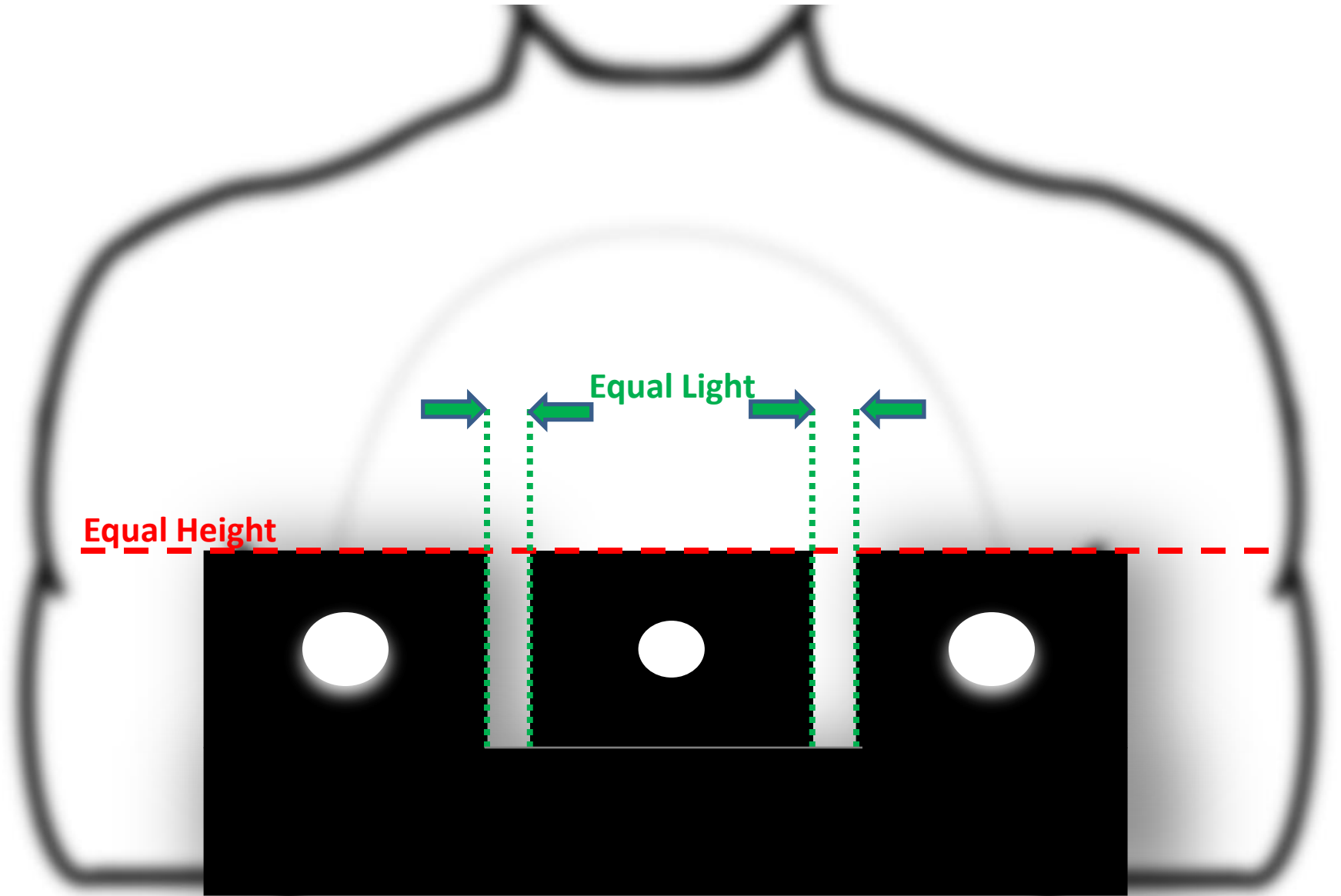


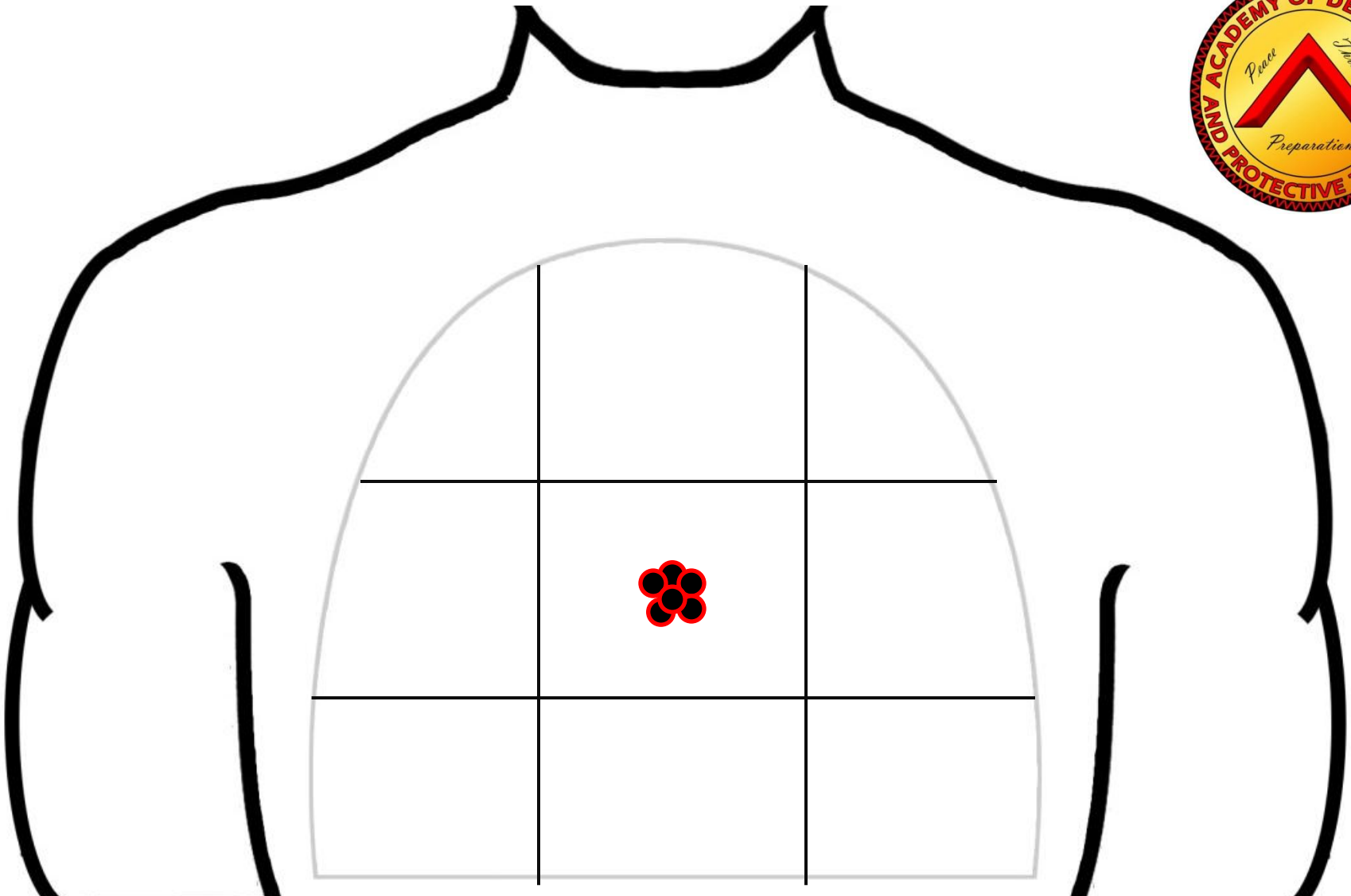


**ADAPT Target Diagnostics Handout**  
[adaptacademy.com](http://adaptacademy.com)



Proper Sight Alignment:

