

Project Appleseed®

25m Standard Course of Fire



Version 9.2. June 14th, 2023

Copyright 2023 © by The Revolutionary War Veterans Association (RWVA®). All rights reserved. No part of this document may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the copyright owner. For more information contact RWVA, PO Box 756, Ramseur, NC 27316. General Inquiries: info@appleseedinfo.org

Standard Rifle Clinic Course of Fire

Course of Fire - Day 1

The standard Project Appleseed rifle course of fire is the culmination of years of in-depth analysis of teaching marksmanship. It is based on professional education techniques. Our COF emphasizes dry firing skills and correcting errors before live fire. It teaches what students need, only when they need it, and in the correct order to maximize effectiveness (Appleseed Guideline #28).

Serious rifle instructors know dry fire is as important a fundamental skill for Riflemen as sling use & NPOA. During dry fire, shooters can detect and correct errors in technique that are difficult to observe in live fire.

Significant advancements include:

- *Saturday morning focuses more on learning than rushing to shoot.*
- *Dry fire is expected in every preparation period.*
- *Using targeted drills to improve deficiencies between AQTs replaces the old-school "AQT Grind."*

Experience has proven this CoF results in students learning faster and more effectively with fewer rounds fired to achieve the same or better proficiency.

MORNING PREPARATIONS

1. Instructor meeting (Answer questions, organize Emergency Medical Plan, etc.)
2. Set up the range (firing, equipment, and target lines.)
3. Run check-in table (Academy Textbook, ch. 5.)
4. Parking Lot Drill / Meet & Greet (Academy Textbook, ch. 6.)
5. Line Drill.
 - Assign shooters places on the firing line.
 - Explain 3 Lines (target, firing, and equipment).
 - Assist shooters with setup.

WELCOME TO APPLESEED

6. Saturday Welcome Speech.
 - Sample speech available in Shoot Boss Manual, Appendix H.
 - Include instructor introductions – brief, simple, and precise: first name, forum name, hometown.
 - Frame the event: we are here to learn, not just have a day/weekend at the range.
 - After our initial target, we will work on skill development and correcting errors in dry fire before going live again.

Teach blocks of instruction as-presented in Appleseed Academy (or Rifle Instructor Manual) and emphasize the special points in this COF to maximum effectiveness.

7. History Preamble.
8. First Strike.

SAFETY BRIEFING

If not done as part of the introduction speech, poll shooters for medical skills, discuss physical limits, medications, hydration, etc.

9. Teach Four Safety Rules (Academy Textbook, ch. 7.)

- Use the List-Explain-List method.
- Explain that deliberate or repeated violations of the safety rules cannot be tolerated and a shooter may be asked to leave the line.
- If necessary, address children present and their parents about how serious this is.
- Instructor caution for Safety Rule #4: Each person is personally invested in their own safety. Every person on the line has a duty to call out safety concerns immediately. However, shooters are NOT *safety officers* (RSOs/LSOs) unless we have specifically educated them for that role. Do not tell shooters they are.
- Summarize with emphasis on MUZZLE CONTROL. Describe situations which might distract from Safety Rule #1 (e.g., hot brass, bee sting, forgotten ear pro.)

10. Teach Safe Rifle (Academy Textbook, ch. 7.)

- Use the List-Explain-List method. Define key terms as necessary.
- Do not attempt to teach exceptions to Safe Rifle, such as tube-fed rifles & AK47s. Instead, simply conclude with “If you think one of these steps doesn’t apply to your rifle, ask an instructor when you bring it to the line.” Instructors will address these exceptions one-on-one.

11. Rifles to the Line.

- Brief shooters how to bring rifles to the firing line:
 - When directed, each shooter will go directly to his vehicle, retrieve his cased rifle, and return directly without any stops along the way.
 - Ask who has a rifle without a case. If a shooter does not have a case, he must carry the rifle with the muzzle straight up (or in accordance with range rules.)
 - Once a shooter has returned, he will place the cased rifle on the mat with the muzzle in a safe direction. He will remove the rifle from the case and make it safe.
 - No one should cross or reach across the firing line until the rifles are made safe and permission is given.
 - Shooters will place their rifle case and other gear, including ammo and magazines, behind the equipment line. Each time a shooter makes his rifle safe, he will gather all gear (less rifle and sling) and quickly move behind the equipment line.
 - Insist that muzzles always stay extended past the marked firing line.
- Direct shooters go to their vehicles, retrieve rifles, and return directly to the firing line.
- All available instructors will monitor the area from the parking lot to the firing line.
- The instructor(s) on the line will assist shooters making their rifles safe.

