## **Aggressive Trigger Release Training**

The object is to overcome trigger-release hesitation. This often comes from thinking too deeply about an apparent or real trigger problem.

You may begin to think that the trigger is irregular in weight each time it is fired.

Sometimes it just won't go "off" and other times it seems to go off far too quickly.

Firstly check out your trigger with trigger weights and see that all is functioning correctly.

Then proceed to fire about 50 shots following the aggressive trigger release plan as follows:

- As you look at your sights, decide to fire as soon as possible, after settling into your area.
- b) Commit yourself to the trigger and continue to press while holding the sights in alignment through the shot release and into follow-through.
- c) For each shot fired which was executed with an aggressive trigger release attitude, tick the appropriate circle on your chart.

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