

The only way to stand a chance on a large open-air range is by identifying and analysing the wind flags around you. This is particularly true in the prone position, since every fraction of a point counts and pressure continues to build.

You will need to adjust your cheekpiece carefully to achieve a natural and comfortable head position. First close your eyes and get your head into a comfortable position then open your eyes and check whether you are looking directly down the sighting line. If you're not, adjust your cheekpiece (vertically and horizontally) until you pass this test. The stock length ensures sufficient pressure on your shoulder. Your trigger hand (when prone) should have a gentle and consistent grip. Your trigger finger should execute the release in a straight line back.



A compact diopter and a narrow transparent blinker aid your spatial perception. Your eyes should have as broad a field of vision as possible so that they can see the wind flags.



In the moments leading up to the release, the eye and index finger are in control. If the wind is right, the rifle steady and the front sight in the centre, you can carefully take your shot. Your gaze should stay fixed on the target image so that you see the jump. Coordinating these simple elements is what prone shooting is all about. They need to be executed calmly and evenly, even when your concentration wavers, nerves set in or doubts arise...

The wind will push a projectile in the direction it is blowing. When the wind picks up, so too does drift. Because the effect is far greater directly in front of the shooter are more important. Projectiles fired through a rifled barrel spin around their axis. On almost all sporting rifles, the projectile spins clockwise, which means that a wind from the right will speed up the projectile (high hit) while wind from the left will slow it down (low hit). This spin effect means that side winds also produce vertical as well as horizontal discrepancies. The result is a hyperbola such as the one shown above. You should take this effect into account when correcting your point of impact via your diopter. You should make both lateral and vertical adjustments in a ratio of approximately 2 to 1.



Left leg, upper body and left arm should form almost a straight line. Light shooters will take up position up to 30° away from the line of fire. Legs are spread far apart for added stability. When shooting from a platform or at a narrow range, the left leg is drawn towards the centre without changing the position of the upper body. The shoes anchor the legs to the floor. The right leg is at an angle, the right lower leg roughly behind the centre line of the bore.

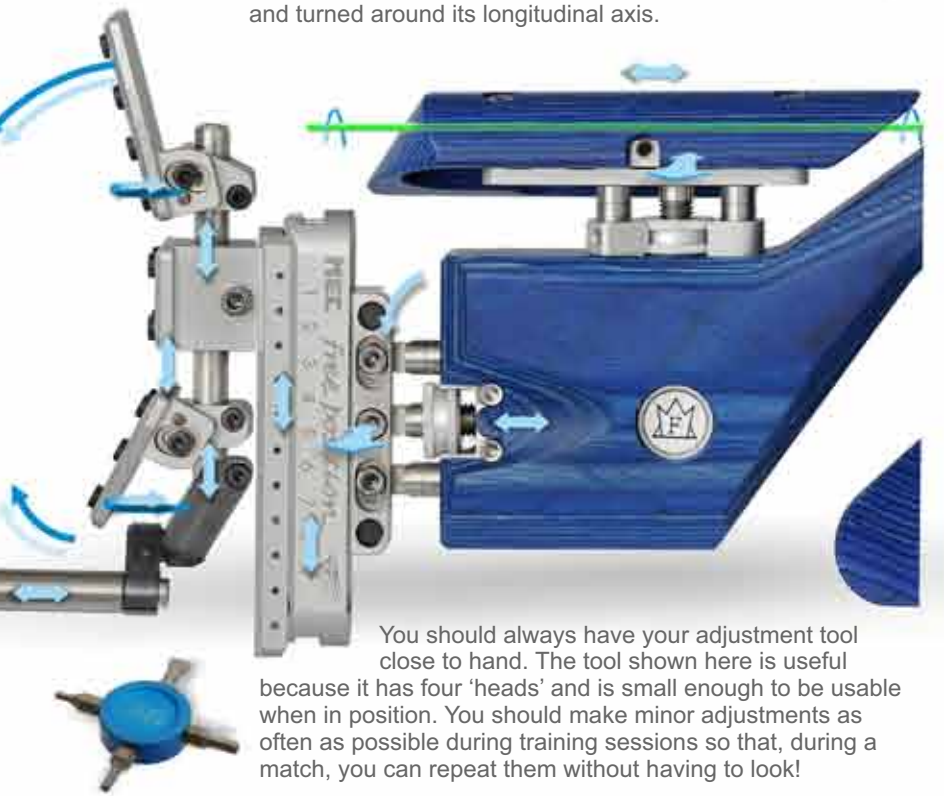
Your right arm should be at a steep enough angle (45°+) to ensure your elbow won't slip. The point of contact with the ground regulates the directionality of the barrel (zero point) when getting into position. Minor adjustments can help to resolve problems.

