

Comprehensive Gun Fitting

Proper gun fit is one of the most important variables in consistent shotgun shooting and is the foundation from which all other fundamentals are built. A properly fit shotgun should come to your face and shoot where you are looking as instinctively as you would point your finger at a distant object or move your hands to catch a ball that is thrown at you. A shotgun that does not fit will require the shooter to consciously "align" his or her eye with the rib or bead...a very non-instinctive process, usually resulting in a miss!

Unfortunately, most mass-produced shotguns are built to fit the "average person". In reality, most people are far from average in at least one physical trait important to gun fit (height, arm length, facial features, etc.). The good news is most mass-produced shotguns can also be modified to fit reasonably well with some minor adjustments and/or inexpensive gun-smithing.

Double A Shooting Instruction offers a comprehensive gun fitting service to help you achieve optimal fit and optimal results! This four-step process includes form and mount evaluation, dry fitting, patterning for gun-fit and live firing at representative targets. The end result is a gun that instinctively shoots where you are looking (at the bird or target), and a huge boost of confidence knowing you have equipment that works! In addition, you will understand the importance of gun fit, how gun fit relates to the rest of the shooting process, and can apply what you have learned to other shotguns you own or may later acquire.



Fit evaluation at the pattern plate shows where the gun is shooting in relation to where the shooter is looking

The Wing and Clay Flyer

The Wing and Clay Flyer is the official newsletter of AA Shooting Instruction. The primary purpose of the Wing and Clay Flyer is to update the shooting public on upcoming shooting events and provide instructional information on shotgun shooting. Published quarterly, the Wing and Clay Flyer will also provide a variety of general-interest wing and clay shooting articles.



Two types of Wing and Clay Flyer subscriptions are available, the online version and the print version. The online version is posted to the Double A Shooting Instruction website and links are distributed via email upon publication. The online version of the newsletter also contains hyperlinks to additional information on the Double A Shooting Instruction website and other worldwide websites. The Wing and Clay Flyer, online edition is provided at no cost.

The print version of the Wing and Clay Flyer is mailed quarterly via regular USPS mail. Cost for a one-year subscription (four issues) is \$10. To subscribe to the print version of the Wing and Clay Flyer, please send a check or money order for \$10 (payable to AA Shooting Instruction) along with your name and mailing address to the address below.

To receive email notification when new issues are published, please send an email to Ben Berka (email address below) to join the mailing list.

AA Shooting Instruction
PO Box 13
Johnston, IA
50131

Phone: 515-201-8395
E-mail: ben.berka@AAshooting.com
Web: www.AAshooting.com



**Quality Instruction for the Wingshooter
and Clay Target Enthusiast**

**Skeet, Sporting Clays, Trap and
Wingshooting Instruction**



Double A Shooting Instruction advocates shotgun shooting at all levels through lessons, shooting clinics, and other activities such as group outings and educational seminars. In addition, Double A Shooting Instruction promotes local shooting ranges and clubs by introducing new shooters to the facilities and by improving the shooting abilities of existing customers.

For more information on Double A Shooting Instruction, please visit my website at www.AAshooting.com.

Quality Instruction for the Wingshooter and Clay Target Enthusiast

Double A Shooting Instruction was established in 2003 with the objective of promoting shotgun shooting and the clay target sports through customized and unique learning opportunities. These opportunities come in the form of clinics, small group lessons, individual instruction, group outings and informational seminars.



As a shooting coach, I intend to provide all of my clients with professional and highly personalized guidance. Unlike many other professional shooting instructors whose primary interest is to win competitions, my interests lie

in learning the most effective teaching methods and applying those methods to benefit my students. My teaching style is proven effective for the novice and intermediate shooter as well as seasoned competitors. As an avid hunter and wingshooter, I am also aware of the needs of those simply looking to improve their skills in the field.

Please do not hesitate to contact me if you have any questions about my instructional services. I hope to see you soon at a lesson or shooting event!

Good Shooting!

Ben S. Berka

Shooting Clinics

For those looking for structured, formal training in the clay target sports, a Double A Shooting Instruction clinic may be right for you. Clinics are offered in all of the major disciplines (skeet, sporting clays, or trap), and are skill-level specific, to ensure you will be shooting with others of your own ability level. The following clinics are currently offered:

Introductory Clinics

Introductory clinics are the perfect initiation to the clay target sports. Each clinic focuses on a single shooting discipline: trap, skeet or sporting clays. Introductory clinics are comprised of discussion, on-range shooting time, and a question/answer session for a brief, but complete introduction to a specific clay target shooting discipline.

Intermediate Clinics

Intermediate clinics are discipline-specific clinics tailored for the competition shooter who is looking to improve performance. Recreational shooters who have an interest in joining the competitive shooting ranks will also benefit from intermediate clinics and will have the opportunity to learn about registered shooting. To optimize the learning environment, intermediate clinics are 80% range and 20% classroom based. Class size is limited to 5 shooters to ensure each student receives personalized attention while incorporating shoot-like squad dynamics.

Individual and Small Group Instruction



For the utmost in personalized attention, Double A Shooting Instruction offers individual and small group instruction. Individual and small group instructional sessions are customized to meet your needs. Once

the initial appointment is set up, Ben will consult with you and/or your group to fully understand your goals with a shotgun. Once the objectives are established, a session (or series of sessions) will be set up to help you achieve your goals.

Key Benefits of Individual and Small Group Instruction:

- **Flexible appointments to accommodate busy schedules**
- **Private or club locations**
- **Instruction is highly customized to meet your needs and your current skill-level**
- **Small group instruction limited to 3 students for optimal interaction**
- **Post-lesson follow up and practice guidelines are typically provided to help enable continued improvement**
- **Affordable rates**
- **Multi-session package deals available**