

AIMED POINT SHOOTING OR P&S IN BRIEF

AIMED Point Shooting or P&S is a better way of defensive shooting.

P&S is for use in close quarters situations where one's chance of being shot and/or killed is greatest. If that's going to happen, there is an 80% chance that it will happen at less than 21 feet.

P&S can be used in good light or bad, when there isn't time to use the sights or you can't see them clearly, when moving, and even against very fast moving targets like aerals.

HOW TO P&S OR POINT AND SHOOT

You just grab your gun, place your index finger along its side, point at a target, and pull the trigger with your middle finger.



That's all there is to it. Point-n-pull. Point-n-pull.

[Here's a link to a YouTube video clip of me shooting one handed.](#)

WITH P&S YOU GET BOTH AUTOMATIC AND CORRECT SIGHT ALIGNMENT, AND AN AUTOMATIC AND CORRECT SIGHT PICTURE

When the index finger is placed along the side of a gun, it, the bore, and the sights will be in parallel, giving you automatic and correct sight alignment.

And when you then point at a target, which we all can do naturally and accurately, you will have automatic and correct sight placement.

P&S is much more than just Point Shooting, it is AIMED Point Shooting.

OUR INSTINCTIVE ABILITY TO POINT ACCURATELY

Here's what the US Army says about our instinctive ability to point accurately. It's found in the US Army Field Manual 3-23.35: Combat Training With Pistols M9 AND M11 (June, 2003).

"Everyone has the ability to point at an object....

"When a soldier points, he instinctively points at the feature on the object on which his eyes are focused. An impulse from the brain causes the arm and hand to stop when the finger reaches the proper position.

"When the eyes are shifted to a new object or feature, the finger, hand, and arm also shift to this point.

"It is this inherent trait that can be used by a soldier to rapidly and accurately engage targets."

MARKSMANSHIP

The photo below is from the US Marine Corps Pistol Manual of 2003.



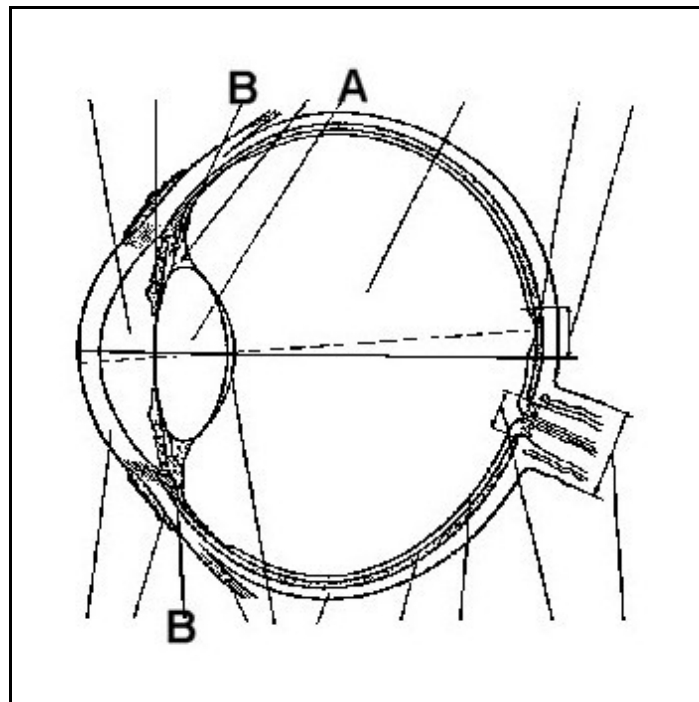
It shows both correct sight alignment and sight placement, which are critical to hitting a target. And if Sight Shooting is used, are dependent on a shooter meeting the complex marksmanship requirements of Sight Shooting. The requirements include: using a specific stance, specific grip, specific use of the thumb and index finger, controlled breathing, trigger squeeze and manipulation, and being able to see and coordinate the correct alignment of the sights and their correct placement on the target, and for **each** shot taken.

