

Full-bore- On the hunt

Small-bore- Moving on

# The



Sept 2020

# Buffalo Chips

**MANITOBA PROVINCIAL RIFLE ASSOCIATION**

Air Rifle      22 Long Rifle      High Power Rifle

Like always, if you have any questions, scores, tips or advice, comments, or have something that you would like to have published in the For Sale / Wanted section, email me at [mprachips@gmail.com](mailto:mprachips@gmail.com)



## Big changes coming

As most of you know our air rifle/pistol range on Leola St has closed as the owner of the property required the building to begin a new phase of construction. A lot of work has been done by our executive and volunteers to negotiate, shut down and move the range and locate a new facility. Thank you Murray Sloane and all involved, also Don Lagimodiere and his company who removed the lights so they can be installed at our new facility at 920 Nairn Ave. We will let you know when the facility is open.

Now speaking of ranges, I am sure some of you are fans of Youtuber, Bloke on the Range. He covers everything shooting from milsurp to the latest Tikka Arctic rifle our Rangers use and he does most of it at an amazing range in Europe. In this video he shoots a Sterling out to 200m but it is the range that is the highlight in the video.

<https://www.youtube.com/watch?v=CPqPak9KVHU>

Rob Wiebe is still opening up Gateway Gun Club, Monday evenings for all members to shoot 22LR prone. To get on his email list, contact him at [rwiebe1@mts.net](mailto:rwiebe1@mts.net).

Finally to everyone going hunting and I remind you every year, stay safe and send me a photo of your trophy, hunting camp or something that might be of interest to the rest of us. The hunting photos are always a big hit so let's keep this going. .



**WINCHESTER**

Model 1907 Self-Loading Rifle .351 Caliber High-Power

This new rifle is the latest development of the Winchester Self-Loading system, which has successfully stood the test of use and abuse for two years. It can be loaded and shot with great rapidity, and is a serviceable, handy gun from butt to muzzle. The .351 Caliber High-Power cartridge has tremendous velocity and energy, making it powerful enough for the largest game.

Consult fully describing this rifle, "The Gun That Shoots Through Steel," and upon request.

WINCHESTER REPEATING ARMS CO. - - NEW HAVEN CONN.

## M.P.R.A. Mini Palma

**This past August Bruce Macdonald organized a scaled down Palma shoot at the M.W.F. range by Portage La Prairie that was shot with 22LR. Thanks to Murray Sloane for these results.**

Just a quick note to thank you all for coming out to the first ever MPRA Mini-Palma Match. I hope everyone had a good time and will consider attending the next one, whenever that may be. I thought it was a really fun day of .22LR shooting at the Portage Wildlife Club Range. The weather was great!

In honour of the organizer, Match Director, Range Officer, and Chief Scoring Officer, I think I'll designate this match as the Macdonald Pandemic Mini-Palma Match or the "MPRA – MPMP" Match". Thank you Bruce, for all your work. Thanks go to Michael K. for supplying medals.

Congratulations to the Match winners as well as the Silver and the Bronze medal winners.

- Don Mitchell ran away with the first place position in the Target Rifle (TR) class, winning with a score of 593-24 x out of a possible 600- 60x, ten points ahead of the second place score of 583-19x (M. Sloane). Ian Mitchell and Michael Knipping finished only a few points back in the pack in the third and fourth place position; 576-13 x and 575 – 19x respectively. Don also won the TR Class, simulated 1000 yard Match fired at 100 yards using a scaled down 1000 yard targets. Great shooting Don!
- Jen Suter shooting a scoped Martin rifle for the first time in a competition and after less than a year of serious practice raced ahead of the second and third place shooters in the F-Class rifle group; John Toset (using a Tikka) and Ken Closen (using a slick Izhmash Biathlon rifle) respectively. She won the F-Class rifle group with a score of 594-30x.
- Ken Closen won the F-Class, simulated 1000 yard Match (fired at 100 yards using a scaled down 1000 yard targets). Congratulations Ken.

