

- A = Breaking wrist up
- $\mathbf{B} = \mathbf{Heeling};$ anticipating recoil
- C = Thumbing
- D = Squeezing whole hand with trigger pressure
- E = Breaking wrist down or relaxing too soon
- F = Jerking
- G = Squeezing fingertips while applying trigger pressure

- trigger finger
- I = Pushing; anticipating recoil; no follow-through