

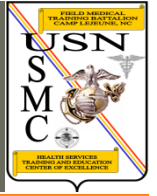


FUNDAMENTALS OF RIFLE MARKSMANSHIP





OVERVIEW

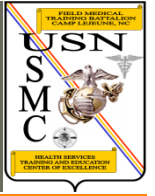


- 3 Elements of a shooting position
- 7 Common factors to all shooting positions
- Applying fundamentals



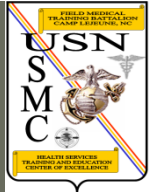
LEARNING OBJECTIVES

Please Read Your
Terminal Learning Objectives
And
Enabling Learning Objectives



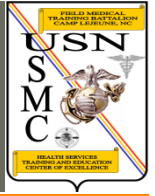


3 ELEMENTS OF A SHOOTING POSITION



- Bone Support- The body's natural skeletal structure provides support for the rifle to manage recoil.
- Muscular Relaxation- Helps hold body steady while increasing aiming accuracy and providing maximum use of bone support

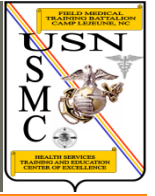




3 ELEMENTS OF A SHOOTING POSITION

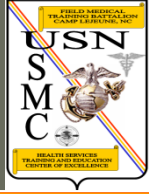
- Natural Point of Aim- Point at which the rifle sights settle when in a firing position.
 - Move your body to settle the sights
 - DO NOT MUSCLE THE WEAPON







7 FACTORS TO SHOOTING POSITIONS



- 1) Forward hand relaxed and elbow close to weapon
 - Wrist is straight and locked to create resistance on sling. This allows front sight to be stabilized.
 - Elbow is inverted under weapon to allow bone support and resistance to recoil.



7 FACTORS TO SHOOTING POSITIONS



- 2) Butt of weapon high in the shoulder
 - Outboard tension applied by support elbow will help place buttstock in the “pocket” of the shoulder
 - This ensures the shooter to keep neck erect and allows them to look straight through the sights to acquire sight picture





7 FACTORS TO SHOOTING POSITIONS



- 3) High firm pistol grip
 - Place “V” formed by thumb and index high in pistol grip
 - Place thumb and non-shooting fingers in a comfortable position that DOES NOT interfere with the trigger finger
 - Shooter should slightly pull weapon into the shoulder “pocket”





7 FACTORS TO SHOOTING POSITIONS



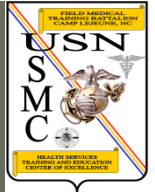
- 4) Placement of rear elbow
 - Naturally positioned for balance and to provide a pocket for the rifle buttstock
 - Consistent shoulder placement ensures resistance to recoil will remain constant



7 FACTORS TO SHOOTING POSITIONS



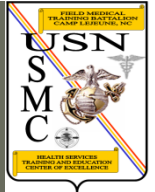
- 5) Stock weld and eye relief
 - Consists of proper placement of cheek against the stock. Should remain consistent between shots and can be accomplished by:
 - Anchoring stock under the cheek bone
 - Ensuring proper eye relief- distance between eye and rear sight (2-6 inches)



7 FACTORS TO SHOOTING POSITIONS

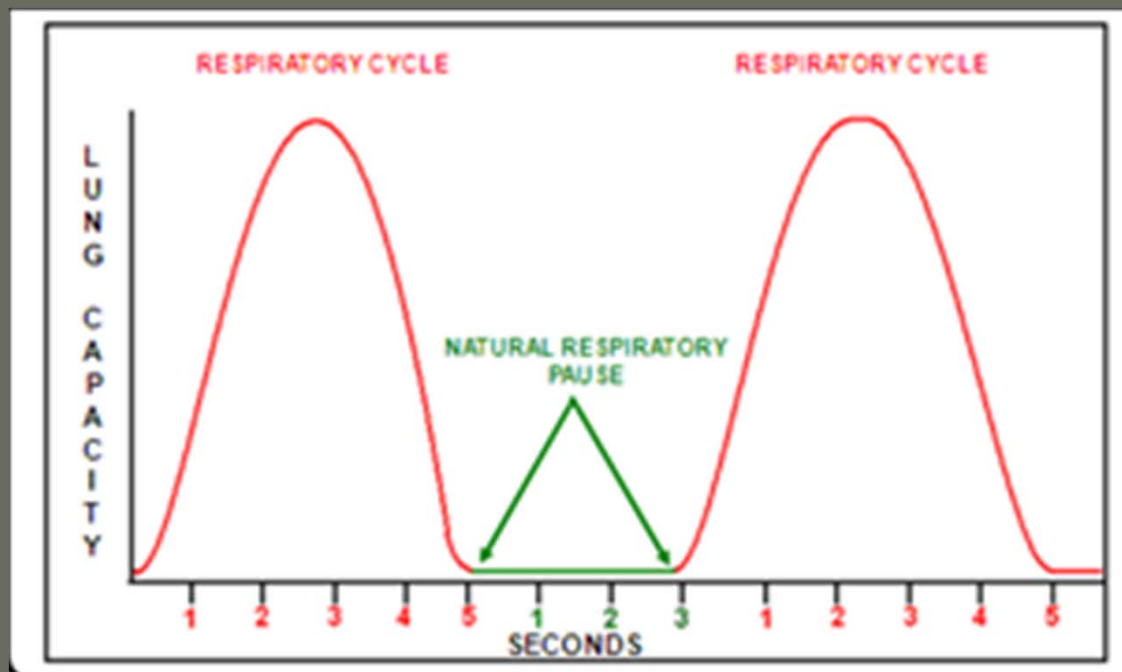
- 5) Stock weld and eye relief (cont'd)
 - Erect head will allow aiming eye to look straight through rear sight