# M.P.R.A. 22lr Provincials

Held this past August at the M.W.F. range in Portage la Prairie and organized by Paul Lemire. Congratulations to the overall winner, Bob Leader.



**GUNBUGS! NEVER BEFORE!**  
**NEVER AGAIN!** GOING FAST! . . . Only a few still available!

**THE SUPERBLY ACCURATE R. B. MARK I ANTI-TANK RIFLE \$98.50**

- Manufactured in limited quantities for the British, Canadian and U. S. Governments.
- Completely legal. Plenty of ammunition available.
- Fires a huge .55 caliber belted magnum cartridge, capable of driving a 926-grain bullet through 1-inch of class A armor.
- Made of the finest steels. Probably the strongest bolt action ever produced. (A rare and unusual collectors' item, suitable either for experimental purposes or for extra long-range sniping).
- Muzzle brake. Built-in shock absorbing recoil mechanism. Extra thick live rubber butt plate.
- Length 63-inches. Weight 33 pounds. Special bipod adjustable for elevation.

**CONDITION:** All guns at least "very good" outside with "excellent" bores. Each gun packed in a finely made ordnance chest.

**AMMUNITION:** Per box of ten rounds --\$9.50

**FOR THE COLLECTOR:** We have a few with markings indicating "U.S." ownership, which differ in the design of muzzle brake, bipod, etc. ----- each \$108.50  
 A few of the same, apparently new and unred ----- each \$125.00

**KIT OF ACCESSORIES FOR THIS RIFLE:** Containing the original issue breech cover, cleaning rod, dismounting tool, magazine carrying case and 7 extra 5-shot magazines. Complete Kit -----\$9.50

*Gunbugs! Read Elmer Keith's report on his test of a .50 caliber magnum--on page 55 of the October RIFLEMAN!*

**TERMS OF SALE:** A check or money order for the full amount must accompany all orders for ammunition. C.O.D. orders for the R. B. Mark I Rifles will be accepted if accompanied by a 25% deposit. Unconditional 10-day money back guarantee. If item is returned prepaid in same condition shipped. (California residents please add 3% State Sales Tax to remittance).

**BEAUTIFUL!**  
 That's the only word to describe our new shipment of 8mm "Mauser 98" ammo (7.92 or 8x57 if you want to get technical.) This is the very best quality German military issue cartridge as made early in WW II when German manufacturing standards were still among the worlds highest. Cases are of good brass (none of the late wartime steel case stuff). The bullet is a fine 0.323 inch diameter, 175 grain boat-tail design--similar to the prewar U.S. issue M-1 bullet now so much sought after for match competition! Muzzle velocity is 2650 feet per second. All clean ammo, still as originally packed in neat 15 round cartons.  
 Our popular 600 round case--"for the man who really likes to shoot" -----\$33.00 each  
 Now, in answer to your many requests, a smaller 240 round box--a "must" for every man who owns a Mauser -----\$19.75 each  
 A few 1500 round cases for clubs or individuals who have need for ammo in quantity--at the truly incredible price of -----\$75.00 each  
 Shipment by express. Your satisfaction guaranteed! (Sorry, but our 9mm "Luger" ammo is all gone!)

# Improving The Prone Position

by NRA Staff - Friday, March 27, 2020



[\\_More](#)

SUBSCRIBE

Mastering the prone position in rifle shooting doesn't have to be difficult. Here are five tips for improving your prone position scores. Be sure to try them out one at a time.



*Use these tips to help you advance to higher skill levels in competitive rifle shooting.*

## Position Review

The first step in improving a position is to compare that position with an ideal position to be sure it is correct. Have your coach or another person compare your position with the prone position [outlined here](#). In prone, the most important position features to check are the following.

1. Left arm location.
2. The straight line from the left hand to the left foot.
3. Position of the feet.
4. Head position.

