ADJUSTABLE SHOOTING STICK

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ABSTRACT

An adjustable shooting stick is beneficial in assisting a shooter in supporting a firearm while aiming and shooting. The shooting stick has a telescopically extensible body having an upper and lower end and is adjustable and lockable between a collapsed and an extended position. An adjustable rest member is slidably mounted on the upper end of the adjustable shooting stick for supporting the firearm. The adjustable rest member has a grip with a trigger housing for supporting a trigger formed by a lever having a cam-shaped end. The cam-shaped end for urges a brake member against the adjustable shooting stick to lock the adjustable rest member in position. The shooter squeezes the lever to release the brake member from against the shooting stick to slidably adjust the rest member along the upper end of the shooting stick.
ADJUSTABLE SHOOTING STICK

FIELD OF THE INVENTION

[0001] The present invention relates to a portable and adjustable rest or shooting stick for firearms which can be used by an individual to support any one of a variety of guns, such as rifles, shotguns and pistols, for example, in a variety of firing positions, and which can be easily transported and quickly adjusted by the individual in the field without having to take the firearm off of the target.

BACKGROUND OF THE INVENTION

[0002] The capacity to keep a firearm still at the time of firing is critical to the bullet hitting its target. When holding a firearm up and taking care to aim, the shooter’s arm may waiver under the weight of the firearm. Wind and other elements can also affect a shooter’s aim. Even a slight amount of movement or flexure by the shooter can greatly affect shooting accuracy. For example, a perfectly aligned shot may be subsequently lost due to fatigue in the shooter’s arm. Fatigue is one factor that is accentuated in the case where the firearm is heavier by design, such as a muzzle loader or a heavy or bull barreled firearm. Therefore, there is a need to provide a rest for supporting a firearm while shooting to significantly increase accuracy by reducing the affects of fatigue and unintended movement of the firearm while aiming.

[0003] In the case of a moving or transient target, the ability to quickly and accurately adjust or correct the position of the firearm and rest relative to the target is of utmost importance. For example, if the shooter cannot quickly adjust the rest relative to the target, the shooter must rely on his/her own ability to adjust and steady the firearm relative to the target. In this instance, when the target is moving or transient and the shot is taken from a non-rested position, overcorrection commonly hampers shooting accuracy. Again, like fatigue, overcorrection can be accentuated in the case where the firearm is heavier by design, such as a muzzle loader or a heavy or bull barreled firearm. Therefore, there is a need to provide a rest for supporting a firearm during shooting that can be quickly and easily adjusted to compensate for such things as the weight of the firearm, changes in the terrain, the shooter’s position, and movement of the target.

[0004] The prior art teaches various and sundry embodiments of an adjustable rest for supporting a firearm during shooting. The mechnadry for adjusting the support ranges from set screws and locking pins to cylinder collars and detent/notch combinations. These types of mechnadry often require both of the shooter’s hands to adjust. This means that the shooter has to set down or take the firearm off of the target to make any last minute adjustments to the adjustable rest member. In the case where the target is moving or transient, the opportunity to get off a shoot may expire before the shooter can make the necessary adjustments to the adjustable support member. In the event the shooter does attempt to adjust the rest member disclosed in the prior art using one hand with the other gripping the firearm, adjustments will likely be quite cumbersome and far from the quick, easy and fluid process that is necessary to make the quick adjustments to the adjustable rest member while keeping the firearm on the target. Therefore, there is a need to provide a rest for supporting a firearm during shooting that can be adjusted quickly, easily and fluidly using just one hand so the shooter can keep the other hand on the trigger and the firearm on the target while making the adjustments to the rest member.

[0005] With the evolution of such hunting equipment as tree stands and the like, the shooter may not be able to stabilize the base of the extensible or telescoping member against a surface such as the existing terrain or some other supportive surface. For example, if positioned in a tree stand, the shooter may not have a convenient and stable surface to support the base of the shooting stick. In some instances, even the ground of terrain may not be a suitable supporting surface. For instance, where the ground is slippery or muddy, the shooter will likely seek a more suitable surface for resting the base of the adjustable rest upon. Therefore, in the case where there is no suitable supporting surface, there is a need to provide a base member having a contour of a boot, shoe or the like for supporting the telescoping member while positioned on the shooter’s foot.