Teach blocks of instruction as-presented in Appleseed Academy (or Rifle Instructor Manual) and emphasize the special points in this COF to maximum effectiveness.

12. Equipment Check (optional, at SB discretion).

- In a method like clearing the line, instructors will conduct a brief equipment check.
- Items to check may include: barrel clear, action snug, sight(s) snug, & rifle lubricated.
- Engage owner to help correct issues.

13. Teach Line Commands. (Academy Textbook, ch. 9.) Teach the Line Commands verbatim and without transition commands. Use the List-Explain (no final list) method. Additional discussion points:

- Instruct shooters not to engage the Line Boss. The Line Boss is responsible for safety of the line and does not need distractions.
- Instruct shooters to not distract RSOs while they are clearing the line after the *Unload and Clear* command.
- If tube-fed rifles are on the line, instructors will brief those shooters separately with special instructions. (Refer to the Instructor Manual for tube-fed rifle procedures.)

14. Teach Ammunition Malfunctions. (Academy Textbook, ch. 7.)

- In order: teach misfires, hang fires, and squibs.
- For each malfunction, describe: the symptoms, the cause of the failure, and how the shooter should respond.
- Emphasize to shooters:
 - if a round does not immediately go off, wait 30 seconds before proceeding.
 - if a shot does not sound right or feel right, STOP IMMEDIATELY, make your rifle safe, keep your muzzle downrange, and call an instructor for assistance.
- Immediately prior to the Hits Count Target, ask shooters to repeat the **Safety Rules**. Continue until shooters get them right.

RIFLE MARKSMANSHIP DRILL

15. Shoot Hits Count Target (Academy Textbook, ch. 11.)

- Have shooters prep one or more magazines with a total of 13 rounds.
- Brief string of fire: Engage the target with 13 rounds. Start with Morgan's Shingle and then work from largest to smallest silhouettes.
- Teach the Daniel Morgan story related to the Hits Count Target.
- Have shooters stand behind their shooting mats, face their backer, and walk down to target line to post targets and numbers if not already posted.
- Post Hits Count Target (a.k.a. Redcoat). Tip: Place them low on the backer.
- Shoot the string of fire.
- Remind shooters: On the firing line we will have much to learn and little time to do it. Please do not dally around targets or get involved in lengthy discussions. We must move QUICKLY.
- Shooters will pull the Hits Count Target and post a 25m Drill (squares) target.

Teach blocks of instruction as-presented in Appleseed Academy (or Rifle Instructor Manual) and emphasize the special points in this COF to maximum effectiveness.

- Center up and collect scoring. Shooters will mark hits and write their names & date on the target.

16. Frame Marksmanship Instruction.

- Explain to shooters:
 - We are beginning formal marksmanship instruction.
 - This will include a series of key lessons and vital drills before we shoot again.

17. Eye Dominance Drill (Academy Textbook, ch. 12.)

- Discuss eye dominance and check shooters to determine which eye is dominant.
- Discuss options for cross-eye dominance.
- Discuss the challenge of progressive bifocals and how to overcome that challenge.

18. Teach Sling Use (Academy Textbook, ch. 13.) Teach, in order: Hasty-Hasty, Hasty, & Loop.

- Frame sling use including why we recommend the USGI sling: it is lightweight, easy to use, inexpensive, and will provide maximum stability for field shooting!
- It is SB discretion whether to teach the loop sling from sitting (preferred) or kneeling (traditional). Teach only one method. Individually instruct any shooter who needs an alternate method to sling up safely.
- Details for loop sling from sitting:
 - During this entire process, the muzzle MUST be pointed downrange.
 - Sit cross-legged, indexed 90 degrees to the trigger side. (Support shoulder will face the target line.)
 - Lay the rifle across the lap and disconnect the J-hook from the butt of the stock
 - Place the rifle butt under the trigger thigh and lay the rifle across the support thigh with the trigger guard facing the shooter.
 - Pull a loop from the center of the H-buckle large enough to insert the support arm.
 - Orient the sling along the length of the rifle with the J-hook pointing at the stock.
 - Rotate the sling so the J-hook comes over the top and towards the shooter. Insert the support arm through the drawn loop.
 - Once the shooter dons the loop sling, he will lie on his support side and roll into the prone position, using the trigger hand for support.
- Be sure to instruct how to get out of the Loop Sling (this is where most muzzle violations occur).

