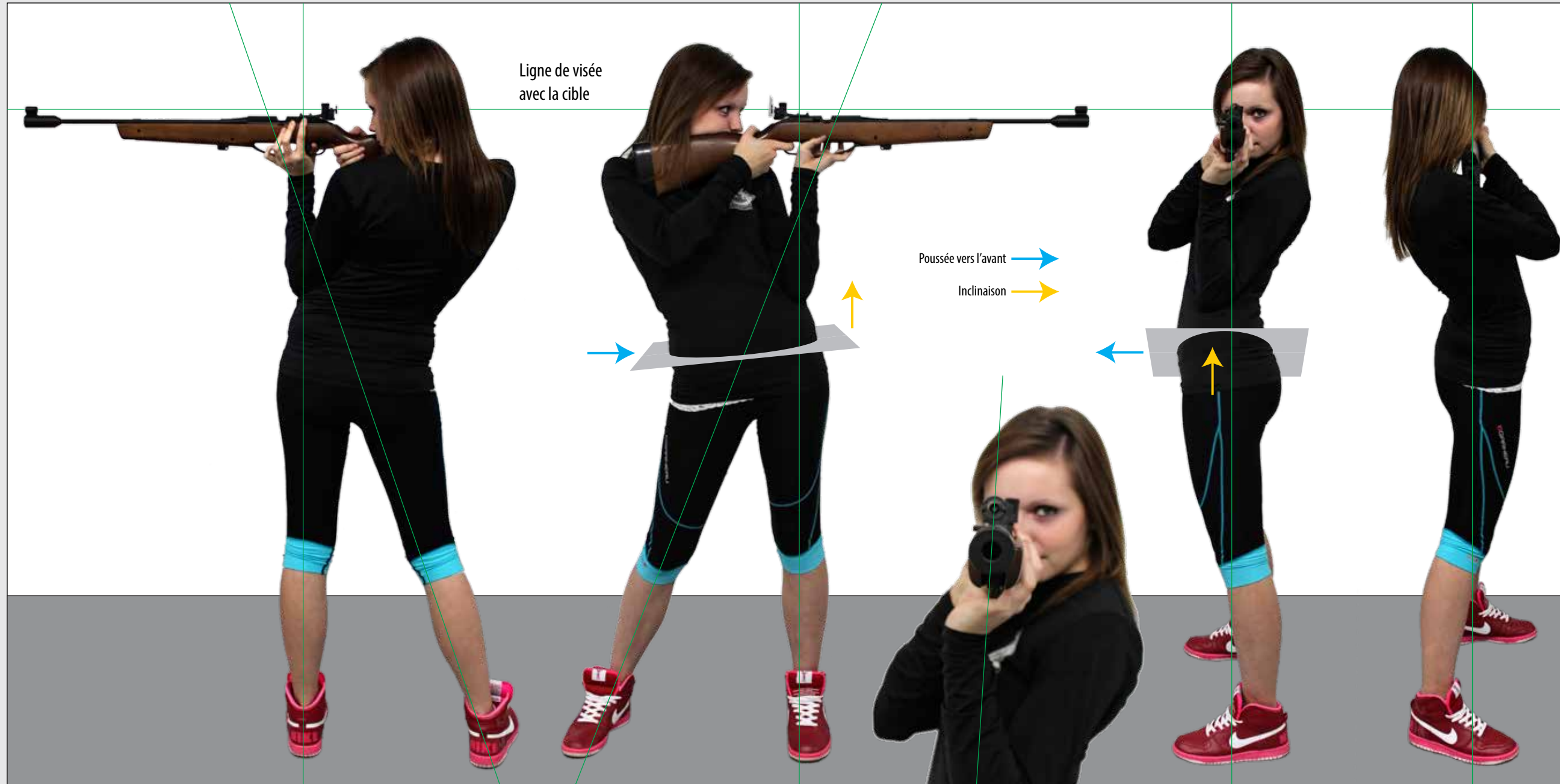
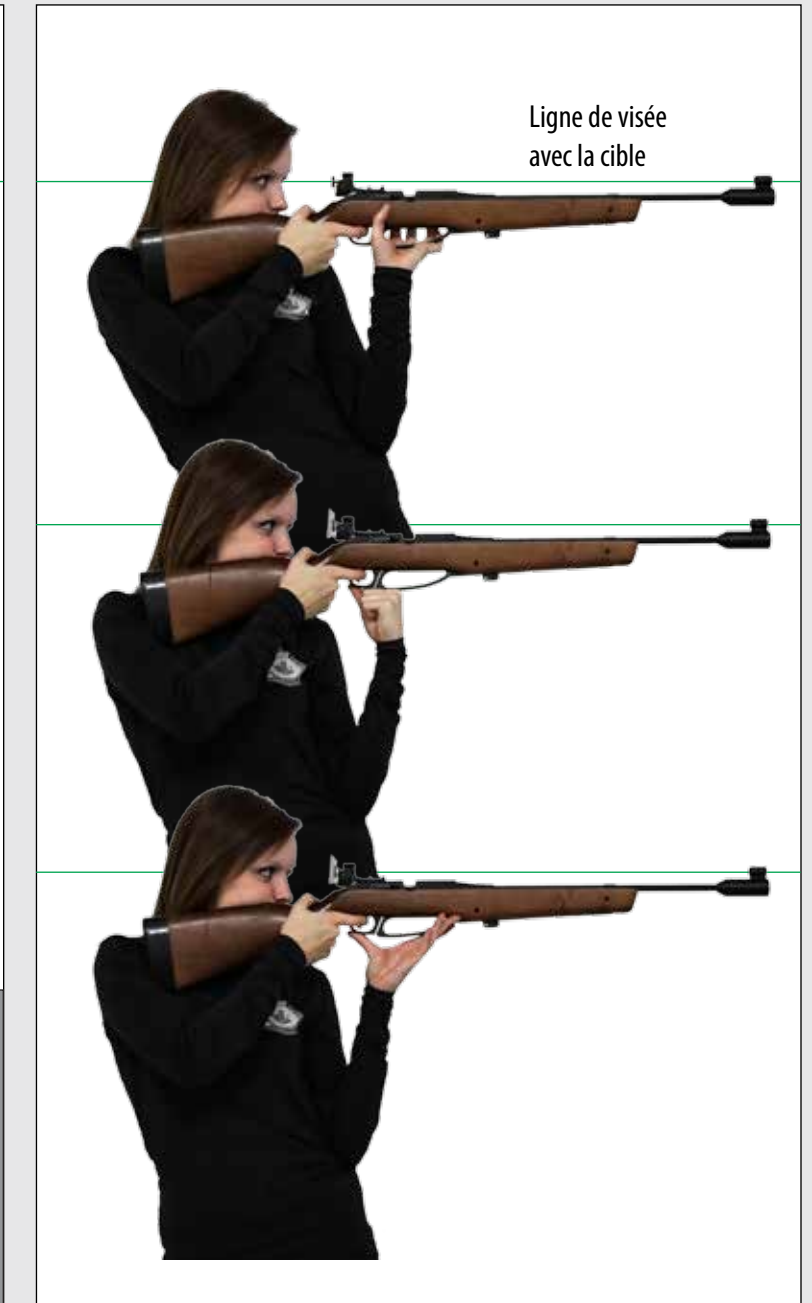


