



# INDIVIDUAL MOVEMENT TECHNIQUES

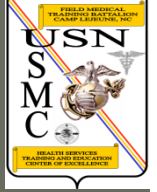


FMST 303

Individual Movement Techniques



# OVERVIEW



- Fire and Movement
- Negotiating Obstacles
- Types of Cover, Concealment, and Camouflage



# LEARNING OBJECTIVES

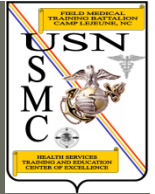


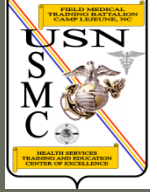
Please Read Your

Terminal Learning Objectives

And

Enabling Learning Objectives





# METHODS OF MOVEMENT



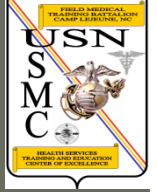
# LOW SILHOUETTE MOVEMENT



- Three types of crawls
  - High
  - Low
  - Back



# HIGH CRAWL



- Permits faster movement
- Use when there is good concealment but enemy fire prevents you from getting up
  - Keep body off ground
  - Rest weight on forearms and knees
  - Cradle weapon on forearms
  - Use knees and elbows to move self forward

# HIGH CRAWL

**KEEP YOUR UPPER BODY  
OFF THE DECK**

**REST YOUR WEIGHT ON YOUR  
FOREARMS AND LOWER LEGS**

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Individual Movement



# HIGH CRAWL



**KEEP THE MAGAZINE WELL FACING OUTBOARD  
THE EJECTION PORT COVER UP AND THE MUZZLE**

# HIGH CRAWL

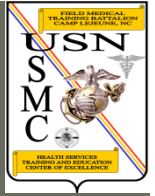


**MOVE FORWARD BY ALTERNATELY ADVANCING YOUR RIGHT FOREARM AND YOUR LEFT KNEE THEN LEFT FOREARM AND RIGHT KNEE**

Individual Movement



# LOW CRAWL



- Affords lowest possible silhouette
- Use when concealment is low and enemy fire prevents you getting up
  - Entire body is kept flat on ground
  - Hold weapon by the sling swivel and rest on back of arm
  - Pull with arms and push with legs to move forward

# **LOW CRAWL**

**USE YOUR FREE  
HAND TO FEEL  
AHEAD OF YOU  
FOR TRIP WIRES  
AND BOOBY TRAPS**

**KEEP YOUR BODY AS FLAT  
AGAINST THE GROUND AS  
POSSIBLE**

**KEEP YOUR HEAD  
FLAT AGAINST THE  
GROUND FACING  
AWAY FROM THE  
MUZZLE**

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Individual Movement

# LOW CRAWL

**KEEP THE MUZZLE OF  
THE WEAPON OUT OF  
THE DIRT AT ALL TIMES**

**LET THE BALANCE OF  
THE RIFLE REST ON  
YOUR FOREARM AND  
LET THE BUTTSTOCK  
DRAG ON THE DECK**

**GRASP THE RIFLE  
SLING AT THE UPPER  
SLING LOOP**

# LOW CRAWL



**TO START, PULL WITH BOTH ARMS  
AND PUSH WITH ONE LEG  
CHANGE YOUR PUSHING LEG  
FREQUENTLY TO AVOID FATIGUE**



# BACK CRAWL



- Used to crawl under wire obstacles that the enemy sets up

# BACK CRAWL

**LAY YOUR WEAPON ON YOUR CHEST  
PARALLEL TO THE DIRECTION OF  
MOVEMENT PLACING THE BARREL  
ON TOP OF YOUR HELMET**

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Individual Movement

# BACK CRAWL

GRASP THE WEAPON ON THE HAND GUARDS,  
**PALM UP**

USE THE WEAPON TO  
PUSH THE WIRE AWAY  
FROM THE BODY



USE YOUR FREE HAND TO  
FEEL ABOVE YOUR HEAD  
FOR TRIPWIRES OR  
BOOBY TRAPS

Individual Movement

# BACK CRAWL

**SLIDE FORWARD, KEEP YOUR  
KNEES LOW, PUSH WITH YOUR  
HEELS AND PULL WITH YOUR  
SHOULDERS, ALLOWING  
THE WIRE TO SLIDE DOWN  
YOUR WEAPON**