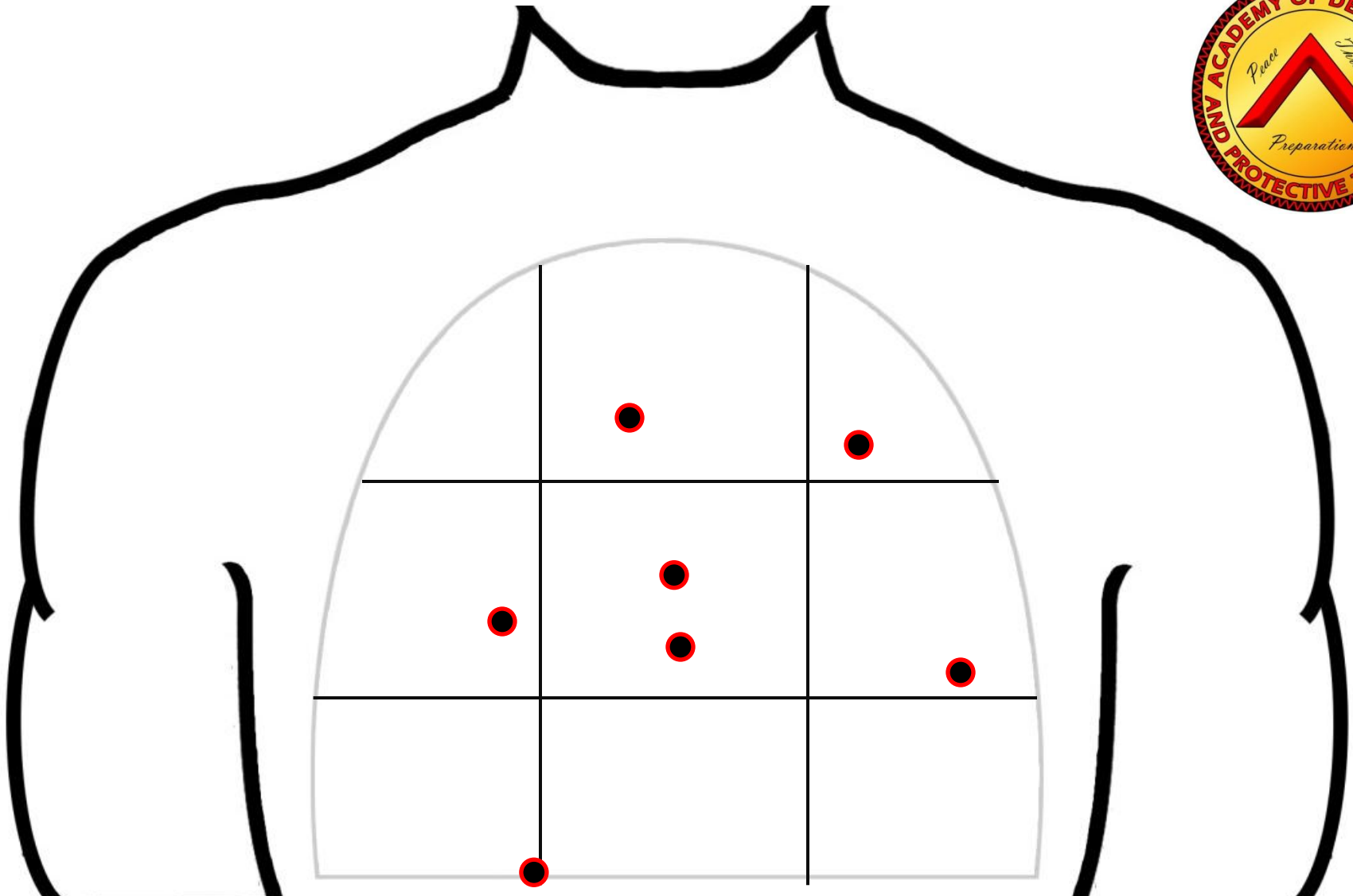
Equal height. Equal Light. Focused Front Sight. Blurry Target. Blurry Rear Sight



Balance of Speed and Accuracy: Leaning Towards Accuracy

Ragged hole - not appropriate for defensive speed.

