

Practical Rifle Course Introduction

Purpose

To teach personnel how to safely and effectively use the M16 (series) service rifle in the performance of their assigned duties. Proper procedures for safe handling, operation (loading and unloading), and immediate action to be taken to correct malfunctions and stoppages shall be emphasized.

1. Personnel who are assigned to be armed with the M16 service rifle in their assigned duties are required to qualify with the weapon on this course. The PRC shall not be fired by entry level (Level I) personnel.
 2. The PRC is designed for Coast Guard personnel to use marksmanship fundamentals from the 1000' firing line (twenty-five yard line only if 1000' is not available) to the fifteen yard line to the in various tactical positions, while observing all safety rules.
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Definitions

Practice Firing. The live firing of weapons for training other than on a prescribed course.

Familiarization Firing. The live firing of a specific Coast Guard course in sequence to familiarize the person with the course of fire, the positions, time limits, etc., of that course.

Firing for Record. The firing of a course for qualification purposes.

Phase of Fire. This term identifies the distance (yard line) a particular stage is being fired from in the course.

Example: *Phase 2 fired from 7-yard line etc.*

Stage of Fire. This term advises the shooter of the sequence of fire expected in that phase of the course.

Example: *7 round magazine, Strong Hand supported.*

String of Fire. Is a timed segment of fire within the stage.

Example: *3 rounds in 8 seconds, 2 rounds in 4 seconds, 2 rounds in 4 seconds.*

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PRC Introduction (continued)

NOTE: Personnel shall not be issued any small arm(s) for live fire training unless under the direct supervision of an SAI (HH qualification code).

Pre-fire Instructions

Pre-fire instructions Per Chapter 8, PART V, Section I, are **mandatory** and shall be conducted.

Instructor notes

1. Members who have not qualified on the basic rifle marksmanship course must do so prior to being allowed to fire the PRC the first time, and must have qualified on this course or the BRMC within the previous year for subsequent firings. If a year has elapsed, the shooter must re-qualify on the basic course prior to firing this course.
2. Range personnel shall inspect all weapons and equipment before range training, including all ancillary equipment, to ensure safe condition and proper operation.
3. Safety regulations shall be read and be explained by the SAI. Safety is the primary consideration in all training involving the use of weapons and ammunition.
4. During instruction and firing, emphasis will be placed on the safe handling of the weapon. Consider all weapons as loaded, regardless of perceived or known condition.

NOTE: Violation of any safety regulation will not be tolerated and is cause for removal from the firing line.

5. Dry fire training shall be conducted to familiarize personnel with the operation of the weapon and optimum positions (magazine changes, use of barricades, positions, etc.) prior to live firing exercises.
6. Hearing and eye protection and ball caps shall be worn.

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PRC Introduction (continued)

**Instructor notes
(cont)**

7. The number of rounds fired during any timed stage must be strictly adhered to. The firing of early or late rounds will result in the loss of the highest number of points for the number of rounds fired early or late.
8. Repeated flagrant disregard for time shall result in the shooter being removed from the firing line.
9. If time permits, individuals removed from the line may receive remedial training in basic marksmanship fundamentals until the SAI determines that basic standards of qualification and safety have been met.

NOTE: Rounds not fired due to shooter performance, e.g., too slow; failure to properly seat the magazine, etc. shall not be fired but taken away.

10. The cartridge case deflector shall be used in all training with the M16 rifle.

NOTE: Cartridge case deflectors may be requested from the SARF by Memorandum.

11. Dropped magazines containing rounds shall be taken by coaches.
 12. The required target is the GREEN Transtar II. The green target simulates low visibility and is more difficult for target acquisition.
 13. Shooters shall don boarding gear prior to firing. For example, body armor, life vests, mustang suits, etc., are **mandatory**. Warm or cold weather gear shall be selected as unit patrols dictate.
 14. Familiarization firing is authorized for personnel firing the PRC for the first time or those who have not fired the course within the previous year.
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PRC Pre-fire

General Weapon Safety Safety is the most important aspect of weapons handling and training. Safety rules and procedures must be followed at all times.

The following general weapons safety rules apply at all times to any weapon, be it on the range, a boarding, a ship, at a station, or even at home.

Loaded Weapon Treat every weapon as if it is loaded, regardless of perceived or actual condition. Treat every weapon with the respect due a loaded weapon.

Muzzle Control Keep weapon pointed in a safe direction at all times. At the range, this is down range; in the line of duty, this is any direction that does not cross the path of another person or vessel. Always handle a weapon so that you control the direction of the muzzle, even if you stumble.