## Les lignes de base de la position debout

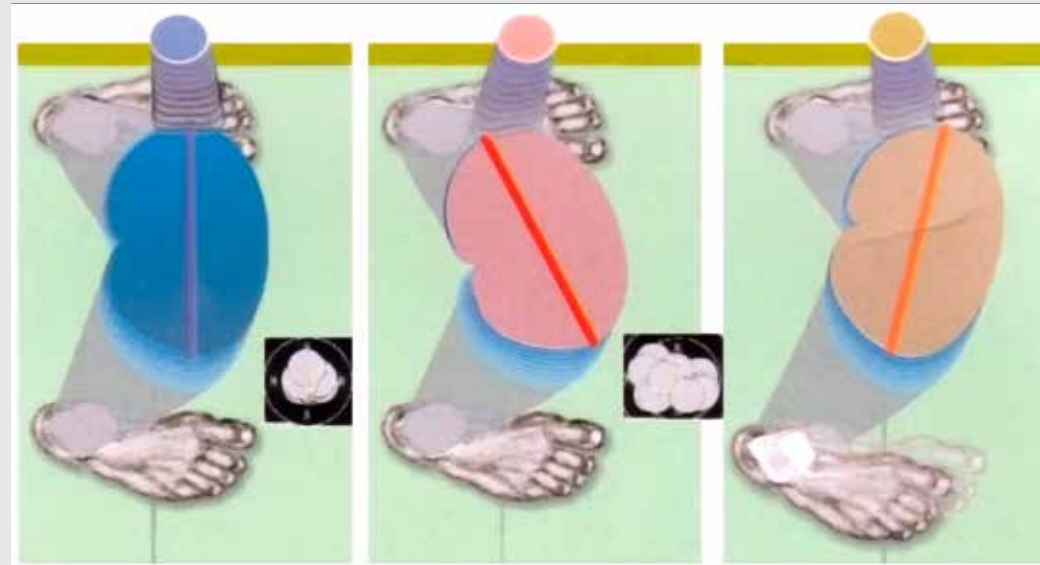


## Positions possibles de la main gauche



## La position de tir

**D  
E  
B  
O  
U  
T**



La bonne position des hanches

Source: Air Rifle Shooting, page 18  
MEC GmbH www.mec-shot.de



Bonne position de la crosse sur l'épaule

Mauvaise position de la crosse sur l'épaule