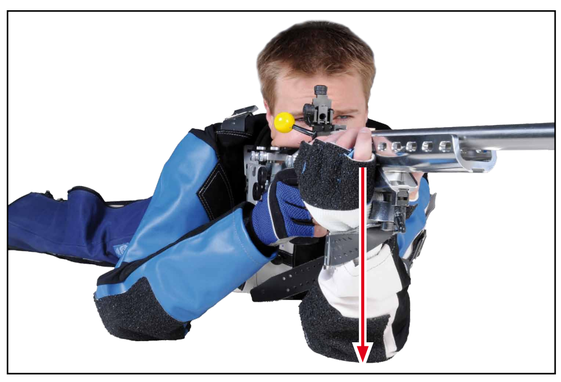
Tips from Matt Emmons

Multiple Olympic medal winner with ANSCHÜTZ

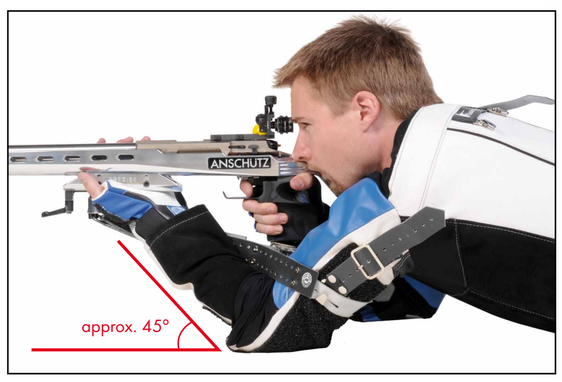
„It is important to see that my head is pretty upright. I'm looking almost out of the center of my eye to get a much better view. You can also see the wind flags better."

„My left arm is straight, butt plate is far into my shoulder in the pocket, and also you can see that the left leg makes a line with my back which extends up into my left arm – just making one straight line."

„It's good to see that my shoulders are level.
The right one is not above the left one, they are in the same line. Also, you can see that my head is level and my left arm is pretty straight. It's not turning over to the left or leaning into the right."



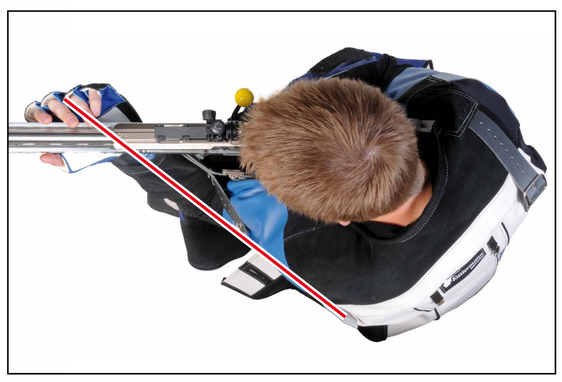
„You can see my left arm is pretty straight. It's not turning over to the left or the right and so the pressure is going straight down into the ground. You can also see that the butt plate is in the pocket in my shoulder; in between the collar bone and the shoulder bone."



◀ „My left arm is pretty straight up and down.
The weight of the rifle goes down into my hip bone which then goes down into my left leg. It almost makes one complete line, straight up and down. Head is straight, also my ears are level, so my balance is good and centered."

„My feet are straight pointed to the target, as are my legs and my hips. My left forearm is straight up and down so the weight of the rifle is going down into my hip and into my leg. The rifle is straight over the middle of my foot. My head is level and not tilted. This way, the balance is good." ▶

„Here you can see from the back of my shoulders – my left shoulder is maybe just a little bit below the right one, which is pretty good."



◀ „If you look over top of my left arm you can see that it's straight. It's not turning over to the left or the right or either way – nice and straight."

„The upper part of my left arm (it's behind my right hand) is pushing down into my knee and almost down into my foot. It doesn't make an exact line and it never will, but it's pretty close.
My elbow is behind the knee. My right arm is pretty relaxed, and the butt plate is far into my shoulder." ▼

„My right foot is flat on the ground, the toes are flat, so that way the pressure is even on the foot.
You can also see that I'm looking mainly out of the center part of my eye, my head is only tilted a little bit down. My ears are level, so my balance is good."

„Here you can see that my left foot and my kneeling role make a line toward the target. That's how it should be. Also you can see that the lower part of my left leg is straight up and down, it's not left or right, one way or the other. The left foot and the right lower part of my leg are nearly in the same line, not exactly, but pretty close. "

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