

## **Abstract**

**Title:** Effect of standing shooting position on precision of repeated shots of Hard Task Rangers.

**Objectives:** The aim of this work is to find out in which standing stance will be the most precise shots with double tap shots.

**Methods:** In this thesis was used descriptive analysis when collecting data about standing shooting stance problematic. Mainly through studying of literature and lecturing videos on this subject. Testing was used in the actual collecting data about shooting performance. The measurement was used to collect data on the weight, height and stability of the examined shooters. Data analysis was performed when evaluating individual shooting performance.

**Results:** It has been found out, based on data from a group of twelve shooters from Hard Task Rangers, that even though the standing position is the furthers part of the shooting pyramid, it still provides a solid foundation for all subsequent parts of the shooters performance. Furthermore, it was found that the best standing position for firing repeated shots (double tap) was the stance called Quality universal stance.

This thesis is probably the first literary study to analyze in more detail the standing shooting stance in its various forms when comparing individual attitudes and its advantages in dynamic and defensive shooting.

**Keywords:** guns, hand gun, pistol, Hard Task Rangers, stance, standing stance, shooting, defensive shooting