19. Sling Practice Exercise (optional, at SB discretion.)

- This is a no ammo / no magazine exercise.
- Line Boss places shooters in prep. Shooters will come to their mats to practice sling.
- Without teaching ahead, instructors will coach shooters into and out of their slings.

Teach blocks of instruction as-presented in Appleseed Academy (or Rifle Instructor Manual) and emphasize the special points in this COF to maximum effectiveness.

20. Teach Steps 1-3 of Firing the Shot (Academy Textbook, ch. 15.)

Have shooters echo the steps until they know them. At a minimum, teach military-style peep sights and scopes. Skip other sight systems which are not on the line. Flip charts are available on Appleseed Academy.

- About Steps 1 & 2: Emphasize that during Step 1, the body must be in a relaxed state. To achieve Step 2, shift the body and rifle as an entire unit, not simply muscle the rifle onto target! Then, resume relaxing.
- About Step 2: Explain to shooters that going directly to Step 2 uses unnecessary muscle to hold the rifle on target. Muscles are the enemy of precision marksmanship.
- About Step 2: Using a visual aid, show the *advantages* and *disadvantages* of COT vs. 6 o'clock with iron sights.
 - When shooting the same size targets, the 6 o'clock hold is more effective.
 - When shooting different sized targets, Center of Target hold is recommended, unless the front sight obscures the target completely.

21. Teach Natural Point of Aim (Academy Textbook, ch. 14.)

We teach the concept of NPOA at this point because it occurs during Step 3 of Firing the Shot, at the end of a normal exhale. This is when the body is most relaxed. This is lecture only, no demo.

- Critical points:
 - NPOA is the single most important thing to learn about marksmanship. It allows a shooter to be consistent and repeatable with far less effort.
 - What is NPOA? *NPOA is where the body, completely relaxed, will place the shot.*
 - What does a shooter need for NPOA? *Bone support.*
 - How to confirm NPOA? *With a relaxed body, close your eyes. Take a deep breath and let it out to a normal exhale. Open your eyes.*
- Have shooters echo steps back.

22. Teach Prone Position (Academy Textbook, ch. 17.)

- An instructor/model can use a laser on a dummy rifle to demonstrate shifting techniques and potential errors (per IM and Appleseed Academy video.)
- Teach in the following order: Sling, Index, Steady Hold Factors, Shifting
- Additional points to emphasize:
 - For a shooter to be consistent and repeatable, he must have a stable position.
 - To build a stable prone position, the sling, upper arm, and forearm form a supporting triangle (sharp V) to support the weight of the rifle while the support arm is TOTALLY RELAXED. This lets the sling support the rifle, not the support arm.
 - By totally relaxing the support arm, a shooter will help prevent wobble back and forth. (What will this cause? Horizontal pattern on the target.)
 - In a proper prone position, the sights will move straight up and down with breathing.
 - For shooters using a hasty sling in prone, explain that we recommend getting into the hasty sling while in the standing or sitting positions and then moving into prone.

Teach blocks of instruction as-presented in Appleseed Academy (or Rifle Instructor Manual) and emphasize the special points in this COF to maximum effectiveness.

This method keeps the sling in place and provides maximum support. Donning the hasty sling from prone is generally ineffective.

23. Prone Position Exercise.

- This is a no ammo / no magazine exercise.
- During this exercise, shooters practice sling use, prone SHF, finding & shifting NPOA onto target and Steps 1-3 of Firing the Shot.
- It may be helpful to advise shooters that scopes are frequently mounted too far back or too high, resulting in neck strain. Either of these issues will hinder attaining a good NPOA. Coaches will work with shooters to adapt rifles to compensate for this.
- Instructors will help fit rifles to shooters. Use foam and vet wrap to pad stocks for improved cheek weld.
- Check scope magnification for appropriate setting (ideally 3x-4x.) Instructors will ask shooters if they have a clear sight picture. If they do not have a clear sight picture, assist in setting the focus to see a crisp & clear reticle and parallax to see the target clearly.
- Key instructions for shooters:
 - Don sling and assume the prone position, including finger on the trigger.
 - Perform the first 3 steps of Firing the Shot
 - At the respiratory pause, find NPOA
 - To shift sights onto target, move your rifle and body as a complete unit (from the hips) using the support elbow as a pivot point. Shift NPOA onto the top left square.
 - Confirm NPOA using three steps. If sights do not come onto target, shift again and repeat the process.
 - When successful, shift your body (from the hips) to move NPOA to the top right square and repeat the process.
 - Watch sights to ensure they are moving vertically as you breathe.
 - Continue practicing shifting & confirming NPOA by moving from square to square around the target.

