



Accuracy: A Brief Guide to Precision Shooting

Frank Troy PhD

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Accuracy carefully and clearly describes the principles of precision marksmanship that are not visible to an observer. It teaches the reader how to employ the scientific method to build stable shooting positions and an effective training program. It describes key physical skills essential to precision shooting. It describes in detail the psychological elements of peak performance as they operate in world-champion shooters. And it clarifies for the non-scientist how Newton's laws of motion affect recoil and trajectory in ways most people have never thought about. The book focuses on three-position rifle shooting, but the principles apply to all hand-held guns. Concise, clear, and highly readable, this book is of value to any marksmanship coach or shooter in search of greater accuracy.

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