



APPLESEED INSTRUCTOR MANUAL

REVISION 3.0 – 011910

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Preface

I often awake at night — my mind races, my heart screams and my soul aches. I see our nation surrounded by darkness and fog. Americans like savages huddled before dying fires in the darkening shadow of Liberty's cathedral. They know or understand nothing of the sacrifices made by the men and women before them.

John Hart, “with a firm reliance on the protection of Divine Providence” pledged his life, his fortune, and his sacred honor when he signed the Declaration of Independence. The British, who were determined to hang the “traitor”, relentlessly pursued him. Hart was driven from the bedside of his dying wife while his thirteen children fled for their lives. His fields and gristmill were laid waste while for the next year he lived in forests and caves. When he returned home, his wife was dead and his children had vanished. John Hart died a few weeks later from exhaustion and sorrow.

Of the fifty-six who signed the “traitorous document”, five were captured by the British and tortured before they died. Twelve had their homes ransacked and burned. Nine fought and died from wounds or hardships incurred in the Revolutionary War. They sacrificed!

You and I, our lives changed forever, are no longer cooks but “Riflemen”. Our countrymen are adrift in a sea of uncertainty, floating nervously without a compass and no knowledge of their hearts' true north. We however have within our grasp the means to awaken them to their heritage, the path of a Rifleman.

A Rifleman will never stop learning and will never stop teaching others. A Rifleman committed to improving himself, his family, and our nation everyday of his life. A Rifleman dedicated to restoring the freedom our Founding Fathers entrusted to us, their “posterity”.

The battle is before us. Patrick Henry described the American Revolution as “the grand operation, which seemed to be assigned by the Deity to the men of this age in our country, over and above the common duties of life”.

George Washington wrote the Continental Congress describing the type of soldiers he needed, “The type of men who will make a brave defense when success is very doubtful and falling into the enemy's hands is very probable”.

We now more than ever need men and women of that same character! I pray God will bless our efforts in the struggle before us and when we find our final rest, that it will be said “They have men amongst them who know very well what they are about”.

TOP

Appleseed Instructor Guidelines

The Appleseed program has some distinguishing features that set it apart from other training programs, and if an event does not include these features it becomes something other than Appleseed. The program has some requirements that are laid upon us in order to keep our insurance coverage. These are non-negotiable. The program also has an "image" to present to the world, in order to instill confidence and develop a rapport with attendees. With that in mind, there are three areas instructors are to be cognizant of:

Appleseed Insurance Requirements

ALL FIRING LINES ARE TO BE IN THE CHARGE OF A RED HAT. The Instructor in charge of the line may designate non-Instructors to assist in the capacity of coaches, position models, Instructors-in-training, safety officers, or other roles needed. If he does so, **THE INSTRUCTOR IS RESPONSIBLE FOR CLEARING THE LINE AFTER EACH STRING OF FIRE**. He may have safety coaches to watch/warn about shooters having problems with muzzle control during position changes (usually children or elderly), and to "pre-clear" the line for him, but **HE STILL MUST CLEAR THE LINE HIMSELF**. In exceptional cases (such as lines with greater than 12 people), the instructor may delegate line-clearing to people he can trust, but he must ensure that they are trustworthy by checking them often to make sure they are doing their job, and by giving them clear guidance as to how to fulfill the tasks he asks them to do.

Leaving one or more firing lines open during the lunch break for attendees to get extra practice time or to sort out equipment problems is at the discretion of the Shoot Boss. **IF THIS IS DONE, THERE MUST BE A RED HAT PRESENT DURING THE ENTIRE LUNCH BREAK. EVEN IF ALL THE SHOOTERS LEAVE THE LINE DURING LUNCH, A RED HAT MUST BE PRESENT IN CASE SOMEONE SHOWS UP LATE AND STILL THINKS THE LINE IS OPEN.** (Shoot Bosses may need to arrange for relief of the Red Hat on duty during lunch so he can have a break.)

ALL FIREARMS ARE TO REMAIN IN THE VEHICLES, PRIOR TO THE SAFETY BRIEFING.

The only firearms to be brought to the line are rifles intended for use during the event. Pistols are not allowed on the line by attendees for any reason.

During the period shooters are retrieving firearms from vehicles, the maximum number of instructors will be in the parking area, checking to make sure firearms are 'safe' before allowing the shooters on the range.

Other instructors will be on the lines the shooters are reporting to to ensure muzzles and actions comply with safety rules at all times.

Instructors present to work an event must refrain from drug or alcohol use for the entire duration of the weekend. (Prescription drugs exempted, unless the side effects may reasonably be expected to have deleterious effects on an Instructor's ability to fulfill his role--in that case, notify the Shoot Boss of the situation.)

Alcohol or other intoxicants for participants are prohibited at an event. This includes any camping area on the range property, for the duration of the event. Appleseed Program of Instruction (POI) The Appleseed POI includes the following features:

An effort is made to tell some of the story of the Revolutionary War, specifically but not limited to April 19 1775, to the attendees while they are present. This effort is to include, at an ABSOLUTE MINIMUM, the April 19th story. More is better.