24. Teach Steps 4-6 of Firing the Shot (Academy Textbook, ch. 15.)

- Review steps 1-3, then teach 4-6. Have shooters echo the Steps until they know them.
- Additional points to share with shooters:
 - About Step 4a: If you focus your eye on the target and not on the front sight, your front sight will wander as you pay attention to the target. As a result, your *bullets scatter* all over the paper.
 - About Step 5: If the sights move off target during the squeeze, pause. Correct the reason the sights moved, then continue the squeeze.
 - Admonish shooters: NPOA is essential. With a good NPOA, the sights should remain steady on the target during the trigger squeeze. Without a good NPOA, sights will drift across the target and you will jerk the trigger to force the shot. This results in pulling the sights off target.

Teach blocks of instruction as-presented in Appleseed Academy (or Rifle Instructor Manual) and emphasize the special points in this COF to maximum effectiveness.

- About Step 6A: Any SLIGHT movement of the rifle immediately following the shot going off will affect the bullet placement on the target. Hold the trigger back during follow thru. Consistency is the key to precision rifle marksmanship.
- About Step 6B: Calling your shot is noting the position of the front sight or crosshairs compared to the center of the square at the instant the rifle fires. If you can see the holes, disregard them. Maintain the same point of aim.
- About Step 6B: Eyes must be open to call the shot.

25. Teach Dry Fire & Brief Practice Exercises (Academy Textbook, ch. 18.)

- Have shooters prep one magazine with 5 rounds.
- Center shooters up. Explain the value of dry fire to shooters. Dry fire is as vital to Riflemen as NPOA or sling use. Emphasizing that all dry fire should be done using the 6 Steps of Firing the Shot.
- During dry fire, shooters can observe errors in technique that are difficult to detect in live fire.
- Teach the two-part exercise below. The SB may choose to have a coach/model pair demonstrate these exercises.

26. Dry Fire Exercise, Pt. 1: Trigger Control (Academy Textbook, ch. 18.)

- Line Boss will begin the preparation period.
- Shooters will place their magazines at the base of their mats.
- Shooters will SIT cross-legged on their mat, with the support side shoulder toward the target line.
- Next, the shooters will lay the rifle across their lap, trigger guard facing away from their body, and the muzzle pointed at their target backer downrange.
- The shooter will grasp the rifle with the trigger hand and place the finger on the trigger.
- A coach will help the shooter practice resetting the trigger by racking the bolt.
- The shooter will squeeze the trigger until the trigger breaks. Then, he will hold it back while the coach racks the bolt.
- The shooter then SLOWLY releases the trigger until he hears and feels the click (reset), but no further.
- Then, the shooter will squeeze the trigger again.
- After several successful repetitions, instructors will have shooters incorporate breathing with the process. *Inhale / reset, exhale, pause / extend, and squeeze.*
- The coach will repeat this several times until the shooters learn the technique and it becomes a habit. Then, the shooter will continue the exercise on his own, using the support hand to rack his own bolt.
- There is no command to switch to Part 2 of this exercise. When a shooter is comfortable with his command of the trigger, he may proceed to Part 2.

Teach blocks of instruction as-presented in Appleseed Academy (or Rifle Instructor Manual) and emphasize the special points in this COF to maximum effectiveness.

27. Dry Fire Exercise, Pt. 2: Prone Dry Fire (Academy Textbook, ch. 18.)

- This exercise combines sling, prone, NPOA, and 6 Steps of Firing the Shot during dry fire.
- Shooters will transition safely from sitting cross-legged to the prone position.
- Once in prone, shooters will find their NPOA and shift it onto the center square.
- Shooters will practice each of the six steps, concentrating on each of them while dry firing. Observing the sights, the shooters should ask themselves:
 - Are the sights moving vertically as I breathe?
 - Are the sights steady during my respiratory pause?
 - Are the sights steady on the target when I squeeze the trigger?
 - If not, what error could I be making to cause this movement?
- Shooters will rack their bolts between dry fire shots.

