

#### 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 your sights are on the target.
- 4 – Make sure those around you follow the safety rules.  
*Everyone is a safety officer.*

#### SAFE RIFLE:

Magazine out -  
Bolt locked back -  
Safety on -  
Chamber flag in -  
Rifle grounded  
No one near / touching

Mags out  
Bolts back  
Safeties on  
Flags in

#### SIX STEPS:

- 1 – Sight Alignment
- 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 – SQUEEZE the trigger.
- 6 – Follow through
  - a – Trap the trigger back
  - b – Call the shot (mental snapshot)

#### NPOA:

Steps 1-3 then:  
Close your eyes, relax.  
Breathe, do not force the exhale.  
Open your eyes and check sight picture.  
If needed, adjust position  
Wash, rinse, repeat

#### STEADY HOLD FACTORS:

Hand makes a platform  
Elbow underneath rifle  
Sling, check for canting  
Body angle, Support leg (foot)  
Trigger leg  
Trigger elbow  
Trigger hand and finger. Dragging wood?  
Turkey neck, consistent cheek weld

#### LINE COMMANDS:

(S)HOOTERS,  
your (X min) preparation period  
begins NOW!

(S)HOOTERS,  
your preparation period has ended.

(non transition)

With x rounds, LOAD  
(transition stages 2 & 3, flags in tubers)  
SAFETIES ON! STAND

Is the line ready?...ready on the right?  
...left?

All ready on the firing line....**FIRE!**

**CEASE FIRE! CEASE FIRE! CEASE FIRE!**  
(Unload and Clear....)

Is the line clear on the right?; ...left?

**THE LINE IS CLEAR, THE LINE IS CLEAR.**

Shooters,  
you may proceed downrange and  
*do cartwheels for my amusement.*

#### QDAQT.....COURSE OF FIRE:

**STAGE 1:** Prep 1 mag: 10 2 min.  
Standing 1 target

**STAGE 2:** Prep 2 mags: 2 & 8 55 sec.  
Transition standing to sitting, 5, 5  
5 shots on each target,

**STAGE 3:** Prep 2 mags: 2 & 8 65 sec.  
Transition standing to prone 3, 3, 4

**STAGE 4:** Prep 1 mag: 10 5 min.  
Slow fire prone 2, 2, 3, 3

**\$\$\$money round\$\$\$**