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