

How to Use The Headshot Target

On the following pages are 3 headshot targets...

There is a headshot target with an X in the middle. After you have fired several shots at the X, you can overlay the “accuracy wheel” to see what you need to fix.

Or, you can simply shoot at the target that is the headshot with the accuracy wheel already on it.

It's completely up to you.

Either way, you'll be able to quickly diagnose any issues you're having with your accuracy.



**BREAKING
WRIST
UP**

**HEELING:
ANTICIPATING
RECOIL**

THUMBING

**TIGHTENING
GRIP WHILE
PULLING THE
TRIGGER**

**ANTICIPATING
THE RECOIL**

**JERKING
THE TRIGGER**

**FINGER NOT
ON TRIGGER
CORRECTLY**

**PUSHING:
ANTICIPATING
RECOIL**