Surroundings Always be aware of your surroundings when handling weapons. Know what and who is around you.

Trigger Awareness Keep your finger outside the trigger guard, indexed along the receiver, until you are ready to shoot. Put your finger on the trigger only when the weapon is pointed at the target and a decision to fire has been made.

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Weapons Safety (Continued)

Safeties

For the **M16 rifle** there is a three-position selector lever, which allows the weapon to fire in semi-automatic, 3 round burst/auto, or safes the weapon.

Clear Weapon

A CLEAR M16 is one with:

1. The selector lever is in the safe position. (Pointing forward.)
2. The bolt is locked to the rear.
3. No brass or rounds in the chamber and no magazine in the magazine well.

NOTE: This is also the only way you should GIVE, RECEIVE, or BENCH this weapon.

Push/Pull method

To ensure that a weapon is clear, you should utilize the push/pull method.

- a. With the weapon pointed in a safe direction and level to the deck, **push** the weapon away from your body. Inspect the chamber of the weapon to ensure the chamber is clear and contains no brass or ammunition. You should not see any obstructions in the chamber.
- b. With the weapon pointed in a safe direction and level to the deck, **pull** the weapon towards your body and look through the magazine well to ensure the magazine is removed and the weapon is clear.
- c. Once you have determined it is clear, **“check it again”** to be sure that you were right the first time.

NOTE: This should be done each time you pick up or bench a weapon to ensure that it is clear, regardless of perceived condition.

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Weapons Safety (Continued)

Carrying Weapons

Weapons carried away from the shooting area, or otherwise not in use, must always be **cleared** and have the action open, or the weapon should be cased.

Clear Bore

Always be sure that the barrel and action are clear of any obstructions, and that you have only ammunition of the proper size for the weapon you are using.

Target Identification

Be sure of your target. Before you squeeze the trigger, positively identify your target. If positive identification of the target has not been made, **Do Not Fire!**

WARNING: Never point a weapon at anything you do not intend to shoot.

Four Weapon Safety Rules

Every one that handles weapons should memorize these 4-weapon safety rules. Training in the four safety rules must be repetitive to ensure automatic adherence when the individual is handling weapons.

1. Treat every weapon as if it were loaded, regardless of perceived or actual condition.
 2. Keep weapon pointed in a safe direction at all times. Never point a weapon at anything you do not intend to shoot.
 3. Keep your weapon on safe until aimed in on target and the decision to shoot has been made. (M9 PDW is the only exception to this rule).
 4. Keep your finger outside the trigger guard, indexed along the receiver, until the decision to shoot has been made.
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Weapons Safety (Continued)

Weapons Security

Weapons will be under direct supervision at all times. Weapons not in use will have the safety on, all ammunition removed, with actions or bolts locked in the open position, so the chamber is visible. (Cleared).

Weapons stored in weapon cases will also be supervised at all times.

Weapons and ammunition will be stored separately.

Backstops

Never shoot at a flat hard surface or the surface of inland water. When shooting at targets, be sure that your backstop is adequate.

Always know your **target**, your **backstop**, and **beyond**.

Drugs and Medication

Personnel with medical problems or who have a chronic illness requiring medication (medications that carry warnings not to drive, for example) which may affect their ability to handle weapons, affect reaction times and/or judgment, shall be excluded from weapons training.

Certain drugs and medications may temporarily impair sight and reflexes and should be avoided before and during shooting. Do not drink alcoholic beverages before or during any weapons handling or shooting activities.

It is the shooter's responsibility to inform the SAI of medical conditions and medication concerns.

Range Safety

General Range Safety

These are rules that apply to any range situation and must be followed and enforced at all times on all ranges.

- All personnel shall wear hearing and eye protection while on or near the firing line.
- Everything on the range shall be done ON COMMAND. Do not ANTICIPATE THE COMMANDS.
- Do not handle or pick up any weapon until told to do so.
- Never handle a weapon while a person is down range.
- No one goes forward of the firing line unless directed to do so by the Small Arms Instructor.
- Keep weapon pointed down range.
- When clearing jams or malfunctions in the PRC, shooters are reminded to keep weapon pointed down range, on target.
- Whenever a shooter brings a weapon to the ready position, the safety shall be on and the trigger finger shall be outside the trigger guard, indexed along the receiver.
- While moving to different yardages during the PRC, the bolt shall be to the rear. The selector lever shall be in the safe position, and the weapon will be carried with the weapon pointed down range. When returning to the firing line, all weapons will be cleared and carried at the high present arms position
- There will be NO SMOKING on or in the vicinity of the firing line or loading areas. Smoking will be in designated areas only.
- Keep noise to a minimum. Noise is a distraction and may interfere with shooters' ability to hear range commands.
- Do not put brass in covers during clean up due to lead contamination.
- Horseplay of any kind is unacceptable and will not be tolerated.