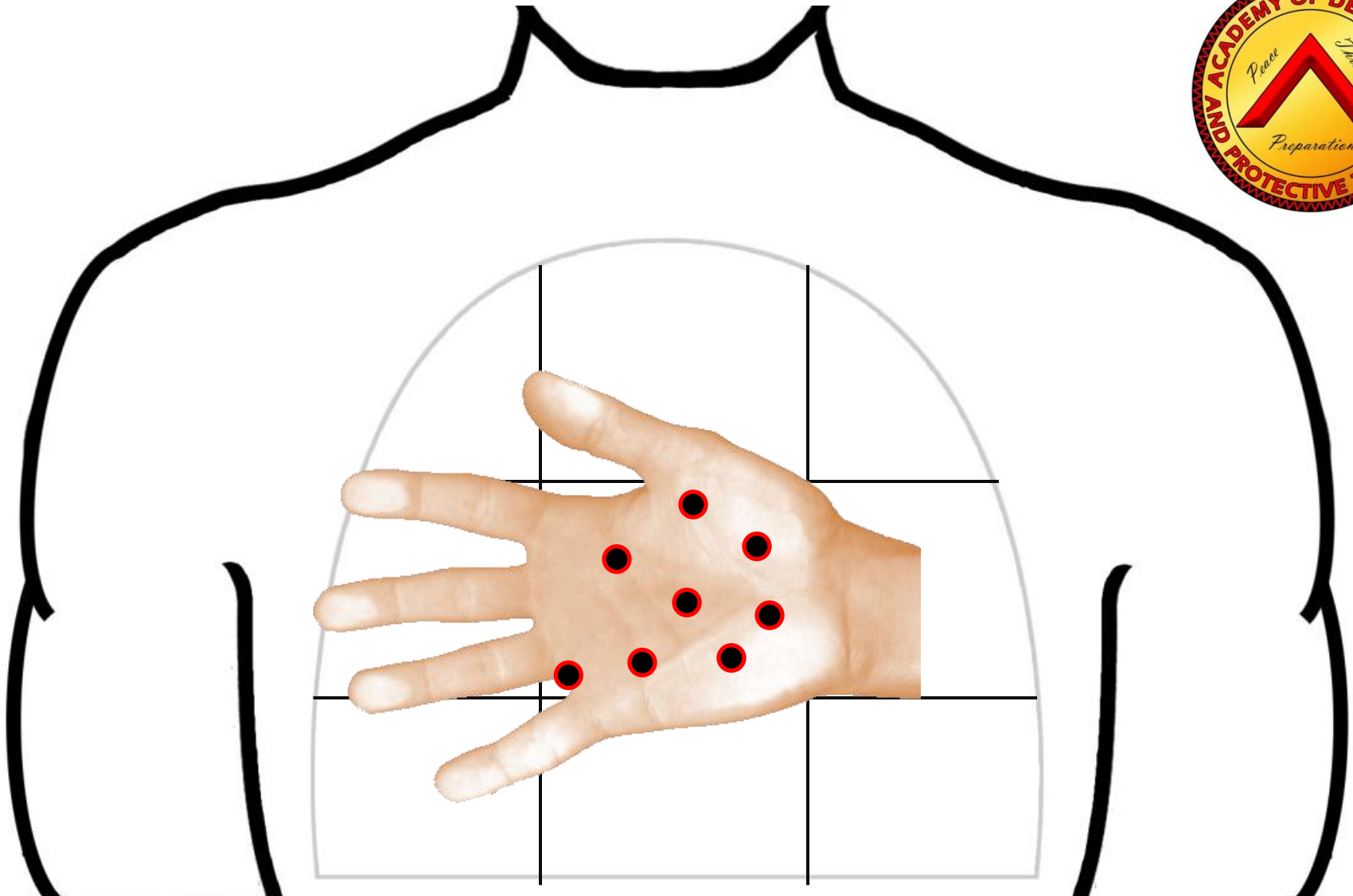
Fix: Gradually increase speed until hand span sized group is reached



### Balance of Speed and Accuracy: Leaning Towards Speed

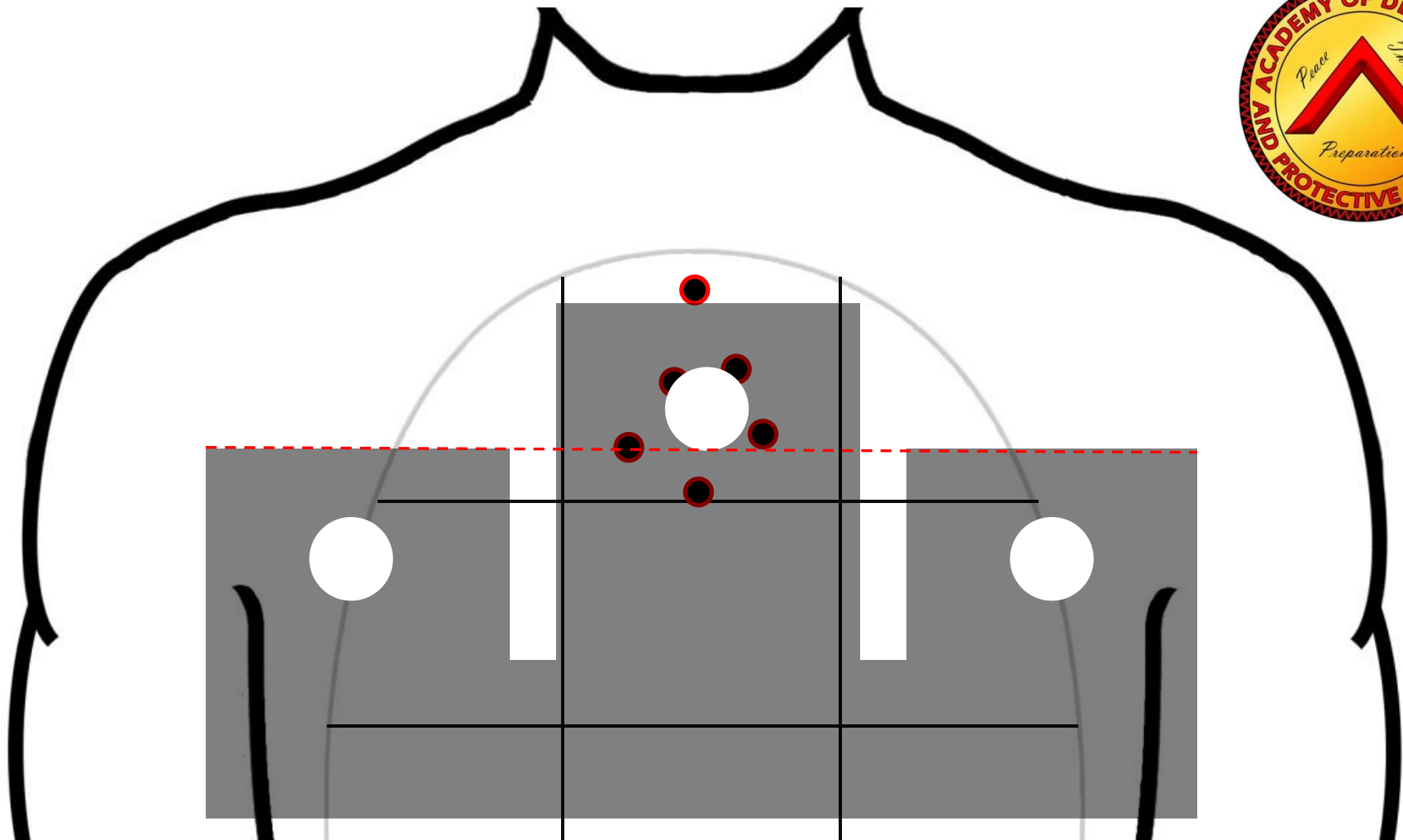
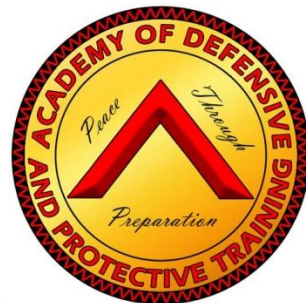
Too fast for appropriate defensive training or ghosting the sights (looking through at target)