As a tie-in to the history, an attempt is made to "wake up the sleeping Americans", so that they are made fully aware that this is not just a recreational activity for them to participate in, but a program which requires them to get out of the deck chairs and help wake their fellow Americans to the fact the ship we are all on is sinking. Every one attending has some capacity in which they can assist in the soft war, and an effort should be made to ensure they are aware of the choice they need to make. This is a highly subjective point, and currently no metric is available to measure whether it is actually done...but you will know if you do it. This is done both via the Storytelling, and at the nightly benediction prior to dismissal.

Students are to be encouraged to take what they learn home to practice, and also to seek out opportunities to teach others about our history and heritage, as well as rifle marksmanship. Once again, no metric is available, but you will know if you do it.

The staff is to abide by RWVA admin requirements, specifically the liability form as well as any admin requirements from the host club as a condition of the range use.

The staff is to teach and enforce the four RWVA safety rules.

The staff is to teach and follow RWVA firing line procedures.

If Actual Distance facilities are available (25 yards is "Simulated Distance" shooting. 100 yards and out is "Actual"), **THEY ARE TO BE USED**. This does not require that all shooters go to full distance (though that is not a bad idea), but that shooters who are ready or CLOSE to being ready, get the opportunity to put the skills we teach to work in the real world of field shooting. If you have an AD range available and no one uses it, you have failed to do your job.

The event is to use the Redcoat strings of fire at the beginning and end of each day, and is to have a "benediction" both days, whereby people are reminded of the obligation and choice each must face.

The staff is to teach the technical points of Rifle marksmanship as laid out in the Instructor Manual. This is to include instruction on:

- Proper position mechanics for Standing, Sitting/Kneeling, Prone.
- Steady hold factors for all of the positions.
- Proper use of the Hasty, Hasty-Hasty, and Loop sling.
- The Six Steps to firing the shot.
- Talking Targets (shot group analysis).
- IMC, and how it applies to ALL rifles, including "analog" sights and scopes.
- Natural Point of Aim.
- Ball and Dummy Drill.
- The Rifleman's Bubble.
- The Rifleman's Cadence.
- Use of downrange feedback. (The Rifleman Dance)
- Trajectory
- Comeups (STANDARD Comeups to be taught: 3,3,3,4 [required], 5,5,6,8,8 [optional])
- BSZ
- Rangefinding (Minimum using the front sight/reticle as a rangefinder)
- Wind doping (Minimum Fred's simplified wind rule [3 MOA at 300, 5 Moa at 500])
- The Three challenges facing the rifleman (Target Detection, Range estimation, Making the shot)
- The value of a team versus an individual.

Some things are specifically EXCLUDED from inclusion in an Appleseed event. These include the following:

Proselytizing by Instructors of staff for any purpose other than membership in RWVA, participation in the Appleseed program, membership in the host (or other local) ranges/clubs, participation in the soft war, participation in personal responsibility/preparedness organizations, or participation in pro-Bill of Rights organizations. THIS SPECIFICALLY DOES NOT PREVENT RELIGIOUS OBSERVANCES. THE SHOOT BOSS DECIDES IF A "GROUP" OBSERVANCE IS TO BE OFFERED, BUT INDIVIDUALS CAN HOLD OBSERVANCES ON THEIR OWN WITHOUT PERMISSION, AS LONG AS IT DOES NOT CAUSE A DISRUPTION IN THE ACTIVITIES. If the Shoot Boss does offer an opportunity for a group observance it should be made clear to attendees that it is voluntary, and should be done in such a way that it does not cut into non-participants' training time.

Espousing any doctrine, or showing support for any group advocating racial/religious discord, communist/socialist organizations, or unconstitutional use of violence. In cases of dispute, the Shoot Boss' opinion prevails. If the dispute is considered important enough, a request for clarification is to be forwarded to the Steering Committee.

Mention of the word "militia" is to be done only within the time period of The Story and no other time. AS is not about educating Americans on modern statutes relating to "militias", nor are we to be suggesting we are "training" anyone to be a "deterrent". If our program is successful, we will wake the American people to their heritage, history and tradition, and "deterrence" will be up to them, not up to us.

Specific criticism of political parties or personalities. General worldviews and policies may be discussed but anything that is likely to be interpreted as lobbying for or against specific people or parties may not. We are not there to teach people what to think, we are there to teach people that they should think. Names of current politicians should never be mentioned. If a student mentions one be careful to be neutral in your response, deflecting the comment with "I'm sorry, the Rev War Veterans Association is about heritage and marksmanship. We are not in the business of telling people what to think, simply in the business of waking them up so they think on their own." or similar reply.

Appleseed Guidelines for Instructor Conduct

Appleseed instructor Dress code is as follows: Appleseed t-shirt, red sweat shirt, and/or shooting jacket, and red hat.

Wearing of camouflage or any other particular item of dress/grooming is decided by the host range/landowner policies. **ANY SUCH POLICIES ARE APPLICABLE TO ALL INSTRUCTORS WORKING THE SHOOT, FOR THE DURATION OF THE WEEKEND.** If policy dictates something is not allowed that means for the entire time you are present in the area, even after hours. The attendees will likely run into us at other places...

