

## **Prone Demo** (Addy, Slings, Geo, SHF, & Shifting)

**Addressing the target:** Approx. 30 degree toward trigger hand side

**The Hasty sling:** While standing, then drop to kneeling

- \***Demonstrate** and explain how to get into a hasty sling from prone.
- \* **Demonstrate** how to adjust to maintain the proper “snug” tension.
- \***Explain** the advantages and disadvantages of the hasty sling.

**The Loop sling:** Don / doff while kneeling

- \***Explain** why the loop must be above the bicep (keep it from slipping).
- \***Point out** that the clip is on the outside of the arm.
- \* **Demonstrate** how to adjust for the proper tension in position.
- \***Explain** the advantages and disadvantages of the loop sling.

**Shooter geometry:** Each shooter has a different shape and size, (geometry – tall vs. short).

### **Steady Hold Factors of the prone position: (Demonstration)**

\***Support hand**- The support hand should be open, relaxed, cradling the forestock.

\***Support elbow**- The support arm should be resting on the back side of the elbow and as far under the rifle as possible.

\***Sling**:- The sling should be under the back of the hand and as high above the bicep as possible. It should be snug.

\***Support side leg**- The support side leg should be straight and aligned with the spine.

\***Trigger side leg** - The trigger side knee should be drawn toward the rifle as far as possible.

\***Trigger side elbow**- The trigger side elbow should be planted with enough weight to maintain the position under recoil.

\***Trigger hand grip**- The trigger hand grips the stock with a “firm handshake” grip, pulling the butt rearward into the shoulder pocket firmly.

\***Trigger finger**- The trigger finger is not “dragging wood”.

\***Turkey neck**- The head is pushed forward to its full extent, creating a consistent point of reference and sight picture.

\***Cheek weld**- The cheek is placed firmly against the buttstock after “turkey necking” with the eye perfectly aligned with the sights and contact is maintained throughout the string of fire. Cheek weld IS sight alignment!

\*Once the position is correct, sights should track vertically thru the target.

**Position Shift:** (Shift the hips left or right to achieve proper windage. For elevation shift the hips forward or rearward, or slide hand fore and aft along the forestock).

## **Sitting/ kneeling positions demo** (Addy, Slings, How, Geo, SHF, & NPOA shift)

Not all shooters have the same build and flexibility and will have to determine for themselves what “stage 2” position suits them best. We will teach all the acceptable positions in order from the most stable to the least stable. (Suggest loosening belt)

### **Sitting, crossed legged:**

**Addressing the target:** 30 degree toward trigger hand side – driven by shooter body geometry.

#### **Sling use, sitting:**

**\*Demonstrate** how to use the hasty sling, seated. (TPI)

**\*Demonstrate** how to use the loop sling seated. (TPI)

**\*Explain** that a slight sling adjustment may be needed from the shorter prone sling position.

#### **How to get into a sitting position:**

**\*Explain and demonstrate** how the cross legged position is built. Sit and tuck the trigger side foot under the support side shin, placing elbows on target side of knees.

#### **Shooter Geometry:**

Shooter geometry drives placement of elbows and knees. Place the elbows where they should be and move the knees to meet them there. A lower position is more stable. Elbows should be on the target side of the knees.

**\*Demonstrate** - raise and lower the knees by sliding the feet closer together or further apart.

**\*Explain** - Relaxed position; you should not be holding the legs up with muscle.

**Determining the proper angle:** shooter geometry will determine the angle of the position...

#### **Steady hold factors of the cross legged position (Demonstration):**

**\*Support hand:** The support hand should be open, relaxed, cradling the forestock.

**\*Support elbow:** The support elbow should be on the target side of the knee, as far under the rifle as possible.

**\*Sling:** The sling should be across the back of the hand and be as high above the bicep as possible. It should be snug and properly adjusted.

**\*Trigger side elbow:** The trigger side elbow should rest with the “flat” on the back of the arm contacting the “flat” of the leg on the target side of the knee.

**\*Trigger hand:** The trigger hand should grip the stock with a firm “handshake” grip, pulling it back into the shoulder pocket firmly.

**\*Trigger finger:** The trigger finger is not dragging wood.

**\*Turkey neck:** The head is pushed forward to its full extent, creating a consistent point of reference and sight picture.

**\*Cheek weld:** The cheek is placed firmly against the buttstock after “turkey necking” with the eye perfectly aligned with the sights and contact is maintained throughout the string of fire.