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# RUSHING



# INDIVIDUAL RUSH

- Fastest way to move from one position to another
- Should last 3 to 5 seconds
  - Use 'I'm up, he sees me, I'm down'
- Try to drop behind cover
- If you can't roll over to the nearest covered position

# INDIVIDUAL RUSHES

**STARTING FROM THE  
PRONE POSITION,  
REMAIN MOTIONLESS  
PRIOR TO MOVING**



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# INDIVIDUAL RUSHES

**DRAW YOUR ARMS INWARD  
COCK YOUR RIGHT LEG FOREWARD  
FIRMLY GRASP THE PISTOL GRIP**

**LOOK OVER YOUR  
SIGHTS TO FIND YOUR  
NEXT COVERED  
POSITION**

**DITTY: "PISTOL GRIP, HAND COCK, PEEK!"**

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# INDIVIDUAL RUSHES

**ENSURE THAT YOUR  
MUZZLE ALWAYS  
STAYS POINTED  
STRAIGHT AHEAD  
OF YOU DOWN  
RANGE**



**WITH ONE MOVEMENT, RAISE YOUR BODY  
BY STRAIGHTENING BOTH ARMS AND  
SPRING UP TO YOUR FEET**

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Individual Movement

# INDIVIDUAL RUSHES

A photograph of three soldiers in a forest setting. The soldier in the foreground is in a full running stride, carrying an M4-style rifle. Behind him, two other soldiers are in a crouched, ready position, also holding rifles. They are all wearing desert camouflage uniforms and helmets. The ground is covered in dry pine needles and leaves, and the background consists of tall, thin trees.

**DITTY:** "I'M UP, THEY SEE ME, I'M DOWN!"  
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Individual Movement

# INDIVIDUAL RUSHES

A soldier in camouflage gear is running through a forest, holding a rifle. The soldier is moving from left to right, with a zig-zag pattern. The forest has many tall, thin trees and a sandy ground covered with pine needles. The soldier is wearing a helmet and a tactical vest.

SLIGHTLY ZIG ZAG FROM YOUR  
PRESENT LOCATION TO THE  
NEXT COVERED OR CONCEALED  
POSITION. YOU SHOULD BE UP  
FOR **NO MORE THAN 3 TO 5  
SECONDS**

# INDIVIDUAL RUSHES

LEAN FORWARD AND  
BREAK YOUR FALL  
WITH WEAK HAND OFF  
TO THE SIDE



STOP BY PLANTING  
BOTH FEET AND  
DROP QUICKLY TO  
YOUR KNEES

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Individual Movement

# INDIVIDUAL RUSHES

**DITTY:** “KNEES, WEAKHAND, PRONE”

**1. “KNEES”**

**2. “WEAKHAND”**

**3. “PRONE”**

# INDIVIDUAL RUSHES

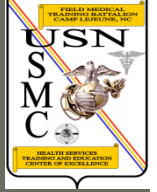
A photograph of three soldiers in a forest, performing individual rushes. They are wearing camouflage uniforms and helmets. The soldier in the foreground is lying prone, aiming a rifle with a scope. The other two soldiers are behind him, also in prone positions. They are moving through a forest with many tall, thin trees.

**IF YOU DON'T MAKE IT TO YOUR NEXT  
COVERED POSITION, HIGH CRAWL TO  
YOUR NEXT COVERED POSITION AND  
ASSUME A GOOD PRONE POSTURE  
SIGHTING IN DOWN RANGE.**

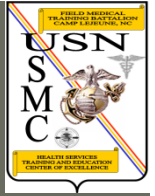
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# TEAM RUSH



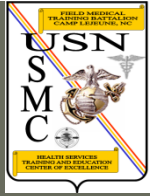
- Used to move fire teams together
- Each member works with another team member to move forward
  - Can be “on my command”
  - or
  - Without verbal commands



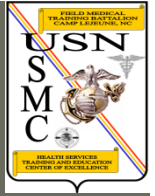
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# FIRE AND MOVEMENT



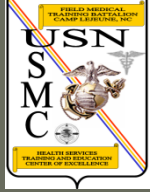
- Fire teams or squads providing cover fire while other individuals advance toward the enemy.