Fix: Slow down, focus on sights until hand span sized group is achieved.



**Balance of Speed and Accuracy: Appropriate Balance**

Appropriate balance of speed and accuracy for defensive training. Hand span sized group, generally centered in the COM is achieved.

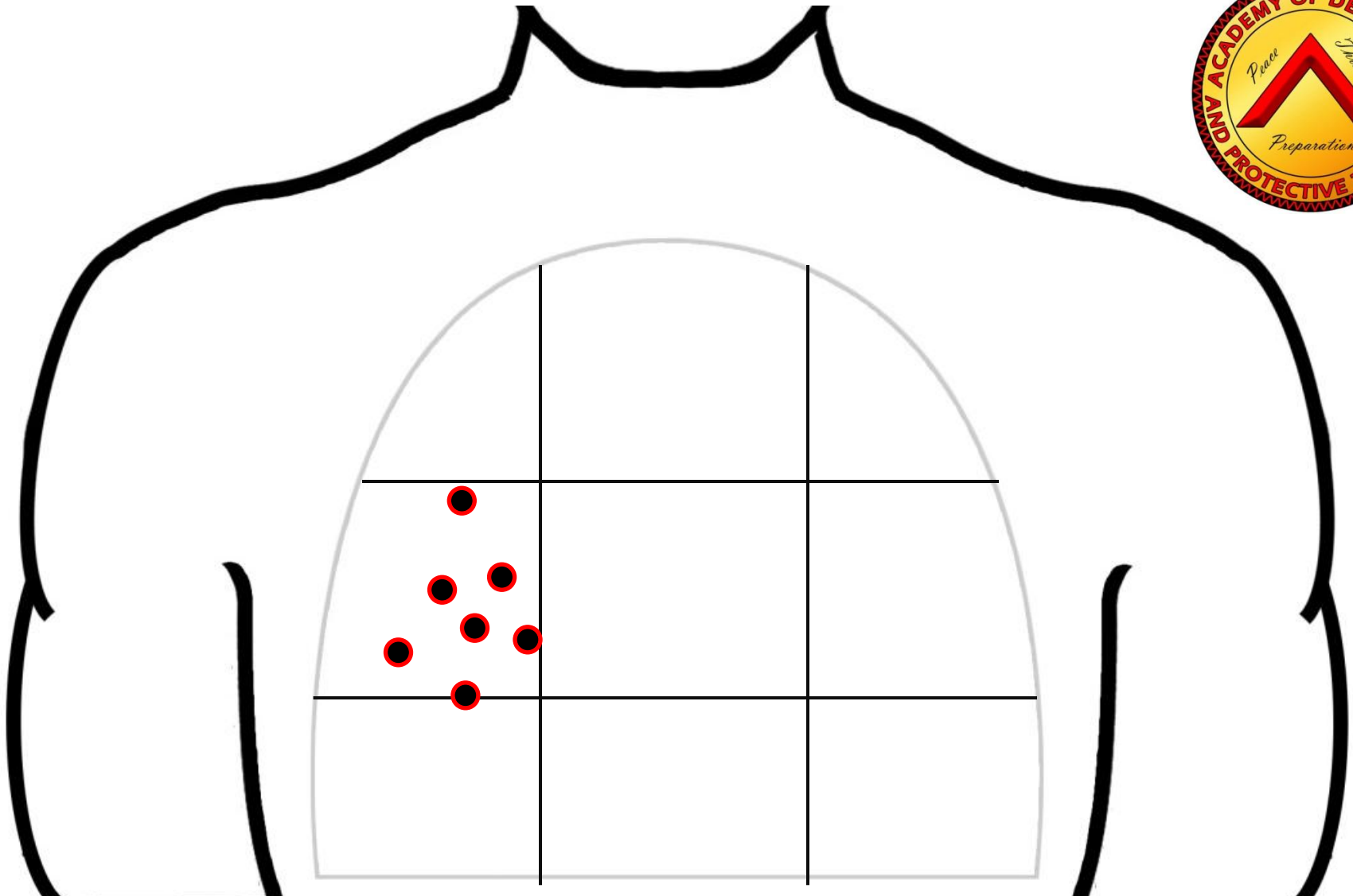


### Shots Land High but Consistent Grouping

**Common Cause:** Looking over your front sight at the target or the eye sprinting back and forth between the two distances.