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Weapons Description and Nomenclature M16A1/A2

General Description

The M16A1/A2 rifle is a lightweight, gas operated, magazine fed, shoulder fired weapon that is capable of either semiautomatic or automatic (A2 Burst) fire through the use of a selector lever.

Components

The M-16A1/A2 is broken down into five major components

1. The upper receiver
2. The lower receiver
3. The bolt and carrier assembly
4. Charging handle
5. Magazine

Sub Components

1. Flash suppressor (A1)/ Compensator (A2)
 2. Front Sight Assembly
 3. Carrying Handle
 4. Rear Sight
 5. Charging Handle
 6. Ejection Port
 7. Magazine Catch Button (right side)
 8. Forward assist (right side)
 9. Trigger Guard
 10. Trigger
 11. Pistol Grip
 12. Bolt Catch/Bolt release (left side)
 13. Selector Lever (safe, semi and auto) (left side)
 14. Stock
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Component Description

Upper Receiver

Holds the front and rear sight assemblies. The upper receiver also contains the ejection port, forward assist, and housing for the bolt carrier and bolt assembly.

Parts	Function
Front Sight	The front sight is an adjustable post sight for sight corrections in elevation.
Rear Sight	The rear sight is an adjustable peep sight for corrections left to right. (windage)
Forward assist	Forward assist assembly is located on the right rear of the upper receiver and permits the closing of the bolt when it is not done by the force of the action spring.

Bolt and Carrier Assembly

Carries bolt to chamber and fires the weapon. Contains the firing pin, extractor, bolt, ejector, and cam pin.

Charging handle

Provides initial charging of the weapon.

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Component Description (Continued)

Lower Receiver The lower receiver provides firing control for the weapon. It contains the trigger and trigger guard assembly, selector lever, magazine catch/release button, pistol grip, and bolt catch/bolt release.

Parts	Function
Trigger Guard	Easily adaptable to winter operations. A spring-loaded retaining pin is depressed to allow ready access to the trigger when wearing arctic or heavy gloves.
Magazine catch/release button	Found on the right side of the weapon. Locks the magazine into the magazine well and is also used to release the magazine.
Bolt catch/bolt release	Found on the left side of the weapon. The bolt catch is a two-part button. The bottom of the button is used to lock the bolt to the rear. The top of the button is used to release the bolt after it has been locked in the rearward position.
Selector Lever	<p><i>Three positions</i></p> <ol style="list-style-type: none"> 1. SAFE- A non-positive safety. Only prevents the trigger from being pulled. 2. SEMI- Allows one round to be fired for each squeeze of the trigger. Trigger must be released between each shot. 3. AUTO- The weapon will continue to fire as long as the trigger is depressed or until the weapon runs out of ammunition. In the M16A2, the weapon will give a 3 round burst and stop until the trigger is pulled again.

Magazine 20 or 30 round capacity

Loading

All loading and unloading of small arms should be accomplished on ranges or at designated clearing stations.

All personnel who will carry them as part of their regular duties must learn the techniques of loading and unloading the service weapons. Those personnel shall be well drilled and understand the purpose of the training. Each unit shall have dummy cartridges on hand. Training with dummy cartridges shall be used at least **Quarterly** and, if required, more frequently to keep unit personnel at the highest level of proficiency.

WARNING: Ensure the weapon is pointed in a safe direction at all times and that your finger stays outside the trigger guard, indexed along the receiver.

Loading

1. Always keep weapon pointed in a safe direction.
2. If possible, put the selector lever is in the **safe** position. Note that the hammer must be fully cocked to put the selector lever in the safe position.
3. Pull the charging handle fully to the rear and lock the bolt to the rear. If not already in the SAFE position, place the selector lever in the SAFE position.
4. Utilizing the push/pull method, ensure the weapon is clear.
5. Depress the bolt release. The bolt should move to the forward position on an empty chamber.
6. Insert a loaded magazine into the magazine well. Be sure the magazine is fully seated into the weapon by tapping the bottom.

NOTE: Weapon will be loaded to the closed bolt, empty chamber condition.

Standard Method For Carrying The M16A1/A2 Rifle

Method of Carry

1. Bolt forward, in battery
 2. No round in the chamber.
 3. Loaded magazine inserted into the weapon.
 4. Selector lever on safe.
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Unloading

WARNING: Ensure the weapon is pointed in a safe direction at all times and that your finger stays outside the trigger guard, indexed along the receiver.