28. Shoot First Square.

- Before starting live fire, inform shooters:
 - We are preparing to engage the center square on your target with all five rounds.
 - Remember to fire using the 6 Steps. For each shot, call your shot, hold the trigger back, and then reset the trigger properly.
 - If your shots do not land on the square, maintain your same point of aim. Our goal is to have a group, not hits on the target.
 - If you are drastically off target, we will work with you individually.
 - If you finish before Cease Fire is called, make your rifle safe and move behind the Equipment Line with your magazines. Then begin preparing additional mags with five rounds each in preparation for future targets. Follow this procedure throughout the day.
- Instructors will bring your magazines to you.
- End preparation period and proceed with Line Commands

29. Check First Square.

- Before going downrange to check targets, praise shooters for their effort and achievement so far. Inform them:
 - Poor groups are most likely the result of failing to employ the 6 Steps, proper position or NPOA correctly.
 - Ask what specific errors would likely produce vertical stringing (breathing); horizontal stringing (trigger); diagonal stringing (elbow/breathing); defined groups that are too large. (NPOA).
 - Explain the errors of flinching and bucking. What kind of groups would these two errors be likely to cause?
 - Throughout the day, when you are finished with a string of fire, prep the next magazine. Assume it will be 5 rounds, unless you hear otherwise.
 - During future prep periods, bring your prepped magazines with you to your rifle unless we specify "place mags at the base of mat".
- Proceed downrange to check targets. Use "Teach 'em to fish" when coaching targets.

Teach blocks of instruction as-presented in Appleseed Academy (or Rifle Instructor Manual) and emphasize the special points in this COF to maximum effectiveness.

LUNCH

30. Lunch.

31. Second Strike.

CONTINUE RIFLE MARKSMANSHIP INSTRUCTION DRILL

32. Shoot Second Square. Engage top left square with five rounds. Continue to ask shooters to analyze their targets.

- Before the second square, reiterate to students that focused dry fire is expected during every prep period. If they want to become better shooters, dry fire is essential.
- We are shooting these squares to improve technique. Speed will improve later with Rifleman's Cadence.

33. Shoot Third Square. Engage the top right square with five rounds. More squares if the SB determines shooters need them.

34. Teach Talking Targets, optional at SB discretion. (Academy Textbook, ch. 19.)

35. Shoot Square. Allow shooters to incorporate Talking Targets lesson.

36. Teach Inches-Minutes-Clicks. (Academy Textbook, ch. 19.)

- Do not attempt to "schedule" IMC for a particular time. Teach it when the shooters need it.
- Students learn IMC best when they are not standing around. Pull the current 25m Drill Target and get shooters sitting (in the shade if possible) for the lesson. Let them do IMC, writing on their own targets.
- Emphasize to shooters:
 - Tell the shooters that as their skill improves, their zero may shift. So be aware of this and make whatever changes are necessary as they improve throughout the two days. However, do not chase shots.
 - Also, quiz the shooters throughout the event about how many MOA their groups are off target, and what they should do about it.

37. Shoot Square. Shooters need at least one square after IMC to confirm their sight adjustments were correct. Shoot more squares if the SB determines shooters need them.

ADVANCED MARKSMANSHIP DRILL

38. Teach Rifleman's Cadence / Carding the Sights. (Academy Textbook, ch. 21.)

- Have shooters prep one magazine with 6 rounds.
- Incorporate *Rifleman's Cadence* into this exercise, per Appleseed Academy. Teach Rifleman's Cadence first, then explain the drill.
- Demonstrate the drill using an instructor-model. At SB discretion, this demo may be performed using dry or live fire.
- After questions are answered, the Line Boss will place the shooters into prep. Once the preparatory period is complete, the LB will end prep and call the line hot by calling out, **"Shooters, the Line is Hot! The Line is Hot!"**
- Shooters will only load when directed by the instructor coaching them one-on-one.

Teach blocks of instruction as-presented in Appleseed Academy (or Rifle Instructor Manual) and emphasize the special points in this COF to maximum effectiveness.

- Shooters waiting for coaching will practice NPOA and dry fire.
- Instructors will give their shooters 3-5 attempts to have NPOA on target at their respiratory pause. If the shooter is still failing after those attempts, allow the shooter to practice Rifleman's Cadence with his 6 rounds and conclude the exercise for that shooter.