**Looking at the dot on the front sight and aligning it level with the rear sight posts.**

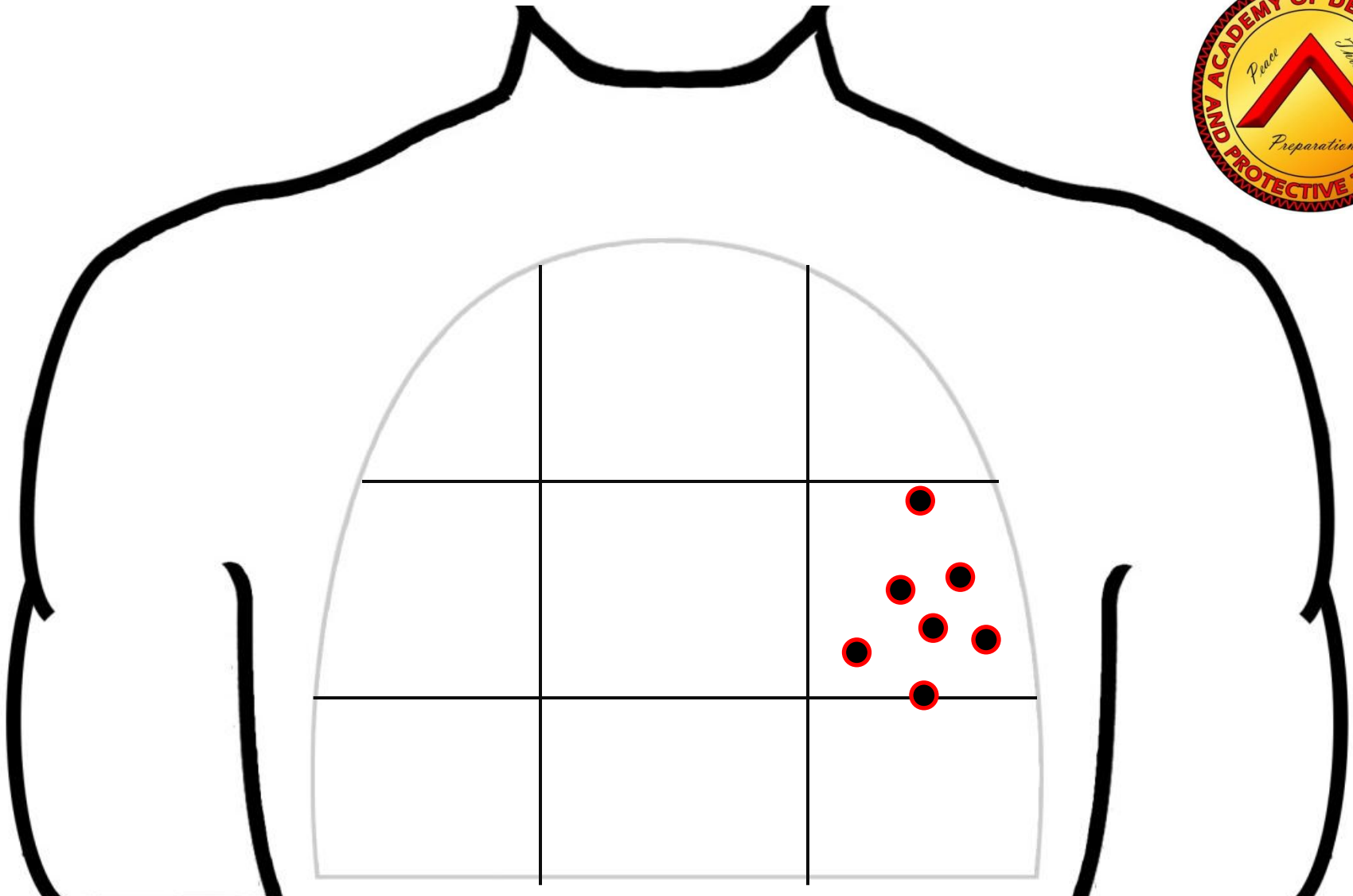
**Fix:** Appropriate alignment of sights, target should be blurry



**Consistent Grouping but Shots are landing Left**

**Common Cause: Over-gripping with support hand or too little finger on trigger (RH Shooter. Reversed pattern for LH shooters.)**

**Fix: Proper isometric tension, center of finger pad on trigger**



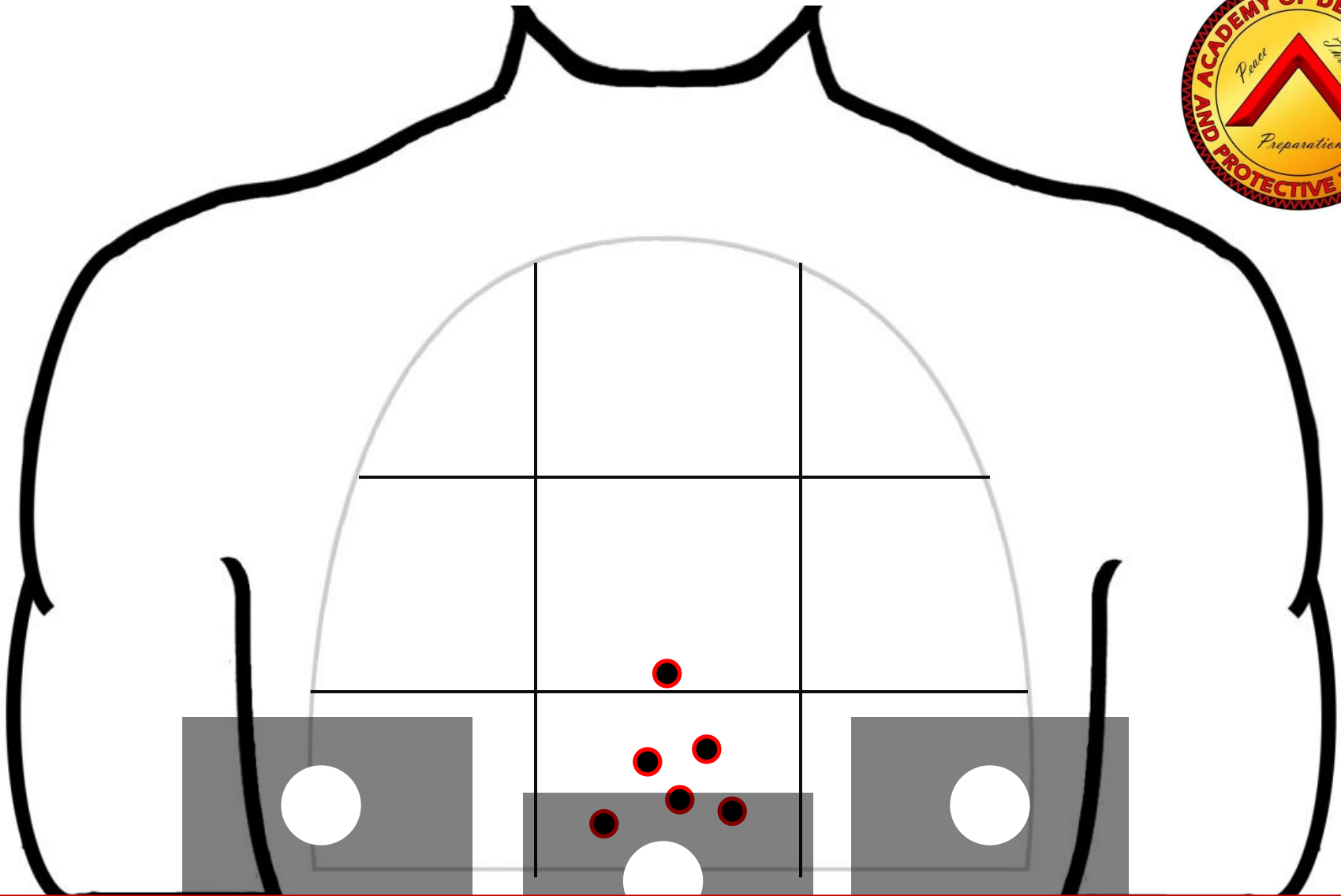
**Consistent Grouping but Shots are landing Right**

