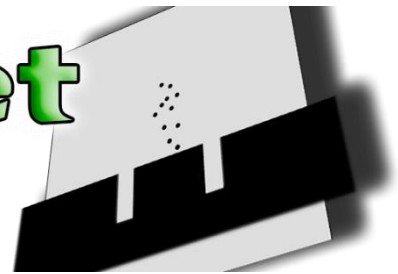


# Blank Target Training



**Theory:** That the black sights against a white back ground enhances to ability to see the sights. This gives the athlete the ability to establish attention and "focus" on nothing but sight alignment as there is no "target" (black area) to distract the vision whilst sighting.

As the eye is a "self-centering" unit, it immediately endeavours to align the sights in the centre of the target from left to right. As there is no "object" above the sights, in our case the black, it cannot distinguish vertical placement (up and down). The objective here is to sight the pistol and "allow" the sights to "find" its own centre.

Whilst striving for that perfect sight alignment with focus on front sight, the trigger is pressed to the rear in a smooth and un-interrupted motion. Follow through is enhanced as there is no other distractions (the target black) to take the eye away from the focus of the sights.

The ideal shot pattern would be a narrow, vertical group with no shots out left or right.

These shots outside the vertical group indicate a lack of trigger control and/or follow through.

Trigger control exercises will need to be done in addition to the blank card training, should these shots appear regularly.

Having done the blank card training, we then run a new target out the correct way around (scoring rings facing) and we adopt the same "attitude" of placing the sights in the white area under the black in the athlete's normal holding area and simulate the blank card effect.

*"That is, allowing the sights to "find" its own area and attention to sight alignment and clarity of front sight".*

During this stage, the trigger finger is moving to feel trigger shoe and press begins. This is a constant un-interrupted movement whilst the sights are being aligned. The reason that it is a "combined" effort, is to stop trigger snatch and "point" shooting (where one places the sights exactly at a spot on the target, and then presses **NOW**).

With the black scoring area appearing, the eye now has "something" to judge vertical height with. When firing shots on the a proper target, the athlete still requires do all the same technical points as they did with the blank card, but now the group should become more "rounded" and central in the black of the target.