## Natural Point of Aim

Precise position alignment is especially important in prone. Even though you have aligned your position on the target, prone results can be improved by doing this still more carefully. Each of the positions in which a sling is used has a natural point of aim which must be perfectly aligned on the target. The alignment of the natural point of aim on the target is so important that, in shooting on multi-bull targets, a slight change in position is necessary when moving from one aiming bull to the next.

**Stock Pressure**—more precise vertical changes in position alignment can be made by using the feet to push the body forward slightly to lower the point of aim, or pull the body back to raise the point of aim. The left elbow must not move. Horizontal changes are made by pivoting the body and rifle on the left elbow.

## Relax the Left Arm

Prone scores can often be improved by paying special attention to the left arm, making sure it is fully relaxed. If necessary, adjust the sling and sling swivel so that the sling holds the rifle up without any help from the muscles of the arm. The fore-end of the rifle should lay across the heel of the left hand with the fingers relaxed and loose.

The pressure you put on the stock with your shoulder, cheek and high hand makes a difference in how the rifle recoils while the bullet is traveling through the barrel. (Recoil is the jump of the rifle after the shot leaves the barrel.) If the pressure changes, recoil will be different and the place where the shot strikes the target will change. You must keep up the same pressure on the stock with the shoulder, cheek and right hand for every shot. The amount of pressure used should be moderate, comfortable and above all, always the same.

## Aiming More Carefully

Good prone shooting requires a high degree of precision in everything you do, especially in [aiming](#). Pay special attention to making your sight picture as perfect as possible before you

pull the trigger. Take a new [breath](#) and start over with a new hold if the sight picture isn't as perfect as you can make it.

## Precise Sight Adjustment

To get the best possible scores, your groups must be centered exactly. This is not always easy to do when shooting one shot each on multiple bulls. As you shoot, try to decide whether the center of your shot pattern is in the center of the target and make [small sight adjustments](#) when necessary. Expert shooters do this by making sure each shot is where they [call that shot](#). You may make several small sight corrections while shooting one 10-shot target.



*Reloading the .22 LR rimfire rifle can also be done while keeping the rifle in the shoulder. This allows faster reloading and helps to keep the shooter in the same position for an entire series of shots. To reload with the rifle in position, lift the right arm and reach forward to open the bolt. Put the new cartridge in the chamber and close the bolt. The arm and right elbow are then returned to position.*

**Body Position**—changing the body position to roll the body more onto the left side, or adding shoulder pressure on the stock will sometimes improve prone scores. Do this by bending the right knee and pulling it up higher. Be sure this change really helps you hold steadier before you decide to use it all the time.

Shooting prone rifle for a little while but looking to improve your position? While steady and smart practice is the way, here are some things to consider that contributed to large steps upward in my position development over the years. To me, prone is all about consistency in the subtle details. Each of the following tips helped me improve upon that goal. Since everyone's body is different, your experience may vary. Keep in mind that I am right-handed, so please reverse my descriptions if you're left-handed.

### 1) Consistency

One of the simplest ways to improve consistency in your prone position is to **keep the butt of your rifle in your shoulder between shots**. Every time you remove and replace that rifle, a small error is made which will affect your next shot in a way you can't predict. If you can't reach to load while keeping both elbows down on the mat, learn to reload by either lifting your trigger arm up or by leaning over slightly. Keep as much in the same place as possible between shots.

### 2) Keep your gear close

Another great way to keep movement and errors to a minimum while you shoot prone is to **place everything you need as close as possible to you**. It makes no sense to conduct an upper back workout during your match, doing a rep every shot as you reach to see through your spotting scope a foot above or to the left of your head. Place the scope close enough to your eye that you only need to flick your eyes over or slightly lift or rotate the head to see through it. Similarly, place your ammo, timer, etc. close enough that even someone with tiny T-Rex arms could reach them. Unnecessary movement between shots leads to unnecessarily big groups.