**Common Cause: Over-gripping with firing hand or too much finger on trigger.**

**Shooting is "hooking" or curling the trigger to the side. (RH Shooter)**

**Fix: Proper isometric tension, center of finger pad on trigger**

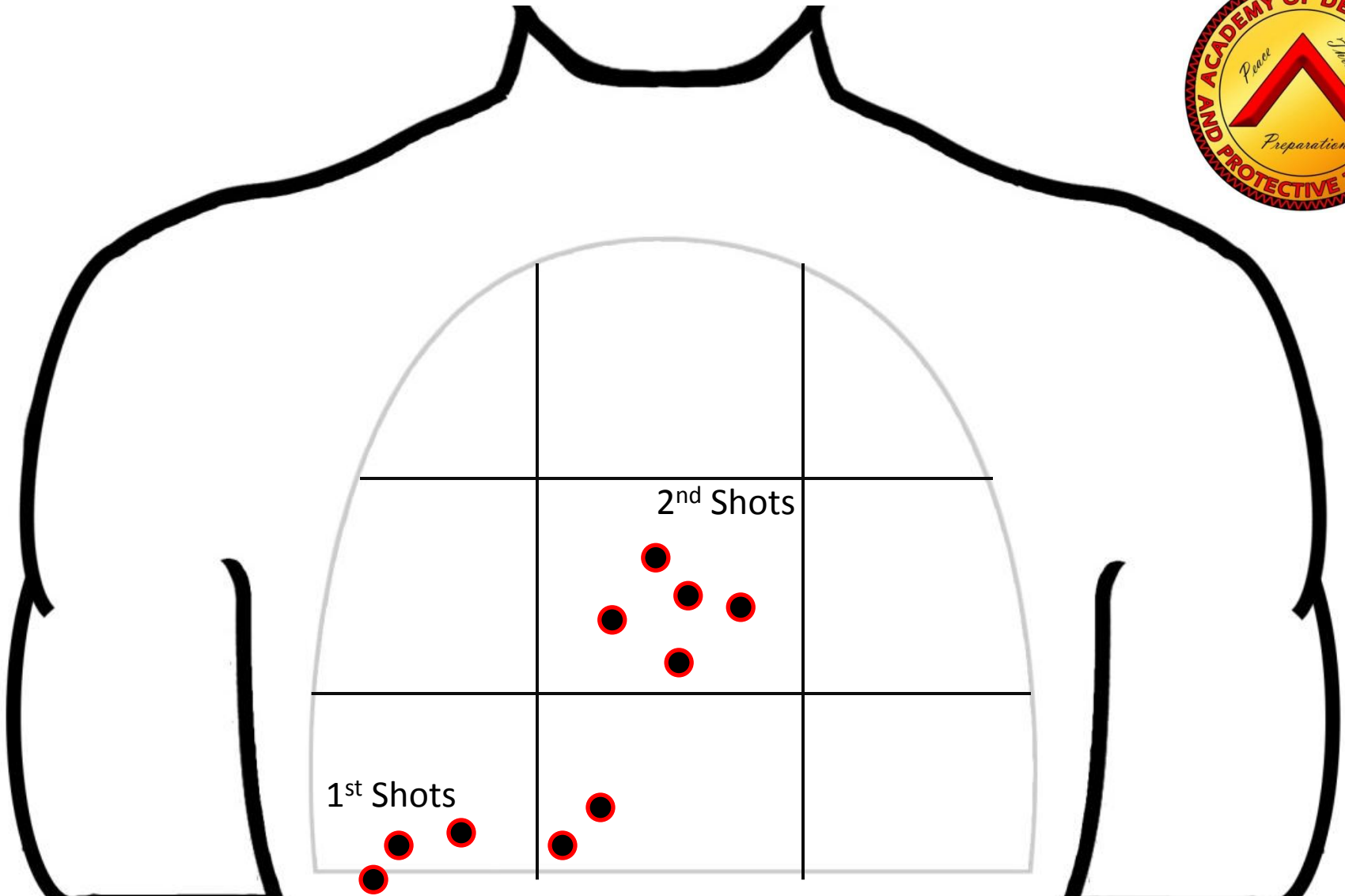




**Shots Land Low but Consistent Grouping**

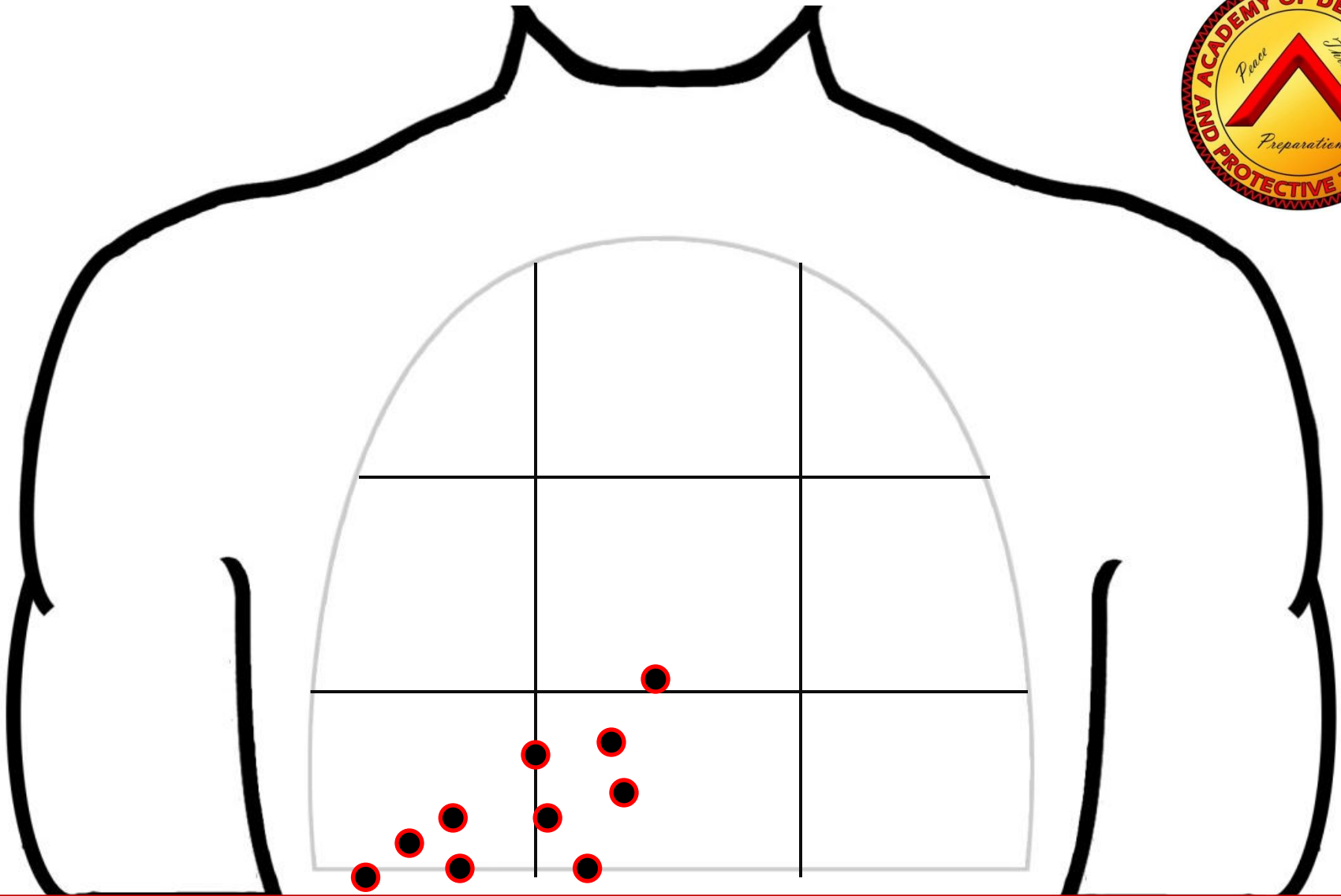
