



MASTER MARKSMANSHIP TRAINING COURSE



Positions



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Positions

The purpose of a firing position is to support the two basic firing tasks.

Sight Alignment & Trigger Control



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Positions

Four elements of a Steady position:

Support (Artificial & Bone)

Muscular Relaxation

Natural Point of Aim

Durability



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Positions

Support

What is the most stable platform?

The Ground

Transfer the stability of the ground into your position by using artificial and bone support



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Positions

Muscular Relaxation

- If you have good support, your muscles will be relaxed
- Less muscle tension means less movement
- Comfort equals relaxed



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Natural Point of Aim

- Natural point of aim is where your position is naturally pointing when your body is relaxed
- Your position must be adjusted so that your natural point of aim (NPA) is aligned with the target
- Forcing the weapon on target causes muscular tension that can result in accuracy issues



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Checking Natural Point of Aim





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Checking Natural Point of Aim





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Checking Natural Point of Aim





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Positions

5 Points of a Solid Position

- Non-Firing Hand
- Rifle Butt
- Firing Hand
- Stock Weld
- Elbows



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Prone





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Prone



NON FIRING HAND

- Handguards rest in the “V” formed between forefinger and thumb
- Wrist remains straight
- Weight of rifle rests on heel of hand
- Fingers curled naturally around handguards
- Only enough grip pressure to maintain control of rifle



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Prone

RIFLE BUTT

- Place the rifle butt firmly into the pocket formed in the shoulder.
- Bring the rifle up to your head, not your head down to the rifle.
- The higher the position, the higher the butt is in the shoulder.





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Prone

FIRING HAND

- Placed high on the pistol grip
- Firm handshake grip
- Trigger finger should be placed naturally on the trigger
- Proper placement of the firing hand on the pistol grip allows the trigger finger to be moved straight to the rear without disturbing sight alignment.





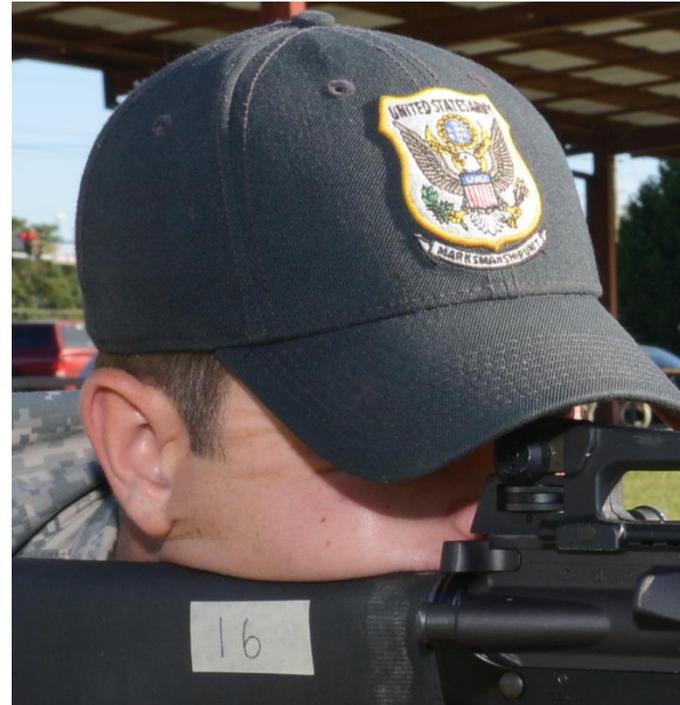
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Prone

STOCKWELD

- This is where your face contacts the stock
- Head should be vertical and upright
- Consistent from shot to shot
- Purpose is to achieve proper eye-sight alignment
- Look for excess skin forming a roll





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Prone



ELBOWS

- The non-firing elbow should still be positioned as close to directly underneath the rifle as possible to create bone support
- The firing elbow should be allowed to rest where it naturally falls after the rest of the position is acquired



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Prone



Natural Point of Aim
(NPA)



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Prone Leg Positions

Bent Knee





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Prone Leg Positions

Spread Leg





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Kneeling





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Kneeling

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Kneeling

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Kneeling

ELBOWS

- The non-firing elbow should still be positioned as close to directly underneath the rifle as possible to create bone support
- Place the elbow either forward of or behind the kneecap, but not on top
- The firing elbow should hang as naturally as possible





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Kneeling

- Left arm and left upper leg form a generally straight line
- This allows the weight of the rifle to push straight to the base of the position





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Kneeling

FEET

- Forward foot approx. 45 degrees to target and directly under knee
- Rear foot: toe on ground or whole foot flat on ground





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Kneeling

Natural Point of Aim
(NPA)





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Positions

The purpose of a firing position is to support the two basic fundamentals of marksmanship

Sight Alignment & Trigger Control