Carry of handguns by Instructors is decided by the host range/landowner policies, both in deciding yes/no and deciding open/concealed only. This decision is applicable only during the time the Instructor is present at the Event activities, including early morning setup/evening teardown. Once you are "off the clock", your own judgment prevails--keep in mind, RWVA insurance will not be available after hours...

Touching of students is to be kept within reasonable limits, basically only allowed when needed for correcting positions, diagnosing trigger control problems, assisting in sling fitting, touching a shoulder or foot to indicate to whom you are speaking, correcting muzzle sweeps or other safety violations, rendering first aid, and an occasional back or shoulder slap to punctuate an "attaboy". There is really no other reason for an Instructor to lay hands or any other object on students. Any touching done under these guidelines should be done in as non-threatening a manner as possible, and as briefly as possible. While Instructors are sovereign individuals with all of the natural rights recognized by our Constitution, they are also volunteers in an organization that has both the moral right and the legal responsibility to implement certain boundaries of acceptable conduct. These

boundaries have been made with every effort to be both fair to the Instructors, to the people who place themselves or their loved ones in our care, and also fair to the organization.

Appleseed's "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.**

Background

The "4 Safety Rules" are the Appleseed Program's safety rules. Every organization that teaches shooting skills the "NRA", "Frontsight", "Gunsite", or the military have a set of firearms safety rules they have developed. Appleseed's "4 Safety Rules" are the rules we have adapted to best serve our purpose.

EVERY Instructor should know the "4 Safety Rules" verbatim – cold! When you teach the "4 Safety Rules" say them word for word. When we as Instructors know and say the "4 Safety Rules" word for word, we demonstrate our serious unwavering commitment to the safety of our shooters and our professionalism as the best rifle marksmanship instructors anywhere.

Instructional Points:

Announce each of the "4 Safety Rules". Then go back and explain what each rule means. Remember, many of our shooters may have never handled a rifle or have had very limited exposure to a rifle. Many shooters will not understand the terminology we use or how we have defined terms within our program.

Appleseed's "4 Safety Rules"

1. "Always keep the muzzle in a safe direction".

A safe direction means that the rifle is pointed in a direction so that even if it were to unintentionally discharge it would not cause death, injury or damage. This rule demands the shooter control where the muzzle is pointed at all times. Common sense dictates the safest direction depends on the circumstances and rifle or range location. The safest direction may be up in a rural area or down in a more urban area. Be aware what's down, i.e. dirt or a concrete parking lot.

"Always keep the muzzle in a safe direction", means when removing the rifle from vehicles, from the case, during transport to the range, and especially on the Line when slinging up or transitioning from standing to either the sitting or the prone position.

Explain the term “Muzzle Sweep”, i.e. unintentionally pointing a rifle at another shooter.

Emphasize that shooters need to be aware of not only their muzzle but also their neighbor’s muzzle.

2. “Do not load until given the “LOAD” command”.

FOR THIS DEMONSTRATION USE ONLY AN EMPTY MAGAZINE OR DUMMY ROUNDS

Show the shooters a couple of different types of magazines. Show them what you mean by “prepare a magazine”. Insert rifle cartridges in the magazine. Show them what you mean by “**LOAD**”. Insert a magazine in a rifle. Emphasize that the shooter must maintain “Muzzle Awareness” when loading the magazine. Emphasize that the shooter should check the “Safety On” prior to “LOADING” the magazine into the rifle.

Release the bolt and double check “Safety On”.

Explain the difference between the commands “**PREPARE A MAGAZINE WITH X ROUNDS**” (don’t forget tube fed rifles) and the command “**WITH X ROUNDS, LOAD**” Again emphasize the distinction of what you just said!

3. “Keep your finger off the trigger until the sights are on the target”.

Emphasize that the shooter’s finger should stay outside the trigger guard, preferably along the side of their rifle or behind the trigger guard until their sights are on the target. “Muzzle Awareness”!

4. “Make sure those around you follow the Safety Rules”.

Everyone shares the responsibility that we all go home without any extra holes. If anyone sees anything they remotely think might be a safety issue, they should immediately take corrective action! If necessary call “**Cease Fire! Cease Fire! Cease Fire!**” Right now, right there – don’t wait for an Instructor or anyone else.

Through out the day the “Shoot Boss”, “Line Boss”, or Instructors should ask the shooters as a group or individually the “4 Safety Rules”. Regardless of how the shooter phrases the rule back to you - you should always come back with the exact phraseology, i.e. “Always keep the muzzle in a safe direction”.

Just like the “6 Steps to Firing the Shot”, we need to embed the “4 Safety Rules” in the shooter’s brain. Otherwise, it maybe you who unintentionally stops a bullet!

What Constitutes a “SAFE RIFLE”?

Background:

A “Safe Rifle” is fundamental to ensuring the safety of all those involved in the Appleseed Program. Safety is everyone’s responsibility. The two principals involved in making a “Safe Rifle” are the shooter and the RSO. The final responsibility falls squarely on the RSO. The RSOs “thumbs up” is his assurance to the Line Boss that “the line” is clear. All of us then, when cleared by the Line Boss can move down range with confidence that every rifle is a “Safe Rifle”.

