



The Ultimate Shooting Skills Manual: 212 Essential Range and Field Skills (Outdoor Life)

By *The Editors of Outdoor Life, John B Snow*

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Master the art and science of shooting with *Outdoor Life* Shooting Editor John B. Snow.

No matter the skill level, the *Ultimate Shooting Skills Manual: 212 Essential Range and Field Skills* has everything the modern shooter needs to succeed. Whatever you're shooting, be it a tricked-out MSR, a tight 1911, or a custom skeet gun, this book is the all-inclusive expert course you need to shoot faster and more accurately. You'll have instant access to advanced drills and range techniques for handguns, rifles, and ARs, as well as how to safely apply those skills to hunting and home defense if you desire. Not to mention insider tips from renowned competitors and gun writers plus sensible, real-world advice you need to protect yourself and your family. For the recreational shooter, there is no better resource. With high-quality design, intricate detail, and a durable flexicover—this manual is the perfect gift!

RANGE SKILLS

This book is filled with tips and tricks that build solid shooting fundamentals, letting you shoot faster and more accurately. Detailed drills for advanced gun handling and manipulation complete an expert course in range accuracy.

PERSONAL PROTECTION

Fortune favors the prepared, whether you're protecting your family while out on the streets or guarding your home. The sensible, real-world tips on concealed carry and personal protection in this book could save your life.

COMPETITION

Insider tips from top competitors guide you through hands-on pistol, revolver, precision rifle, AR, and action shotgun drills and techniques you can apply anywhere you shoot.



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Editorial Review

About the Author

This book combines the best of hints from *Outdoor Life*'s shooting experts. John B. Snow is the Shooting Editor at *Outdoor Life*, an avid competitor at 3-Gun and precision shooting events, a firearms instructor and a hunter. Chris Christian is a competitive shooter and instructor in shotgun and handgun skills. Chris is a frequent contributor to *Outdoor Life* and has written for most of the leading firearms publications. For over 110 years, *Outdoor Life* has provided hunting and shooting expertise to millions of avid sportsmen, and they have kept up with the times with frequent articles on the latest technology for hunting and range shooting. This book draws on the best of these writings, and expands with hundreds of new hints.

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TIP 20: CONTROL YOUR BREATHING

What's the most difficult shot to make? I'd say it is when your heart is pounding and you're out of breath. Hunters and competitive shooters both know this feeling. It occurs when you have to sprint to your next shooting position in a match or when you need to make the final push to the ridge of the mountain at last light. With your lungs working like a bellows and your heart pounding for all it's worth, do what biathletes do to settle down before shooting.

STEP 1 Take three deep, controlled breaths, in through the nose and out through the mouth. This will lower your heart rate and steady your aim.

STEP 2 As you get ready to shoot, let the air out of your lungs, pausing at the bottom of your breathing cycle. In this relaxed state, you have about 7 seconds to fire before the lack of oxygen affects your vision and induces muscle tremors.

STEP 3 If you can't manage the shot in this time, don't force it—you'll only miss. Take three more deep breaths to reset and try again.

Users Review

From reader reviews:

Louise Lewis:

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Patricia Clay:

Precisely why? Because this The Ultimate Shooting Skills Manual: 212 Essential Range and Field Skills (Outdoor Life) is an unordinary book that the inside of the book waiting for you to snap this but latter it will jolt you with the secret that inside. Reading this book beside it was fantastic author who else write the book in such awesome way makes the content interior easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this ever again or you going to regret it. This phenomenal book will give you a lot of benefits than the other book get such as help improving your expertise and your critical thinking technique. So , still want to hold off having that book? If I were you I will go to the e-book store hurriedly.

Cory Marshall:

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Donna Bohannon:

In this era which is the greater individual or who has ability to do something more are more important than other. Do you want to become one among it? It is just simple strategy to have that. What you are related is just spending your time not much but quite enough to possess a look at some books. Among the books in the top checklist in your reading list is actually The Ultimate Shooting Skills Manual: 212 Essential Range and Field Skills (Outdoor Life). This book which is qualified as The Hungry Slopes can get you closer in getting precious person. By looking upwards and review this reserve you can get many advantages.

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