P&S IS MUCH MUCH SIMPLER

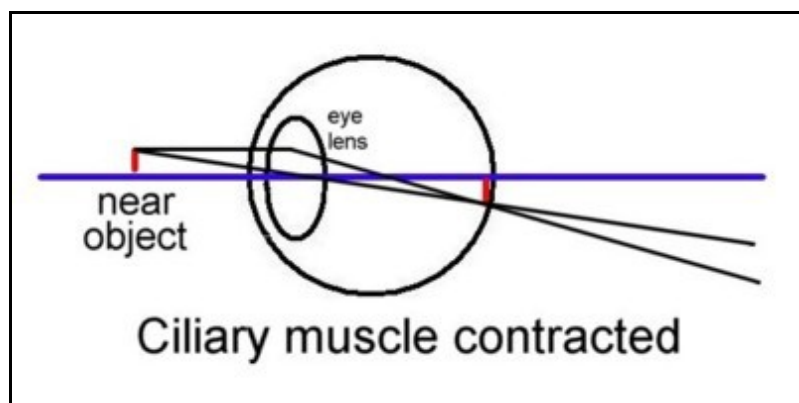
With P&S there is no need to go through the process of meeting those complex and must-be-met requirements, as correct sight alignment and sight placement is automatic.

FOCUSING ON THE SIGHTS

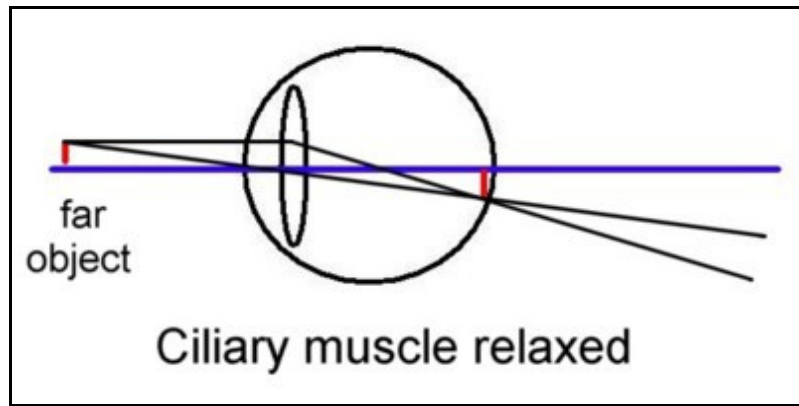
Our ability to focus on close objects like the sights, or far objects, depends on the flexible lens of the eye (A). The lens is adjustable from thick for close vision, to thin for far vision. The Ciliary muscle of the eye (B), controls the thickness or thinness of the lens.



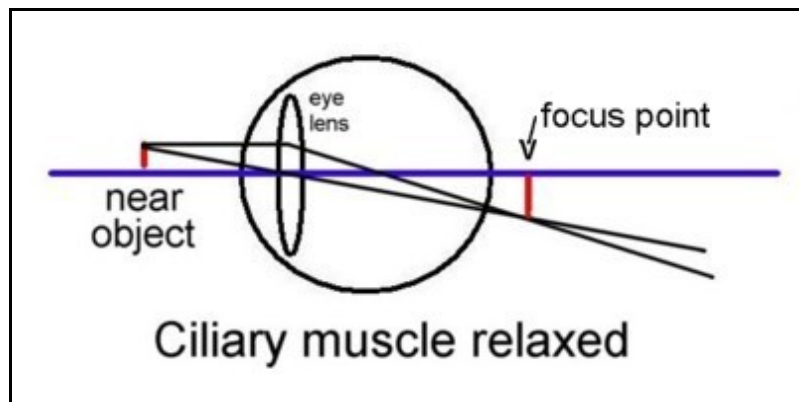
To enable focusing on near objects like the sights, the lens (A), is thickened by a contraction of the ciliary muscle (B).



And for focusing on far objects, the ciliary muscle (B), is relaxed and the lens (A), flattens.



If the lens is thin for focusing on far objects, close objects like the sights, will be out of focus.



[The above 3 diagrams, were developed based on web images of eye accommodation, and highlight the difference in the thickness of the lens.]

OUR FOCUSING ABILITY IN CLOSE QUARTERS LIFE THREAT SITUATIONS

In a real close quarters life threat situation, our instinctive Fight or Flight response is triggered, and a variety of things happen automatically that are meant to insure survival.

