

# 7 factors that influence your cadence



## 01

Stance: an appropriate combat stance should be stable and position the maximum amount of mass behind the weapon.



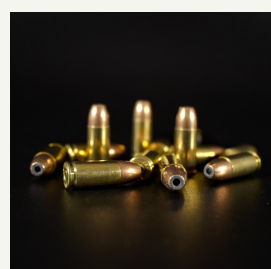
## 02

The weapon. Larger and heavier firearms tend to experience fewer adverse effects from recoil. And the reverse is true. Have the appropriate tool.



## 03

Ammunition. Different types of ammunition yield different results. Choose quality calibers with projectile and propellant types that suit your intended use.



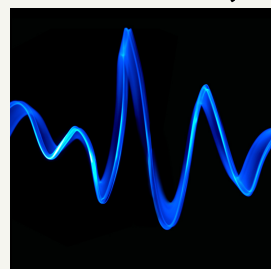
## 04

Grip. It serves as the direct link between the shooter and the firearm. Anatomical, biomechanical, and kinesiological foundations are necessary to position the hands correctly and apply forces appropriately.



## 05

Timing. The rhythm at which the trigger is squeezed contributes to the optimal use of cadence. It needs to be slower for firearms with more recoil or harder targets, and faster when the opposite is true.



## 06

Trigger. Simpler, shorter, and lighter mechanisms aid in executing the shot, as do their respective trigger resets. It's crucial to find a good balance between safety and speed.



## 07

Training. You don't learn to swim without getting in the water. Take good courses that provide desirable metrics and organized training programs to achieve your goals.



## ABA

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