BRIEF SUMMARY OF THE INVENTION

[0006] Therefore it is a primary object, feature, or advantage of the present invention to improve over the state of the art.

[0007] It is a further object, feature, or advantage of the present invention to provide an adjustable shooting stick having telescoping members with clamping collars for adjusting the height of the stick and an adjustable support slideable along the upper telescoping member of the stick for resting a firearm thereupon.

[0008] Yet another object, feature, or advantage of the present invention is to provide an adjustable shooting stick wherein the adjustable support member can be adjusted by the shooter using one hand while keeping the other hand on the trigger of the firearm and the firearm aimed at the target.

[0009] A further object, feature, or advantage of the present invention is to provide an adjustable shooting stick wherein the adjustable support member is adjusted by squeezing a trigger on the adjustable support having a cam mechanism and brake for stopping and locking movement of the adjustable support member along the upper end of the stick.

[0010] Yet another object, feature, or advantage of the present invention is to provide an adjustable shooting stick wherein a C-shaped member having a transverse member is disposed at the base of the stick for positioning over and supporting the stick against the shooter’s foot while shooting.

[0011] One or more of these and/or other objects, features, or advantages of the present invention will become apparent from the specification and claims that follow.

[0012] According to one aspect of the present invention, an adjustable shooting stick for assisting a shooter in adjustable supporting a firearm while aiming and shooting is disclosed. The adjustable shooting stick has a telescopically extensible body with an upper end and a lower end and is adjustable and lockable between a collapsed position and an extended position. A base member is connected to the lower end of the adjustable shooting stick for supporting the stick. An adjustable rest member is adapted for the shooter to grip, slide and lock in position along the upper end of the adjustable shooting stick so the shooter can adjustably support the firearm thereon while aiming and shooting. In the preferred form, the adjustable rest member has a grip with a trigger housing for supporting a trigger such that the trigger is movable between a locked position and an unlocked position to lock or unlock the adjustable rest member in position along the upper end of the stick. The trigger has a lever-shaped end, opposite cam-
shaped end and a biasing member connected to the trigger for urging the trigger to the locked position. A brake member is adapted to slide along a guide channel in the upper end of the stick and is urged against the guide channel when the trigger is in the locked position to thereby lock the adjustable rest member in position on the stick. Moving the trigger to the unlocked position causes the cam-shaped end to release the brake member against the guide channel so the shooter can adjust the position of the rest member.

[0013] A new method for assisting a shooter in supporting a firearm while aiming and shooting is also disclosed. The method includes providing a shooting stick having a telescopically extensible body with an upper end and a lower end and being adjustable and lockable between a collapsed position and an extended position and an adjustable rest member being slidably mounted on the upper end of the shooting stick. The method also includes adjusting and locking the telescopically extensible body of the shooting stick between the collapsed position and the extended position and resting the firearm on the adjustable rest member and sliding the adjustable rest member along the upper end of the shooting stick for adjusting position of the firearm while aiming. The adjustable rest member is locked in position along the upper end of the shooting stick for supporting the firearm while shooting. In the preferred form, the method includes using a plurality of clamping collars for locking the telescopically extensible body of the shooting stick in the collapsed or the extended position and keeping the firearm rested on the adjustable rest member while sliding the rest member in position along the upper end of the shooting stick.

BRIEF DESCRIPTION OF THE DRAWINGS

[0014] While the specification concludes with claims particularly pointing out and distinctly claiming the invention, it is believed that the present invention will be better understood from the following description taken in conjunction with the accompanying drawings in which:

[0015] FIG. 1 is an isometric illustration of the adjustable shooting stick according to one exemplary embodiment of the present invention.

[0016] FIG. 2 is an isometric illustration of the adjustable rest member according to one exemplary embodiment of the present invention.

[0017] FIG. 3 is another isometric illustration of the adjustable rest member according to one exemplary embodiment of the present invention.

[0018] FIG. 4A is a cross-sectional view of FIG. 3 taken along line 4A-4A of the adjustable rest member according to one exemplary embodiment of the present invention.

[0019] FIG. 4B is an exploded cross-sectional view of FIG. 4A taken along line 4B-4B of the adjustable rest member according to one exemplary embodiment of the present invention.

[0020] FIG. 5 is an isometric illustration of the C-shaped member of the adjustable shooting stick according to one exemplary embodiment of the present invention.

