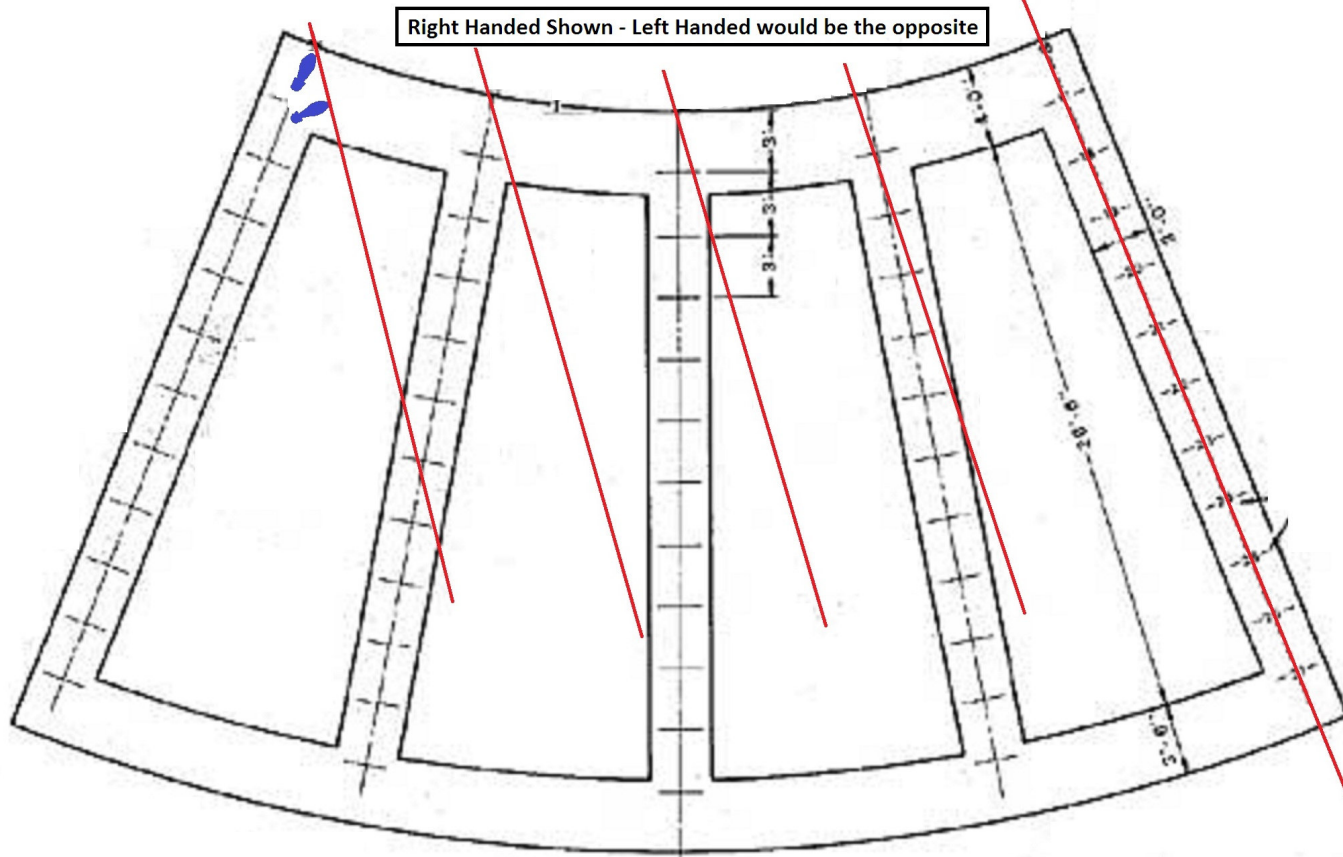


Foot Positions

A line drawn across your toes should ALWAYS parallel Post 5 walkway. Small changes may be made for prevailing crosswinds.

Stand with feet set apart about shoulder width, be comfortable, and a very small amount of weight on your forward foot. Stand erect.



Because I have been asked many, many times about this subject, and because I feel it is a very important part of the technical side of trapshooting, I am sharing what I have learned. Fortunately for me, I learned this those first few critical months when I first started trapshooting. I have probably watched this video (back in '74 is was a 16mm film) hundred of times and even did a masters degree on this topic.

The above stance depiction is from "*Trapshooting with the Remington Pros*" done in the late 60's or early 70's, by All American D. Lee Braun and is available as a DVD today through Joe Rossman. It is, in my opinion the best video ever done to show how to shoot trap. Personally, I studies their methods and have to say that it took me 13 months from the day I shot my first registered target to make the 27 yard line.

It is based on the human body's ergonometics. As one shooter put it recently, we should be shooting like a "tank." Our body erect, swinging from the hips. If one's gun is properly fit, permitting you to stand erect, swinging to and through a target is what you want.