

GRIP

There are many shooting positions which may be used for firing a pistol, some of which are specific to certain shooting disciplines. Even before any shooting positions can be introduced, the new pistol shooter must know how to assume a proper one- or two-handed grip.

Grip consistency is essential for accurate shooting. Use dry-fire practice to check and reinforce the correct trigger finger placement. Note that the proper grip for one firearm may not be appropriate for another firearm; your grip may vary depending upon the shape of a gun's grip frame. Also, your grip may vary slightly from position to position.

The Two-Handed Grip

For most pistol shooting activities, a two-handed grip will be used. The vast majority of pistol shooters find that such a grip provides more control of the firearm, steadier aiming, better recoil absorption, and stronger gun retention.

①



To assume the grip, first grasp the pistol behind the muzzle in the support (non-firing) hand. Make a "Y" of the thumb and fingers of the firing hand.

②



Place the gun's backstrap firmly in the web of the firing-hand thumb.

③



When this is done, wrap the firing-hand fingers around the pistol's grip.

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Next, bring the support hand around the front of the grip. Support hand fingers overlap and overlap the firing-hand fingers.

5



The knuckles of the second joint of the support-hand fingers should be roughly aligned with the same knuckles of the firing hand. Gripping the gun with tension from both the support and firing hands creates a steadier hold on the pistol.

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With a semi-auto, the support-hand thumb should lie directly forward of and below the shooting-hand thumb. However, with a revolver, the support-hand thumb lies directly overtop the firing-hand thumb.



The One-Handed Grip

The one-handed grip was at one time the most common way to hold a pistol. Today it is used primarily in certain forms of target competition, such as NRA and International bullseye shooting. One-handed shooting may also be practiced by those who own a pistol for self-defense. A description of the one-handed grip is found in Chapter 14: The One-Handed Shooting Position.