



Pistol Diagnostic Testing Target

1

AFT suggests starting at 5 yards and increasing your distance as consistent accuracy improves.

2

Pushing (Anticipating Recoil)

Breaking Wrist Up

9

Heeling (Anticipating Recoil)

**AIM
HERE**

3

Too Little Trigger Finger

8

Squeezing Thumb or Too Much Trigger Finger

4

Tightening Fingers Slapping or Jerking Trigger

Breaking Wrist Down, Pushing Forward or Dropping Head

7

Tighting Grip During Trigger Pull

5

6

For correctional tips crossreference the number of the pie slice with the below list.

- 1. Hold wrist at a firm natural angle.
- 2. Contact trigger with the middle of the first finger pad; press trigger smoothly; follow through.
- 3. Press trigger in one fluid motion.
- 4. Only move trigger finger.
- 5. Press trigger straight back smoothly; do not hurry the shot.
- 6. Hold wrist firm at natural angle; keep your head up; do not anticipate recoil.
- 7. Maintain a continuous steady grip.
- 8. Rest shooting hand thumb firmly on top of other thumb; press trigger in one fluid motion.
- 9. Do not anticipate recoil; do not push heel of hand forward when shot breaks.