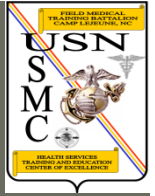
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Individual Movement



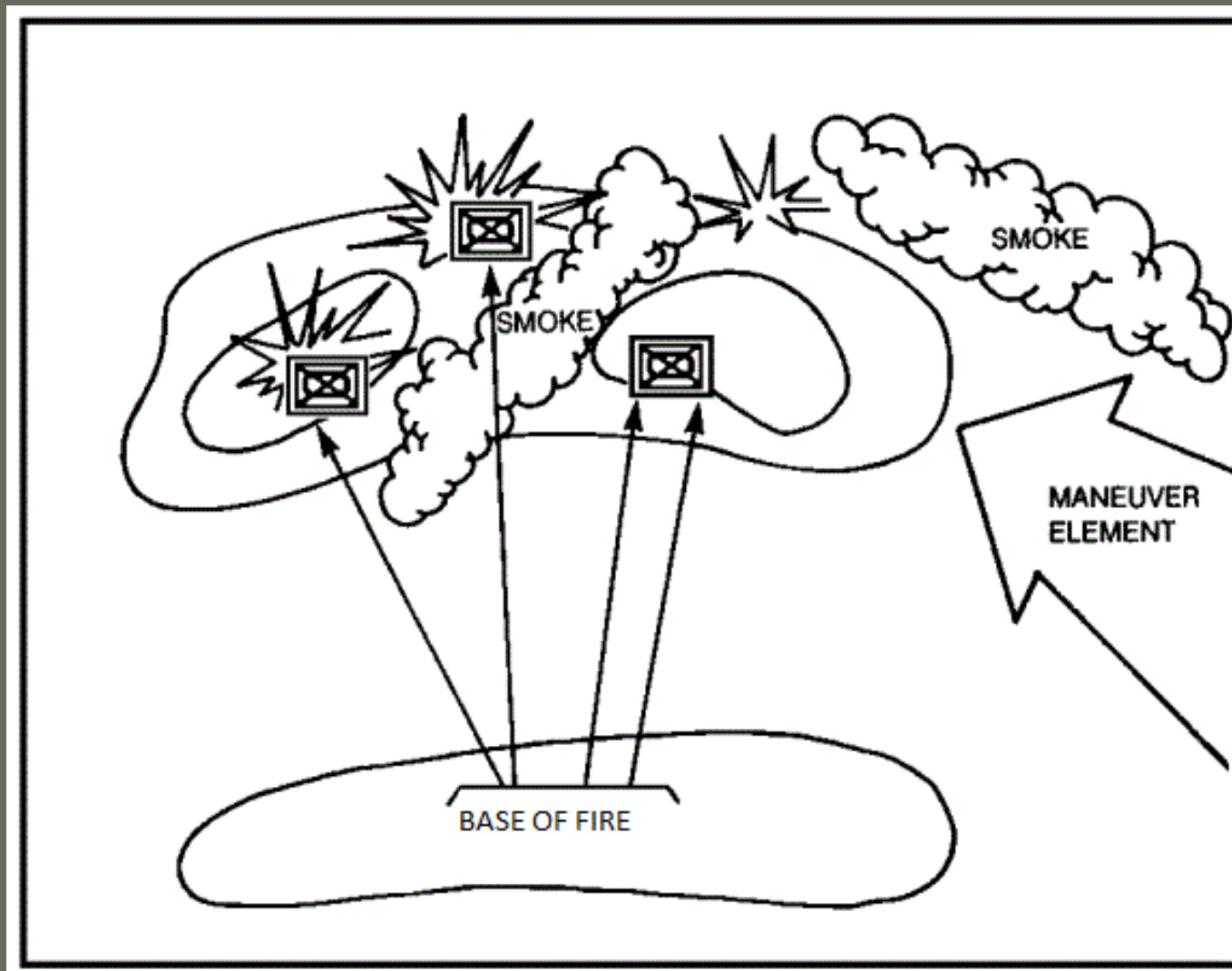
# FIRE AND MANEUVER



- Base of fire unit
- Secondary unit maneuvers to a position under COVER to attack the enemy