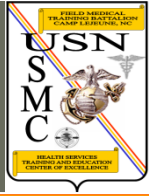
7 FACTORS TO SHOOTING POSITIONS

- 6) Breathing
 - Natural respiratory pause
 - Inhale-Exhale-Pause-Shoot





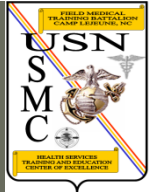
7 FACTORS TO SHOOTING POSITIONS



- Technique for breath control during SLOW fire
 - Assume firing position
 - Stop breathing at your normal pause and make final adjustments to your natural point of aim
 - Breathe naturally between shot, then take a deeper breath before shot
 - Exhale and stop breathing
 - Fire shot during pause



7 FACTORS TO SHOOTING POSITIONS

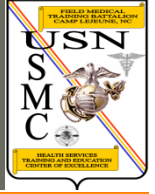


- Technique for breath control during RAPID fire
 - 2 methods

1) Breathing between shots

- Assume firing position
- Stop breathing after exhalation
- Fire shot during pause
- Repeat process for 5 shots



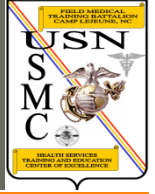


7 FACTORS TO SHOOTING POSITIONS

- Technique for breath control during RAPID fire (cont'd)

2) Holding the Breath

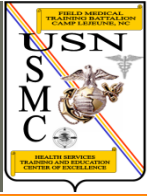
- Assume firing position
- Take a deep breath
- Hold breath and apply pressure to trigger
- Fire the shots



7 FACTORS TO SHOOTING POSITIONS

- 7) Controlled Muscular Tension
 - With loop sling donned, tension is used to stabilize weapon
 - Excessive tension results in shaking and fatigue







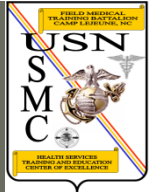
APPLYING FUNDAMENTALS



- Sight Alignment and Sight Picture
 - Sight Alignment- Relationship between front sight post, rear sight aperture, and aiming eye
 - To acquire correct sight alignment, center the front sight post vertically and horizontally in the rear sight aperture



APPLYING FUNDAMENTALS



- Sight Picture- Placement of the front sight post in relation to the TARGET, while maintaining sight alignment



Correct Sight Alignment
and Correct Sight Picture



Correct Sight Alignment
but Incorrect Sight Picture



Incorrect Sight Alignment
but the appearance of
Correct Sight Picture



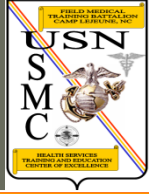
APPLYING FUNDAMENTALS



- Relationship between the eye and the sights
 - For accurate shooting, focus on tip of front sight post. This can be accomplished by:
 - Exhaling and bringing sight picture to target. Once obtained, focus on tip of the front sight post
 - While firing, your peripheral vision will be blurry



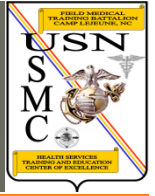
APPLYING FUNDAMENTALS



- Trigger Control- Skillful manipulation of trigger that helps maintain sight alignment and sight picture
 - Uninterrupted trigger control- Trigger moved straight to rear with a single, smooth motion
 - Interrupted trigger control- Trigger pressure is interrupted occurring from an error in aiming. Applied pressure is kept on trigger until error is corrected.



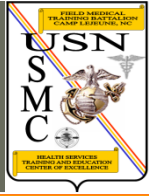
APPLYING FUNDAMENTALS



- Factors affecting trigger control
 - Grip
 - Must be firm with applied pressure
 - Trigger finger contact with trigger
 - Trigger finger needs to be in the middle of the trigger



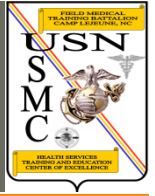
APPLYING FUNDAMENTALS



- Breathing-
 - Natural Respiratory Pause
 - One respiratory cycle- Inhale and exhale
 - Lasts 4-5 seconds
 - Pause between cycle lasts 2-3 seconds
 - During this time, muscles relax and rifle sights settle. This is the time to fire!



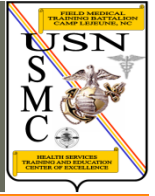
APPLYING FUNDAMENTALS



- Follow-Through
 - Continued application of fundamentals through firing process
 - Body should absorb recoil and settle back into your natural point of aim
 - DO NOT shift your position, move head, or let muzzle drop until bullet is fired



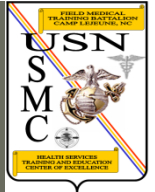
APPLYING FUNDAMENTALS

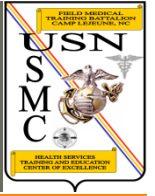


- Follow-Through (Cont'd)
 - Proper follow-through reduces error
 - Ensure weapon is on SAFE after follow-through of last fired bullet



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