39. Teach Magazine Changes.

- Shooters need a 25m Drill Target with two horizontally adjacent squares free for this drill. Post a new target, if necessary.
- Have shooters prepare two magazines, with 2 and 4 rounds.
- Teach shooters how to perform smooth and effective magazine changes. Emphasize that during a mag change, a shooter can help preserve NPOA by:
 - building an effective "nest"
 - keeping elbows in place
 - retaining the rifle in the shoulder pocket and maintaining cheek weld
 - remembering that "slow is smooth and smooth is fast". Do not try to rush through mag changes.
 - dropping the used mag without trying to catch it
 - if inserting a longer magazine, a shooter can rock their body to the support side, lifting the trigger elbow to gain extra space for that mag change.
- The string of fire for this drill will be: fire two rounds at the left square, mag change, confirm NPOA, fire one around at the left square, shift NPOA to right square, confirm NPOA, and fire three remaining rounds in the right square. The string shall be fired in Rifleman's Cadence.
- LB will place shooters in prep.
- Shooters will place their magazines at the base of their mats.
- LB will give commands for a timed, dry fire exercise of the drill. Shooters will have 40 seconds. The dry fire exercise will include dry firing all shots, simulating mag changes, and an NPOA shift while using Rifleman's Cadence.
- When SB is satisfied with dry fire, LB direct instructors to hand magazines to the shooters. Conduct the drill live fire.
- Go downrange to check targets. Have shooters post an AQT.

40. Third Strike.

41. Teach Transition to Prone.

- Teach Line Commands for transitions and how to "build a nest."
- Teach that transition stages must start in position, then stand.
- Teach and demonstrate how to properly transition to prone for the stage. Demo in slow motion first, then again in real time.
- Emphasize to shooters that during the transition process (up and down):
 - the trigger hand stays **OFF** the rifle, ready to provide support up and down,
 - shooters bring their bodies towards the firing line and transition straight down,
 - muzzles stay forward of the firing line.

Teach blocks of instruction as-presented in Appleseed Academy (or Rifle Instructor Manual) and emphasize the special points in this COF to maximum effectiveness.

- If necessary, cover procedures for tube-fed rifles with those shooters.

42. Shoot AQT Stage 3 (with transition practice.)

- Have shooters prepare two magazines, 2 and 8 rounds.
- Brief Stage 3. Emphasize that shooters may load once fully in position, which means support elbow is on the mat.
- Brief shooters they will dry fire the string with transition (under time) twice before live fire. Points to cover include:
 - During prep, the shooters will place their magazines at the base of their mat.
 - The LB will time the exercise. During practice, he will use the command “**DROP QUICKLY!**” instead of FIRE! He will call Cease Fire! at the end of 65 seconds.
 - This practice will include dry firing all ten rounds on the targets, performing a simulated mag change, and performing NPOA shifts.
 - Shooters will dry fire the stage with transition at least twice while timed, or until SB is convinced shooters can perform it safely.
 - To avoid disturbing NPOA, shooters should only actuate the bolt to simulate the initial load and subsequent magazine change. For other dry fires, merely squeeze the trigger and watch the sights.
 - If a shooter is concerned about time, he should be encouraged to breathe faster. Normal breaths, just a faster pace.
- Place shooters in prep.
- Conduct dry fire transitions.
- If a shooter cannot transition safely, have him remain in position and not make the transition. However, he cannot not begin firing until a transitioning shooter has fired first.
- After the SB is satisfied the shooters are ready for live fire, instructors will hand magazines to the shooters.
- Live fire Stage 3 in 65 seconds.

43. Teach Sitting (Academy Textbook, ch. 17.)

- Teach in the following order: Sling, Index, Steady Hold Factors, Shifting
- Emphasize to shooters:
 - Finding and shifting NPOA in sitting as vital as in prone position. It requires relaxing muscles and using bone support to be stable.
 - For open-legged, the legs should be perpendicular to the ground as observed from above. The knees should not splay outward. It’s preferred, but not required, for feet to be flat on the ground.
 - For kneeling, the trigger thigh should be at 90 degrees to the support thigh. Also, if a shooter finds himself canting the rifle in this position, he can shift the rifle from his support side palm onto the support side fingers.

44. Teach Transition to Sitting.

- Review Line Commands for transitions and “building a nest.”

Teach blocks of instruction as-presented in Appleseed Academy (or Rifle Instructor Manual) and emphasize the special points in this COF to maximum effectiveness.

- Demonstrate transition to sitting. Demo in slow motion first, then again in real time.
- Emphasize to shooters that during the transition process (up and down):
 - the trigger hand stays **OFF** the rifle, ready to provide support up and down,
 - shooters move up & down (not back away from the firing line,)
 - muzzles stay forward of the firing line.
- If necessary, review procedures for tube-fed rifles with those shooters.

