



Prone shooting

Aiming point movement

DevX / DevY (mm)

- Stability of hold: horizontal (x) and vertical (y) sway of the aiming point 0.0-0.6 s before triggering. Smaller values indicate better stability of hold.

MV (mm/s)

- Movement control: aiming point mean velocity 0.0-0.6 (MV_600) and 0.0-0.2 s (MV_200) before triggering. Smaller values indicate better movement control. Decreasing velocity towards triggering (MV_200 < MV_600) also indicates good trigger control.

COG (pts)

- Aiming accuracy: aiming point center of gravity (mean location) 0.0-0.6 s before triggering. A higher score indicates better aiming accuracy.

COG2Hit (mm)

- Cleanness of triggering: distance between the hit point and aiming point center of gravity (mean location) 0.0-0.6 s before triggering. Smaller values indicate better cleanness of triggering.

TIRE_6 (index)

- Timing of triggering: time sector when the mean aiming point location is closest to the center of the target. A higher index indicates better timing.
 - o 1 = -0.6...-0.5 s, 2 = -0.5...-0.4 s, 3 = -0.4...-0.3 s, 4 = -0.3...-0.2 s, 5 = -0.2...-0.1 s, 6 = -0.1...0.0 s.

Weight distribution

L / R (%)

- Weight distribution between the left (L) and right (R) elbow.

Trigger force

-1.0, -0.6, -0.2, 0.2 (%)

- Relative force on the trigger (% of the threshold) at 1.0, 0.6 ja 0.2 s before triggering and 0.2 s after triggering.

t_80 (ms)

- Time to reach 80 % of the triggering threshold after the finger was placed on the trigger.



Standing shooting

Aiming point movement

MV (mm/s)

- Movement control: aiming point mean velocity 0.0-0.6 (MV_600) and 0.0-0.2 s (MV_200) before triggering. Smaller values indicate better movement control. Decreasing velocity towards triggering (MV_200 < MV_600) also indicates good trigger control.

COG (pts)

- Aiming accuracy: aiming point center of gravity (mean location) 0.0-0.6 s before triggering. Higher points indicate better aiming accuracy.

Target_2/3 (%)

- Stability of hold: Percentage of 0.0-0.6 s before triggering during which the aiming point was within 2/3 of the hit area (approx. 6-ring). Higher values indicate better hold.

TIRE_6 (index)

- Timing of triggering: time sector when the mean aiming point location was closest to the center of the target. Higher index indicates better timing.
 - o 1 = -0.6...-0.5 s, 2 = -0.5...-0.4 s, 3 = -0.4...-0.3 s, 4 = -0.3...-0.2 s, 5 = -0.2...-0.1 s, 6 = -0.1...0.0 s.

Postural sway / balance

SD_tot (x, y) (mm)

- Whole body sway in cross-shooting line (x) and shooting line (y) 0.0-0.6 s before triggering. Smaller values indicate less sway and better balance.
- Whole body sway corrections are controlled mainly from the hips.
 - Cross-shooting line sway represents real sway.
 - Shooting line sway represents changes in weight distribution between the front and rear leg right before triggering, which typically is caused by "pushing/pulling the hips towards/away from the target" to change the natural height of the aiming point.

SD_f (x, y) / SD_r (x, y) (mm)

- Front (_f) and rear foot (_r) sway in cross-shooting line (x) and shooting line (y) 0.0-0.6 s before triggering. Smaller values indicate less sway and better balance.
- Corrections of individual foot sway are controller from the ankle.

Weight distribution

F / R (%)

- Weight distribution between the front (F) and rear (R) foot.

Trigger force

-1.0, -0.6, -0.2, 0.2 (%)

- Relative force on the trigger (% of the treshold) at 1.0, 0.6 ja 0.2 s before triggering and 0.2 s after triggering.



VUOKATTI SPORT

BECOME A CHAMPION

t₈₀ (ms)

- Time to reach 80 % of the triggering treshold after the finger was placed on the trigger.