The following items constitute a “Safe Rifle”. Some items vary depending on the rifle and will be discussed below.

“SAFE RIFLE”

MAGAZINE OUT

BOLT BACK

SAFETY ON

CHAMBER FLAG IN

RIFLE GROUNDED

NO ONE TOUCHING THE RIFLE

Instructional Points:

If you are not familiar with a particular rifle, ask the shooter while “The line is hot” to show you how to load, unload and make their rifle a “safe rifle”. If you have any doubts, find a more experienced Instructor or better yet, an Instructor who has that same type of rifle to verify what the shooter has shown you.

Magazine Out

Ensure the magazine is out if it can be removed. Tube fed rifles – tube disengaged and out at least 2 – 3 inches. Garand rifles need the enblock clip ejected. Ruger 10/22 factory magazines – are black, flush with the bottom of the rifle and easily missed.

Bolt Back

The bolt should be locked back. This is not possible on all rifles, (notably the AK 47) unless it has been modified.

Safety On

This is an easy one to miss! AR 15 or an AR 10 rifles – the safety is not easily verified “on” when the rifle is lying with the ejection port up. One technique is to with a Sharpie to mark a small line on the receiver and across the safety pin on the ejection port side. First, ask the shooter if he minds – the Sharpie mark is removable with rubbing alcohol. AK’s – the safety cannot effectively be “on” with the bolt back but can be applied with the bolt forward resting on the flag. Bolt rifles – Ensure the bolt is back and the magazine well is empty. There is no need to have the safety on..

Chamber Flag In

Every rifle on the line will have a chamber flag. .22cal rifles may have an ejection port too narrow to accommodate the chamber flag issued. The chamber flag in this instance will need to be modified. To do this simply take the standard chamber flag and slowly bend the bottom one inch to a forty-five degree angle. You will initially need to over bend the chamber flag end to overcome the tendency of the plastic to spring back. **Remind shooters that the tip of the chamber flag must be in the rifle chamber as far as possible.** Shooters should keep the chamber flag clean and not let the bolt slam forward on it.

Rifle Grounded

The rifle must be lying on the ground or the shooters mat. The Shoot Boss may modify this as necessary during exceptionally rainy or windy dusty conditions. Some shooters may choose to lay a towel or covering over their rifle to protect it from the elements after the shooter has made the rifle safe. The RSO should remove the covering, verify the “safe rifle” and then replace the covering.

No One Touching the Rifle

The shooter or the Instructor will not touch the rifle once the “line is clear”. Shooters, when returning from the targets may be thinking about sight adjustments or adjusting the sling for the next stage and may end up touching their rifles while others are downrange. Reemphasize that they may only touch their rifles on the line during “prep time” or the “course of fire”. Tell them if they are not sure – Ask.

Specific Rifles:

SKS – Open the bolt with the magazine empty and the bolt will lock back. Then open the magazine well.

AK’s – The bolt will not lock back with the safety on unless the shooter has modified his rifle. The typical AK will have the bolt forward resting on the chamber flag with the safety on.

Remember if at any time you are not sure a rifle is a “Safe Rifle” ASK!

Line Commands

To maximize safety the Line Commands will be delivered verbatim. The Line Boss should deliver the commands with a cadence that allows him to be heard and understood by the shooters.

The initial Safety Briefing will include the Line Commands and will require the Line Boss to state the commands verbatim following each command with a brief explanation of the actions shooters are expected to accomplish for each command. Keep the explanation simple and concise. Instructional Points are given after the commands below.

Additionally, after delivering a Line Command, the Line Boss should take specific actions and watch for the accomplishment of specific events. These will be noted in parenthesis.

The Line Boss will establish a specific time limit for each Preparation Period. The Preparation Period time may be decreased as shooters develop familiarity with line procedures and their equipment. Additionally, as Line Boss you may establish a time period at the Target Line, for breaks, or for lunch. Communicate with the shooters what you expect and hold them to it.

“Shooters! Your XX Minute Preparation Period Begins Now!”

Instructional Points:

Explain to the shooters when they hear this command they may touch their rifle. The Preparation Period or the COF is the only time the shooters may normally touch their rifles. During the Preparation Period shooters may sling up, assume the firing position, dry fire, make sight adjustments, etc - but they will NOT load their rifle.

(Start the clock and watch the shooters for safety violations or indications that you can end the Preparation Period early.)

“Shooters! Your Preparation Period Has Ended!”

Instructional Points:

The shooters should now be prepared to shoot the COF. They should have the necessary “prepped” magazines ready at hand.

Brief and re-brief: **Only shooters with tube fed rifles when they hear the command “Shooters! Your Preparation Period Has Ended!” will kneel, place the chamber flag in, load the appropriate number of rounds in the magazine and lock the tube plunger in place. **IN THAT ORDER****

While the tube fed rifles are being loaded the Line Boss can use the time to briefly explain again if necessary the COF. Especially, when the AQT is still new to everyone.