**Common Cause: Pre-Anticipation Push.**

**Fix: Focus on trigger control: Hard focus on front sight, slack out, smooth press to a surprise break.**



### Double-Single Shooters

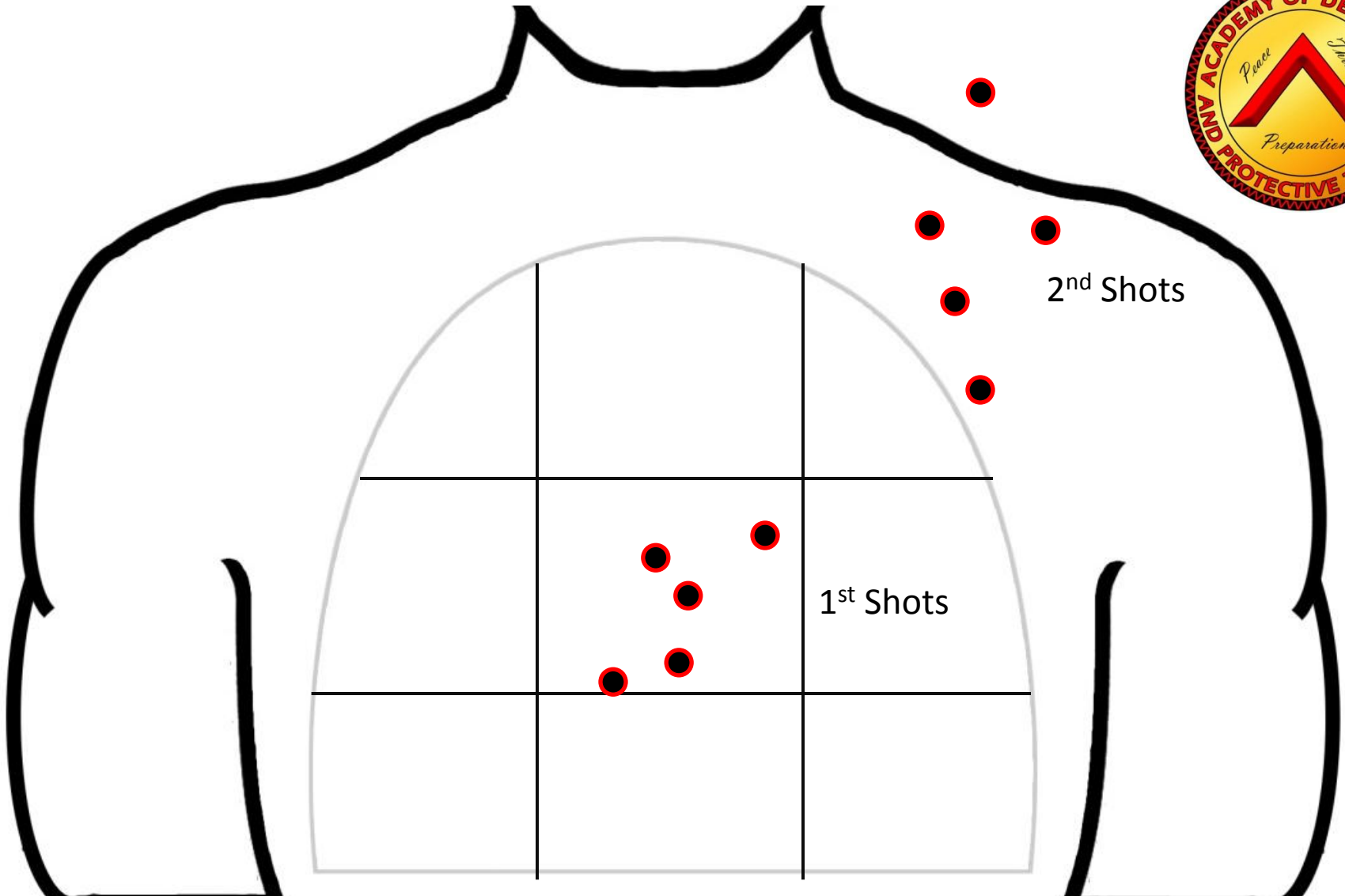
Common Cause: Double Action Handguns, Heavy First Trigger Press  
Fix: Dry practice running heavier trigger press with proper trigger control.



