



*** * * * *** **THE BEAR FACTS** *** * * * ***
MAY 2008

Southern California Golden Bears Highpower Rifle Club, Inc.
P.O. Box 1362
San Gabriel, CA 91778-1362

NEXT MATCH - MAY 18, CLUB MATCH and MEETING

NRA MATCH - JUNE 15 - Only Two this year. Don't miss this one.

OTHER MATCHES:

May 24 - Lopez Canyon - 50 shot National Match Course at 200 yards
- Sign in at 0730 - Contact Tom Temple at tmtemple@pacbell.net or 323-664-5287

June 1- OJAI VALLEY GUN CLUB - June is a 60 shot prone Match at 600 yards - Starts at 7:30 Am

MINUTES CLUB MEETING

Meeting called to order 11:25 9 members, 2 guests

Treasures Report

About 400 in account. As of now we have 20 members in club

Old/New business

Review of membership form

Discussed insurance policy

Discussed website

- need to reimburse Nelson Green for cost

- Harker's will send history of club

- need to add addresses and contacts

Discussed hats/patches/tee shirts to promote club

Discussed Ojai match and work at Lopez Cyn

Discussed instructing shooters during match

Meeting adjourned at 12:00

*******BEAR NEWS*******

OJAI NATIONAL MATCH REPORT – May 2008

The Across the Course Highpower Rifle Match on May 4 had four competitors who were not among the majority of the faithful who were off to the State Regional Matches at Coalinga. We started a little late to let the stragglers show up and shot with a bit of wind. Gary Carter was high Match Rifle and high score for the day with 744 out of 800 possible. Bake Aaron was second with a 664-8X. New shooter, Peter Korch fired a respectable 576. Bud Gilbertson only fired the 500 point course and posted a 437-4X, even with his M1-a acting up. The weather was great and we are looking forward to the return of the long range shooters on June 1st for our next 60 shot - 600 yard prone rifle competition. Scopes, iron sights, Match rifles, or military rifles welcome. Sign up start around 7:30AM the first Sunday of the month.

HOG Hunting in Coalinga – Alan and Judy had a little fun with the local pigs in Coalinga the first week end in May. Both got hogs with one shot each. Alan dropped his at 286 yards with a heart shot and Judy got hers at 200 yards with a solid chest hit. Both were using Mausers in 0.308.



*****RANGE TALK*****

It was a great day for a shoot with cool temperatures and no wind. We had 11 shooters, including three first time competitors. We went a little slow to help folks out, and had a great time. Pat Hector was high for the day with a 487-17X and Kevin Jew fired a really nice 100-4X rapid prone.

S. CALIF. GOLDEN BEARS HIGH POWER RIFLE TOURNAMENT RESULTS
20-Apr-08 Club Match

No.	COMPETITOR		Rifle	Angeles Range				San Fernando, CA				AVER.		
				OFF-HAND	X SITTING	RAPID PRONE	X	SLOW PRONE	X	TOTAL SCORE	X			
1	Pat	Hector	M	95	-2	95	-1	99	-4	198	-10	487	-17	97.4%
2	Alan	Harker	M	92	-3	99	-5	94	0	194	-6	479	-14	95.8%
3	Robert	Coffey	S	94	-2	96	-4	92	0	191	-9	473	-15	94.6%
4	Kevin	Jew	S	95	-4	97	-3	100	-4	179	-2	471	-13	94.2%
5	Steve	Caplan	S	93	-1	91	-2	96	0	187	-4	467	-7	93.4%
6	Judy	Harker	M	85	0	96	-4	87	0	190	-4	458	-8	91.6%
7	Victor	Murillo	S	85	-1	96	-1	96	-1	177	-2	454	-5	90.8%
8	Nelson	Green	S	82	-1	76	0	80	0	122	0	360	-1	72.0%
9	Eric	Block	S	31	0	21	0	65	0	51	0	168	0	33.6%
10	Sofia	Tavitian	S	38	0	28	0	61	0	0	0	127	0	25.4%
11	Will	Hector	S	Did Not Finish										

FOR YOUR INFORMATION



Keep it Steady-The Elements of a Good Prone Position Part 1-Building the Position

By SPC Matthew Sigrist

Imagine the following scenario: You are at the last stage of fire in the National Trophy Individual Match, firing at the 600 yard line in the prone position and every point matters. What should you reflect on as you prepare to shoot this final string? As your eyes cloud from sweat, you realize that all you have to rely on is your experience and knowledge of the fundamentals.

During the National Trophy Individual Match, you will fire 60 percent of your shots from the prone position. This article will address the fundamentals of a good prone position and help you learn the techniques required to be successful in both the slow and rapid-fire stages of National Match competition.