Make sure the shooters with tube fed rifles understand that if the upcoming COF involves a magazine change they are to simulate it by placing two shots in the first target for that stage, eject a round and then continue the COF.

Shooters with magazine fed rifles will not stand with a magazine in hand, unless they will be firing the first stage of the AQT, but rather leave the magazines on the mat until they have assumed the sitting/kneeling or prone position.

(Watch for safety violations!)

****During Non-Transitions****

“With XX Rounds, Load!”

Instructional Points:

The shooters may now make their rifles ready to fire. Load the prepped magazine, tube or clip into their rifle and chamber a round. **Shooters with tube fed rifles will always load in the kneeling position. They will place the chamber flag in, load the appropriate number of rounds in the magazine and lock the tube plunger in place. **IN THAT ORDER**** Unless commanded “Safeties On!” the safety may remain off, and the shooters should be in position ready to shoot on the “Fire!” command. Allow some extra time for shooters with tube fed rifles to load. However, you don’t have to necessarily wait until they are finished loading before proceeding with the line commands. Remember if they are shooting stage 4 of the AQT they will have 5 minutes to complete the COF.

(Watch for safety violations!)

****Transitions****

“Safeties On!.....Stand!”

Instructional Points:

Do not explain the “Stand!” command during the initial briefing. Instead wait until the “introduction to transitions” prior to the appropriate COF. Remember as Line Boss you should pause briefly between the “Safeties On!” and the “Stand!” command.

(Watch for safety violations!)

“Is the Line Ready?”

Instructional Points:

This is a rhetorical question. If the shooters are ready, they should not do or say anything. If a shooter is not ready he should signal by raising a hand and shout “NO!” (Or something to indicate the shooter is not ready) If the reason the shooter is not ready, i.e. the shooter is not prepared or still adjusting his sling, the Line Boss may choose to proceed.

(Listen for a “NO!” and watch for safety violations!)

“Ready on the Right?”

Instructional Point:

Check the right side of the Line.

(Look at the **shooters** on the right for any indications they are not ready.)

“Ready On The Left?”

Instructional Point:

Check the left side of the Line.

(Look at the **shooters** on the left for indications they are not ready.)

“All Ready On The Firing Line!.....Fire!”

Instructional Points:

“All Ready On The Firing Line!” Take a breath then issue the **“Fire!”** command. The shooters will then complete the appropriate COF. Emphasize they should focus on shooting the correct number of rounds on the correct target. The shooters will continue until they either run out of ammunition or hear:

(Begin timing the COF, observe the Line and watch for safety violations!)

“Cease Fire!.....Cease Fire!.....Cease Fire!”

Instructional Points:

Emphasize and re-emphasize that when shooters hear this command they will stop firing **IMMEDIATELY!** “**Cease Fire!**” is **NOT** a “yellow light”. They are not to “machine gun” any remaining rounds, but instead stop **IMMEDIATELY!** Explain that the reason for the “**Cease Fire!**” may not be evident to the shooters. There may be a safety reason for the “**Cease Fire!**”. **EVERYONE** “owns” and anyone can call “**Cease Fire!**”. Emphasize that anyone who observes anything they think might even be close to a safety issue should loudly yell three times, “**Cease Fire! Cease Fire! Cease Fire!**” Explain there is no harm if they mistakenly call “**Cease Fire!**”. The harm is if they don’t call “**Cease Fire!**” and someone is hurt.

(Turn your head left and right to project your voice to all the shooters on the Line.)

“Unload And Clear!”

Instructional Points:

Each shooter should now make their rifle safe, and then step back away from the rifle. This is a good time for you as Line Boss to ask the shooters how to make a rifle safe

(Ensure the designated Instructors begin RSO / LSO duty.)

(When it appears the RSOs / LSOs have cleared the Line. Call:)

“Is The Line Clear On The Right?”

Instructional Points:

Explain to the shooters that as Line Boss you will be looking at the RSO on the right for the RSO’s thumbs up signal that the right side of the Line is safe. This is why shooters must be five meters behind the Line until the command “**The Line Is Clear! The Line Is Clear!**”

(Look for a thumbs up signal from the RSO on the right end of the Line)

“Is The Line Clear On The Left?”

Instructional Points:

Explain to the shooters that as Line Boss you will be looking at the RSO on the left for the RSO’s thumbs up signal that the left side of the Line is safe. This is why shooters

must be five meters behind the Line until the command **“The Line Is Clear! The Line Is Clear!”**

(Look for a thumbs up signal from the RSO on the left end of the Line)

“The Line Is Clear!.....The Line Is Clear!”

Instructional Points:

This command informs everyone that the Line is clear. **However, no one** is to step across the firing line toward the target line until given permission to proceed down range. Typically at this point you will inform the shooters what to expect next. i.e. “Shooters, after checking and scoring your targets, center up for instruction.”

(Turn to the left and right as you give this command to project your voice to all the shooters on the Line)

“Shooters You May Proceed Downrange To check/ score/ post, etc, Your Targets!”

Instructional Points:

Emphasize that this is a **“Simon Says”** moment. Until the shooters hear this command, everyone must stay behind the firing line!