# FIRE AND MANEUVER





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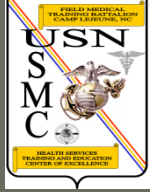
# NEGOTIATING OBSTACLES



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# CLEARING SMALL WALL



## Used When:

- Encountering short wall-like obstructions in your direction of movement

# **CLEARING SMALL BULKHEADS**

**APPROACH THE  
WALL IN THE  
ALERT CARRY**

**BRACE YOUR  
LEAD FOOT AGAINST THE  
BULKHEAD AND SEARCH THE  
OTHER SIDE KEEPING YOUR  
MUZZLE ABOVE THE BULKHEAD**

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Individual Movement



# CLEARING SMALL BULKHEADS



**SHORT-STOCK**

**THE WEAPON BY PLACING THE  
BUTTSTOCK HIGH ON YOUR SHOULDER TO  
KEEP THE MUZZLE ABOVE THE BULKHEAD**

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# CLEARING SMALL BULKHEADS



**AFTER TAKING A STEP BACK,  
STEP OVERWITH THE **LEAD FOOT FIRST**  
AND THEN BRING YOUR WEAK FOOT OVER**

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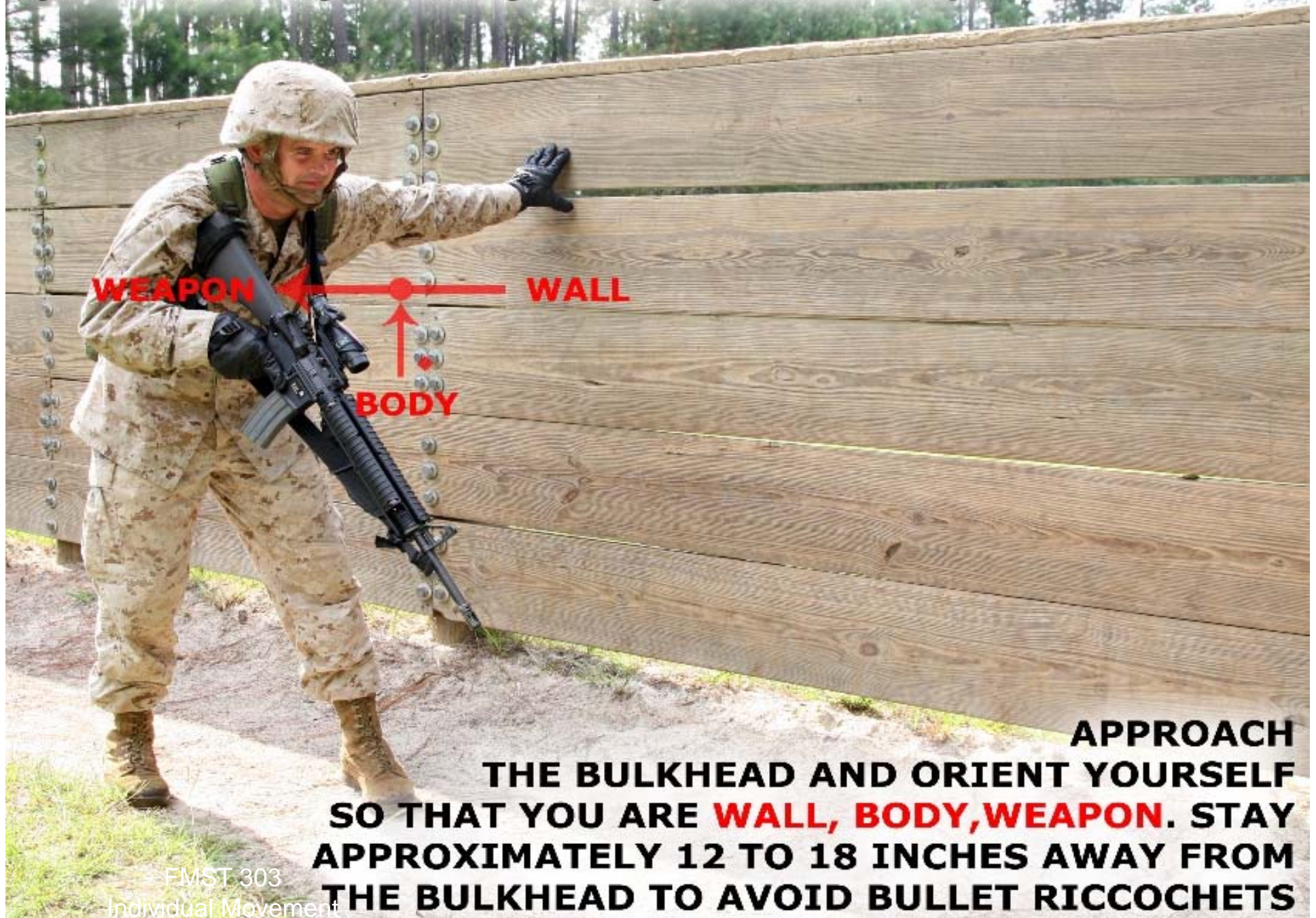


