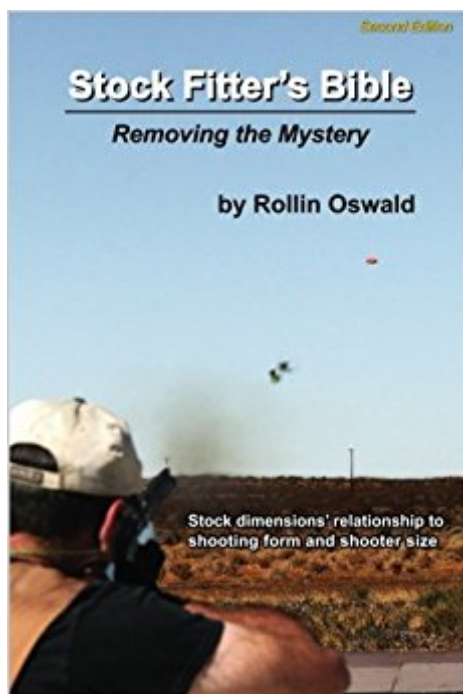


The book was found

# Stock Fitter's Bible: Second Edition



## Synopsis

Stock Fitter's Bible was written for one purpose - to help clay target shooters improve their scores. After an introduction explaining how the book was written and the syntax that is used, comes a very short history about the author. That is followed by a history of the stocks on personal guns to introduce the reader to stock (or gun) fitting - how personal guns evolved and eventually, how stock designs changed to fit the evolution of shooting forms and gun designs used over the years. Some principals of shooting forms have been retained and refined while others have been eliminated. Today, coaches and trainers teach specific gun mounts, stances and body postures (shooting forms). To shoot up to your full potential, you must use a good form. To do that, your gun must have stock dimensions that allow someone of your individual size and shape to use the form. If your gun doesn't fit YOU, a correct form cannot be used. It is that simple. To help you shoot better, the book describes the elements of good shooting forms and continues with step by step instructions to make your gun fit you, one stock dimension at a time. When you are shooting a well fitting gun, the benefits will include (among others), smoother and more accurate swings, more consistent gun mounts and shooting from one day to the next and reduced felt recoil. The book also explains how to see targets better, how to visually prepare for targets before calling for them, ways to reduce stress and how to postpone fatigue. Since some readers may be unfamiliar with the terms used in stock fitting, a complete, alphabetical glossary will be found at the end of the book. (Don't guess what a term means, look it up.) Almost anyone can improve their shooting. Stock Fitter's Bible explains how to do it.

## Book Information

Paperback: 230 pages

Publisher: CreateSpace Independent Publishing Platform (May 13, 2010)

Language: English

ISBN-10: 1451570384

ISBN-13: 978-1451570380

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars Â Â See all reviewsÂ (44 customer reviews)

Best Sellers Rank: #232,645 in Books (See Top 100 in Books) #234 inÂ Books > Sports & Outdoors > Hunting & Fishing > Shooting

## Customer Reviews

Most folks have no idea what stock fit is all about. Why should they? It is a complicated subject and your father likely is not an expert gunfitter or stockmaker, nor are any of your hunting or shooting buddies. Yet, when it comes to shotguns, gun fit is more important than anything else. If your gun kicks you, stock fit is likely a factor. When you miss, stock fit is likely a significant contributor. Get bruised, blink your eyes, lift your head, stop your swing, have an inconsistent gun mount? You likely have a gun fit issue to some extent. Ironically, all the goodies sold as "features" on most shotguns won't help you. In fact, several of them are likely holding you back from shooting comfort and shooting success, more than you could possibly believe. For example, many new guns come with shims. Yet, shims can only change the way the buttstock is pointed away from the receiver. Shims don't change pistol grip shape, comb width, shims don't do anything to change the relationship between your hand and the trigger. Shims can do far more damage than they help, for they may convince you that it is a good idea to try to fit yourself or adjust yourself to the gun, rather than having a gun that is fit to you. Manufacturers aren't much help. How do you know when a shotgun fits you? How do you really know? Your shoes can affect your stance, your gait, and your posture. If you gain or lose weight, your clothes don't fit you properly, and likely neither does your shotgun. Countless hundreds of thousands of dollars are thrown at meaningless gimmicks: all the stuff that cannot be shown to work: back-boring, forcing cones, ported chokes, center beads, allegedly low-recoil powders and wads, and so it does.

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