

Colt ProTip- Jalise- Low Ports

>> **Jalise:** For today's Colt Pro Tip I am going to be taking you through my approach on shooting through ports on different levels.

>> **Jalise:** What we have here is a simulated wall that we just built out of target stands and card board so its something easy you can make at home. And We have three positions here which are standing, squatting and kneeling, the first position we are going to be talking about is squatting.

>> **Jalise:** I choose my shooting position based off of the height of the port, I know thins port is just above my belt level so I know I can get into a good squatting position while maintaining a stable platform and I can easily move from it, something to pay attention to also is to keep a good distance away from the port so you don't have to stick your gun and your body through the port, because that will take time to get out of, and we want to be efficient with our time, so what I am going to do is I am going to shoot a couple of strings to demonstrate this.

>> **Jalise:** Notice as I move into the position that my feet land in the same spot, I also maintain an athletic squat throughout my shooting.

>> **Jalise:** Now we move into the kneeling position, notice how this port is below belt level so i know that a kneeling position is going to be ideal here, some people will choose to do a low squat but that will; throw your balance off and is also harder to move in and out of position with, so we are going to do a kneeling position here. Now how we get into the position is we take our string side and drop our knee down, then we are going to straighten our leg if we need to get lower, and we are going to sit on our heel, if we need to get even lower than that what we can do is take our support side and push that leg forward and squat even lower in our kneeling position. This provides us with a really bog range of motion depending on what we need, so pay attention to those elements as I demonstrate this position/

>> **Jalise:** like in our squat position our foot work is the same every time.

notice in the kneeling position my foot is flat and it gives me more stability.

>> **Jalise:** Working on these positions in dry fire and in live fire will help improve your next match, also knowing your flexibility and range of motion will improve your over all shooting and the only way to learn those is to practice.