# CLEARING LARGE WALL



- Used When:
- There is no other way around the bulkhead

# CLEARING LARGE BULKHEADS



# CLEARING LARGE BULKHEADS

WITH YOUR NON-FIRING HAND, FEEL THE TOP EDGE OF THE BULKHEAD FOR TRIP WIRES OR OTHER BOOBY TRAPS USING THE PIANO FEEL METHOD. FEEL AN AREA 6 TO 8 FEET IN LENGTH TO GIVE

**YOURSELF ENOUGH ROOM TO GO OVER THE BULKHEAD**

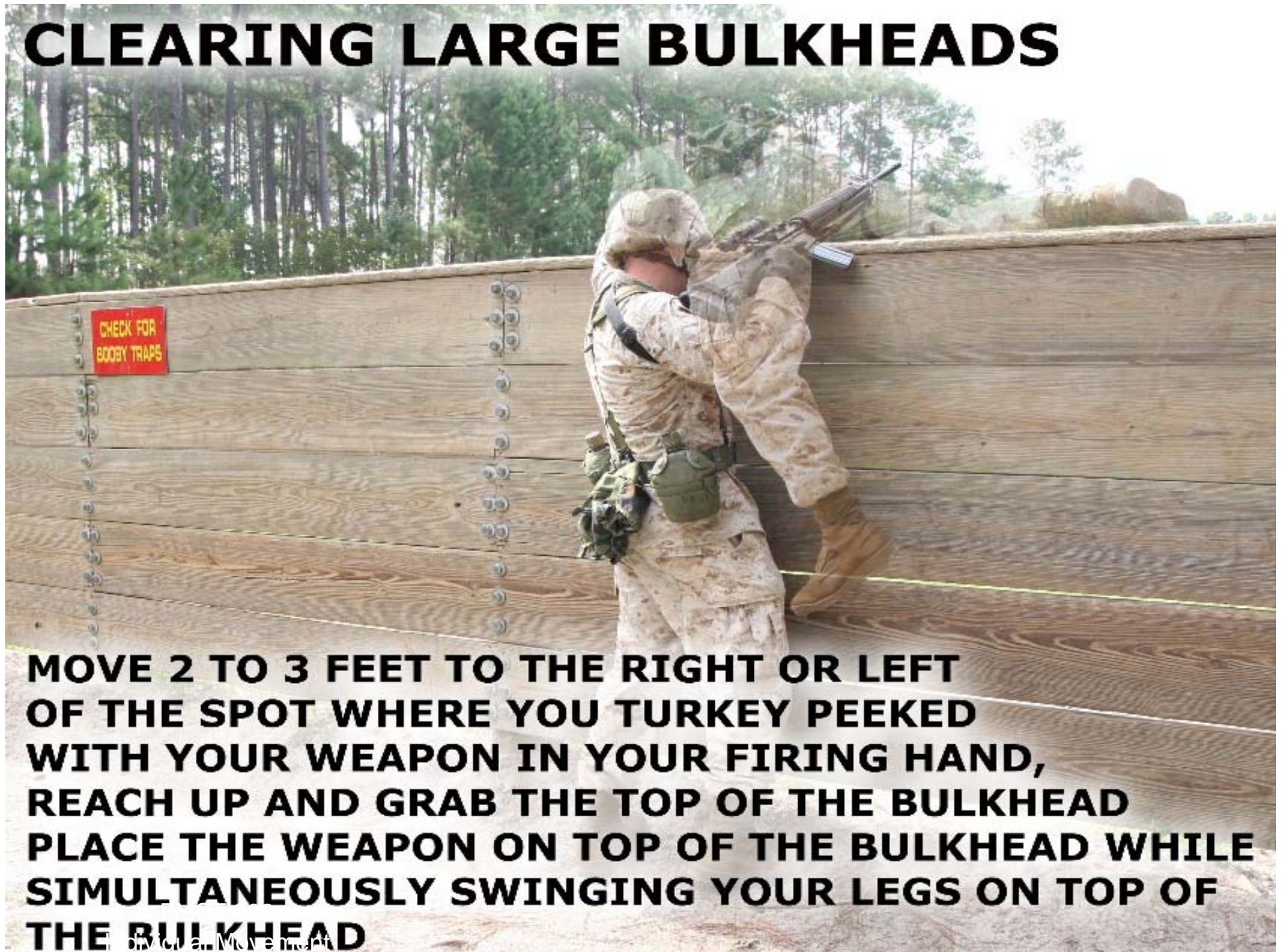
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# CLEARING LARGE BULKHEADS



