

How to Assemble a Liberty Training Rifle



You're signed up for an event and want to make sure your rifle is ready for the job. Aside from making sure it's cleaned and oiled, there are some options for your rifle you should consider to be best prepared.

Participating in a Project Appleseed event does not require an expensive rifle or ammo. A .22 rimfire rifle is a great place to begin your journey to becoming a Rifleman. It's an inexpensive solution to learn skills that will benefit you when graduating to a centerfire rifle.



The Ruger 10/22 rifle is a good choice because of its low price, accuracy and many available aftermarket parts. However, other rifles such as the Marlin 795 will work fine. In fact, the Ruger 10/22 rifles out of the box are more accurate than the

skills of most shooters. Many Appleseeders have earned their Rifleman patch with a standard factory Ruger 10/22 or Marlin.

The essentials of creating a Liberty Training Rifle comprise adding the following components:

- sling swivels
- USGI style sling
- adjustable sights (iron sights or scope)

Sling Swivels

Much of what you're going to learn at Project Appleseed centers using a USGI-style sling for support. A sling is normally attached to a rifle using swivels. We recommend 1-¼" swivels.



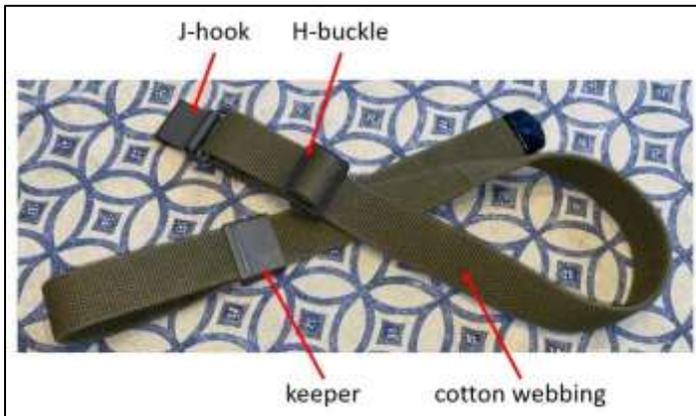
If your rifle stock doesn't have sling studs, Amazon sells them as part of a swivel kit. Installation is relatively simple on a wood rifle stock. This video details how to do it: https://www.youtube.com/watch?v=S4FyAfQHi_U

Swivels: <https://store.rwvaappleseed.com/page13.html>

Swivel kit with studs: <https://www.amazon.com/Uncle-Mikes-Detachable-Carabines-Swivels/dp/B000LDY2MS>

USGI Style Sling

We recommend the USGI sling because it's lightweight, easy to use, and very low cost.



The USGI sling is easily adjustable. It significantly increases the accuracy of any shooter. Many shooters are amazed at the difference it makes.

You can find slings in the Project Appleseed store: <https://store.rwvaappleseed.com/page13.html>

Project Appleseed is iron sight and scope friendly! See options for both below!

Adjustable Sights: Tech-Sights

A set of Tech Sights (<http://www.tech-sights.com/>) will make shooting your .22 rifle much more enjoyable. They are durable, relatively inexpensive, and easy to use.



These sights will provide easy windage (side to side) and elevation (up and down) adjustments. The sight picture is similar to M1 Garand, Springfield M1A and the AR-15 rifles. We recommend getting a sight adjusting tool to match your sights for ease of use.

The Appleseed store offers Tech-Sights and adjusting tools: <https://store.rwaappleseed.com/page13.html>

You can also get them direct from the manufacturer: <https://www.tech-sights.com/>

Adjustable Sights: Scopes

Most shooters do not need a scope unless they have significant difficulty focusing on the front sight. In that case, shooting with a scope is advantageous. However, optics will be more expensive than a set of Tech-Sights.

There are three items to consider when mounting a scope on a .22 rifle:

1. Appropriate scope
2. Scope rings of proper height
3. Mounting hardware (a rail) that gets your scope far enough forward to prevent neck strain



The choice of a **scope** itself is often a matter of personal preference, but you don't need to spend a lot of money to be successful. At Project Appleseed, you don't need a scope that will zoom like the Hubble telescope. Vortex Optics offers a value-priced solution with their Crossfire II 2-7x32 BDC scope (pictured left). Vortex offers a lifetime warranty, making this ideal for any Appleseed shooter.



Parts called **rings** hold your scope firmly in place. The rings should be the same diameter as your scope tube. Vortex Optics offers a set of medium 1" rings (part number [RING-M](#), pictured left) that will fit on the rail described above. Please follow manufacturers installation instructions regarding torque and thread locker.



Rings mount to your rifle using a part called a **rail**. The factory-rail is usually not suitable for the type of shooting we do in Appleseed. We recommend a *cantilevered* rail, which allows you to mount the scope forward enough to prevent neck strain while shooting.

We recommend a rail with additional elevation designed-in (+20 MOA), so you can use the same rifle for a Rimfire Known Distance class as well!

Evolution Gun Works (EGW) offers a well-made and reasonably-priced rail (pictured above) in versions that will fit most popular rifles. Many Appleseed instructors recommend and use this product.

There are many options for scopes. We sell complete scope packages in our online store which are competitively priced and easy to assemble at home. Our packages are complete solutions with scope, rings, and rail. Check out the options we offer: <https://store.rwvaappleseed.com/scopes.html>

Of course, Appleseed shooters have been successful using other optics options. For more information about setting up a rifle, visit the Project Appleseed forum at <https://www.appleseedinfo.org/smf/>.