[0021] FIG. 6 is a perspective illustration of the adjustable shooting stick in operation according to one exemplary embodiment of the present invention.

[0022] FIG. 7 is another perspective illustration of the adjustable shooting stick in operation according to one exemplary embodiment of the present invention.

DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENTS

[0023] The present invention includes a number of aspects, all of which have broad and far-reaching application. One aspect of the present invention relates to the use of a shooting stick having telescoping members with clamping collars for adjusting the height of the stick and an adjustable support member slidable along the height of the stick for resting a firearm thereupon. Another aspect of the present invention relates to a shooting stick wherein the adjustable support member can be adjusted by the shooter using one hand while keeping the other hand on the trigger of the firearm and the firearm aimed at the target. Another aspect of the present invention relates to the use of a shooting stick wherein the adjustable support member is adjusted by squeezing a trigger on the adjustable support member having a cam mechanism and brake for stopping and locking movement of the adjustable support along a telescoping member of the adjustable shooting stick. Still another aspect of the present invention relates to a C-shaped member having a transverse member being disposed at the base of the stick for positioning over and supporting the stick against the shooter's foot. Although specific embodiments are described herein, the present invention is not to be limited to these specific embodiments. The present invention contemplates numerous other options in the design and use of the adjustable shooting stick.

[0024] FIG. 1 is an isometric illustration of the adjustable shooting stick according to one exemplary embodiment of the present invention. The adjustable shooting stick 10 consists of a telescopically extensible body 15. The telescopically extensible body 15 has an upper end 58 and a lower end 60. An end cap 50 is positioned on the upper end 58, and a base member 12 is positioned on the lower end 60. The telescopically extensible body 15 of the adjustable shooting stick 10 is extensible and collapsible between a collapsed position 62 and an extended position 64 (as shown in FIG. 6). The telescopically extensible body 15 consists of a plurality of telescoping members 16. Each successive and smaller telescoping member 16 slides within and out of the other as the telescopically extensible body is moved between the collapsed position 62 and the extended position 64 (as shown in FIG. 6). A pair of clamping collars 18 locks the telescoping members 16 in position with respect to the other telescoping member 16. Thus, the user may adjust the height of the adjustable shooting stick 10 by extending and locking the telescoping members 16 in position with respect to one another using the clamping collars 18.

[0025] The adjustable shooting stick 10 also consists of an adjustable rest member 20. The adjustable rest member 20 is slidable in position along the uppermost telescoping member 16.

[0026] As best illustrated in FIG. 2, the adjustable rest member 20 has a grip 22 and trigger housing 30 for supporting the trigger 26. The grip 22 has ribs for gripping. The adjustable rest member 20 also has a shelf member 24 for resting a firearm thereon. The adjustable rest member 20 could be constructed of a polymer, plastic or other lightweight, high-strength material such as a composite. The shelf member 24 is attached to the adjustable rest member 20 and has a retention wall 25 for preventing the firearm from sliding
off the shelf member 24. The trigger 26 is rotatably attached to the trigger housing 30 using pin member 32. The trigger 26 is contoured to receive a person’s finger as is customary with triggers. The trigger 26 has a biasing member 28 positioned between the trigger 26 and the adjustable rest member 20. For example, the biasing member 28 is positioned behind the trigger 26 for urging the trigger 26 to the locked position 46. The biasing member 28 could be a coil spring or other resistive element and need not necessarily be positioned behind the trigger 26. The biasing member could also be a coil spring connected to the trigger housing 30 using pin member 32 for resistively urging the trigger 26 to the locked position 46.

Fig. 3 best illustrates the guide channel 44 in the telescoping member 16 of the upper end 58 of the adjustable shooting stick 10. The adjustable rest member 20 travels along guide channel 44 when slid up and down on the upper end 58 of the adjustable shooting stick 10. Guide channel 44 is a conical channel running the length of the upper end 58 of the adjustable shooting stick 10.