Unloading

1. Ensure the selector lever is in the **safe** position.
2. Depress magazine catch and remove magazine.

WARNING: The magazine must be removed before the chamber is cleared to prevent the chambering of another round.

3. Pull the charging handle fully to the rear and lock the bolt to the rear. Reseat the charging handle forward.

NOTE: If a round has been chambered, it will be ejected from the weapon. Do not catch the round. Let it fall. YOUR priority is to “make the weapon safe”.

4. Utilizing the push/pull method, ensure the weapon is clear.
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Firing the M16

Firing the M16

In those situations where chambering a round is called for, the following procedure will be used:

1. Keep the weapon pointed in a safe direction.

NOTE: In situations that you will be firing the weapon, the target is the safe direction.

2. Grab the charging handle with your firing hand and pull rapidly to the rear, then release. (Do not ride or ease the charging handle forward. Let the weapon do its work). This must be accomplished in one swift movement.
 3. Keep your finger outside the trigger guard, indexed along the receiver, and the weapon on safe until aimed in on target and the decision to shoot has been made.
 4. Once the decision to shoot has been made, sight in, place the selector lever to SEMI, and place your finger on the trigger.
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Alibis and Malfunctions

Alibis

The only legal alibis in this course are malfunctions of the weapon, ammunition, or target (target falling). Coaches shall closely observe shooters to ensure there was an attempt to clear the malfunction during the string of fire. If the shooter fails to make this attempt, the coach will have shooter clear the malfunction during the alibi period (if mechanically possible). The coaches will take any ejected rounds or remaining rounds in that string of fire.

Alibis for malfunctions of the weapon, ammunition, or target will be fired before conducting any further stages of fire, and under the same conditions and time limits as non-alibi firing, with time per round allotted on a prorated basis.

NOTE: Rounds not fired due to shooter performance, e.g., too slow; failure to properly seat the magazine, etc. shall not be fired but taken away.

Stoppages

A stoppage is a failure of an automatic or semiautomatic weapon to extract or eject a spent case or load or fire a new round.

There are three basic types of stoppages.

1. A failure or malfunction of weapon.
2. A failure or malfunction of ammunition.
3. A failure or malfunction of the operator (operator error).

Weapon failures or malfunctions

Weapons failures or malfunctions are mechanical problems beyond the shooter's control.

Ammunition

Problems with ammunition can be categorized into three categories:

Hangfires, Misfires and Squib rounds

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Alibis and Malfunctions (continued)

Hangfire

A hangfire is a delay in the ignition of a propelling charge. The amount of delay is unpredictable, but in most cases will be a fraction of a second. In some cases, you may not notice the delay.

WARNING: During a hangfire, always keep the weapon pointed in a safe direction.

Misfire

A misfire is a complete failure of a propelling charge or primer to function. If a failure to fire (misfire) has occurred, immediate action must be taken.

WARNING: During a Misfire, always keep the weapon pointed in a safe direction.

Squib round

A squib round is a round of ammunition with little or no powder charge. This type of round is distinguished by an audible pop or reduced recoil. Shooters WILL NOT take immediate action.

In case of a squib round, the weapon **shall not be fired** and range personnel shall be notified. The bore of the weapon must be cleared before shooting continues.

Operator Error

Improperly loaded magazines (bullets loaded backwards in a magazine), magazines not properly seated, the selector lever in the safe position, and improper handling are caused by:

- 1.) Improper training
 - 2.) Lack of training
 - 3.) Procedural short cuts
 - 4.) Attention to detail
 - 5.) Adrenaline
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Emergency Procedures

Immediate Action Immediate action is the prompt action taken by the user to correct a stoppage.

Immediate action should become **instinctive** to the user without attempting to discover the cause.

Immediate action will correct most types of stoppages.

IF	THEN
Weapon is not fully into battery	With the firing hand, TAP the forward assist, forcing the bolt into battery.
Failure to eject (Stove Pipe)	Pull charging handle to the rear. Shake or sweep brass out of the rifle. Observe position of next round. If another round has been sufficiently stripped from the magazine, lock bolt to the rear and remove magazine. Clear rounds and reinsert magazine, close bolt, and continue to fire.
Double feed	Lock bolt to the rear, remove magazine, dump loose rounds, cycle the charging handle/bolt briskly, attempting to extract. If it extracts, insert magazine, chamber a round, and continue to fire.
Hangfire	Keep weapon pointed in a safe direction. Stay on target, a hangfire will go off.
Misfire	Keep weapon pointed in a safe direction and perform S.P.O.R.T.S.