You can only spread your right leg out this far when shooting from the ground and when it doesn't impact on your neighbour. Many shooters simply angle their lower leg. Small movements in the right lower leg regulate the zero point. If you descend into a rage, you can let your right foot run riot (but nothing else, unfortunately)...

Zero point check: Breathe out... Shut your eyes and relax... Your front sight should still be on target...



Your butt plate should sit firmly and evenly against your shoulder. That can be tricky, since a shooting jacket takes on different folds each time and can slip. The butt plate on the *Anatomic* offers almost limitless functionality for getting the perfect fit when in position. However, it's important to use all these options with discernment, so that you can achieve the best possible contact. That can take some time, even for experienced shooters, and minor adjustments usually have to be made before each start. You should therefore take time to get to know all the various adjustments on the 'Free Position' at your leisure, ideally sitting on the sofa at home or during dry firing. You should also develop a feel for how to use your adjustment tool at the same time. Both wings can be independently adjusted in terms of height, rotation and angle. The entire plate can be moved easily up or down, to the side and can be rotated. The hook is length-adjustable, can be rotated around the main axis and can also be 'folded' in the centre. The lower wing is important in the prone position and should be folded so high that it is virtually 'stuck' to the jacket. Given the huge range of adjustment options, you should bear in mind that just because you can 'tweak' everything doesn't mean you have to. In basic terms, straight and right-angled settings that are parallel to the barrel are to be favoured because the rifle will then jump vertically up.



This cheekpiece can be adjusted vertically and horizontally with millimetre precision when in position. It can also be slid forward and turned around its longitudinal axis.

You should always have your adjustment tool close to hand. The tool shown here is useful because it has four 'heads' and is small enough to be usable when in position. You should make minor adjustments as often as possible during training sessions so that, during a match, you can repeat them without having to look!

Your (shooting) shoes anchor the position of your feet and legs on the ground. Moving them influences your zero point, so they are a good way of coaxing your muzzle into the target centre.

The zip fasteners on your trouser legs should be opened enough to make it easy to take up and hold your position. In cold temperatures, you should cover your feet and legs with a blanket or jacket to prevent heat loss.

The butt plate must sit firmly in place to ensure optimum absorption of recoil. It should be directly behind the barrel to ensure the force is transferred in a straight line onto the shoulder. If the upper and lower wings of the plate are well positioned, your gun shouldn't turn out of the sighting line.



Mass and balance of the rifle: The further forward the centre of gravity is, the less kick the rifle exhibits. Unfortunately, as a gun becomes more front heavy, the shooter's left hand has to support more weight. Ivana shoots with an additional lightweight barrel sleeve, a good compromise for her proportions.

The left leg is stretched out, the right usually bent. Shooting trousers ensure pressure-free contact with the ground, even over extended periods. Some prone specialists prefer to wear tracksuit bottoms, which offer greater freedom of movement.

The pelvis is resting on its left side, the right hip is lifted a little to give the abdomen room for breathing. The shooting jacket is held in place by the shooter's body weight at the left pelvic bone.

The right elbow is the most important control element in the prone position. Each time the rifle is loaded, it is repositioned, guiding the zero point to the target in terms of height and lateral position.

