

What will happen in the body when we shoot guns?

Let's discover what happens in the body when we shoot and how to improve accuracy. Invite you to watch!

Many people are wondering what will happen in the body when we shoot guns, right? The body will have some changes when we shoot. The biological reactions of the body include the activity of the brain, eyes, heart rate and the amount of energy consumed when shooting.

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Eye sight

Do you often shoot with your left eye, right eye or both eyes? Just like the pros, most people have good eyes. First, you need to identify the right eye.

As soon as you determine the right eye, use that eye to shoot.

Hand coordination with eyes

It would be much better if you hold the gun with your hand and the right eye.

Eye agreement

It is possible that your eyes are right and your right hand is different from each other. In this case, it will be more beneficial to prioritize your eyes.

For example: A right-handed gunner but the sight is the left eye. Meanwhile, they can shoot more accurately when using their left and left hand while shooting.

Do what you feel most convenient and comfortable.

Target

Typically, the close gunners often shoot more accurately. This suggests that it is better to focus on observing the scene than on the target.

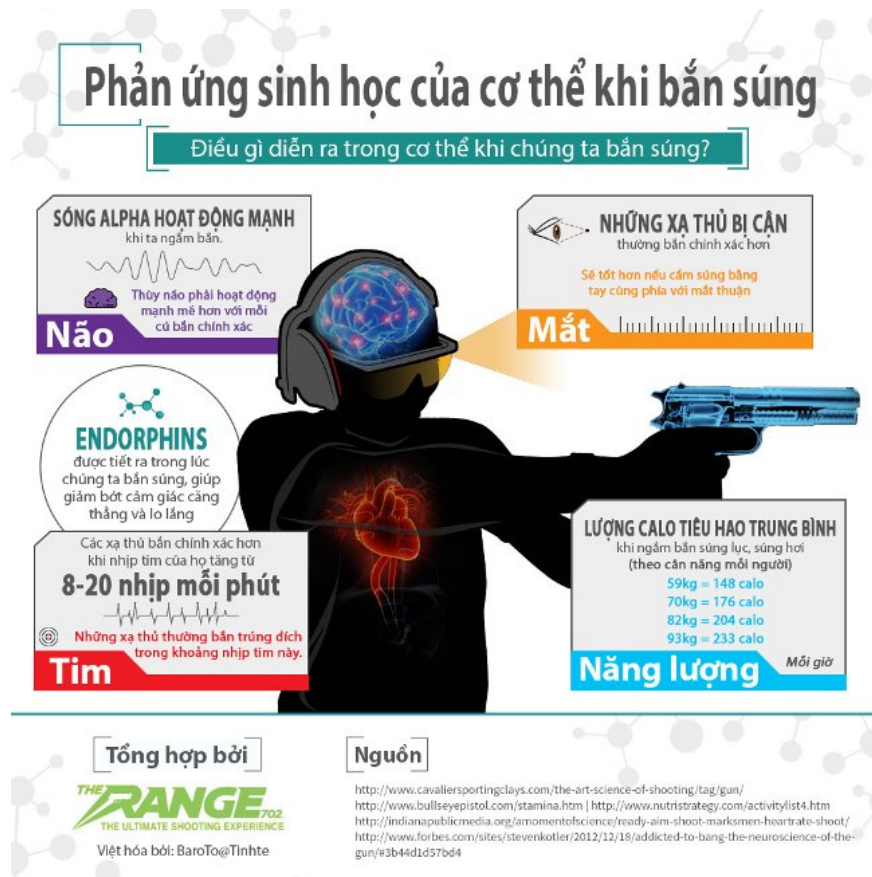


Photo source: tinhte

Brain

While shooting, the brain releases dopamine and endorphin. Endorphins are "happy hormones" that make you feel happy, happy and always in love. Endorphins only secrete in each person's body when exercise is exercised, helping to reduce the feeling of stress and anxiety. Dopamine is a neurotransmitter belonging to the family of catecholamines and phenethylamine, which will make you feel excited and alert.

In addition, your brain model is also affected while shooting.

Alpha waves work hard when we shoot. The brain lobe must work harder with a precise shot.

Heart

Gunners shoot more accurately when their heart rate increases from 8 to 20 beats per minute. The study also showed that snipers often hit targets with a heart rate in this range.

Exercise your body

Shooting is a popular sport in the world, both intellectually and requiring static force activity as well as more nerve activity than muscle activity. However, professional shooting must strictly adhere to the principles of posture, how to hold a gun, how to aim and control the breath to achieve high performance. In particular, the ultimate requirement of shooting is absolute concentration.

Mostly, the gunners must practice standing posture like a wall, keeping the gun stable and not fluctuating. Shooting athletes need to practice a steel spirit, ingenuity when performing shooting techniques. In addition, they need to have a good physical strength, keep the guns together with the general strength and professional strength when playing for many hours but the performance is not reduced.

The average amount of calories consumed when shooting pistols and air guns depends on the weight of each person:

1. 59kg = 148 calories / hour
2. 70kg = 1760 calories / hour
3. 82kg = 204 calories / hour
4. 93kg = 233 calories / hour

Shoot accurate handheld guns

There are now a lot of videos, books and articles on how to shoot guns. However, you must find out which way is best for you. Remember to improve your ability through continuous practice and training!

Refer to some more articles:

1. Is it possible that someday cells in your body can connect to your smartphone?
2. Try to see what the world looks like in the eyes of the color blind
3. Why do we often feel thirsty before going to sleep?

Having fun!

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