

# Bench-Rest Position for Zeroing in your Gun

This form of bench-rest is much different than using it to acquire a skill.

When sighting in your gun you want to remove all movement from the gun for an accurate representation of where your shots are hitting. There are things you can use to minimize movement, such as a **Pistol Perch, sand bags, or a gun rest.**

But the gun cannot fire itself. So, you strive to reduce or eliminate the gun moving by shooting from the most stable platform possible.

- **Now** that you have chosen one of the items, or a combination of them, let's look at the position. Take it with you to your local range.
- **Always** use the proper grip and employ all the fundamentals for grip, aiming, hold control, and breath control. Sighting the gun in using a bad grip is not good. Again we are trying to eliminate movement of the gun.
- **When** shooting over sand bags, rest the frame of the pistol, not the barrel, and not just the trigger guard, against the sand bag or rest. *(It's okay if the front of the trigger guard touches the sand bag, just don't have your gun resting on the trigger guard alone.)*
- **Support** your hands on something *(another sand bag, or some covered blocks, etc.)* to keep movement to a minimum.
- **If using** a Pistol Perch to sight-in your handgun, you can carefully rest the barrel in the "Y" if the barrel is long enough, or rest the pistol frame in the "Y" just in front of the trigger guard. Grip the pistol normally and use the base plate of the rest to support your hands.
- **The gun** should be at **eye-level** - don't bend down to see the sights. Always wear ear and eye protection when firing guns.
- **If you** have a gun with fixed sights such as a "**Snubby**", or other back-up type, you need to know where the fixed sights are set to compensate if necessary

## These are the steps you should take, when **Sighting in your Gun:**

1. Start out at close range; **around 15 yards** maximum with a handgun.
2. Use a **solid rest** that will allow you to rest the frame on it.
3. **Employ the fundamentals** of proper grip, breath and trigger control.
4. **Fire at least three shots** and note their grouping on the target.
5. Once you've shot a **reasonably tight group** (*two or three inches with a handgun*), you are ready to adjust your sights if necessary if they are not on the bullseye.
6. Always **move the rear sight in the direction you want the bullets to go**. If your shots are **low, raise the rear sight**. If your shots are to the **left, move the rear sight to the right**.
7. **Shoot another group** of three shots.
8. **Re-adjust your sights** depending on where you shot.
9. **Repeat steps 7 and 8 until you're hitting the bullseye.**

### **Use a Bore Sight Laser Device**

These can range from a cartridge like device that contains a laser and that you insert into the chamber, to a laser module mounted on a bore rod that you insert in the muzzle. The useful range of these is generally limited to under about 25 yards in daylight. Place the target at that range and adjust the sights so the laser dot and the sights coincide. Then you can verify this with ammo at longer ranges if necessary. With the "chamber units you want to mark the device so that you can orient it in the same position every time you chamber it.

