

#### 4 SAFETY RULES

1. ALWAYS KEEP THE MUZZLE IN A SAFE DIRECTION.
2. DO NOT LOAD UNTIL GIVEN THE LOAD COMMAND.
3. KEEP YOUR FINGER OFF THE TRIGGER UNTIL THE SIGHTS ARE ON THE TARGET.
4. MAKE SURE THOSE AROUND YOU FOLLOW THE SAFETY RULES.

#### SAFE RIFLE

- Magazine (Tube/Clip) OUT
- Bolt BACK (& Locked w/ Exceptions)
- Safety ON
- Chamber flag IN (the Chamber)
- Rifle GROUNDED — STEP BACK
- NO ONE TOUCHING the rifle

#### LINE COMMANDS

- Shooters, your x min. preparation period begins now!
- Shooters, your preparation period has ended!
- (Non transition): With x rounds...LOAD
- (Transition stages 2 & 3): SAFETIES ON! STAND!
- Is the line ready?
- Ready on the right?
- Ready on the left?
- All ready on the firing line!
- FIRE!
- CEASE FIRE! CEASE FIRE! CEASE FIRE!
- UNLOAD AND CLEAR!
- Is the line clear on the right?
- Is the line clear on the left?
- THE LINE IS CLEAR! THE LINE IS CLEAR!
- Shooters, you may proceed downrange!

#### STEADY HOLD FACTORS

- (Body angled @ approx. 30 degrees offset)
- Support hand RELAXED, on life line bones
- Support elbow UNDER RIFLE
- Sling SNUG (& smooth) across the back of the support hand
- (Behind shooter check no canting, body offset)
- Spine & support leg STRAIGHT / Foot RELAXED
- Trigger knee up TIGHT / Shin parallel w/ barrel
- Trigger elbow PLANTED with weight / Stable angle
- Trigger hand—firm HANDSHAKE grip / Stock in solid
- (Finger HOOKED, on 1st pad, & not dragging wood)
- Turkey neck / CHEEK WELD / Don't break weld

#### SIX STEPS TO FIRING A SHOT

1. Sight ALIGNMENT (+ cheek weld = accuracy)
2. Sight PICTURE
3. RESPIRATORY PAUSE
  - 4A. FOCUS YOUR EYE on the front sight.
  - 4B. FOCUS YOUR MIND on keeping the front sight on the target.
5. SQUEEEEEZE the trigger.
6. FOLLOW THROUGH:
  - Hold the trigger back.
  - Take a mental snapshot of where on the target the front sight was at trigger break.

#### NPOA

- Do the 1st two steps of firing the shot.
- Close your eyes during respiratory pause
- RELAX INTO SLING; open your eyes
- Check sights —Adjust your position
- Repeat as needed until right on—Don't move!
- Trust NPOA & Shoot in Rifleman Cadence

#### STANDARD AQT

STAGE 1: Prep 1 mag w/10 rounds. Start standing, shoot STANDING. TOP target, 10 shots. 2 MINUTES

STAGE 2: Prep 2 mags w/2 & 8 rounds. Start standing, transition, shoot SITTING. Second row, 5 shots into each target with mag change (2-round mag first). 55 SECONDS.

STAGE 3: Prep 2 mags w/2 & 8 rounds. Start standing, transition, shoot PRONE. Third row, 3-3-4 with mag change (2-round mag first). 65 SECONDS.

STAGE 4: Prep 1 mag w/10 rounds. Start prone, shoot PRONE. Bottom row, 2-2-3-3. 5 MINUTES.