### 3) Make sure your shooting coat fits

Having a **properly fitted coat around the shoulders** was one of the most significant improvements to my prone position. You won't realize what you're missing until you correct this. Unless you have the build of *The Incredible Hulk*, most off-the-rack coats will not fit your shoulders! The excess material around the shoulders slips and slides and bunches up in places. You'll find your position sagging lower and lower with each shot, your sling slipping down your arm, and placing the butt of the rifle consistently in the same place nearly impossible. Your zero will wander and you'll have unexplained flyers, not to mention the frustration of a position that is constantly changing in its feel. With a coat that hugs your shoulders in position, everything stays in place from shot to shot, allowing more consistency and relaxation. If you can't afford a custom-fit coat, take your off-the-rack model to a local tailor or shoe repair shop. Anyone with some tailoring know-how and a heavy duty sewing machine for canvas or leather can take in the seams for you.

### 4) Arm and rifle

I took another step forward in my prone shooting when I changed how I thought about **the relationship between my arms and the rifle**. For a while, I was placing my sling elbow directly under my rifle, which resulted in a stretch on the outside of that upper arm. There wasn't much pressure to speak of on my other elbow. While shooting, my position would

continually sag lower and to the left as my arm muscle stretched out. I routinely tightened my sling during matches to try and compensate, but this was only a band-aid.



*Prone position showing the arms in a triangle under the rifle.*

Once while at a national competition, I overheard the then-National Rifle Coach explain to someone how the two forearms should form a triangle with the floor, like a bipod for the rifle. This triangle need not be equilateral; the sling arm may be more vertical than the trigger arm. But essentially, all I needed to do was move my left elbow out from under the rifle. After trying it out, I realized this technique did not stretch my arm and relied purely on bone structure for support—meaning my arm no longer stretched or sagged as I shot my match. My other elbow now has more pressure on the mat as well, which means a more durable position with recoil for me.

## 5) Sling rotation

Many people are aware that the sling can be placed at a variety of heights on the arm to find a comfortable place with a minimum of heartbeat. This is most commonly just above the bicep, but sometimes elsewhere. Another factor to **consider: the rotation of the sling on the arm**. This will affect how the pressure distributes itself on your arm (which affects comfort and heartbeat transmission into the sling) as well as the angle the sling pulls on the rifle. For example, when I rotate the sling toward the inside of my arm, I feel the rifle being pulled a bit to the right, into my right shoulder, reinforcing the bipod concept of my two arms (see the photo at the top of this article). When I rotate the sling toward the outside of my arm, it tends to pull the rifle to the left, which results in a point of aim that wants to drift to the left. You may find something different, or prefer a straight, or neutral, sling. A good sling keeper on your shooting coat will hold the sling consistently at the height and rotation you desire as you shoot.

If you haven't considered one or more of these ideas, I encourage you to give them a try and see if you observe an improvement to your position!

Although the tips listed here are for the prone shooting position, they are really hints that can be used to improve your [shooting in all positions](#). To take full advantage of these ideas, be sure to make them part of your methods for all your rifle shooting.

## 11 Training Areas

Gaby Bühlmann & Heinz Reinkemeier

## Selfassessment 12

*Which exercise when and for what purpose? At competition fine correction sometimes change everything. If you find the key exercise...*

**Shooting-Sports performance is based on five essential building blocks:**

- Physical and mental fitness.
- The shooting skills
- The quality of the equipment
- The psychological-tactical skills
- The self-control in competition

*Only if these elements are trained, the overall procedure in the competition works. Effective training requires these areas equally.*

*Exercises take up all or certain areas. Every actual shooting is considered "Exercise". It can increase or decrease performance.*

It is common practice to divide the sporting training and competition events into different areas. Above you see our pyramid from the book 'Olympic rifle shooting'.

Every exercise that the shooter does or refrains affect these levels. Some affect all levels simultaneously, such as the competition itself or a performance exercise. Others produce very specific effects, such as a forest run or a tighter front ring.

So when you look at an exercise or training session, you can consider what effects it produces on the different levels.