**NPOA Shift:** Shift the bottom clockwise or counter clockwise to achieve proper windage, for elevation raise or lower the knees by sliding feet closer or further apart, or slide the elbow up or down on the forward knee, or slide hand fore and aft along the forestock. In some instances, more than one may be needed to gain proper elevation.

### **Sitting , crossed ankle:**

**Addressing the target:** 30 degree toward trigger hand side – driven by shooter body geometry.

**How to get into a crossed ankle position:** Sit and tuck the trigger side foot under the support side ankle.

#### **Shooter Geometry:**

Shooter geometry drives placement of elbows and knees. Place the elbows where they should be and move the knees to meet them there. A lower position is more stable. Elbows should be on the target side of the knees.

#### **Steady hold factors of the crossed ankle position:**

**\*Support hand:** The support hand should be open, relaxed, cradling the forestock.

**\*Support elbow:** The support elbow should be on the target side of the knee.

**\*Sling position:** The sling should be under the back of the hand and should be as high above the bicep as possible. It should be snug and properly adjusted.

**\*Trigger side elbow:** The trigger side elbow should rest with the “flat” on the back of the arm contacting the “flat” of the leg on the target side of the knee.

**\*Trigger hand grip:** The trigger hand should grip the stock with a firm “handshake” grip, pulling it into the shoulder pocket firmly.

**\*Trigger finger:** The trigger finger is not dragging wood.

**\*Turkey neck:** The head is pushed forward to its full extent, creating a consistent point of reference and sight picture.

**\*Cheek weld:** The cheek is placed firmly against the buttstock after “turkey necking” with the eye perfectly aligned with the sights and contact is maintained throughout the string of fire.

**NPOA Shift:** Shift the bottom clockwise or counter clockwise to achieve proper windage, for elevation raise or lower the knees by sliding feet closer or further apart, or slide the elbow up or down on the forward knee, or slide hand fore and aft along the forestock. In some instances, more than one may be needed to gain proper elevation

### **Sitting, Open legged:**

**Addressing the target:** \***Explain and demonstrate** how to index to the target.

**\*Explain and demonstrate how the open legged position is built:** Sit and place the feet in front, a little more than shoulder width apart, and keep the feet straight in front of the knees, (Constant angle from the hips to the feet). The feet should be flat on the ground if possible.

### **Shooter Geometry:**

**\*Explain** how varying shooter geometry drives placement of elbows and knees. Suggest that the shooters place the elbows where they should be and move the knees to meet them there. A lower position is more stable. Elbows should be on the target side of the knees. The forward knee may almost point at the target.

**\*Demonstrate** how to raise and lower the knees by sliding the feet further out or closer in.

**\*Explain** that this should be a relaxed position; the shooters should not be holding the legs up with muscle. The feet should be far enough out to accomplish this.

**Determining the proper angle:** shooter geometry will determine the angle of the position...

### **Steady hold factors of the open legged position (Demonstration):**

**\*Support hand:** The support hand should be open, relaxed, cradling the forestock.

**\*Support elbow:** The support elbow should be on the target side of the knee.

**\*Sling:** The sling should be under the back of the hand and should be as high above the bicep as possible. It should be snug and properly adjusted.

**\*Trigger side elbow:** The trigger side elbow should rest with the “flat” on the back of the arm contacting the “flat” of the leg on the target side of the knee.

**\*Trigger hand grip:** The trigger hand should grip the stock with a firm “handshake” grip, pulling it back into the shoulder pocket firmly.

**\*Trigger finger:** The trigger finger is not dragging wood.

**\*Turkey neck:** The head is pushed forward to its full extent, creating a consistent point of reference and sight picture.

**\*Cheek weld:** The cheek is placed firmly against the buttstock after “turkey necking” with the eye perfectly aligned with the sights and contact is maintained throughout the string of fire.

### **NPOA Shift:**

(Shift both the bottom and/ or BOTH feet clockwise or counter clockwise to achieve proper windage, for elevation raise or lower the knees by sliding feet closer or further away, or slide the elbow up or down on the forward knee, or slide hand fore and aft along the forestock. In some instances, more than one may be needed to gain proper elevation)

## **Kneeling position:**

### **Addressing the target:**

\***Explain** and demonstrate how to index to the target. Stand facing about 90 degrees to the trigger hand side of the target.

### **How to get into a kneeling position:**

Drop to the trigger side knee with the forward shin near vertical. Place the forward arm on the target side of the knee, flat on flat. Sit with the weight rearward, foot either on the ball of the foot or tucked toe inside. The bottom rests on the heel or side of the foot.

