Dear Colleagues

**Mentally enhanced shooting at 1000 yards**

**The Problem:**nearly every shooter has concerns about his/her ability to group at longer ranges. The group is often found to be much larger on moving from 700m (770x) to 800m (880x), then to 900m (990x). At rifle ranges that go back to 1000m (1100x) and 1100m (1210x), some shooters have even been known to spray shots all over the target!

A new shooter may also feel this same concern in moving back from 300m (330x) to 400m (440x) and then to 600m (660x). Reasoning soon tells the shooter that there is something funny going on. Why should a shooter feel concern about being able to group at 600m, when others only feel this as they move back to 900m?

Yet, some TR and F Class shooters have shown that it is feasible to score a possible of V-bulls or Xs at all the shorter ranges, even 800m. To shoot at the longest distance of many rifle ranges, 900m or nearly1000x, it is possible for the TR or F Class shooter’s mind to be enhanced to score a 1.0 or 0.5 MOA group. For many this is just not believable

This article describes a proven approach by which a shooter can learn to shoot a possible at 900m. The correctly performed trigger-release technique has been used since rifle shooting commenced on Wimbledon Common in 1859, on the present golf course located right next to the Wimbledon Lawn Tennis Association (which began in 1877). Trigger-release is therefore one of the earliest shooting techniques. The National Rifle Association was a little too close to London, so in 1889 was relocated from Wimbledon to Bisley. Visitors watching the tennis at Wimbledon today are able to look out over ground used by shooters on the rifle range. When the first Queen’s Prize Meeting was conducted in 1860, the NRA headquarters was housed in the windmill building, which can still be seen on the Common.

**Discussion:**  the technique for achieving such unbelievable groups relies upon what is known today as neurological plasticity, the ability of the nervous system to grow and repair tissues for the transmission of nerve impulses. The feature of interest here is the ability of nerve cells to not only grow, but make entirely new connections for the passage of transmissions. This can be necessary if fine muscle tissues are required to perform new or improved functions.

Until a shooter learns to shoot at 900 m, the nerve tissues in use may only be sufficient to enable the person to shoot small groups back to 800m. Despite persevering, a shooter may try hard but at 900m, still remain unable to score better than say 68 out of 75. Despite his/her efforts, the shooter may conclude that 75 out of 75 at 900m is beyond one’s capabilities.

Then, in the hands of an experienced coach, a shooter may suddenly find that a possible at 800m may also be achieved at 900m. Even better, a TR or F Class shooter may find that a group within the V-bull or X-ring becomes routinely achievable. Perhaps the change in neurological plasticity of the shooter’s mind will enable this group to be repeated at 1000m. It all results from the shooter trying out techniques while nerve cells upgrade pathways.

**Practical:** enhancing the plasticity of nervous system tissues in shooting involves several quite distinct steps, each of which must be developed and performed well:

1. adopting a position for the forward elbow exactly under the rifle stock, so that it alone supports the weight of the rifle (and forward part of the body shifted onto that elbow, with the muscle tissues of the arm intentionally held limp), with the sling enabling skeletal tissue alone to support the total weight (without use of arm muscles) [TR]
2. using several physiological techniques for support of the rifle (e.g. the forearm placed vertically above the elbow, the hand straight out from the unbent wrist, the stock resting on the large thumb muscle and not the palm), which altogether enable the foresight to remain perfectly still, without the aiming mark tending to drift away from the centre of the ring [TR]
3. adopting a position where no part of the hand, particularly a thumb, is positioned so as to unwittingly absorb recoil [TR, F Class]
4. the hand on the pistol grip is firmly and evenly positioned over the surface of the grip, with positioning set through the light and even contact of both large palm muscles at the rear of the hand and as well, the large muscle behind the index finger [TR, F Class]
5. establishing a sight-picture, which enables the aim to repeatedly return to the same sight picture, with minimal difference between the release of individual shots [TR, F Class]
6. replacement of the reloading hand on the pistol grip, with the same tension applied for the previous shot [TR, F Class], with that elbow returned exactly to the same sensed position for the previous shot [TR]
7. utilizing a well-practised routine for testing and correcting the natural point of aim before releasing every shot [TR]
8. rapidly applying the tension of the trigger finger, until the trigger is felt to begin to bite at the start of the second stage [TR, F Class]
9. a simultaneous release of the trigger, while holding the aiming mark dead still in the centre of the foresight ring or scope element, until the shot is released while the shooter’s mind is measuring progress of the trigger-release step [TR, F Class].

Note that upgrading neural plasticity is initiated solely by the shooter trying more demanding techniques. Hence, changing neural plasticity is available to us, which is apparent from the changes that can occur in thinking and movement. There is nothing the shooter can do to make nerve cells upgrade, i.e. no diet, medication or prayers.

A shooter is advised to work with a coach who plots groups and recognises particular technique deficiencies. This step provides the time for nervous system tissues to grow or connect. Shooting in the developmental period should be undertaken at a further distance (more difficult) than that where the small group is desired, e.g. to make a small group happen at 900m (nearly 1000x), experiment with the technique at 1000m (1100x).

It will be found that shooters working under a coach, may even achieve the small group almost immediately, depending upon the number of steps which must be mastered. It is gratifying when a shooter, who has previously only ever produced a wide group at the longest range, begins to score V-bulls or Xs. This day will be remembered by a shooter for years.

This well-rehearsed exercise has been undertaken by many who have learned to score 50.10 at most ranges. As a result, a shooter who still finds that a small group cannot be achieved at the longest range, is very likely to be performing one or more of the above steps incorrectly.

In 1981, the writer went through such a period, where a group larger than the bullseye was the best that could be scored at 1000x. At Bisley, to remedy this a single shoot was undertaken at 1100x, to work up the second stage of trigger release. The emphasis was on mental control to assist follow-through. On returning to shoot at 1000x, it was then found that a group about half the diameter of the 1000x bullseye was achievable. That is, step 9 had deteriorated; confirmed upon being repaired. This was done in a single afternoon of shooting at 1100x.The repair exercise preceded winning The Queen’s Prize that year. On returning from Bisley and shooting at 1000x, at the Cannon Hill range, Brisbane, groups of 1.0 MOA were found to be achievable, i.e. scores of 75 out of 75, often with 11 or more V-bulls.

**Conclusion:**  reducing the size of the group at the longest range, as well as all other range distances, has been achieved since the 19th century. A century later, the principle of neural plasticity is now used in hospitals, to assist injured patients who need nerve cells to be repaired following what appears to be permanent damage through injury.

As a result of sheer ignorance, non-medical activists have for decades publicised that we are born with an allotment of nerve cells, which upon damage cannot be replaced during normal healing. This is an example of propaganda to intentionally create a false belief, that the intake of alcohol depletes irreplaceable cells of the nervous system. It has now been shown through an understanding of neural plasticity, that learning can occur beyond a person’s apparent limitation. This occurs because nerve cells can be both upgraded and renewed, making possible the study of subjects at school and university or to master techniques in rifle shooting. Yet, widespread ignorance throughout the teaching profession asserts that a person can only be educated to the limits of one’s potential – not beyond it.

This article is important because it shows for the first time that the approach to rifle shooting discussed here, can enable shooters to learn to master trigger-release and shoot 50.10. On the other hand, champion smallbore shooters could say to fullbore shooters, what took you so long to find out about this?

It is suggested that every rifle club should appoint members to plot groups each weekend. The groups may then be diagnosed to assist shooters to undergo neural plasticity changes, leading to improved groups and scores. Using this technique, a score of 50.10 at any range becomes possible for many more shooters.

Best regards

Geoff