Emergency Procedures (Continued)

S.P.O.R.T.S.

With the bolt fully forward and selector lever on SEMI or AUTO and the weapon fails to fire, apply immediate action as follows:

1. **KEEP** the weapon pointed in a safe direction.
2. **Slap** the magazine to ensure that it is fully seated.
3. **Pull** the charging handle and bolt to the rear.
4. **Observe** to see if a round comes out of the ejection port. Look into the chamber. See if there are any obstructions in the chamber or magazine.
5. **Release** the charging handle and observe the weapon go into battery.
6. If the bolt does not close all the way, **tap** the forward assist.
7. **Squeeze** off the next round.

S. P. O. R. T. S.

If the weapon does not fire, it must be inspected to determine the cause of the stoppage and appropriate action must be taken.

NOTE: During this course, shooters must attempt to clear all malfunctions. If the procedures do not work by the cease-fire signal, additional assistance must be called for by raising their reaction hand.

WARNING: If the shot seems much quieter than normal or a reduced recoil occurs, cease fire immediately. This may indicate that a round may have lodged in the bore. Do not take immediate action. Immediately raise your reaction hand for assistance.

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Rules Of Marksmanship

Rules of Marksmanship

There are six basic rules of marksmanship for firing any weapon:

1. Stance/Position
 2. Grip
 3. Sight Alignment
 4. Sight Picture
 5. Breath Control
 6. Trigger Control.
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NOTE: Slings shall not be utilized in any position during this course; however, slings are required to be attached to the rifle in a parade sling.

Positions

The tactical positions depicted in the course were devised to help the average trainee achieve the best results. Since no two people are the same shape or physical condition, the SAI has the authority to slightly modify positions as needed. The overriding considerations are safety, target hits, and adequate use of available cover and concealment. Shooters shall not be penalized for slight variations of stances or positions.

NOTE: Tactical “positions” shall be taught, not tactics. MLE instructors teach boarding tactics. Positions are given to the shooters for a pool of options to draw from in a use of force situation.

Ready Position

(Ready to Offhand)

The M16 selector lever is in the SAFE position, chamber is “empty”, bolt is forward, and a loaded magazine is inserted. The rifle is held with the strong hand on the pistol grip (finger out of the trigger guard). The reaction hand is gripping the fore-end at approximately the center. The shooter's feet are placed in a position so that the body is approximately 45° to the target with the reaction foot forward. The rifle is held waist high, pointed in the direction of the target.

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Rules Of Marksmanship (Continued)

Offhand Position The shooter faces to their firing side, and spreads their feet a comfortable distance apart. The firing hand is on the pistol grip and the non-firing hand is on the hand guards, the shooter places the butt of the rifle in the pocket formed by his firing shoulder so that the sights are level with his/her eyes. The weight of the rifle is supported by the firing shoulder pocket and non-firing hand. The shooter shifts their feet until aimed naturally at the target and their weight is evenly distributed on both feet.

Ready to Short Range Offhand The M16 selector lever is in the SAFE position, chamber is “empty”, bolt is forward, and a loaded magazine is inserted. The rifle is held with the strong hand on the pistol grip (finger out of the trigger guard). The reaction hand is gripping the fore-end just forward of or on the magazine, with the reaction elbow “directly” under the weapon for maximum support. The shooter's feet are placed in a position so that the body is approximately 45° to the target with the reaction foot forward. The stock is firmly held in the shoulder “pocket”. The cheek is in the “stock-weld” (tip of the nose touching the reaction side of the charging handle).

Kneeling Position
(Ready to Kneeling) The M16 selector lever is in the SAFE position, chamber is “empty”, bolt is forward, and a loaded magazine is inserted. The rifle is held with the strong hand on the pistol grip (finger out of the trigger guard). The reaction hand is gripping the fore-end at approximately the center. The shooter's feet are placed in a position so that the body is approximately 45° to the target with the reaction foot forward. The strong knee is on the deck, and the shooter is “sitting” back on the strong leg and foot. The body is 45° to the target. The rifle is held waist high, pointed in the direction of the target.