Fig. 4A is a cross-sectional view of Fig. 3 taken along line 4A-4A of the adjustable rest member according to one exemplary embodiment of the present invention. As is shown in Fig. 4A, the telescoping member 16 has an outer wall portion 34 and an inner wall portion 36. The outer wall portion 34 defines the outer periphery of the telescoping member 16. The trigger 26 has a cam-shaped end 42 and a lever-shaped end 43. The lever-shaped end 43 is for gripping, squeezing and moving the trigger from the locked position 46 to the unlocked position 48 (shown in Fig. 4B). A brake member 40 is positioned between the cam-shaped end 42 of the trigger 26 and the telescoping member 16. The brake member 40 is shaped on one side to fit within the guide channel 44 and on the other side to house the cam-shaped end 42 of the trigger 26. The trigger 26 is mounted to the adjustable rest member 20 using pin member 32. The pin aperture 52 through which the pin member 32 passed is positioned off-centered on the cam-shaped end 42 of the trigger 26. When the trigger 26 is squeezed, the cam-shaped end 42 rotates about the pin member 32. Because the cam-shaped end 42 rotates about the off-centered pin aperture 52, the outer periphery of the cam-shaped end 42 changes position with respect to the break member 40 and guide channel 44 when the trigger 26 is moved from the locked position 46 to the unlocked position 48 (shown in Fig. 4B). In the locked position 46, the cam-shaped end 42 of the trigger 26 urges the break member 40 against the guide channel 44 thereby locking the adjustable rest member 20 in position along the upper end 58 of the telescoping member 16. If the trigger 26 is squeezed and moved to the unlocked position 48, as best illustrated in Fig. 4B, the off-center rotation of the cam-shaped end 42 caused the cam-shaped end 42 to rotate away from the guide channel 44 thereby allowing the break member 40 to be released from against the guide channel 44. Releasing the break member 40 from the guide channel 44 allows the adjustable rest member 20 to be slid upward or downward along the upper end 58 of the telescoping member 16. The cam-shaped end 42 of the trigger 26 is designed so that when the trigger 26 is in the unlocked position 48 the break member 40 is allowed to move a sufficient distance away from the guide channel 44 thereby permitting movement of the adjustable rest member but only so far away from the guide channel 44 such that the break member 40 still tracks along the guide channel 44 when the adjustable rest member 20 is moved. When the trigger 26 is released and the biasing member 28 urges the trigger back to the locked position 46, as shown in Fig. 4A, the break member 40 is urged against the guide channel 44 because the off-center rotation of the cam-shaped end 42 of the trigger 26 urges the break member 40 against the guide channel 44.

As best illustrated in Fig. 5, the base member 12 consists of a C-shaped member 66 and a transverse member 14 extending away from the C-shaped member 66. The base member 12 is used to support the adjustable shooting stick 10. The base member 12 may be positioned against any supporting surface, such as the ground or other portions of the terrain. C-shaped member 66 also is formed to fit and rest atop the shooter’s foot for supporting the adjustable shooting stick 10 during aiming and firing. When the base member 12 is positioned atop the shooter’s foot, the transverse member 14 helps prevent movement of the adjustable shooting stick 10 by gripping the shooter’s foot. In the case where the shooter is positioning the adjustable shooting stick on the ground or some other supporting surface of the terrain, the user might also position his or her foot atop the transverse member 14 for rigidly securing the position of the adjustable shooting stick 10 with respect to the terrain. The C-shaped member 12 is also fitted with an eyelet and hook such that extra strap members (not shown) may be used to secure the base member 12 to the shooter’s foot.