45. Shoot AQT Stage 2 (with transition practice.)

- Have shooters prepare two magazines, 2 and 8 rounds.
- Brief Stage 2. Emphasize that shooters may load once fully in position.
- Allow shooters sufficient time in prep to get familiar with the four sitting options.
- Brief shooters they will dry fire the string with transition (under time) twice before live fire. Points to cover include:
 - During prep, the shooters will place their magazines at the base of their mat.
 - The LB will time the exercise. During practice, he will use the command “**DROP QUICKLY!**” instead of FIRE! He will call **Cease Fire!** at the end of 55 seconds.
 - This practice will include dry firing all ten rounds on the targets, performing a simulated mag change, and performing NPOA shifts.
 - Shooters will dry fire the stage with transition at least twice while timed, or until SB is convinced shooters can perform it safely.
 - To avoid disturbing NPOA, shooters should only actuate the bolt to simulate the initial load and subsequent magazine change. For other dry fires, merely squeeze the trigger and watch the sights.
 - If a shooter is concerned about time, he should be encouraged to breathe faster. Normal breaths, just a faster pace.
- If a shooter cannot transition safely, have him remain in position and not make the transition. However, he cannot begin firing until a transitioning shooter has fired first.
- After the SB is satisfied the shooters are ready for live fire, instructors will hand magazines to the shooters.
- Live fire Stage 2 in 55 seconds.

46. Teach Standing (Rifle Instructor Manual, ch. 14 & Academy Textbook, ch. 17.)

- SBs have discretion to teach the traditional standing position or the improved option.
- It is appropriate to review the hasty sling configuration when teaching the standing position.
- Teach in the following order: Index, Sling, Steady Hold Factors, Shifting
- Points to emphasize with shooters if using the improved standing option:
 - Instead of standing upright and erect, let your upper body slump into a relaxed position to remove muscle input from the position.
 - Use care to avoid having the bolt handle strike your support hand or fingers as it cycles.
- Take special care to describe & demonstrate NPOA in standing:
 - Close your eyes.

Teach blocks of instruction as-presented in Appleseed Academy (or Rifle Instructor Manual) and emphasize the special points in this COF to maximum effectiveness.

- Swivel from the hips, moving the rifle side to side in large arcs.
- Decrease these arcs until your body settles into a natural stop.
- Open your eyes.
- Move NPOA onto target using the support foot as a pivot point and trigger foot to shift. This may require fine tuning.

47. Shoot AQT Stage 1 (with extended prep for coaching.)

- Have shooters prepare one magazine with 10 rounds and place it in a trigger side pocket.
- Brief Stage 1.
- Place shooters in prep. Shooters will need extra time to change sling to Hasty.
- During prep, SB should insist:
 - instructors coach each shooter for both steady hold factors AND practice finding & shifting NPOA in standing position
 - shooters will perform focused dry fire after finding NPOA.
- When coaching is over, the LB will proceed with the Stage.
- Live fire Stage 1 in two minutes.

48. Shoot AQT Stage 4.

- Have shooters prepare one magazine with 10 rounds.
- Brief Stage 4.
- Place shooters in prep. Shooters will need time to change sling to Loop and dry fire.
- Live fire Stage 4 in five minutes.

49. Score the AQTs. Appleseed recommends we teach shooters to score their own target (Teach 'em to Fish), and have scores >190 validated by an Appleseed volunteer.

50. Shoot Hits Count Target.

ADMINISTRATIVE DRILL

51. Awards (Rifleman / Young Patriot.)

52. Benediction. Sample speech available in Shoot Boss Manual.

53. Remove Rifles from the Line

- Remind shooters of safety rules.
- Bring cases to the line.
- Case rifles safely.
- Return rifles to vehicles.

54. Clear the Range.

- Take other equipment to parking lot.
- Clear brass & trash

DAY 1 - COMPLETE

Teach blocks of instruction as-presented in Appleseed Academy (or Rifle Instructor Manual) and emphasize the special points in this COF to maximum effectiveness.

COURSE OF FIRE

Day 2

MORNING PREPARATIONS

1. Instructor meeting (Answer questions, organize Emergency Medical Plan, etc.)
2. Set up the range (firing, equipment, and target lines.)
3. Run check-in table (Academy Textbook, ch. 5.)
4. Parking lot drill (Academy Textbook, ch. 6.)
5. Line Drill.

