

SHOOTING SPORTS



Class Instructors:

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Firearms and archery are skills that can be practiced and used in many ways. Hunting, competition and for casual pleasure are some options. Each discipline takes just that, discipline and practice to develop those skills necessary for using the device safely.

Archery and Firearm are collectively called Shooting Sports. These activities can become life long pursuits. The challenge of disciplining your body, mind and shooting instrument to work as a unit to attain the mark is an activity that can be enjoyable for many years to come.

This class is about knowledge and practice. Reading a book or watching a video is not sufficient to learn these skills. Instruction from a qualified instructor is needed.

Safety is paramount. Misuse can lead to severe injury or death

The Commandments of Archery Safety Are:

1. Keep the arrow pointed in a safe direction
2. Never point a bow and arrow playfully or otherwise at anyone or anything you are not willing to shoot.
3. Always be sure of your target and beyond
4. Don't draw an arrow until you are ready to shoot.

(Ohio Hunter Education Manual)

The rules of safe firearm handling come out of The Hunter Education Manual. Many resources can be accessed to get the basic information. The information is very similar. The four rules below cover the majority of safety issues. The 10 commandments that follow are more detailed.

1. Always keep the muzzle pointed in a safe direction
2. Treat every gun as if it were loaded.
3. Always be sure of your target and beyond
4. Keep your finger off the trigger until you are ready to fire

(Ohio Hunter Education Manual)

The 10 Commandments of Gun Safety Are:

1. Treat every gun as if it were loaded
 2. Always point the muzzle in a safe direction
 3. Be sure of your target and beyond
 4. Never point a gun at anything you don't want to shoot
 5. Unload the gun when not in use
 6. Store guns/bows and ammunition separately
 7. Be sure the barrel and action are clear of obstructions
 8. Never climb a fence or tree, jump a ditch or stream with a loaded gun
 9. Never shoot a bullet at a flat hard surface
 10. Never use alcohol or drugs when handling firearms
- (Ohio Hunter Education Manual)

Refer to an instruction book on the particular firearm you are using for further instruction.

When passing a firearm keep hand over trigger guard to help prevent receiver from putting finger in trigger guard and contacting the trigger.

The Shooting Sports events are a practice discipline. Practice and instruction go very much cooperatively. Practice makes practiced muscle/mind memory. Perfect consistent practice makes a disciplined accurate shooter.

In order to be the best at your shooting you need to get the best picture available to your brain. One eye is dominated over the other. You get a better picture though one than the other.

Eye dominance may change until age 16 years of age. Eye dominance does not necessarily follow hand dominance. The best results over time come from eye and hand being on the same side of the body.

The shooting sports are further divided into archery and firearms. Archery holds bows and cross bows. The complexity and variety of archery and firearms provides ample opportunity for anyone who has an interest.

A quick overview of bows, shotguns and rifles as the three main disciplines of the shooting sports program may help you to decide what you would like to pursue first.

Archery is an accuracy event. The shooter points an arrow. Keep both eyes open and release the string. The hand should be pulled away from the bow string as the fingers gently open up and release the arrow. Hold the position until the arrow hits the target.

The nine points of an archer stance are:

1. Stance. Face target sideways with bow in off hand Feet shoulder with apart
2. Nock. Place odd colored feather toward shooter and hook arrow to string
3. Set. Bow had relaxed with web of hand connected to bow handle
4. Pre-draw. Point bow and arrow target while on bow at shoulder height.
5. Draw the string back using your back muscles.
6. Have a consistent point of reference or anchor that you touch each time.
7. Keep both eyes open and focus on the target
8. Release. Relax fingers.
9. Let hand float back after release. It should be natural and not contrived.

(Basic Archery 4-H 631)

Shotguns have smooth bores and are traditionally used to shoot moving targets with a shot, or an amount of pellets that spread out after leaving the bore. Shotguns are pointed with both eyes open. Place your cheek on the stock and look down the barrel and pull the trigger when the barrel crosses with the target. Keep the barrel moving with the follow through Back foot is nearly at the 9:00/3:00 position and slightly forwards toward the 12:00 noon. Front foot is 1:00/11:00 placement. Bend knees slightly and put elbow on hand holding the barrel with elbow pointing out. This helps keep shotgun barrel seated in shoulder and cheek on stock.

Rifle has a spiral groove inside of the barrel. The spin put on the bullet cause the single projectile to travel long distances with accuracy. A rifle is sighted.

Rifle has stances. The more contact the shooter has with the ground or anchors the more likely an accurate shot. Rifles are aimed. There is reference on the barrel called sights. On iron sights, both open and peep, the front sight on the barrel is closely aligned with the rear sight. Stand with the front foot perpendicular to the target and the back foot in the same position about shoulder with apart. The rifle is held on the shoulder with the forearm hand bracing the stock under the barrel.

Breathing is very crucial to a rifle shot. Hold breath and gently squeeze the trigger for more consistent accuracy.

The four basic stances of rifles are:

1. Prone. Lying on the ground. Feet apart. Both elbows on the ground.
2. Sitting. Arms rest on your knees.
3. Kneeling position. One elbow on a knee while one knee is on ground.
4. Off hand. Standing. No support for the rifle.

Bibliography and References

The National 4-H Shooting Sports website: <http://www.4-hshootingsports.org>

The Ohio 4-H Shooting Sports website: <http://www.ohio4hshootingsports.org>

Contact your local Extension Educator in your county using this link:
<http://ohioline.osu.edu/county>. Contact county office and ask for the following:

630: Safe Use of Guns

631: Archery

Or go to: www.ohio4hshootingsports.org and look up the following:

750 Rifle Member Record Book 2010

751 Archery Member Record Book 2009

752 Shotgun Member Record Book 2007

753 Pistol Member Record Book 2000

755 Muzzle Loading Member Record Book

Rifle:

A Guide book to Rifle Marksmanship by National Rifle Association

The Art of the Rifle by Jeff Cooper

Shotgun:

Shotgunning: The Art and Science, 2nd edition. By Bob Brister

Archery:

Beginner's Guide to Traditional Archery by Brian J. Sorrells.

Archery 4th Edition: Steps to Success (Step to Success Sports) by Kathleen Haywood and Catherine Lewis.