Fig. 6 is a perspective illustration of the adjustable shooting stick in operation according to an exemplary embodiment of the present invention. Because the adjustable shooting stick 10 has a telescopingly extensible body 15, the adjustable shooting stick 10 may be carried, packed or transported in the collapsed position 62 as shown in Fig. 1. The shooter 11 may also adjust the height of the telescopingly extensible body 15 of the adjustable shooting stick 10 by releasing the individual clamping collars 18 and extending the telescopingly extensible body 15 to a semi-extended or fully-extended position 64 as shown in Fig. 6. The height of the adjustable shooting stick 10 may be adjusted based on the shooter’s shooting position, the terrain, and/or the position of the target. Thus, the shooter 11 may choose to have the adjustable shooting stick in a fully-extended position 64 or a fully-collapsed position 62 as shown in Fig. 1 or a position anywhere between the extended 64 and collapsed 62 position. For example, in the standing position, the shooter 11 may adjust the adjustable shooting stick 10 to the extended position 64 or a position between the collapsed position 62 (shown in Fig. 1) and the extended position 64. The shooter 11 rests the firearm 13 on the shelf member 24 of adjustable rest member 20. While in the shooting position and aiming at the target, the shooter 11 may adjust the position of the firearm relative to the target by squeezing the trigger 26 of the adjustable rest member 20 and sliding the adjustable rest member 20 in position along the upper end 58 of the adjustable shooting stick 10. To adjust the position of the adjustable rest member 20, the shooter 11 need only squeeze the trigger 26 using one hand. Thus, the shooter 11 can keep one hand on the trigger of the firearm 13 and the other hand on the trigger 26 of the adjustable rest member 20 without having to set the firearm 13 down to adjust the height of the adjustable rest member 20. In this manner, the shooter 11 may support the firearm 13 using the adjustable rest member 20 and simulta-
necessarily adjust the position of the firearm 13 with respect to some target without having to set the firearm down, thus taking his or her aim off of the target. The advantages of having an adjustable rest member 20 that is operable by the shooter 11 using a single hand are clearly evident by those skilled in the art of hunting and shooting. For example, in a case where the target is mobile, the user must often reposition himself or herself with respect to the target. Moreover, the shooter 11 will often have to quickly adjust the position of the firearm 13 relative to the target. Even so, with the adjustable shooting stick 10, the shooter 11 may quickly position the base member 12 against a surface and adjust the position of the adjustable rest member 20 with one hand while the firearm rests on the shelf member 24. Thus, the shooter 11 may maintain his or her aim at the target and finger on the trigger of the firearm while simultaneously making incremental adjustments to the position of the adjustable rest member 20 with respect to the target by squeezing the trigger 26 of the adjustable rest member 20. The base member 12 is designed to fit over top of the foot of the shooter 11 such that if the shooter 11 finds the surface or terrain inadequate to support the adjustable shooting stick 10, the shooter 11 may position the adjustable shooting stick 10 on top of his or her foot using the base member 12 having a C-shaped member 66 and a transverse member 14 for keeping the base member 12 in position on the shooter’s foot. Because of the flexibility of the adjustable shooting stick 10, the shooter 11 may also use the adjustable shooting stick 10 in various firing positions. For example, the shooter could move the adjustable shooting stick 10 to the collapsed position 62 so that the shooter may rest the firearm 13 on the shelf member 24 while in the kneeling position. Alternatively, the shooter may move the adjustable shooting stick 10 to a fully- or semi-collapsed position 62 so the shooter may support the firearm 13 while in a tree stand 54. For example, as shown in FIG. 7, if the shooter 11 uses the adjustable shooting stick 10 while positioned in the tree stand 54, the shooter 11 may position the base member 12 on top of his or her foot 56 to thereby support the adjustable shooting stick 10 as a supporting surface may not otherwise be available. As illustrated by FIGS. 6 and 7, the adjustable shooting stick 10 may be used in a variety of shooting positions. More importantly, the shooter 11 may maintain his or her aim at the target while simultaneously adjusting the position of the firearm relative to the target. Regardless of the firing position of the shooter 11, the shooter simply squeezes the trigger 26 of the adjustable rest member 20 to adjust the position of the adjustable rest member 20 to thereby adjust the position of the firearm 13 relative to the target.

The preferred embodiment of this present invention has been set forth in the drawings and specification and those specific terms are employed, these are used in the generically descriptive sense only and are not used for the purposes of limitation. Changes in the formed proportion of parts as well as the substitution of equivalent parts as contemplated as circumstances may suggest are rendered expedient without departing from the spirit and scope of the invention as further defined in the following claims.

1. An adjustable shooting stick to thereby assist a shooter in adjustably supporting a firearm while aiming and shooting, the adjustable shooting stick comprising:

an elongated rod having an upper end and a lower end; and;
an adjustable rest member slidably mounted along the longitudinal axis of the rod and adapted for the shooter to grip, slide and lock in position along the upper end of the adjustable shooting stick for the shooter to adjustably support the firearm thereon while aiming and shooting.

2. The adjustable shooting stick of claim 1 wherein the adjustable rest member further comprises a grip having a trigger movable between a locked position and an unlocked position to lock or unlock the adjustable rest member in position along the upper end of the adjustable shooting stick.

