

Safety/Manipulations

Just like another type of shooting safety is always key. During this week you will be manipulating your weapon system a lot. Anytime you manipulate your weapons system (IE: Clearing, Unloading, Loading, IAD, Reloads) keep the weapon in the “Working Area” and pointed in safe direction. This allows you to have to the easiest view, and actual manipulation of the weapon.

Working Area: The area approximately 12-18 in in front of the shooters extending from the shoulders up to the shooters eyes.

WORKING Area



STANCE



A Proper stance in a Short Range Marksmanship environment allows the shooter to properly control the weapon through recoil. This allows the shooter to get the sights back to the appropriate point on the target ultimately increasing the speed in which a shooter engages the target. A proper stance also allows for the shooter to have the ability to move front/rear/left/right quickly and efficiently if needed. Stance can be broken down into 4 aspects: Feet, Legs, Upper Body, and Head

STANCE

FEET



no less than shoulder width apart

with the majority of the weight on the balls of the feet

non firing side foot slightly forward on firing side foot

this allows the center of gravity of the shooter to be in a positive position

STANCE

LEGS



Knees slightly bent

Hips generally squared to the target

Elbows generally tucked down the sides of the body

Puts you in a position to control the gun and move if necessary

STANCE

UPPER BODY



Torso generally squared to the target

Slightly bent forward at the waist

Helps control the gun and puts body armor facing target

STANCE

HEAD



Head remains in a natural position

Allows proper cheek to stock placement

Allows for proper sight alignment

Allows shooter to maintain situational awareness

GRIP



Proper grip on weapon allows the shooter to control the weapon though recoil, place the trigger finger on the trigger in a natural position. Proper grip can be broken down into two aspects: Firing hand and Non Firing hand

GRIP

Firing Hand



Firing hand is placed high on the pistol grip

Fingers are naturally wrapped around the pistol grip

This allows the shooter to have better control during recoil and allows the trigger finger to be placed naturally on the trigger

GRIP

Non Firing Hand



Non Firing Hand placed as far out on the rail system as possible without locking the elbow

Thumb is rotated over the top of the rail system or runs parallel to the rail system

This allows the shooter to have better control of the weapon during recoil as well as begin able to drive the weapon more efficiently target to target