One is a dump of adrenaline into the blood stream, which will cause the Ciliary muscle to relax. And with that, the lens of the eye will flatten, and our ability to focus on up close objects like gun sights can be lost.

And if that happens, you will not be able to focus on the sights.

So, unless you know of, and how to use an alternative shooting method, you won't have an effective shooting method to use in your self defense.

MUDDYING THE WATER

Had an eye exam in May 2014, and eye drops were used to dilate the pupils of my eyes. The eye drops act on the eye like adrenaline does, and as such, I should have lost my near vision and my far vision should have sharpened. But that did not happen. I could clearly see the individual hairs on my arm with my hand at pistol firing distance. It was my far vision that was blurred.

I asked the doctor about that, and he said that the eye drops affect the eye as adrenaline does, but with age and natural differences in the eye, changes in vision may or may not happen.

For the drive home, I put on my glasses for distant vision/driving, and my distant vision was no longer blurry, things were clear. My near vision was not sharp. I could no longer clearly see the individual hairs on my arm with the glasses for distant vision on, they were like peach fuzz. In Jan 2015, I had the same experience.

So, will you ALWAYS lose your near vision in real life threat situations where adrenaline is dumped into the blood stream via the automatic and unstoppable activation of our instinctive Fight or Flight response?

The short answer is no.

However; we know that adrenaline is dumped into the blood stream with the activation of the Fight or Flight response. And we know that the adrenaline can result in loss of near vision focus. **So, we may or may not be able to focus on the sights.**

We also know that P&S works and is effective at close range. It also can be used in situations where the sights can not be used due to bad light, other environmental conditions, time constrains, etc..

And it provides both automatic and correct sight alignment, and an automatic and correct sight picture. As such it, would be prudent to know about it, and become proficient in it. And P&S is not a bar to using the sights, if they can be used and there is time to use them.

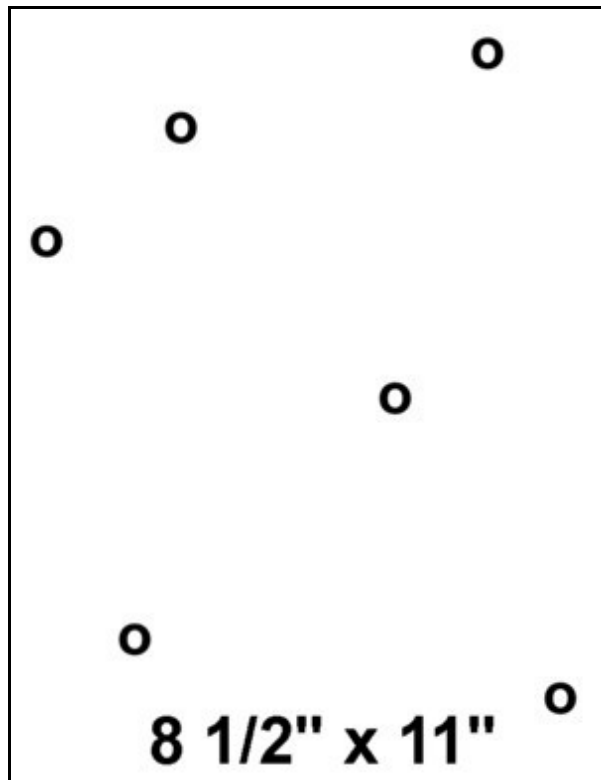
My experience lends support to those who claim that they were able to see and use the sights in close quarters gunfights, and even though there are no pics or videos of Sight Shooting being used effectively in them.