This article will be divided into two parts. In part one, we will discuss the elements of a good prone position. In part two, we will cover the techniques you will in the rapid-fire and slow-fire stages.

The Fundamentals

The fundamentals are the building blocks of a position. Much like the framework of a house, a correct application of the fundamentals ensures a solid and stable structure. Since each person's position will depend on their particular body build and shape, there is no "perfect position" that applies to everyone. Experience, practice and knowledge of the correct fundamentals will dictate the best position for you.

There are six, key elements of any position. The purpose for these six points is to achieve a solid platform that allows for consistent sight alignment using the least amount of muscle tension.

1. **Placement of the firing hand (the hand that pulls the trigger).** The firing hand needs to be placed high on the pistol grip. This high hand position will give you better control of the rifle. Combined with a firm grip there will be a reduced amount of hand movement when pulling the trigger. Wrap your thumb over the

three fingers on the pistol grip (excluding the trigger finger). This will help isolate the movement of the trigger finger.

2. **Placement of the non-firing hand (the hand supporting the rifle).** The non-firing hand should grip the handguard or stock in the flat portion of the hand between the thumb and forefinger. The fingers should curl naturally around the stock, but they should not grip it tightly. The position of the hand on the stock will depend on the physical size of the shooter. Generally speaking, taller shooters with longer arms will grip the rifle further out, near the sling swivel, while shorter shooters will need to pull their hand rearward. This is sometimes referred to as “short-stocking” the rifle.
3. **Stock weld.** Stock weld is the contact that the face makes with the stock. It is important because it directly effects your sight alignment. Consistent head placement will help you achieve consistent sight alignment. The human head weighs an average of 8 to 10 pounds. The full weight of the head must rest on the stock. In doing this you achieve two things, a relaxed neck and reduced recoil because of the pressure of the head.
4. **Placement of the rifle (the contact that is made in the firing shoulder).** The rifle butt placement needs to be consistent. If this changes between shots, it effects your sight alignment and the effect of recoil. In the prone position the rifle will sit lower in the shoulder compared to other shooting positions. This allows for a more forward head and a lower position as a whole.
5. **Position of the sling.** The sling should be high on the arm, above the bicep. This way the sling will have less leverage on the arm so it doesn't cut off the circulation.



Demonstration of the placement of the firing elbow (left) and non-firing elbows (right).

6. **Placement of both the firing, and non-firing elbows.** A guideline for non-firing elbow placement is that there should be 1 ½” to 2” gap between your non-firing arm and the rifle's magazine. (*NOTE: this references the AR-15 service rifle*) Your arm should be almost straight up and down; this will transfer the weight directly down the arm and not to the side (see picture above). Think of the firing

arm as only a kind of kickstand, it doesn't support weight it only holds the firing hand in position.

Variations of the Prone Position

There are two main variations of the prone position; open/spread legged, and bent-legged. The two types will be discussed below.

Open/Spread Leg Position



Demonstration of the Open/Spread Leg Position.

The first position is the open/spread legged position. This is when the shooter spreads their legs shoulder width or more apart. This allows for a more forward pressure on the sling and elbows. This position requires a tighter sling and solid elbow placement. The rifle should sit tight in the shoulder. With this position, your body will be farther behind the rifle compared to the bent leg position, allowing for minimum disturbance from recoil.

Bent Leg Position



Demonstration of the Bent Leg Position.

The bent leg position is when the shooter bends the firing side leg up towards the firing hand making the knee at a rough 90 degree angle to the body. The non-firing leg will remain straight and inline with the body. This will take pressure off the lungs and heart minimizing the pulse from the chest as well as easing the pressure on the lungs which will allow for easy breathing and control.

Summary

You now know the fundamentals of a good prone position, as well as the two types most commonly used. Extensive dry-firing will reveal which is the best position for you. If possible, have a friend take pictures of you in position. This will enable you to better diagnose and correct your errors. Remember, a position must be both fundamentally sound and comfortable. Practice frequently to learn your new position and to develop the conditioning required to endure long days on the range.

(Article borrowed from the CMP First Shot newsletter, February 2008. The original article was accessed on May 15, 2008, and can be found at http://www.odcmp.org/0208/USAMU_Prone1.asp)

ITEMS FOR SALE

FOR SALE – Alan Harker

Springfield 1918 Mark 1 03– Greek Rebuild – Near Perfect Black Metal Finish-Excellent S Stock \$750.

***** 2008 CALENDAR *****

January (CLUB) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	February (CLUB) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	March (CLUB) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	April (CLUB) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
May (CLUB) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	June (NRA) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	July (John Garand) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	August (CLUB) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
September (NRA) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	October (CLUB) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	November (CLUB) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	December (CLUB) S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31