### Mashing/ Slapping The Trigger

Common Cause: Jerking the trigger back with no trigger control.

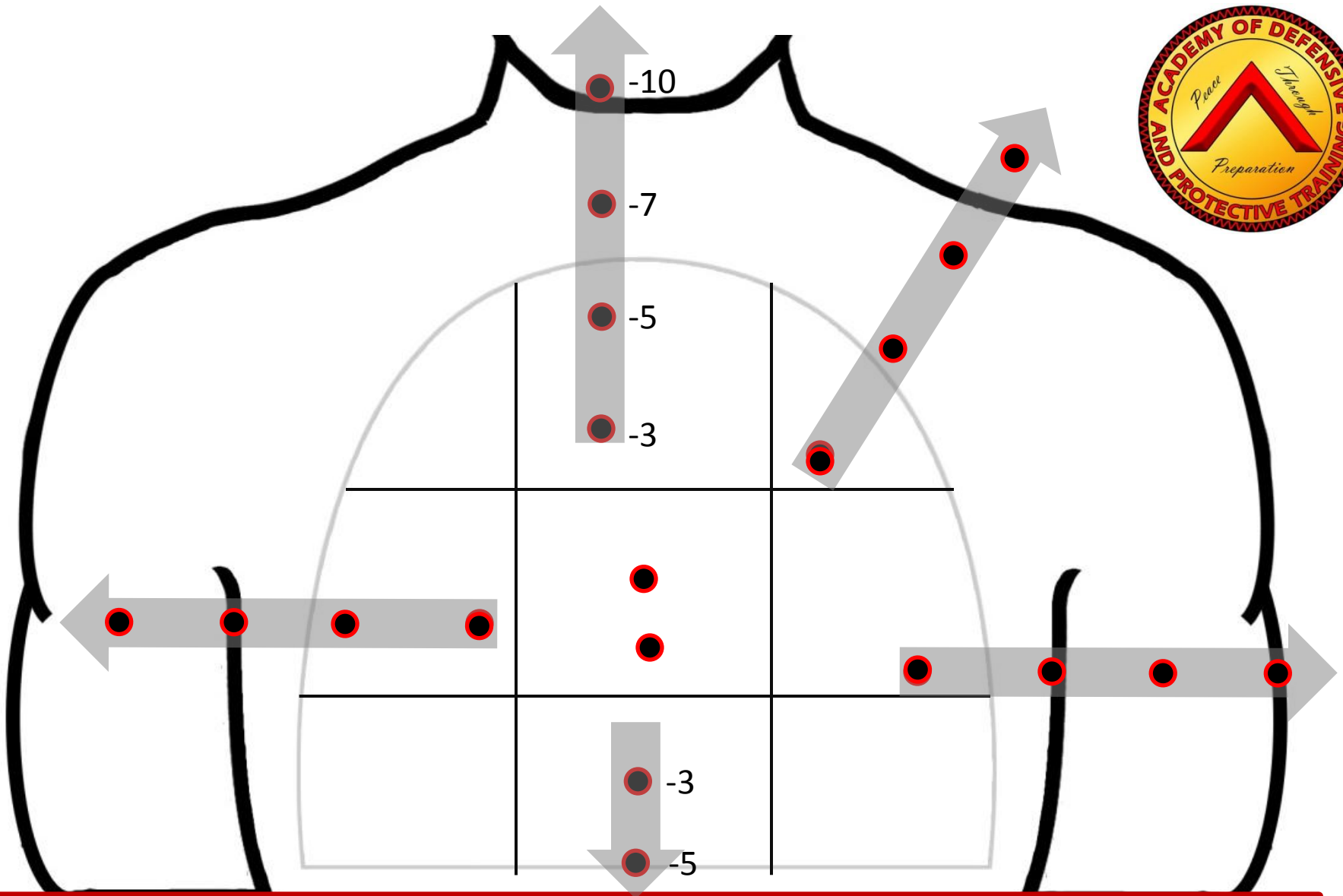
Fix: Dry practice with proper trigger control.



### Double Tapping

**Common Cause: Taking follow-up shots without sight reacquisition**

**Fix: Balance of speed and accuracy: slow down until you reacquire your sights to fire second round.**



### The Effects of Distance

Distance Magnifies ALL ERRORS.

Example: Balance of Speed & Accuracy Leaning Towards Speed