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Rules Of Marksmanship (Continued)

Kneeling

The reaction foot is pointing at the target and the knee is bent. The strong knee is on the ground and approximately ½ step to the rear of the reaction foot. The body is 45° to the target, leaning slightly forward, while “sitting back” on the strong leg and heel. The rifle is held with the strong hand on the pistol grip, with the elbow out 90°, and the strong arm parallel to the deck. The reaction hand is gripping the fore-end just behind the forward swivel, the reaction elbow resting “in front” of the reaction knee (avoid “bone-on-bone” contact), and with the reaction elbow “directly” under the weapon for maximum support. The stock is firmly held in the shoulder “pocket”. The cheek is in the “stock-weld”.

NOTE: The basic kneeling position can be used when behind a low surface for support and cover (Low Barricade). The rifle should not rest on the barricade. The reaction hand may touch it for support.

NOTE: Barricades are required when available. A high score is less important than the deployment of tactical skills. Shooters should be made aware of the fact that in the field, barricades can represent "cover", "concealment" and "protection" from return fire.

Short Range Offhand

(This is a “high ready” position to allow for a large field of vision and rapid reaction to motion at very close range.) The rifle is held with the strong hand on the pistol grip, with the elbow out 90°, and the strong arm parallel to the deck. The reaction hand is gripping the fore-end approximately in the middle; the reaction hand index finger is extended, pointing in the direction of the muzzle (the shooter shall use the index finger to initially and rapidly acquire target by simply pointing the finger at the target), the reaction elbow “directly” under the weapon for maximum support and stability. The strong foot is approximately ½ step to the rear of the reaction foot. The stock is firmly held in the shoulder “pocket”. The cheek is placed and maintained on the stock with a slight head’s up position so that the target is in focus directly above the front sight assembly. The “sight picture” is target in focus; entire front sight assembly is positioned in center mass of the target, rear sight completely out of focus, almost out of view.

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Rules Of Marksmanship (Continued)

Grip

When firing the M16A2, a firm grip shall be maintained on the weapon at all times.

The strong or firing hand will grasp the pistol grip.

A constant rearward pressure will be applied with the firing hand to keep the weapon in the shoulder.

The reaction hand shall have a firm grip on the hand guards.

Sight Alignment

To properly align the sights, the shooter must first use the proper eye. If they are shooting with the right hand, they should use the right eye, and if shooting left handed, they should use the left eye.

When aligning the sights, the shooter first finds the front sight and brings it into alignment with the rear sight. The post sight is aligned in the center of the peep sight.

The shooter's focus must be maintained on the front sight at all times. The rear sight will appear slightly blurry, but can still be seen. This will allow the shooter to maintain proper sight alignment.



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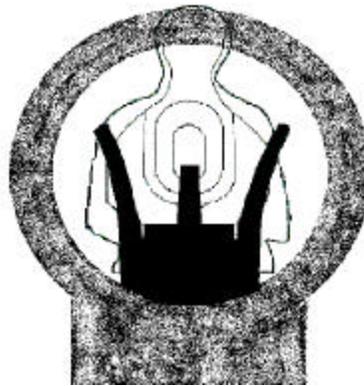
Rules Of Marksmanship (Continued)

Sight Picture

Once you have acquired your sight alignment, you must develop the sight picture. Sight picture is placing the proper sight alignment in the proper place on the target.

The human eye cannot focus on two things at once. Therefore, the shooter cannot focus on the sights and the target at the same time. The shooter's focus must remain on the front sight at all times.

To obtain the proper sight picture, the shooter places the proper sight alignment on the target so that the front post sight is aimed at center mass.



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Rules Of Marksmanship (Continued)

Arc of Movement When acquiring the sight picture, the shooter will notice that the weapon appears to move. This effect is known as the "arc of movement". It is a natural movement in the form of a horizontal figure "8". All shooters, no matter how experienced, have this movement.

Breath Control Proper breath control allows the shooter to remain steady once a good sight picture is attained.

During slow fire, the shooter should take several deep breaths, exhaling slowly.

Prior to firing, the shooter should take a deep breath and exhale half of it.

This allows some air to remain in the lungs so they will not fight to exhale or inhale.

It allows the weapon to remain steady until the weapon is fired.

This should be done for each round fired.

During timed fire, the breathing pattern should remain the same, except that the breath should be held until the magazine change.

The acronym for breathing is: **“B.R.A.S.S.”**

- ◆ **B**reath
- ◆ **R**elease halfway and hold
- ◆ **A**im
- ◆ **S**queeze
- ◆ **S**hoot

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Rules Of Marksmanship (Continued)

Trigger control

There are three stages of trigger control.

