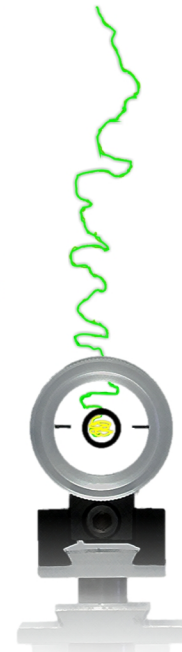
Lower your head to your sight, you should be relaxed and looking directly into the sight.

Keeping your index finger at a right angle to the trigger shoe, squeeze the trigger back in a straight line. Your grip and trigger shoe will have to be adjusted with millimetre accuracy to do this.

Bending in the right places ensures your posture is comfortably balanced.
- Lean your upper torso back, away from the target.
- Push your hip forward and up toward your left elbow.
- Tip your shoulders towards the target. These movement are more readily identifiable in smaller and lighter shooters.

During training, you should regularly fire around 20 shots without your shooting jacket and check your posture in a mirror. This strengthens your muscles and make you more aware of your posture. Avoid extreme bending as this causes tension, which can have disastrous consequences in a competition.



It is imperative to line up with the target from above, tracing a vertical line towards the centre.

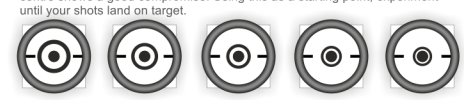
Aiming path systems such as SCATT make training easier. They offer a much more effective means of identifying and correcting errors. Ideally, the rifle should come into line with the target in an almost perpendicular motion. The green aiming path should not drop below the ten. The rifle should point at the centre for at least four seconds. With a good stance, the yellow path (the last second) should be 12 - 8 mm long. The short blue path represents the moment of release – a very clean one in this example! The red path is the follow-through. The arc should fall back into the target.

Excellent results can only be achieved with a good barrel and the right diabolo pellets. That's why you must carefully test your ammunition. Only an electronic system can show precisely how big the shot pattern is and how it is distributed. Shoot several groups to be sure that the spread is consistent.

You should clean your barrel after about every 500 shots. Air rifles should be serviced once a year.

As far as possible, the butt plate, cheekpiece, grip, palm shelf, trigger blade and sight should be at a right angle to the line of the barrel. Anything that is skewed, offset or twisted away from the bore axis could disrupt your sensitivity for the rifle and lead to problems when taking a shot.

You should choose the size of your front sight to suit your holding strength. The smaller your movements, the smaller the ring you can use. The image in the centre shows a good compromise. Using this as a starting point, experiment until your shots land on target.

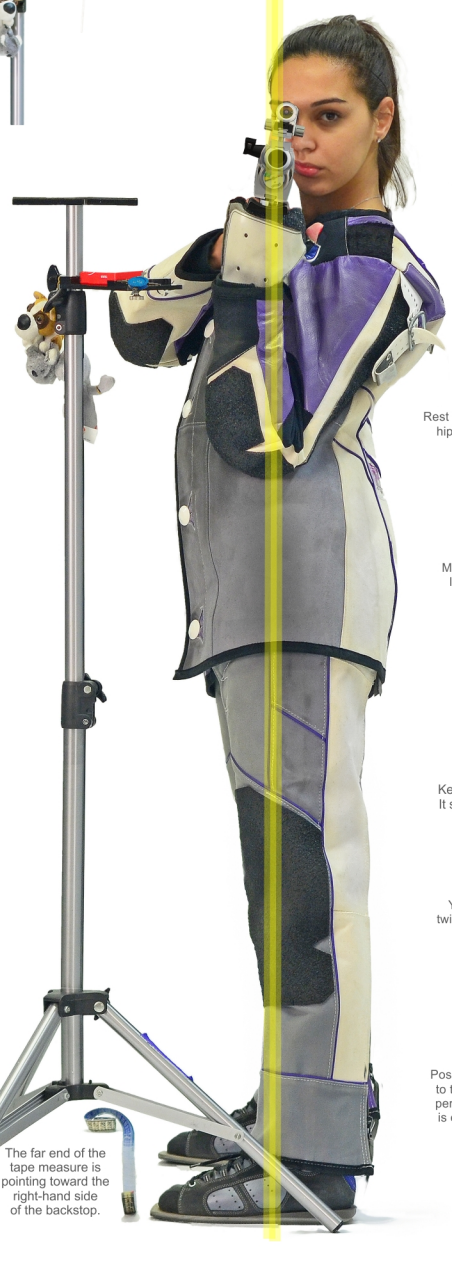


Your stand can reach up to shoulder height. It should be positioned so that the rest is as close as possible. Pellets and your tool should be attached to the stand within easy reach.