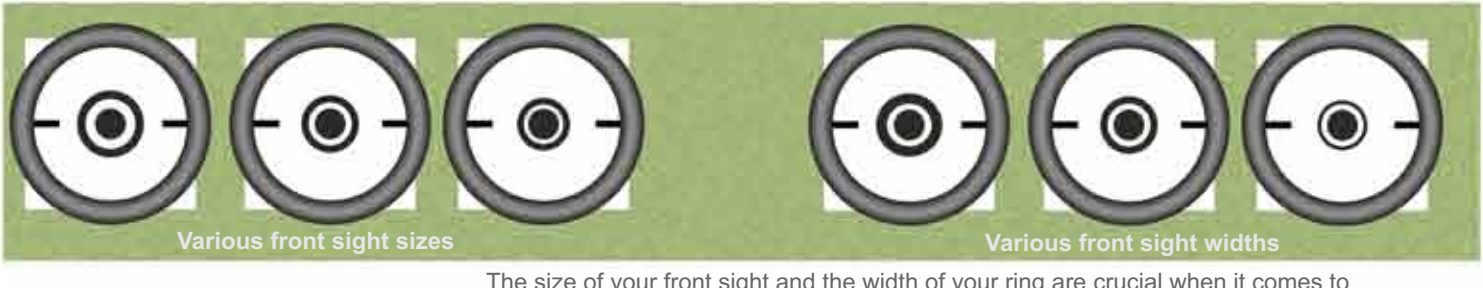
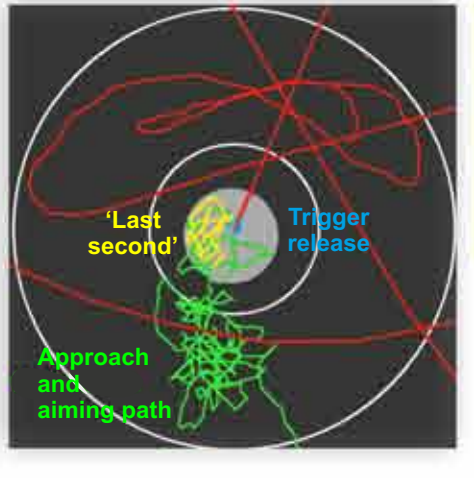
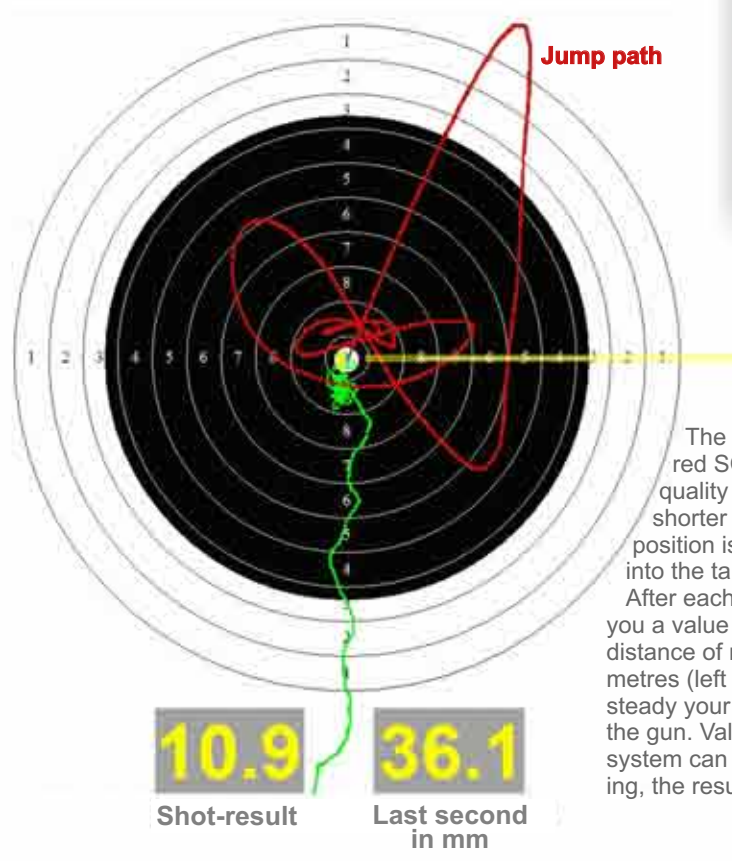
The right hand holds the rifle, determines the posture of the index finger and executes the trigger release. It has to be positioned with great care so that it can complete its tasks cleanly. It is repositioned with each shot.

The spirit level or artificial horizon is used to check canting. Depending on the level of brightness on and around the target, it might be easier to see the bubble rather than the steel pins, or vice-versa. If you fit both to your rifle, your eye will decide for itself which is the most suitable. Coloured filters in your tunnel or around the front sight can improve contrast.



The last four seconds up close. The green aiming path rises up slowly from the lower edge of the 10.0 and provides evidence of the shooter's pulse. A clean trigger release is reflected in a very short blue line (0.2 sec. before release).

The SCATT system depicts the gun's reaction during the shot as a red 'jump path'. A good prone shooter can achieve the results shown here.



The size of your front sight and the width of your ring are crucial when it comes to getting an accurate view of the point of aim. You should therefore 'play' with these elements until you're happy with the shot pattern - particularly in the prone position. If brightness levels change, you should adjust your front sight (and front sight iris) accordingly. The image above right shows an artificial horizon, which is easier to see on dark ranges than a spirit level.

Trigger hand: Your right hand should reach the pistol grip comfortably without holding it too loosely but always consistently. Your trigger finger must move in a straight line back with absolute precision.

A grip that is the right size, has a non-slip surface and is in a suitable position can help you meet these requirements. Your hand should feel comfortable without any tension.