VERY QUICKLY, TAKE A STEP  
BACK FROM THE BULKHEAD AND **TURKEY**  
**PEEK** THE OTHER SIDE OF THE BULKHEAD TO  
**SEE IF IT IS CLEAR OF OBSTACLES AND ENEMIES**

# **CLEARING LARGE BULKHEADS**



**MOVE 2 TO 3 FEET TO THE RIGHT OR LEFT  
OF THE SPOT WHERE YOU TURKEY PEEKED  
WITH YOUR WEAPON IN YOUR FIRING HAND,  
REACH UP AND GRAB THE TOP OF THE BULKHEAD  
PLACE THE WEAPON ON TOP OF THE BULKHEAD WHILE  
SIMULTANEOUSLY SWINGING YOUR LEGS ON TOP OF  
THE BULKHEAD**

# CLEARING LARGE BULKHEADS

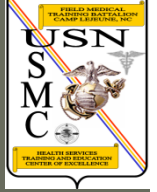


KEEP A LOW PROFILE, ROLL OVER AND QUICKLY SEEK  
COVER ON THE OTHER SIDE OF THE BULKHEAD

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Individual Movement



# TANGLE FOOT



## Used When:

- Encountering ankle level wire in your direction of movement

# TANGLE FOOT



**DAY WALK THROUGH THE  
TANGLE FOOT AT THE READY CARRY,  
MAINTAINING EYE, MUZZLE, TARGET**

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# **TANGLE FOOT**

A close-up photograph of a person's lower legs and feet. They are wearing camouflage-patterned pants and brown suede boots. They are walking through tall green grass and several strands of barbed wire. The right foot is lifted high, clearing the wires, while the left foot is on the ground. The background is a field of tall grass under bright light.

