

Know Your Dominant Eye



Position your hands as shown in the photo above. Extend your arms fully. With both eyes open, look at an object or a partner's nose at least 10 feet away through the hole between your hands. Keeping both eyes open and maintaining the view of the object or your partner's nose, bring your hands to your face. As your hands get closer to your face, your dominant eye will take control and direct your hands to that eye solely. Now you know your dominant eye.

A fun and quick way to determine the dominant eye of your students is to line them up shoulder to shoulder. Tell them you will walk down the line facing them and one by one look at each of them in the face from about 10 feet away. When you are at each student, that one student should extend one arm and point with their index finger at your nose and look at your nose with both eyes open. As they do this, you will see that their dominant eye causes their pointing finger to be directly under that eye or at least on that side of their nose. You can then tell them their dominant eye, right or left. It is beneficial to show the students how you could determine their dominant eye. Do this by walking back down the line and reversing the process for each student. Point to their nose so they can see how your finger lines up with your dominant eye.

To further demonstrate the importance of mounting a firearm to sight with the dominant eye, have everyone remain in the shoulder to shoulder line and point again at any object in front of them with both eyes open. Ask them to close their non-dominant eye and ask what happens to their pointing finger. They should say that the finger remains on the object at which they are pointing. Tell them to open both eyes again, point at the object and close their dominant eye. Ask them what happens to their pointing finger now. They should tell you that their finger 'moves' off of the object. This shows them how using the incorrect eye (non-dominant) as their sighting eye will cause them to actually move their firearm's sights off of the intended target. Practice this procedure yourself before using it on your students. This will allow you to see the effects.