(Start the clock and remain, or designate another Instructor to remain on the Line. Watch for safety violations as shooters return from the Line.)

Line Commands (List)

- “Shooters! Your XX Minute Preparation Period Begins Now!”
- “Shooters! Your Preparation Period Has Ended!”
- ****Non Transitions**** “With XX Rounds.....Load!”
- ****Transitions**** “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 Now Proceed Downrange To check/score/post Your Targets!”
- “Stand Easy” used to temporarily hold the Line

Slings and Positions

Slings

A sling used correctly will dramatically steady the rifle and increase accuracy. Most shooters believe that the purpose of a sling is for carrying a rifle and have no idea how to use the sling to improve their shooting. However the **PRIMARY** purpose of the sling is as a shooting aid. There are three types of slings we demonstrate at an Appleseed Shoot, the “Hasty, Hasty” sling, the “Hasty” sling, and the “Loop” sling.

“Hasty, Hasty” Sling

Teach this sling first and explain that although we do not use this sling at an Appleseed it can be a useful sling option. This sling may be used in the field if you need to sling up in a hurry. For instance, with the sling at carry length and the rifle at “port arms”, you are met with a sudden opportunity or threat and there’s no time for a “Hasty” or “Loop” sling. Then the “Hasty, Hasty” is the sling to use.

Demonstration: Holding the rifle, rotate the rifle in a quick circle. Centrifugal force will make the sling fall outside the forward elbow. Now with the sling on the outside of the elbow, raise the forward elbow at angle that places tension on the sling. The advantage of the “Hasty, Hasty” sling is that it is quick, easy and better than no sling at all. The disadvantage is that this sling is not as steady as the “Hasty” or “Loop” sling.

“Hasty” Sling

The advantage of this sling is that it is quick and provides a more stable platform than the “Hasty, Hasty” sling because the forward arm remains under the rifle. This sling works well in the standing position. The downside of this sling is that if not properly adjusted it tends to slip down the bicep as you shoot.

Demonstration: Hold the rifle horizontally with the sling hanging about one spread hand width below the trigger guard, (approximately 8-10 inches). Now hold the rifle with the trigger hand on the rifle grip with the muzzle pointed up. Raise the rifle up until the trigger hand is in front of your face. Place the weak side hand through the sling with the rifle as low on the sling and as deep as possible. The sling should contact you through the armpit and across the back of the shoulder/upper arm area. (Turn for a moment to show the shooters where the sling falls). While maintaining tension on the sling reach under, around and over the top of the sling with the support side hand gripping the fore stock **between the sling and the stock**. Lower the rifle to the horizontal position. The sling should now be across the back of the hand, above the bicep and snug. This will force the front elbow under the rifle and maintain tension on the sling. While standing you should feel most of the rifles weight resting on the sling, which in turn is across your chest.

“Loop” Sling

This sling is our most stable sling option in the prone and sitting positions. This sling provides a stable triangle from the hand to the elbow to the upper arm. The “Loop” sling takes longer to “sling up” and may cause the support hand to go numb during sustained fire.

Demonstration: Begin by kneeling and placing the rifle butt on the ground with the rifle barrel leaning back against the shoulder so both hands can be used while still controlling the muzzle of the rifle. Remove the clip from the rear swivel and form a loop from the webbing in the center of the buckle. Pull the webbing out until a loop is formed that is big enough to easily place your support side arm through.

Looking down at the sling while it hangs in a “natural” position, (as it lays flat normally). Rotate the loop about a quarter turn to the right (left handed shooters a quarter turn to the left) and insert the support arm through the loop until the loop is above the bicep. Cinch the loop snug and notice that the hardware is on the outside of the arm. Loosen the sling cam and adjust the sling to length for the shooting position. Place the support hand between the stock and the sling so that the sling lies flat across the back of the hand, is anchored above the bicep and is snug.

The shooter can mark the sling once they gain some experience using the “Loop” sling and have a good idea of how much tension is needed in each position. The shooter can use a marker to mark where the sling goes over the upper swivel in a way that will allow quick consistent adjustments from position to position.

Positions

The basic building block for all shooting instruction is a proper position. If a proper position is not built and maintained the other instruction fundamentals will be for naught.

The three shooting positions used at Appleseeds are the prone, sitting and standing.

During the demonstrations for the different shooting positions there are several new terms that will be introduced to the shooter: “Dragging Wood”, “Turkey Neck”, “Cheek Weld” and “Chicken Wing”. It is important to thoroughly and completely explain these terms both verbally and visually.

Prone

This is the most stable shooting position.

