2 sighting shots followed by 10 rounds, shot in the prone unsupported position core target used.

Rapid Fire 10 rounds shot in the seated position 50 seconds time limit distance 200 yards, core target used.

Snap out of 10 rounds ready position ten exposures each of 3 seconds with an interval of 7 seconds between exposures, 1 round on the black is worth 1 point distance 100 yards, target used figure 11.

Shooting the revised 3 P deliberate prone starting at the 200 yards firing point has helped shooters develop good shooting skills and confidence with overall improvement with better grouping and scores.

The practice ran smoothly with the RO, fire ring point, and butts all working well together.

A big thanks to all who assisted with the debogging of RG's Land Rover in half a meter of mud as he tried driving from the 100 yard mound to the 200 yard mound. A good team effort in getting the rover free (eventually)!

Range Practices scores can be viewed on the SSAA Goulburn web site.

Due to bad weather the scheduled September range practice was cancelled although some keen shooters stayed and ran a individual practice from the 200 and 300 yard firing lines. Practice makes perfect as they say!

Sunday 4th October presented us with a warm spring afternoon and near perfect conditions for shooting service rifle.

The course of fire for was a standard 3 P with a Deliberate out of 12 rounds - 2 sighting shots followed by 10 rounds, shot in the prone unsupported position, distance 300 yards core target used

Rapid Fire 10 rounds shot in the seated position 50 seconds time limit distance 200 yards, core target used.

Snap out of 10 rounds ready position ten exposures each of 3 seconds with an interval of 7 seconds between exposures, 1 round on the black is worth 1 point distance 100 yards, target used figure 11.

There was good attendance with shooters travelling from as far a field as West Wyalong to compete in Saturdays SSAA Goulburn 310 Cadet and 22 Trainer rifle practice, and enjoyed finishing off the weekend with a service rifle P 3 match.

Thanks to everyone who did their turn in the butts and helped on the firing line assisting our new shooters, your input is appreciated and helps make the day.

I have put together some information on natural point of aim to help shooters when shooting the 300 yard deliberate -all information is courtesy of the internet.

Natural Point of Aim

1.) To achieve natural point of aim, the shooter settles into position with eyes closed, opening them after ensuring the position is comfortable and the rifle is resting in the stance with minimal muscle tension, if the sights are not resting on the desired point of impact the shooter adjusts the position by

repeating the same steps until the sights are on the target.

After achieving a comfortable and natural position. If the sights are not on the target the shooter adjusts his stance (moves his feet) until the sights are on the target.

The arm, head and body position do not change when standing only the feet are moved to bring the sights onto the target

Natural point of aim is not achieved if the shooter must apply pressure to the rifle so the sight picture is on the target. One of the main advantages of natural point of aim is that it minimizes fatigue when shooting a long course of fire. Over time, the shooter learns to assume the correct position quickly, allowing for accurate fire immediately.

2.) **Purpose**

The main purpose of identifying and potentially correcting natural point of aim is to make shots with both accuracy and precision, where accuracy is the ability to place rounds on the desired target, and precision is the ability to put multiple rounds in the same location. (I wish).

Good shooters are always precise, and this skill is more fundamental than accuracy, which can be adjusted. Typically precision is based on natural point of aim.

Fire 10 rounds downrange and they will hopefully, all land in a similar area on the target.

This is the natural point of aim if the strike zone is not in the middle of the target adjustments are made to the shooter's positioning and /or the rifle's sights so that the shots accurately strike the centre of the target.

3.) **Concept**

Natural point of aim marksmanship is based on the idea that muscular control is insufficient to provide a stable platform for shooting, especially more than one shot instead, the shooter relies on non- muscular (Skeleton/ligaments/tissue) support to provide the shooting platform. This

eliminates changes in aim due to muscle fatigue and also minimizes the shaking associated with muscle tension.

Natural point of aim is a concept that can be used in relation to any type of shooting position but is most often discussed to prone, sitting, or kneeling positions and less frequently with offhand/standing positions.

Kind Regards

Matt V

GSRD Coordinator 11/10/2015