SHOT GROUPS AND THE NRA

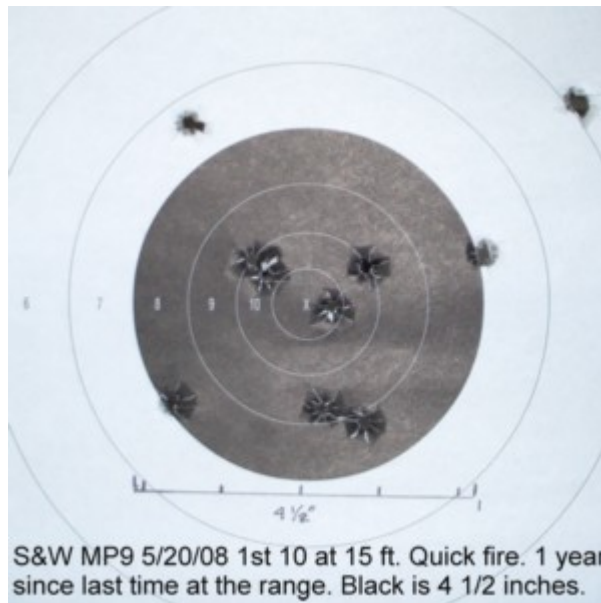
With P&S, don't expect quarter sized groups as it is not a precision shooting method.

Here's what the NRA says about shot groups in its NRA Guide To The Basics Of Personal Protection In The Home (2000): "...the ability to keep all shots on a standard 8 1/2 inch by 11 inch sheet of paper at seven yards, hitting in the center of exposed mass, is sufficient for most defensive purposes."

Below is a close depiction of one of the targets in the guide. It shows a random grouping all over the target, with hits close to the top, bottom, and the sides. The text states that: "If your shots are spreading....beyond the maximum allowable group size (an 8 1/2 inch by 11 inch sheet of paper) at 7 yards, you should slow down."



Here is a pic of a target I used at the range. A year had gone by since my last visit to the range. The target shows the result of my FIRST TEN SHOTS of the day using P&S. The black is 4 1/2 inches.



Per its Guide, the NRA recognizes that Sight Shooting is not the best shooting option for use in real life threat situations.

The NRA also recognizes that our Fight or Flight response, with its involuntary physiological changes, kicks in automatically in life threat situations. And the commonly know findings of Police Close Quarters Combat studies, are stated as facts in the Guide.

THE P&S AIMING AID

The pics below show guns with a P&S aiming aid attached to them.

The aiming aid is not required to use P&S.

However, it makes correct index finger placement mechanical and automatic. And it helps to keep the index finger away from the slide when shooting rapidly and the gun is bucking and jumping in your hand. And it also helps in supporting the gun, as it rests on top of the index finger.



You are welcome to add one to your personal firearm/s and airsoft/paintball/etc....type guns if done at your own risk and expense, and if you accept full responsibility for any and all results.

Ditto for Police agencies that may wish to add the aiming aid to agency weapons. As of 2015, I hold the patent on the aiming aid, USP # 6023874 - 2/15/2000, so I can make this offer.

The ones shown in the pictures were made from lengths of plastic corner molding, and attached with double sided tape.

THE CONCERN ABOUT USING THE MIDDLE FINGER ON THE TRIGGER

Many think that the index finger **MUST BE USED** on the trigger. But, both the middle and index finger can be extended and flexed independently.

Also, the middle finger pulls back straighter in the hand than does the index finger, which makes for better accuracy. And it receives nerve inputs from both sides of the hand, while the index finger does not.

It is longer than the index finger, which makes for easier placement of the finger on the trigger of larger guns by those with "small" hands.

Importantly, the middle finger is stronger than the index finger, which makes the firing of double action guns easier than is the case when the index finger is used to pull the trigger.

The following is a quote from the digest of Walter J. Dorfner's paper on using the shooting method that I call P&S. (Walter was the long time lead firearms instructor for the VSP. He is now deceased.)

"When using the index finger to shoot, one can induce error by having too much or too little of the finger on the trigger.

"As the trigger is pulled, the curling action of the finger tip can cause the weapon to be pushed or pulled off target center.

"The amount of error is relative to the trigger weight. More error is introduced with double action firing when 10 or more pounds of force are needed to cock and fire the weapon, than there is with single action firing, when 3 or 4 pounds of force are needed to fire the weapon.

FIELD SHOOTING WITH THE MIDDLE FINGER

"When the middle pad of the middle finger was placed on the trigger, the force needed with double action to cock and fire the weapon, felt much lighter than the measured 12 pounds.

