

Double Tap...The Double Tap...The Double Tap...The Double



In the early stages of overcoming a tendency to blink, consciously open your eyes as wide as possible while shooting. Go for the “deer in the headlights” look. This will not, *per se*, stop you from blinking. But with your eyes that wide open, and muscular tension holding them open, suddenly you can FEEL it when you blink. It’s very obvious. The first step toward not blinking is to truly understand that you’re doing it.

Pay attention to your head position. A lot of people shoot with an exaggerated forward body lean. This is really not necessary, but more to the point, they lean their head forward when they shoot as well, and thus wind up looking out the top of their eye socket. There’s no way they can track the front sight through its entire arc of recoil because it actually flips up out of sight with every shot. The upper orbital ridge is blocking the field of view.

Keep your head up; look through the center of your eye socket. You’ll see some advanced level shooters actually lean their heads slightly backward. Suddenly you can see your front sight through its entire arc of recoil because it’s not flipping up out of your field of vision with every shot.

One reason people have trouble tracking the front sight in recoil is that they’ve consciously narrowed their cone of vision to an area about the size of nickel around the front sight. Thus, even if their head is up, the front sight still flips out of their visual cone. We’ve been told, “Watch the front sight,” so many times that we watch it too narrowly and cut out other needed visual input.

Practice seeing the brass as it exits the gun. You’re still watching the sights, but consciously relax your vision, widen your visual field, to the point you can see shell casings exiting the gun with every shot. When you can do that, suddenly you go from seeing really very little to seeing EVERYTHING. It’s like looking at the world through a paper towel tube for your entire life and suddenly everything blows open to Cinemascope.

Practice shooting multi-shot strings, say six shots in a row. Even if there’s a certain shock and awe effect at play when you rip off those first few shots so your vision goes to hell, you’ll overcome that by the time you’re past those first few shots, and be able to watch the sights by the latter part of the string. Eventually your mind figures out if it can do that, it can do it from the start, as well.

If you want to get good at shooting fast, practice shooting fast. A lot. That may sound self-evident, but a lot of people very rarely shoot fast, then they can’t understand why their shooting falls to pieces when they shoot fast. You can never get good at shooting fast if it’s something you very rarely practice. Right?

For me, the limiting factor in shooting fast is not my eyesight, but the actual motor skills necessary to make the gun fire. I haven’t yet gotten to the point that I can regularly drive my splits lower than .19 or .20 second. But at those speeds, as long as I’ve got the gun tracking consistently, seeing the sights is easy. Just watch the little bouncing front sight, out there doing its thing, up and down like a little bouncy ball....Ooooooh, pretty.