

## **BAD HABITS**

**Flinching, bucking and jerking.....these three things are habits that are to break after they have been formed.**

**FLINCHING-** Flinching is basically jumping or pulling away from the gun at the time the trigger breaks.

**JERKING-** Jerking is a hard-rapid movement that causes the trigger to break fast and abruptly.

**BUCKING-** Bucking the gun is moving your shoulder and arm in anticipation of the gun recoil.