"With single action, the 4 pound force that was needed to fire the weapon, felt like simple air resistance.

"Also, as the middle pad of the finger was on the trigger, the curling action of the tip of the finger did not affect the fall of the shot.

"Another benefit was that the centerline bore was more closely aligned with the web of the hand. That provided for both a natural pointing of the weapon and better control of recoil forces.

"New shooters with limited hand strength, had a problem pulling the trigger smoothly with double

action when the index finger was used to pull the trigger. That was not true when the middle finger was used to pull the trigger."

A CRUSH GRIP IN COMBAT

In combat you will have a crush grip on your gun according to the literature.

And a crush grip will play havoc with the traditional and weak, three fingered marksmanship grip.

With a crush grip, the index finger won't be aloof from the gun for use in squeezing the trigger smoothly back until each shot breaks.

And the thumb won't be just placed along the side of the gun but not pressing against it. The thumb will press against the gun and push it over to the right.

And the index, middle, ring, and little fingers, which are lower down in the grip, will pull the gun down and around to the left.

As such, shots will be low and to the left unless counter measures are employed.

A two handed grip may help limit low and left shooting, and you often see pictures of shooters and trainers on the web, using a two handed grip. But, in real CQB situations, one hand is used to shoot, not two.

The NYPD's SOP 9 study of 6,000+ Police combat cases found that Officers with **only an occasional exception**, fired with the strong hand.

So, to train for the reality of close quarters shootings, shoot one handed.

A STRONG AND LEVEL SHOOTING PLATFORM

The P&S **four fingered grip** gives you a strong and level shooting platform.

The platform is made up of the natural pincer of the thumb, web of the hand, and the index finger, along with the with the ring and little fingers which add strength and tenacity to the grip.

And you can squeeze the gun as hard as you wish. All you will do is improve the stability and strength of the grip.

Further, extending the index finger along the side of the gun, helps to lock up the wrist for improved gun and recoil control.

The forearm and gun can be used as a crude battle axe if needed.

C-A-U-T-I-O-N

Common sense is required when using P&S.

For example, if your index finger rests over the ejection port, or if it will be hit by the slide, or if it will extend beyond the barrel, then DON'T use P&S with that gun!

Also, P&S may not be able to be used with some guns because of their design.

One such gun is the 1911 which was the standard issue sidearm of US forces for 74 years (1911 - 1985).

P&S AND THE 1911

The 1911's slide stop pin extends out from the right side of the frame, and if the index finger is extended along the side of a 1911, it can rest on the slide stop pin. And if it presses against it when the 1911 is fired, the 1911 can jam.

The first manual on the 1911, which was published in 1912, carried this caution against using P&S with the 1911.

"(3) The trigger should be pulled with the forefinger. If the trigger is pulled with the second finger, the forefinger extending along the side of the receiver is apt to press against the projecting pin of the slide stop and cause a jam when the slide recoils."

That exact or similar language, is found in manuals published in 1915, 1917, 1918, 1920, 1921, 1922, 1925, 1926, 1927, 1929, and 1941. And I am sure there are others that I am unaware of.

I am sure that cautioning against the use of P&S for 29 years in a variety of US Military manuals, plus the continued use of the 1911 as the standard issue sidearm of US forces for 44 more years, resulted in P&S not being used or becoming known as an accepted CQB shooting method.

P&S IS DEADLY EFFECTIVE

Jack Ruby used P&S when he shot and killed Oswald at the Dallas Police Headquarters on 11/23/63. Lots of images of "Ruby shoots Oswald" can be found on the web. In one of Ruby and Oswald just after Oswald was shot, Ruby's middle finger can be seen extending through the trigger guard of his revolver.

This is from John Minnery's 1973 book: Kill Without Joy, which is not a read for the weak of heart or squeamish.

"One of the best visual representations of an assassination that I've ever seen is the shooting of Lee Harvey Oswald by Jack Ruby.... He's using his middle finger to squeeze the trigger and his index finger, the normal shooter's trigger finger, is pointed right at his target. He shoots where he points. This method is not too well known in the States but the method was SOP with wartime SOE and SIS agents in Britain...."

End.