3. The adjustable shooting stick of claim 2 wherein the trigger further comprises a trigger guard and an opposite cam-shaped end, the lever-shaped end for the shooter to squeeze to move the trigger from the locked position to the unlocked position.

4. The adjustable shooting stick of claim 3 wherein a trigger housing supports the trigger and includes a biasing member connected to the trigger for urging the trigger to the locked position.

5. The adjustable shooting stick of claim 4 wherein the adjustable rest member further comprises a brake member adapted to slide along a guide channel in the upper end of the adjustable shooting stick when the trigger is moved to the unlocked position.

6. The adjustable shooting stick of claim 5 wherein the cam-shaped end urges the brake member against the guide channel when the trigger is in the locked position to thereby lock the adjustable rest member in position along the upper end of the adjustable shooting stick.

7. The adjustable shooting stick of claim 6 wherein the cam-shaped end releases the brake member from against the guide channel when the trigger is moved to the unlocked position to thereby slideably adjust the adjustable rest member in position along the upper end of the adjustable shooting stick.

8. The adjustable shooting stick of claim 1 wherein a base member is connected to the lower end of the adjustable shooting stick for supporting the adjustable shooting stick.

9. The adjustable shooting stick of claim 8 wherein the base member is a C-shaped member having a transverse member to thereby support the adjustable shooting stick against a foot of the shooter, the transverse member for gripping the foot of the shooter to thereby discourage movement of the adjustable shooting stick while aiming and shooting.

10. The adjustable shooting stick of claim 1 wherein the rod is adjustable and lockable between a collapsed position and an extended position.

11. A method to assist a shooter in supporting a firearm while aiming and shooting having the advantage of allowing the user to easily adjust a position of the firearm, the method comprising:

providing a shooting stick with an upper end and a lower end and an adjustable rest member slidably mounted on the upper end of the shooting stick;

resting the firearm on the adjustable rest member;

sliding the adjustable rest member along the upper end of the shooting stick for adjusting the position of the firearm while aiming; and

locking the adjustable rest member in position along the shooting stick for supporting the firearm while shooting.

12. The method of claim 11 further comprising adjusting and locking the shooting stick between a collapsed position and an extended position;

13. The method of claim 12 further comprising providing a plurality of clamping collars for locking the shooting stick in the collapsed or the extended position.
14. The method of claim 11 further comprising providing a grip having a trigger, the trigger having a cam member for urging a brake member against a guide channel in the upper end of the shooting stick to thereby lock the adjustable rest member in position along the upper end of the shooting stick.

15. The method of claim 14 further comprising squeezing the trigger to release the brake member from against the guide channel for sliding the adjustable rest member in position along the upper end of the shooting stick.

16. The method of claim 15 further comprising providing a trigger housing for supporting the trigger and a biasing member connected to the trigger for urging the trigger to the locked position.

17. The method of claim 16 further comprising releasing the trigger for the biasing member connected to the trigger to urge the brake member against the guide channel for locking the adjustable rest member in position along the upper end of the shooting stick.

18. The method of claim 17 further comprising keeping the firearm rested on the adjustable rest member while sliding the adjustable rest member in position along the upper end of the shooting stick relative to a target.

19. An adjustable shooting stick to thereby assist a shooter in supporting a firearm while shooting, the adjustable shooting stick comprising:

(a) a telescopically extensible body having an upper end and a lower end and being adjustable and lockable between a collapsed position and an extended position; and

(b) an adjustable rest member slidably mounted on the upper end of the adjustable shooting stick for supporting the firearm, the adjustable rest member including:

(i) a grip having a trigger housing for supporting a trigger, the trigger formed by a lever having a cam-shaped end for urging a brake member against the adjustable shooting stick to thereby lock the adjustable rest member in position along the upper end of the adjustable shooting stick; and

(ii) the lever for the shooter to squeeze to thereby release the brake member from against the adjustable shooting stick to slidably adjust the adjustable rest member along the upper end of the adjustable shooting stick.

20. The adjustable shooting stick of claim 19 wherein the trigger housing further comprises a biasing member connected to the trigger for urging the trigger to the locked position.

21. The adjustable shooting stick of claim 20 wherein the adjustable rest member further comprises a brake member adapted to slide along a guide channel in the upper end of the telescopically extensible body of the adjustable shooting stick when the trigger is moved to the unlocked position.