**WHEN DAY WALKING THROUGH TANGLE  
FOOT, LIFT YOUR FEET BOOT TOP HIGH TO  
AVOID TRIPPING OVER WIRES**

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Individual Movement



# CLEARING CULVERTS



## Used When:

- Encountering culverts or similar tunnel-like opening

# CLEARING CULVERTS

**BOTH RECRUITS WILL SIGHT  
IN ON THE ENTRANCE TO THE  
CULVERT THEN PIE OFF TO  
THE SIDES OF THE ENTRANCE**

**KEEP YOUR MUZZLE OUT OF  
THE CULVERT OPENING**

# CLEARING CULVERTS



**WITH YOUR BUDDY, **PIANO FEEL**  
FROM 12 O'CLOCK TO 6 O' CLOCK  
AND BACK AROUND THE ENTRANCE  
TO THE CHECK FOR BOOBY TRAPS**

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# CLEARING CULVERTS



**ONE RECRUIT WILL COMMUNICATE  
WITH THE OTHER RECRUIT THAT THEY  
ARE ENTERING THE CULVERT**

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# **CLEARING CULVERTS**



**THE OTHER RECRUIT  
WILL REMAIN OUTSIDE THE  
CULVERT AND PROVIDE REARWARD SECURITY**

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# CLEARING CULVERTS



THE RECRUIT INSIDE THE CULVERT WILL DUCK  
WALK TO THE END AT WHICH POINT THEY WILL  
**PIANO FEEL** AROUND THE ENTIRE OUTSIDE OPENING  
FROM 12 O'CLOCK TO 6 O'CLOCK AND BACK

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# CLEARING CULVERTS

**"CLEAR!  
RCT. REED  
EXITING  
RIGHT"**

**ONCE THE OPENING HAS BEEN  
CLEARED THE RECRUIT WILL YELL "CLEAR,  
(RCT.REED) EXITING LEFT OR RIGHT" AND  
EXIT THE CULVERT AND PROVIDE COVER**

# CLEARING CULVERTS

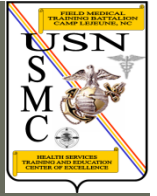
**"CLEAR!  
RCT. BROWN  
EXITING  
LEFT"**

**ONLY THEN WILL THE  
SECOND RECRUIT MAKE THEIR WAY  
THROUGH THE CULVERT, SOUNDING  
OFF "RCT MEEKING EXITING RIGHT"**

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Individual Movement



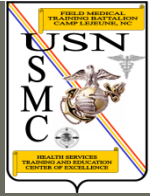
# WIRE



- **Three ways to negotiate:**
- **Back Crawl:** Used when speed is not essential, but surprise is.
- **Breeching:** Used for rapid access through wire obstacles.
- **Bridging:** This method can be used for rapid access across an obstacle.



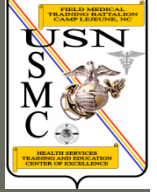
# DANGER AREAS



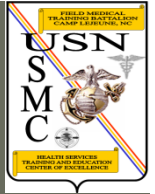
- Any place where you are exposed to enemy observation or fire
- To include open fields, trails, and enemy positions
- Go around if possible



# BOOBY TRAPS



- Always assume an obstacle or danger area is booby trapped
- Visually check for trip wires or something attached to obstacle that shouldn't be there
- Then physically check the obstacle by feeling for wire, glass, or anything unusual

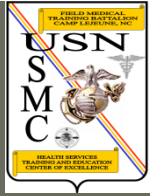




# COVER, CONCEALMENT, CAMOUFLAGE



# COVER



- Protection from enemy fire
- Natural or man made
- Man made includes fighting holes, trenches, walls, rubble, abandoned equipment



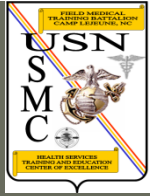
# CONCEALMENT



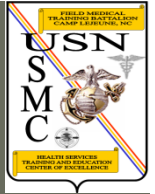
- Anything that will hide you from enemy observation
- Will not protect you from enemy fire



# CAMOUFLAGE

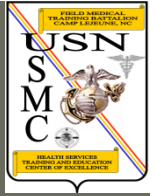


- Anything that keeps you, your equipment, and position from looking like what they are
- Pay attention to shapes (sharp edges), colors, shadows, shiny objects
- Fighting positions shouldn't be where the enemy would expect them to be





# INDIVIDUAL MOVEMENT TECHNIQUES



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Individual Movement Techniques