



INTRODUCTION TO GRIP FITTING 101

Welcome reader! 2008 was an extremely busy year for us and the most successful season the Army Marksmanship Unit has had in its fifty-two year history. Collectively, our Unit has set the standard for soldiers in competition and trained over three thousand soldiers preparing for combat deployments. After a brief hiatus, I am back with "pen and paper" in hand and prepared to write informative articles that will, hopefully, benefit you on your journey to be the best you can be.

Over the years, pistol shooters from across the nation and even a few from around the world have come to view the U.S. Army International Pistol Team as the experts. The "go-to" guys if



local club level to Olympic competition. Those of you that have not attended, I encourage you to do so at some point. We offer our clinics on an annual basis. No one has ever walked away disappointed.

We receive many questions on site, at competitions or through the "Ask the Pro's" link on the AMU website (<http://www.usaac.army.mil/amu/Aboutus/pros.html>) and do our very best to answer them all effectively. Of the many technical questions we get,

not the all knowing wizard behind the curtain. Although now that I think about it, our jobs would certainly be easier if we were the wizard! I make this point as a matter of courtesy to you, the fellow shooter, because while we always make the attempt to answer all questions, we ultimately just do not have the answer to every question posed.

a vast majority are about equipment; from shooting glasses to shoes and everything in between. One of the most frequently asked questions is, "How do I properly fit my grip"? Well, dear reader, prepare yourself for an extensive explanation of grip fitting. Some months ago I asked SFC Daryl Szarenski, three-time Olympian and Precision Fire Team Leader, to put his knowledge down on paper. He spent countless hours of his free time preparing a document that will answer many of the questions you have about properly fitting a grip. Over the course of the next few issues of *USA Shooting News*, we will be providing a series of articles based upon Daryl's extensive knowledge of the grinding, sanding and molding of what is sometimes an ineffective factory grip.



All members of the International Pistol Team are extremely approachable and more than happy to help a competitor in need. We share our knowledge and experiences gained while competing on the national and international level. Those of you who have taken advantage of our free training clinics know exactly what I am talking about. While

you will, for developing one's self into a dominate presence in competition. While we do our best, we are certainly

attending our clinics, the attendees are exposed to over seventy-five years of combined experience in shooting from

Until then, keep the questions coming through the mediums provided, continue to work hard, strive for success and **Stay Army Strong!**