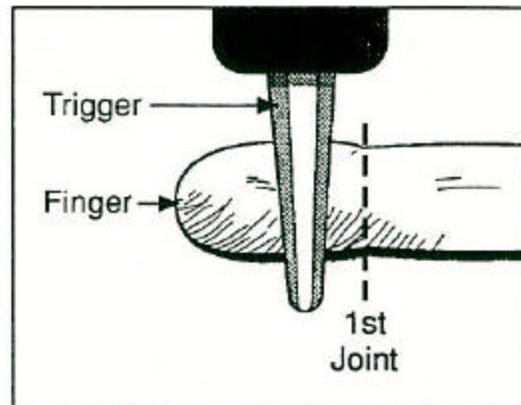
1. Finger Placement
 2. Trigger Squeeze
 3. Follow Through
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Finger Placement

To begin proper trigger control, the shooter must first properly place their finger on the trigger.

The index finger is used to apply pressure to the trigger. It should be placed in the middle of the trigger at the most rearward curved portion.

The trigger should cross the finger approximately half way between the tip of the finger and the first joint, over the swirl of the fingerprint.



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Rules Of Marksmanship (Continued)

Trigger squeeze

After attaining the proper placement of the finger on the trigger, the proper trigger pressure can be applied to the trigger.

There are three parts of trigger pressure each time the weapon is fired. They are:

1. Slack,
2. Squeeze
3. Follow Through.

All three parts are important to proper trigger control.

Slack

The shooter must first take up the slack at the beginning of the trigger movement.

This is done by applying slight pressure to the trigger. It will move slightly to the rear until the internal parts of the trigger mechanism come into full contact with each other and the "softness" in the tip of the finger is eliminated

Squeeze

The trigger is then in the squeeze portion of its movement. This is when the internal parts of the weapon are being disengaged from each other to allow the hammer to fall.

The pressure should be a smooth, constant, even pressure, applied straight to the rear so that the sights are not misaligned at the instant the hammer falls.

Once the hammer begins to fall, the follow through portion of trigger control begins.

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Rules Of Marksmanship (Continued)

Follow Through

Follow through is the continued steady pressure applied to the trigger until the trigger reaches its most rearward point of travel.

If the shooter does not continue to apply the constant, even pressure during follow through, it is possible for the shot to be moved on the target, thus spoiling an otherwise good shot.

Course of Fire

PRC Outline

Phase	Stage	String
Phase 1 1000' Inch Line (27 Yards 2 ft. 4 in.)	1. Ready to Offhand 2 mags 5rds ea.	3 rds 8 sec 4 rds 12 sec 3 rds 8 sec
	2. Ready to Kneeling 2 mags 5 rds ea.	3 rds 8 sec 4 rds 12 sec 3 rds 8 sec
Phase 2 15 Yard Line	1. Ready to S/R Offhand to Kneeling 2 mags 5 rds ea.	3 rds 8 sec 4 rds 12 sec 3 rds 8 sec

Warnings and Notes

NOTE: Violation of any safety regulation will not be tolerated and is cause for removal from the firing line.

WARNING: If personnel are required to go down range during the course of fire, all weapons **SHALL** be cleared and grounded/benched/holstered. Shooters will step well behind the firing line, away from the weapons. In no case will **ANYONE** touch a weapon with personnel down range.

WARNING: Throughout all phases and courses of fire, shooters shall keep their finger outside the trigger guard, indexed along the receiver, until aimed in on target and the "Commence Fire" signal has been given.

NOTE: When using the barricade, the weapon should not contact the barricade.

NOTE: Slings shall not be utilized in any position during this course; however, slings are required to be attached to the rifle in a parade sling.

NOTE: Coverage of the target **MUST** be maintained during magazine change.

Course Of Fire And Commands

Phase 1 Description Phase 1 will be fired from the 1000” line, for a total of 20 rounds in two stages. Stage 1 will consist of two 5 round magazines fired from the ready to the offhand position. On the commence fire signal, you will assume an offhand position and charge the weapon with your strong hand. Aim at the target, take the weapon off safe, and fire 3 rounds in 8 seconds. In stage 2, shooters will fire two rounds, conduct a magazine change, and fire two more rounds in 12 seconds. This is followed by 3 rounds in 8 seconds.

Stage 2 will consist of two 5 round magazines fired from the ready to the kneeling position (barricades are to be used if available). On commence fire signal, shooters will assume the kneeling position and charge the weapon with their strong hand. Aim at the target, take the weapon off safe, and fire 3 rounds in 8 seconds. In stage 2, shooters will fire two rounds, conduct a magazine change, and fire two more rounds in 12 seconds. This is followed by 3 rounds in 8 seconds.