### **Shooter Geometry:**

\***Explain** shooter variables, such as sitting on the foot vs. sitting on the heel.

\***Demonstrate** how to raise and lower sights by sliding support foot forward and back.

\***Explain** that this should be a relaxed position, with as little muscle input as possible.

### **Steady hold factors of the kneeling position:**

\***Support hand:** The support hand should be open, relaxed, cradling the forestock

\***Support elbow:** The support elbow should be on the target side of the knee, as far under the rifle as possible.

\***Sling:** The sling should be under the back of the hand and should be as high above the bicep as possible. It should be snug and properly adjusted.

### **Forward shin:**

The forward shin should be near vertical, foot flat

\***Trigger side knee:** The trigger side knee should be planted firmly, with the base of the spine resting on the heel or with the foot turned inside, sitting on the foot itself.

\***Trigger side elbow:** (Introducing a new concept)

The trigger side elbow should be “**chicken winged**” to form a larger pocket as much as possible.

\***Trigger hand grip:** The trigger hand should grip the stock with a firm “handshake” grip, pulling it back into the shoulder pocket firmly.

\***Trigger finger:** The trigger finger is not dragging wood.

\***Turkey neck:** The head is pushed forward to its full extent, creating a consistent point of reference and sight picture.

\***Cheek weld:** The cheek is placed firmly against the buttstock after “turkey necking” with the eye perfectly aligned with the sights and contact is maintained throughout the string of fire.

**NPOA Shift:** Anchor the forward foot, shift the base clockwise and counterclockwise to get windage, for elevation, slide the elbow up or down on the forward knee or slide the forward hand fore and aft along the forestock.

## **Standing position:** (Addy, Slings, How, Geo, SHF, & NPOA shift)

### **The Hasty- Hasty sling:** (A new concept)

A great field sling for quick shots: With sling adjusted for carry, and rifle at “port arms”, make a circular motion with the rifle so that the sling rotates around the elbow and contacts the arm between the armpit and elbow. Rotate the rifle into position and push the forward elbow out to gain tension on the sling.

**Addressing the target:** Suggest starting with a 90 degree angle toward trigger side.

### **How to get into standing position:**

**\*Explain/ demonstrate:** Standing while facing about 90 degrees toward the trigger side, place the feet about shoulder width apart. Sling up and mount the rifle, placing the butt higher in the pocket than other positions. This will raise the butt to the cheek allowing a nearly normal, vertical, head position.

**\*Note** how breathing has the opposite effect on the sight picture as compared to prone and sitting.

### **Shooter geometry:**

Each shooter has a different shape and size, (geometry). Since the rifle is a fixed size, they will have to vary their body geometry to work with the rifle. Longer arms can hold the forestock further out or even rest the elbow against the ribs. Longer arms allow a more “closed” stance while shorter shooters will have to face nearly 90 degrees from the target to place the rifle across their body, thereby effectively shortening it.

## **Steady Hold Factors of the Standing position:**

**\*Support hand**- The support hand should be open, relaxed, cradling the forestock

**\*Support elbow**- The support elbow should be as far under the rifle as possible.

**\*Sling** - The sling should be under the back of the hand and should be as high above the bicep as possible. It should be snug and properly adjusted.

**\*Legs**- The legs should be straight, knees not locked, feet about shoulder width apart.

**\*Trigger side elbow**- The trigger side elbow should be “chicken winged” to form a larger pocket for the butt.

**\*Trigger hand grip**- The trigger hand grips the stock with a firm, “handshake” grip, pulling the butt into the shoulder pocket firmly.

**The butt should be high in the pocket, enough to allow the head to remain nearly straight up and the butt to make a normal cheek weld without tilting the head over to meet the stock. Eyes should be as nearly level as possible.**

**\*Trigger finger**- The trigger finger is not dragging wood.

**\*Turkey neck**- The head is pushed forward to its full extent, creating a consistent point of reference and sight picture.

**\*Cheek weld**- The cheek is placed firmly against the buttstock after “turkey necking” with the eye perfectly aligned with the sights and contact is maintained throughout the string of fire.

**NPOA Shift:**

Front foot is the anchor, shift rear foot laterally for windage adjustments, shift rear foot closer to front foot to lower sights, away from front foot to raise them. NPOA drill.

**\*Explain/ demonstrate** how to keep NPOA when standing, Just don’t move the feet. Place the prepped magazine in the trigger side pocket.