I spend the rest of the session position shooting at longer distances, while shunning prone. It's too easy, especially on 300-meter pigs, and you learn more from misses than hits. With my joints of Baby Boomer vintage, kneeling can be challenging on pigs, and downright sporty on turkeys at 385 meters or 420 yards. Turkeys are tough because of their irregular shape: a solid hold on the body can result in a high miss right of the neck if your breathing is out of phase or low left if a rightie honks on the trigger. However, I use the same procedure as before: initially one live round at each distance, then dry fire in event of a miss. Re-engage until you hit or get frustrated.

Kneeling is nowhere as stable as sitting but it's faster in and out of position for younger, more agile fusilologists, and affords a higher view over obstacles – six inches or more, depending on technique and body type. If you're like me, with physical limits, kneeling and squatting can cause muscle tension that degrades stability, and therefore accuracy.

Sitting is my favorite rifle position, including prone. That's because it's steady and affords a good view over many field obstructions such as brush or berms. Sitting is nearly a gimme on pigs, less so on turkeys, but much-much better than kneeling.

Rams at 500 meters (540 yards) magnify any errors in technique. If I miss from sitting, I’ll dry fire for a while, analyzing my errors before trying again. But I refuse to leave the range without ding a ram.

At my advanced age (eligible for Social Security) I’m no longer limber enough for all the possible positions. Though I still occasionally use squatting with .223 rifles, the push of a .30 can set me off balance, and that’s just unsat. You always want to control your muzzle.

To summarize the minimum requirements:
One “sighter” off the bench at 100-200 yds./meters.
One round kneeling at 100-200 yds./meters.
One round kneeling at 300 meters.
One round kneeling at 300 meters.
One round sitting at 385 meters.
One round sitting at 500 meters.

That’s seven rounds minimum, but I hardly ever leave the range without firing at least ten.

Occasionally, I’ll stress myself with offhand on turkeys or even rams, but generally that’s just a reminder of how difficult it is. I have enormous respect for rifle studs and studettes who can go five for five offhand at any distance. Those are no-kidding riflemen.

Depending on how much dry firing (missing) is involved, the entire session can be completed in 30 minutes; frequently less. But more importantly, you know what you have to work on before your next range session – after you mow the lawn. Or something.

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