Phase 1 Stage 1 commands

- a. “In this stage of fire, you will fire 3 rounds in 8 seconds, followed by 4 rounds in 12 seconds with a magazine change, followed by 3 rounds in 8 seconds, from the ready to offhand position.”
- b. “Ensure that the selector lever is in the **safe** position. With a magazine of 5 rounds, load to the empty chamber condition.”
- c. “3 rounds, 8 seconds, from the ready to the offhand position. Is the firing line ready?”
- d. “The firing line is/is not ready.”
- e. Commence fire signal.
- f. Cease-fire signal.

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Description and Commands (continued)

Phase 1 Stage 1 Commands (cont.)

- g. "4 rounds, 12 seconds, with a magazine change."
 - h. Commence fire signal.
 - i. Cease-fire signal.
 - j. "3 rounds in 8 seconds."
 - k. Commence fire signal.
 - l. Cease-fire signal. "Are there any alibis?"
 - m. "There are/are no alibis."
 - n. "Put selector lever in the safe position, Release your empty magazine."
 - o. "Is the line clear?"
 - p. "The line is/is not clear."
-

Phase 1 Stage 2 commands

- a. "In this stage of fire, you will fire 3 rounds in 8 seconds, followed by 4 rounds in 12 seconds with a magazine change, followed by 3 rounds in 8 seconds, from the ready to the kneeling position. Shooters are reminded not to charge the weapon until your strong knee is on the deck."
 - b. "Ensure that the selector lever is in the **safe** position. With a magazine of 5 rounds, load to the empty chamber condition."
 - c. "3 rounds, 8 seconds, from the ready to the kneeling position. Is the firing line ready?"
 - d. "The firing line is/is not ready."
 - e. Commence fire signal.
 - f. Cease-fire signal.
-

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Description and Commands (continued)

Phase 1 Stage 2 Commands (cont.)

- g. "4 rounds, 12 seconds, with a magazine change."
 - h. Commence fire signal.
 - i. Cease-fire signal.
 - j. "3 rounds in 8 seconds."
 - k. Commence fire signal.
 - l. Cease-fire signal. "Are there any alibis?"
 - m. "There are/are no alibis."
 - n. "Put selector lever in the safe position, Release your empty magazine."
 - o. "Is the line clear?"
 - p. "The line is/is not clear."
 - q. "Stand up"
-

Phase 2 Description

Phase 2 will be fired from the 15 yard line and will consist of two 5 round magazines fired from the ready to the short range offhand to the kneeling position. On commence fire signal, shooters will assume the short-range offhand position and charge the weapon with their strong hand. Aim at the target, take the weapon off safe, and fire 3 rounds in 8 seconds. In stage 2, shooters will fire two rounds from the offhand position, conduct a magazine change and position change to the kneeling position, and fire two more rounds in 12 seconds. This is followed by 3 rounds in 8 seconds. Continue to cover the target between strings with the trigger finger outside the trigger guard, indexed along the receiver.

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Description and Commands (continued)

Phase 2 commands

- a. "In this stage of fire, you will fire 3 rounds in 8 seconds, followed by 4 rounds in 12 seconds with a magazine and position change, followed by 3 rounds in 8 seconds from the ready to short range offhand to kneeling position. Shooters are reminded not to chamber a round until your strong knee is on the deck."
- b. "Ensure that the selector lever is in the **safe** position. With a magazine of 5 rounds, load to the empty chamber condition."
- c. "3 rounds, 8 seconds, from the ready to short range offhand position. Is the firing line ready?"
- d. "The firing line is/is not ready."
- e. Commence fire signal.
- f. Cease-fire signal.
- g. "4 rounds, 12 seconds, with a magazine and position change."
- h. Commence fire signal.
- i. Cease-fire signal.
- j. "3 rounds in 8 seconds."
- k. Commence fire signal.
- l. Cease-fire signal. "Are there any alibis?"
- m. "There are/are no alibis."
- n. "Put selector lever in the safe position, Release your empty magazine."
- o. Is the line clear?"
- p. "The line is/is not clear."
- q. "Stand up"

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Qualification Criteria

Qualification: For record purposes, scoring will be entered on the appropriate form, Individual's Record of Small Arms Training (CG 3029A). Personnel who fail to qualify during their initial record firing should receive appropriate retraining and be allowed to fire the record fire course one additional time, provided time and assets are available.

Scoring for the course will be based on a maximum of 30 points from 30 rounds of 5.56mm M16 ammunition. One point is any hit in the 4 and 5 scoring areas of the Green Transtar II target. The minimum qualifying score is 25.

A person will either be "QUALIFIED" (Q) or "UNQUALIFIED" (U).
