



Spartan Firearms Training Group, LLC

Tip of the Day, July 1, 2025

● Master the Trigger Press to Get Precise Hits ●

The key to accurate shooting is a smooth, clean (that is, correct) trigger press. Here's how to do it right every time:

💡 **Grip Firmly:** Maintain a consistent, firm grip on your handgun. Keep your wrist locked and stable.

💡 **Focus on the Front Sight:** Keep your eyes locked on the front sight, don't chase the target. "Chasing the target" means looking away from your front sight and trying to focus on the target itself while pressing the trigger. This usually causes your sights to move off alignment, leading to inaccurate shots.

💡 **Place Your Finger:** Use the pad of your index finger (not the joint) on the trigger's center.

💡 **Press Straight Back:** Slowly press the trigger straight to the rear with steady, even pressure until you feel the trigger's natural stopping point (called the "wall"). Then, continue pressing the trigger until the gun goes "bang."

💡 **Follow Through:** After the shot breaks, keep pressing back. Slowly release the trigger until you feel the reset (a click). When the trigger hits the reset point, you are at the trigger wall again. Don't fully release the trigger; stay at the "wall" ready for the next shot.

💡 **Practice this dry-fire** until it feels natural and your sights don't move.

Remember: Accurate shots come from controlled, deliberate presses, not speed or force. **Tomorrow's "Tip of the Day" will focus on mastering the trigger press for rapid-fire self-defense.**

#SpartanFirearmsTrainingGroup #TriggerControl #TrainWithDiscipline #AccuracyMatters
#EverydayDefender