Your trigger blade should be the right distance from your index finger and be lined up squarely with its direction of travel during the release.



The *Anatomic* comes with an exceptional hand stop from MEC that can be tilted, moved to the side and moved up and down to fit your hand.

Achieving a comfortable and stable contact between hand, stop and stock demands a great deal of experimentation. The cross-section of the stock shouldn't be too big and the hand stop should be sufficiently slim and adjustable. When choosing a glove, you should try out all the different options you can. If pulse interference is causing muzzle movement, you need to keep on looking.



The arrow colours in the diagram below indicate which direction the muzzle moves in response to the corresponding correction.



Laying your head against your rifle gives your zero point the final nudge it needs to get it just right. But don't deliberately apply pressure, or you could affect your eye.



ZERO POINT: In practice, the directionality of the rifle will veer off in all directions and to various distances from the centre. If your rifle tends to move in one particular direction more than others, or if it moves a long way, you will need to move your entire position. Small and fluctuating deviations can be corrected with minor adjustments, particularly using the right elbow, head and trigger hand. Your breathing is your most important tool for monitoring and correcting your aim. Your body relaxes when you breathe out and when you refill your lungs your levels are restored. When shooting, you should always breathe out evenly and calmly.

Ivana's head is straight, her eyes are on the same level. This is both comfortable and aids perception. Diopter, rifle, hand stop and lower arm form a straight perpendicular line, ensuring that the stance is stable, easy to get into and that the rifle's kick is almost perfectly vertical.

Fore-end stock, glove, hand stop and shooting sling are in a perfect configuration here. Small hands in particular benefit from a fore-end stock that is as narrow as possible. The *Anatomic* features a model solution in this respect, even for shooters with larger hands.

The right foot can be moved effortlessly and is ideal for making minor adjustments to the zero point.



The shooting sling must be securely fastened to prevent it slipping during the series. The sling keeper on your jacket and the hook to the upper arm trap help keep it in place. Finding the perfect solution takes time...



A shooting sling is a crucial tool when shooting from the prone or kneeling position. It enables you to almost completely relax your upper arm and carry the weight of the rifle securely virtually without having to use any strength. But that only works when the sling is stable enough and is carefully fixed in place. You should also be able to adjust the length of the loop around your arm throughout the series, since your muzzle will normally drop down under strain. You should also choose and adjust your hand stop with care. The head of the stop also has to be the right size. The height, angle and position of the hand stop should be adjustable.



You need to be selective when picking a glove, too. Try all the models you can get your hands on - soft, rigid, different cuts - until you find the most comfortable. If you find your pulse is interfering with your muzzle, you should experiment with stops and gloves until you find the best options.

The shooting mat takes some pressure off the elbows. It also offers some insulation when the floor is cold.



The right elbow is responsible for intricate adjustments before each shot and can be repositioned frequently, as required.

Moving your entire body enables you to make major sideways corrections. The effect is greatest at your right shoulder and therefore at the point where you come into contact with your butt plate. Shooters will move their entire body to make adjustments primarily when taking up position and taking sighting shots.

The left foot is also useful for making corrections during a series. Point your toes further back to raise your muzzle.

A barrel will only achieve its optimum performance with carefully selected ammunition. The tighter the shot pattern, the higher your score will be. So if you want to do seriously well, you need to get testing! The best approach is to go along to a specialist dealer that has a broad enough selection and an electronic scoring system.



Many believe that the *Anatomic* is the most beautiful sporting rifle around today. Every time I train with it I appreciate the warm feel of the wood and its colour and shape. The stock simply fits and can be perfectly adjusted in each position. During a competition and in a final, I can complete my change-overs with lightning speed!

Ivana's silver medal-winning rifle is adjusted differently in all three positions. This is how it looks in the prone position: The plate is set quite high, the sighting line is at its lowest level. The cheekpiece is also low.

The *Anatomic* is currently the only wooden stock with fully adjustable components. The plate, cheekpiece and grip can be easily adjusted in a variety of ways with exceptional precision - something that has previously only been possible on metal-framed rifles. Many shooters prefer wood as a natural material and swear by the more harmonious movement and stability of the wood. That's why we are manufacturing more and more *Anatomic* stocks each year - including for systems from other manufacturers...



The solid accessory rail stabilises the wooden stock and guides the hand stop. The narrow profile will fit comfortably in any size hand.

Butt plate and cheekpiece can be removed and replaced in two fluid movements. That's perfect for the kind of quick change-overs that are essential in the final of the three position event.

Choose the right grip size and adjust the trigger blade until your finger can depress it in a perfect straight line parallel to the barrel.

