



1) Begin by stepping into the box and stand arching your back. The start position is to place your hands on the barricade with your arms straight, but avoid leaning on the barricade, which will cause you to fight the barricade and amplify recoil. You want to shoot with your legs straight, and knees, back, and arms locked. Note that Riley is right handed. When he engages targets from the right side of the barricade, he stands with his right foot back and his right hand below his left. Distance from the barricade is determined by the length of your arms when locked out. Don't forget to stand perfectly straight so that you form a 90-degree angle with the ground.



2) The Switch (left) begins with Riley acquiring the gun from the holster with his right hand.

3) When Gilmore's hands meet (below), the web of his left hand goes under the beavertail grip safety as his right hand opens. It is important to note, says Riley, that the forearms form a V shape beginning at this point.



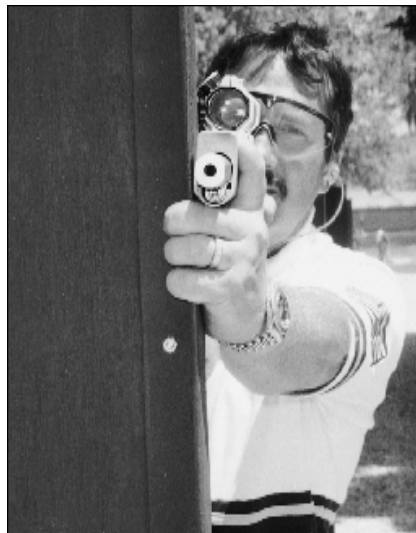
4) As the left hand attains the grip, the right hand slides forward...



5) to hold the front part of the gun against the barricade. The V formed by the forearms becomes narrowest when the gun is locked onto the barricade. Checking to see if the V stays narrow throughout the string will tell you if you are keeping your arms locked. When you are locked into the barricade properly, recoil is minimized and easily controlled so that the sight returns quickly to the target. Behind the finger, note the use of a guard on the barrel to promote safe placement of the index finger at the optimum point of hold. Also, adjustable barricade wings in front of the finger brace the gun to the barricade.

6) It is important to note just how much the gun is supported (above) by the lower portion of the grip intersecting with the inside of the forearm. This takes stress away from the trigger finger and adds to control.

On the barricade itself, Riley grips the wooden frame (left), forming a platform with his fingers. The barrels rests on top of the fingers.





7) Originally, Riley shot a revolver and used the scope to draw the gun much the same way left-handed Kelly Gilmore is doing here.



8) But the Switch technique, which focuses on hand arrangement between the gun and the barricade, is the same for semi-auto or revolver.



9) The determining factor about how the gun is drawn is not the design of the gun but the size of the scope and the way it is mounted. Kelly's Gilmore Red Leader scope is mounted so it forms a natural T-shaped handle that assists him in drawing the gun from the holster.



10) Once the gun is clear of leather, Kelly welds the outside hand to the gun and barricade, executing the switch.

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