22. The adjustable shooting stick of claim 21 wherein the cam-shaped end urges the brake member against the guide channel when the trigger is in the locked position to thereby lock the adjustable rest member in position along the upper end of the telescopically extensible body of the adjustable shooting stick.

23. The adjustable shooting stick of claim 22 wherein the cam-shaped end releases the brake member from against the guide channel when the trigger is moved to the unlocked position to thereby slidably adjust the adjustable rest member in position along the upper end of the telescopically extensible body of the adjustable shooting stick.

24. The adjustable shooting stick of claim 23 wherein the base member is a C-shaped member having a transverse member to thereby support the adjustable shooting stick against a foot of the shooter, the transverse member for gripping the foot of the shooter to thereby discourage movement of the adjustable shooting stick while aiming and shooting.

25. The adjustable shooting stick of claim 24 wherein the C-shaped member is positioned and rests atop the foot of the shooter with the shooter positioned in a tree stand.

26. A method of aiming a firearm at a target having the advantage of allowing a user to easily adjust the position of the firearm, the method comprising:

- providing a shooting stick including a plurality of telescoping members extending between an upper end and a lower end, a longitudinal guide channel on one of the plurality of telescoping members, and an adjustable rest member slidably mounted on the one of the plurality of telescoping members at the upper end of the shooting stick adjacent the guide channel, the adjustable rest member having a grip and a trigger, wherein the trigger is movable between a locked position with the adjustable rest member being locked in position relative the lower end of the shooting stick and an unlocked position with the adjustable rest member being adjustable relative the lower end of the shooting stick;

- resting the firearm on the adjustable rest member;

- squeezing the trigger to thereby move the trigger from the locked position to the unlocked position;

- with the trigger in the unlocked position, sliding the adjustable rest member along the guide channel toward or away from the lower end of the shooting stick to adjust the position of the firearm; and

- releasing the trigger from the unlocked position to the locked position to lock the adjustable rest member in position relative to the lower end of the shooting stick.

27. The method of claim 26 wherein the step of releasing the trigger from the unlocked position to the locked position urges a brake member against the guide channel to lock the adjustable rest member in position relative the lower end of the shooting stick.

28. The method of claim 27 wherein step of squeezing the trigger to thereby move the trigger from the locked position to the unlocked position causes the brake member to move away from the guide channel so that the adjustable rest member can be moved either toward or away from the lower end of the shooting stick.

29. The method of claim 26 wherein the adjustable rest member further comprises a trigger housing for supporting the trigger and a biasing member connected to the trigger for urging the trigger to the locked position.

30. An adjustable shooting stick having the advantage of allowing a user to easily adjust the shooting stick with one hand, the shooting stick comprising:

- a plurality of telescoping members extending between an upper end and a lower end;

- a longitudinal guide channel on one of the plurality of telescoping members; and

- an adjustable rest member slidably mounted on the one of the plurality of telescoping members adjacent the guide channel, the adjustable rest member having a grip and a trigger;

- wherein the trigger is movable between a locked position with the adjustable rest member being locked in position relative to the lower end of the shooting stick and an
unlocked position with the adjustable rest member being adjustable relative the lower end of the shooting stick.

31. The shooting stick of claim 30 wherein the trigger is operatively connected to a brake member and moving the trigger to the locked position urges the brake member against the guide channel to lock the adjustable rest member in position relative the lower end of the shooting stick.

32. The shooting stick of claim 31 wherein moving the trigger to the unlocked position causes the brake member to move away from the guide channel so that the adjustable rest member can be slid along the guide channel either toward or away from the lower end of the shooting stick.

33. The shooting stick of claim 32 wherein the adjustable rest member further comprises a trigger housing for supporting the trigger and a biasing member connected to the trigger for urging the trigger to the locked position.

34. The method of claim 26, wherein the step of sliding the adjustable member along the guide channel is performed while maintaining a distance between the upper end and lower end constant.

35. The method of claim 26, wherein the adjustable rest member may be locked in position relative to the lower end of the stick along an entire continuous extent of the guide channel.

36. The adjustable shooting stick of claim 30, wherein the adjustable rest member can be adjusted relative to the lower end of the stick without adjusting the telescoping members relative to each other.

37. The adjustable shooting stick of claim 31, wherein the brake member may be adjusted against the guide channel along an entire continuous extent of the guide channel.

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