Looking intently at the target over the diopter. This is when you should bring your breathing under control and even out your balance.

There should be a gap of around six centimetres between your eye and the diopter, so that you see the target image as shown above. The front sight tunnel should take up around a third of the view through the rear sight iris and should be in the centre of the circular aperture for every shot. If it slips out of place during or after the aiming process (follow-through!), you will need to adjust your cheek piece.

The adjustable iris aperture regulates brightness and contrast in the target image. It should be opened by between 1.1 and 1.3 mm. If that is still too bright, you will need to use a filter. Make regular adjustments before and during a series – the eye likes a bit of variation.



The far end of the tape measure is pointing toward the right-hand side of the backstop.

Lower your head to your sight, you should be relaxed and looking directly into the sight.

Lower your left shoulder and rest your upper left arm against your upper torso, although gently enough so that your pulse does not become a distraction.

There are many different ways to use your hand and wrist. This is the classic solution – hand in a fist and wrist straight.

Rest your left elbow on the top of your hip. It must be firmly rooted in place so that you can relax your arm.

Move your pelvis forward with your left hip slightly raised so that your elbow can easily reach it.

Keep your left leg (almost) vertical. It should be straight and not tense.

Your left knee should not be bent, twisted or under strain. Your trouser leg will support your posture.

Position your left foot at a right angle to the target. It should carry 60 – 80 percent of your weight. More weight is carried on the outside of the foot.

Lower and relax your right shoulder. Your butt plate should sit firmly against it.

Grip more firmly with your right hand, your index finger should always be in the same position against the trigger blade.

Lean back your upper body with your shoulders almost pointing at the target.

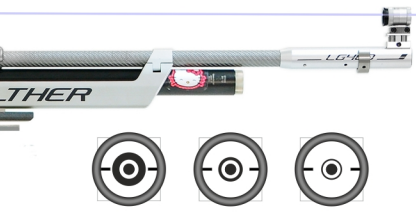
Move your hips forward and keep them parallel to the target.

Ensure your right knee is straight. Turn it slightly for comfort.

Place your right leg further out. It should carry 20 – 40 percent.

Turn your right foot out slightly.

The distance between a shooter's feet will vary greatly. Build, preference and habit all come into play.



It is also worthwhile experimenting with the width of your front sight. The correct option will also depend on the brightness of the target – the lower the light levels, the smaller the ring should be.

A visor helps to shield the eyes when aiming. Side 'blinkers' and hearing protection also prevent distractions and improve concentration. You should always have your tool close to hand during a series of shots, so that you can adjust the settings on your stock whenever you need to. We have designed the LG 400 so that all elements can be adjusted quickly and reliably – even in the charged atmosphere of a league competition.

There are various reasons why being able to rest your head comfortably on the back of your stock is critical for achieving a consistent hit rate:
- If your head is well supported, your neck and shoulders can relax.
- Keeping your head comfortably but securely positioned in the sighting line is the best way to ensure your eyes can complete the aiming process without distraction.
- You can only follow through properly if your head doesn't roll back with each shot, thereby causing you to lose your view through the diopter.

Further details can be found in this book.
English version:
Air Rifle Shooting
www.mec/shot.de

The silver medal winner in London demonstrates the basic rules of the standing position.

Adjusting the height, side position and angle of the cheek piece makes it easier to hold your head correctly and maintain an accurate line of sight through the diopter. Close your eyes and then check whether you are following the sighting line precisely. You will need to make corrective adjustments to the cheekpiece during every test shot and throughout a series. For example, after more than five clicks...

Your air rifle should weigh between 5 and 5.5 kilos. The centre of gravity ● should be around one to four centimetres from the point where you support the rifle with your hand ● . This ensures the rifle tips slightly forward when you are in position and moves slowly towards the target. You should also make full use of the maximum permitted overall length of the system (85 cm). This slows down muzzle movements and calms the target image.

Stock length, weights and the position of the butt plate deserve your full attention. Sit down with an experienced trainer and read a good book on the subject.

Choose the right grip size and adjust the trigger blade until your finger sits perfectly straight and at a right angle to it.

The height, inclination and angle of the palm shelf on the LG 400 can be adjusted to the perfect fit. Tall shooters should prefer flat settings. Try a tilted position as shown above, too...

Fill your cylinder and screw it firmly into place before shooting!

Set the tube to its maximum length and add weights until the balance is just right.

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