



SHOOTING POSITIONS



FMST WP3



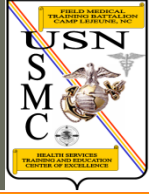
OVERVIEW



- Prone Position
- Sitting position
- Kneeling Position
- Standing Position



LEARNING OBJECTIVES

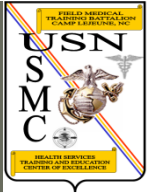


Please Read Your

Terminal Learning Objectives

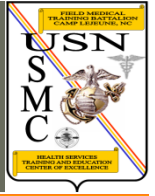
And

Enabling Learning Objectives





PRONE POSITION



- Allows for most stable position
- Allows for lowest profile

Moving into position

- Stand erect towards target
- Feet shoulder width apart
- Drop to knees



PRONE POSITION



Straight leg position with sling

- Move forward or drop back
- Feet facing outboard
- Correct body alignment will absorb recoil





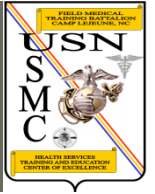
PRONE POSITION

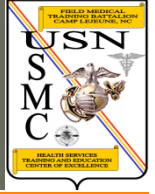


Cocked leg position with sling

- Move forward or backward
- Support leg straight, firing leg cocked
- Firing shoulder higher than support shoulder







SITTING POSITION

The following are requirements for the sitting position:

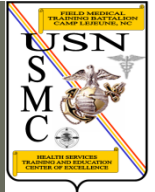
- Butt, Feet, Ankles will support body weight
- Both hands, sling, and shoulder support rifle
- Arms rest on legs any point above the ankles
- Magazine placement



SITTING POSITION



- Extremely stable
- Good bone support
- Three variations
 - Cross ankle sitting position with loop sling
 - Cross leg sitting position with loop sling
 - Open leg sitting position with loop sling



SITTING POSITION

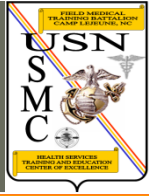
Crossed ankle sitting position with sling

- 30 degree angle to target
- Bend at knees break fall with firing hand





SITTING POSITION



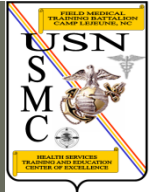
Crossed leg sitting position with loop sling

- 45-60 degree angle to target
- Bend at knees break
- fall with firing hand





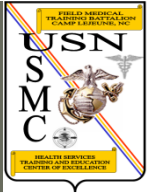
SITTING POSITION



Open leg shooting position with loop sling

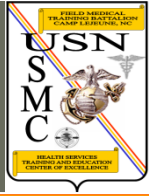
- 30 degree angle to target
- Bend at knees break fall with firing hand







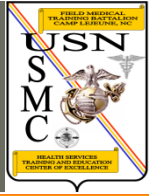
KNEELING POSITION



- Provides tri-pod of support
- Provides higher profile for better observation
- Three variations
 - High
 - Medium
 - Low

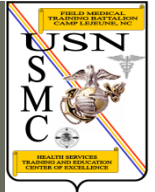


KNEELING POSITION



Assuming the kneeling position

- Moving Forward into Position
- Dropping Back into Position



KNEELING POSITION

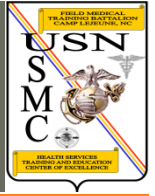
High kneeling position

- 45 degree angle right line of fire
- Toe of rear leg in contact with ground





KNEELING POSITION



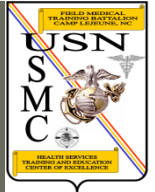
Medium Kneeling position

- 45 degree angle right line of fire
- Bootlace of rear foot in contact with ground





KNEELING POSITION



Low kneeling position

- 45 degree angle right line of fire
- Outside portion of rear foot contact with ground



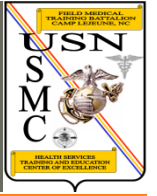


KNEELING POSITION



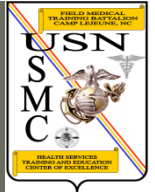
Adjusting natural point of aim

- **Buttstock placement**
 - High in shoulder lowers muzzle
 - Lower in shoulder raises muzzle
- **Forward hand placement on hand guards**
 - Further forward lowers muzzle
 - Further back raises muzzle





STANDING POSITION



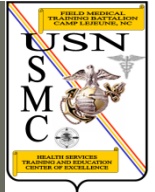
Standing position

- Quickest position to assume
- Easiest to maneuver from
- Often used for immediate combat engagement





STANDING POSITION



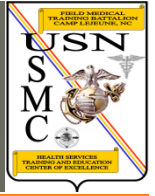
Standing position using the parade sling

- Face target approximately 90-degrees
- Feet shoulder width apart
- Toe of rifle butt high in shoulder
- Bring sights to eye level
(Don't bring head to sights)





STANDING POSITION

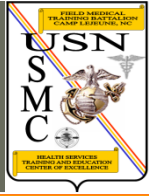


Adjusting natural point of aim

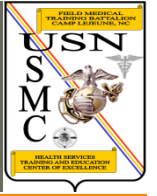
- **Feet Placement**
 - Feet further apart lowers muzzle
 - Feet closer together raises muzzle
- **Butt stock Placement**
 - High in shoulder lowers muzzle
 - Lower in shoulder raises muzzle

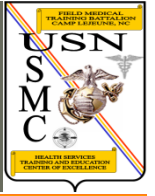


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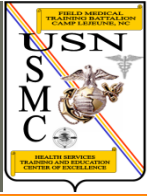


- **Placement of “V” of forward hand**
 - Forward on hand guards lowers muzzle
 - Hand back on hand guards raises muzzle





DEMONSTRATION

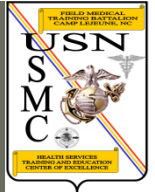




COACHING / PRACTICAL APPLICATION



SHOOTING POSITIONS



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