

CPP.5

Pistol Standing Position and Grip



Stability of Hold

- The ability to hold the pistol sights still on a designated area of a target.
- Size and distance to the target dictate how critical stability of hold must be:
 - Small target/longer range requires more stability of hold.
 - Large target/short range requires less stability of hold.

Purpose of Stability of Hold

- Minimize movement of the weapon sights.
- Minimize the affects of recoil.

Controlled Muscular Tension

- Stabilizes position and weapon sights
- Permits resistance to be offered to manage recoil
- Permits control of pistol before, during, and after firing

Proper Grip

A proper grip must:

- Stabilize weapon sights before firing.
- Allow trigger control to be applied during firing.
- Manage recoil after firing.

Isosceles Stance



Isosceles Grip



Isosceles Standing Position



Body Alignment

- Alignment of body to target so, when pistol is presented, sights fall naturally on target.
- Body alignment and consistent muscular tension needed to ensure sights fall to same area on target every time weapon is presented.

Selection of a Firing Position

- Mobility
- Observation of the enemy
- Stability