Conversely, one can ask which exercise is suitable for achieving a specific effect. For example, if you constantly record 'deep shots', you could look for causes in the position. Perhaps it will turn out that an increase of the hand rest solves the problem...

In practice, suitable exercises at the right moment are very effective. Even in competition suitable retreats help in the short term. Those who can no longer manage to follow through, trigger 1 - 2 times dry to repair this weakness by correct repetitions. This works especially well if you have already worked with this trick in training and in pre-competitions. Like a magic tool, the right exercise can work wonders at the right moment.

On the right, the main areas of training are divided into concrete contents. This list should include all practical requirements for the shooter's body, mind and material.

**E-CSA1:** This leads us to an exercise that could be described as critical selfassessment.

You should go through the individual areas from top to bottom and consider how 'good' your skills are in this sector. When you are 'perfect', you place your cross on the far left (++) . Insufficient skills are marked with a cross on the right (-) . Scores between them in the remaining four fields.

**E-CSA2:** If you have a trainer or a trusted training partner, ask him/her to make the same evaluation of you afterwards (make a photocopy beforehand). Of course separately and secretly, so that the results are independent. Afterwards you put the assessments side by side and discuss the sticking points.

The assessment of your competition experience is about whether you enjoy (++) or fear (-) championships.

The assessment of competition stability asks about the typical differences between your training results and the results in the target competition. Here we give deviations related to the 60-shot qualification result air rifle. These are given as ring values with tenths. 610.0 training average and 604.8 in the target competition result in -5.2 and a cross in field 4.

Self-criticism is indispensable in competitive sports and when planning training.

Self image TRAIN.-area		
++	--	
		Endurance
		Mobility
		Force
		Balance
		Holding force in position
		Holding Force Endurance
		Holding stability
		Outer Position
		Rifle Contact + Approach
		Inner Position
		Zero point + Hold
		Breathe
		Aiming + space aware.
		Trigger + Reaction
		Follow-Through
		Coordination
		Shot rhythm
		Series procedure
		Programme phases
		Competition schedule
		Rifle: selection, care
		Grip, trigger, sight
		Ammunition selection
		Glasses, blinder, clothing
		Hearing protection, tools,
		Food, observation
		Time management
		Range adjustment
		Light and wind
		Learning, planning
		Perception
		Stress Management
		Competition Experience
		Competition Stability

+3.0	0.0	-2.1	-4.6	-6.1	-12.1
-0	-2.0	-4.5	-6.0	-12.0	∞

10

In 1992 I was watching Sharon Bowes at the US World Cup near Los Angeles. What a performance! She was shooting the standing portion of the 3-position match, and she was shooting very well. She fired the last of the 20 record shots, put the rifle down and came back behind the firing line where I was standing and watching. Her eyes were shining. There was a glow about her, one that seemed to come from deep inside. Her motions were fluid. Her voice was smooth, energized and intense, unusually deep and eerily calm.

“That,” she said, “is how it’s supposed to be done. It was like it was in slow motion but not slow. The target was clear and right at the front sight. Every shot just happened; I don’t remember shooting any of them. They just kept going in the middle, time after time after time. It was like I couldn’t do anything wrong.”

Later, she couldn’t recall the conversation. She could remember going back behind the firing line to talk to me, but couldn’t remember a single phrase...not even the subject we had discussed. It was as though it were another person who had been there with me, savoring the moment.

That string of standing shots was a personal best for Sharon in competition, and it was the best standing fired on the range that day.

All good shots are fired subconsciously. I was lucky enough to catch a glimpse of Sharon when her subconscious was dominant. It was beautiful. The ‘feeling’ that she had is the thing that keeps most shooters coming back to train and to compete... just one more chance to feel that marvelous feeling one more time. The chapter on ‘the zone’ explores this phenomenon and the chapters following (all the tools) tell you how to attain that beautiful state anytime, anywhere, whenever you want.

Linda K. Miller and Keith A. Cunningham, *Secrets of Mental Marksmanship*