Demonstration: Face the target and index (turn) about 30 degrees to “trigger hand side” of the target. Lie down on your stomach and roll about 1/8th turn toward the support side. While propping up on the “flat” or back of your forward elbow, shoulder the rifle. Watch that you don’t put the muzzle in the dirt! Keep the front hand open or lightly gripping the rifle. The sling should be under the back of the hand, above the bicep and

snug enough to relax and support the rifle with no muscle input. The forward elbow should be as nearly under the rifle as possible. Remind the shooters that if the front sight does not fall and rise vertically when you inhale and exhale then their elbow is not far enough under the rifle. The support side leg is extended straight back in line with the spine. The trigger side leg should be drawn up as far as possible and the foot moved outward. Ideally the trigger side thigh and calf form an approximate 90-degree angle. The trigger side elbow should be on the mat and spaced properly so that weight is on it. The trigger hand should grip the stock with a “firm handshake grip”, pulling the butt back into the shoulder pocket snugly while not “dragging wood”. Turkey neck and get a good cheek weld with perfect sight alignment. Don’t allow a long magazine to touch the mat and form a monopod.

Sitting

This position is less stable than the prone position but more stable than the standing position. Some shooters may need to loosen their belt for this position.

Demonstration:

Cross-Legged: Face the target and index about 30 to 45 degrees toward the trigger hand side. Now sit with your legs straight out in front. Now draw your feet toward you and fold them under your legs. The trigger side leg should be drawn in first and the support side leg should be then drawn in so that the trigger side toes are under it.

Try to get as low as possible without “canting” (tilting) the rifle. The front hand should be open or lightly gripping the rifle. The sling should be under the back of the hand, above the bicep and snug.

The forward elbow may not be under the rifle. NPOA and body geometry will determine where the elbow is placed. The elbows should be in front, on the target side of the knees. Place the “flat” of the back of the upper arm on the “flat” of the leg. This is very important! If you place the elbows on top of the knees you will lose your NPOA on every shot due to the recoil. Remember to keep the elbows on the target side of the knees. The trigger hand grips the rifle and pulls it snugly back into the shoulder pocket. Watch for dragging wood! Your body will be leaning forward and your head may be leaning considerably, but the shooter should try not to cant the rifle. Turkey neck and get a cheek weld with perfect sight alignment.

Every shooter will have slight variations in their sitting position due to body geometry. Work with the individual shooters to find what works best for them. Proper NPOA will usually cure many position problems and should be taught in conjunction with the basics of the position.

Crossed Ankles: If the shooter can’t get into a crossed leg position they may be able to achieve nearly as stable a position by sitting and simply crossing their ankles. Make sure their legs are supported by their feet (as a fulcrum) and that the legs are relaxed with no

muscle input holding their legs up. The elbows should be on the forward, (target) side of the knees.

Open Leg Position (Feet in front): Face the target and index toward the trigger side hand approximately 30 to 45 degrees and sit. Keep your knees spaced the correct distance to accommodate the elbows in front of the knees on the target side. The knees should be about shoulder width apart and the feet as flat as possible to gain additional stability. This position is not as stable as the cross-legged position but can be used by shooters who cannot get into the cross-legged position.

Kneeling

Demonstration: Kneel with the support side leg forward, bent with the shin nearly vertical. The trigger side knee is placed on the ground and the leg bent beneath you. You should sit on the inside of the foot/ankle. If you aren't very flexible then sit on your heel with the heel at the base of the spine. Place your support elbow in front of the knee. Your trigger arm should be "chicken winged" holding the elbow out to form a good shoulder pocket. Explain the term "chicken wing". Rifles with pistol grips will require less of a "chicken wing" to prevent "dragging wood". Turkey neck and get a solid cheek weld with proper sight alignment.

Standing

Demonstration: Face the target and index 90 degrees to the trigger side hand. Stand straight and space your feet about shoulder width apart. Keep the forward hand open or lightly gripping the rifle. You may want to hold the fore stock a bit further back than the other positions. Remember when you adjust the sling or dry fire not to put your hand so far back that it would cover the magazine well.

The elbow should be under the rifle. The sling should be under the back of the hand, above the bicep and snug. The trigger side arm is held high, ("chicken wing") to form a better shoulder pocket. The trigger hand grips the rifle firmly and pulls the rifle butt back snugly into the shoulder pocket. Watch that you don't drag wood. The head should be as near vertical as possible and you should raise the rifle butt higher into the shoulder pocket than the other positions so that the rifle butt meets your cheek and eyes should be nearly level. This is the only SHF that differs from the other positions. Turkey neck and obtain a cheek weld with proper sight alignment. Note that the shooters may notice that breathing has the opposite affect from prone; inhaling will raise the sights and exhaling will lower them.

The Six Steps Of Firing The Shot

Teaching “The Six Steps Of Firing The Shot” requires that you as an Instructor know each of the six steps in order and verbatim. When teaching the Six Steps you should first state the Six Steps and then go back through each step with a complete explanation.

The Instructional Points below give you a suggested explanation of how to initially teach the Six Steps. Visual aids are a great help, and don’t forget Total Participant Involvement, (TPI)!

The 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:
 - Hold the trigger back
 - Take a “MENTAL SNAPSHOT” of where the front sight was when the round went off.

Instructional Points

1. Sight Alignment

Aperture or “Peep” sights: Center the top of the front sight post in the ring of the rear sight. The top of the post should be centered horizontally with an equal amount of daylight on either side. The front sight post should be centered vertically. The top of the post should be half way up the circle.