WELCOME TO APPLESEED

6. Welcome Speech.
7. Morning history/heritage. These may be DOM stories or other history within SB discretion. Also, the SB may choose to share DOM stories at lunch or throughout the afternoon as short breaks between AQTs and Drills.

SUNDAY REVIEW

The SB has discretion with the Sunday review. He may choose a traditional, TPI-focused discussion reviewing material from Saturday. Alternatively, he may assign these blocks of instruction to IITs or Instructors for PC advancement and practice.

Abbreviating the review to save time is counterproductive to student learning. Review the following topics:

8. Sling Use.
9. NPOA.
10. Prone Position.
11. Sitting Position.
12. Standing Position.
13. 6 Steps of Firing the Shot.
14. Talking Targets.
15. Inches-Minutes-Clicks

Conclude the review by emphasizing the value of dry fire.

SAFETY BRIEFING

16. Teach 4 Safety Rules.
17. Teach Safe Rifle.
18. Rifles to the Line.
19. Equipment Check.
20. Teach Line Commands.
21. Teach Ammo Malfunctions.

Teach blocks of instruction as-presented in Appleseed Academy (or Rifle Instructor Manual) and emphasize the special points in this COF to maximum effectiveness.

RIFLE MARKSMANSHIP DRILL

22. Shoot Hits Count Target (Academy Textbook, ch. 11.)

23. Shoot Squares, optional at SB discretion.

24. Teach Rifleman's Bubble (Academy Textbook, ch. 22.)

25. Teach Rifleman's Dance (Academy Textbook, ch. 22.)

- Use the story in Chapter 20 of the Rifle Instructor Manual.
- The key point in Rifleman's Dance is that a shooter must be effectively calling his shots before he can employ this technique.

26. Ball and Dummy Drill (Shoot Boss Manual, ch. 9)

- Explain the purpose of this exercise, which is to fix the four anticipatory errors (flinching, bucking, jerking, and blinking).
- Describe how to conduct this exercise and the roles of the student-shooter and the student-coach.
- The SB has discretion to demonstrate this exercise live fire using an instructor-shooter and an instructor-coach.
- To begin this exercise, the Line Boss will place shooters in prep, end the prep period, and then simply call the line HOT.
- This exercise should take up to 30 minutes, 15 for each shooter. When the shooter has fired his five live rounds, the coach and shooter will exchange positions with no break in the action.
- At the end of 15 minutes those shooters who have not yet switched positions with their coaches should do so now.

REMEDIAL DRILLS AND AQTs

27. Remedial Drills and AQTs, at the SB's discretion.

- Experience has shown the old "AQT grind" is not good for learning. If shooters are not improving and scoring Rifleman, the answer is **not** another AQT.
- Have instructors review the AQT targets before they are pulled. Determine what drill(s) will most benefit the group of shooters. Spend time coaching and conducting remedial drills before moving to another AQT.

LUNCH

28. Lunch.

29. Known Distance Presentation.

- Frame by discussing the Three Challenges of a Rifleman
- Target Detection
- Range Estimation
- Making the Shot (Rifleman's Quarter Mile, trajectory, come-ups, battlesight zero)
- Environment (cover wind, at least)
- Conclusion (sell the next KD/RKD event)

Teach blocks of instruction as-presented in Appleseed Academy (or Rifle Instructor Manual) and emphasize the special points in this COF to maximum effectiveness.

RESUME REMEDIAL DRILLS AND AQTs

30. Continue remedial drills and AQTs, as appropriate. Avoid running a “grind.”

31. Known Distance Shooting Exercise (Shoot Boss Manual, ch. 11.)

- If a range with KD-appropriate distance is available to us, we must offer this exercise to our students. 100y is sufficient and ideal to meet the goals of this exercise.
- Shooters with groups of 6-8 MOA or better are ready for this.
- Do not skip this exercise to get in another AQT.
- Reminder: a Red Hat must be on every range where rifles are being handled.

32. Continue AQTs and remedial drills, as appropriate.

33. Shoot Hits Count Target.

ADMINISTRATIVE DRILL

34. Awards. (Rifleman / Young Patriot)

35. Benediction.

36. Remove Rifles from the Line.

- Remind shooters of safety rules
- Bring cases to the line
- Case rifles safely.
- Return rifles to vehicles.

37. Clear the range.

- Take other equipment to parking lot.
- Clear brass & trash

DAY 2 - COMPLETE

Teach blocks of instruction as-presented in Appleseed Academy (or Rifle Instructor Manual) and emphasize the special points in this COF to maximum effectiveness.