Open Sights: Center the front sight post in the notch of the rear sight. The post should have an equal amount of daylight on either side of it and the top of the post should be the same height as the left and right sides of the notch. The Ruger 10/22 rear sights have a plate with a notch in it, and that the front sight bead needs to drop into that notch. The “ears” of the 10/22 sights do not move when the rear sight is adjusted.

Scopes: Center the eye so that there are no “shadows”. You should see a full, clear picture.

It should be noted that the sights can be aligned anywhere, completely independent of a target, and that once aligned, they should remain aligned throughout the shot string.

2. Sight Picture

While maintaining sight alignment, bring the sights onto the target. Place the top of the front sight post on the bottom of the target. This is called the 6 o’clock hold. All 3 elements should now be aligned: The rear sight, front sight and target.

Those who shoot Center of Target (COT) for a living, (law enforcement, military, etc), should continue to hold COT. Those who have non adjustable or difficult to adjust sights, (drift sights, scopes, etc) should probably use a COT hold. Just hold the top of the front sight post or scope cross hairs on the center of the target.

3. Respiratory Pause

You cannot shoot accurately while you are moving. Breathing causes movement, so you will have to stop breathing at some point to make an accurate shot. This is what we call the Respiratory Pause.

In the prone position, you will notice that as you inhale the front sight will dip and that when you exhale it will rise. Use the natural action of breathing to help hold the elevation. When the front sight reaches the desired place on the target, simply hold your breath at that point. Later we will show you a way to increase accuracy even further by completely relaxing the respiratory system when you exhale to hold the sights on target.

How long can you hold your breath and expect good accuracy? In 5 to 8 seconds your vision begins to diminish. You won’t be able to see as well as you’d like. You may even begin to tremble a bit. If you don’t get the shot off within a few seconds, take another breath and start over.

4a. Focus your EYE on the FRONT SIGHT:

The eye cannot focus at more than one distance, and you are now trying to keep 3 things aligned. Hundreds of years of shooting by thousands of riflemen have proven that the best way to sight your rifle is to focus on the front sight.

The **target will be fuzzy** in the distance, perched on the front sight post like a pumpkin on a fencepost.

The **rear sight will be fuzzy** in your periphery. But this is the only way your eye can line up all three things accurately. It is imperative that you focus **ONLY** on the front sight.

This is not a natural thing and requires constant monitoring and correction. If your groups start to expand, the first thing you need to ask yourself is if you are truly focusing on the front sight.

Scopes create a single focal plane, and you should **focus on the reticule**, not the target.

If you experience **eyestrain**, simply focus at a distant object momentarily, and then back to the front sight. This relieves the eye muscles and will allow you to again clear focus on the front sight.

4b. Focus your MIND on KEEPING the front sight on the TARGET

With all that you can muster, **focus your mind on keeping that front sight precisely where it belongs on the fuzzy target**. This will require a considerable amount of concentration and effort and is why the steps must be practiced, become automatic and leave the mind free to concentrate on the front sight and target.

5. Squeeze the trigger

Shooters have a tendency to “snatch” the trigger when the sights are momentarily on the target and before the sights can move off again. **Squeeze the trigger straight to the rear using a steadily increasing pressure**. Use the ball point pen demo to further drive this point home. **The difference between a squeeze and a snatch is CONTROL.**

The problem with snatching the trigger is that the bullet is not yet out of the barrel. The added motion you impart to the trigger will start the bullet downrange at a slight angle. This diverging path from the target will continue to grow the farther the bullet travels.

By squeezing the trigger **you can stop at any moment**. If the target is slightly off line, don't release the existing trigger pressure. Simply continue to hold the pressure you have. When the sights come back into place, continue squeezing the trigger. Repeat until the rifle fires.

The middle of the first pad of the trigger finger should contact the trigger in the as low as possible. This provides increased sensitivity, greater mechanical advantage and to prevents touching the bottom of the receiver. The finger should remain in contact with the trigger throughout the shot string.

6. Follow Through: (Two parts)

Follow through has two parts when the shot goes off: 1) Hold the trigger back and 2) Take a mental snapshot of where the front sight was when the shot broke. We call this “Calling the Shot”

Hold the trigger back: Just as with squeezing the trigger straight to the rear, you must continue squeezing the trigger to the rear after the shot breaks and hold the trigger to the

rear long enough to allow the bullet to clear the barrel. Try to hold the trigger back until the sights are realigned on the target.

When you begin to release the trigger pressure, **release just enough pressure to reset the trigger.** You should hear the trigger reset during dry practice and feel a click as the trigger resets. **Do not remove your finger from the trigger** or let the trigger go all the way forward. Finger travel should only be the distance between “hold back” and “click” you may hear but should always feel the trigger reset. The trigger will continue forward beyond the reset point if you allow it – don’t!

Take a mental snapshot: The instant the shot goes off you must make a mental snapshot of where the front sight was. That mental snapshot is where the bullet went. Initially it will seem impossible to do, but with practice you will see exactly where the sights were when the shot broke.

The ability to call your shot is important. As an example, if you called the shot at 5 o’clock and just out of the black. Then when you check the target and that is where the bullet hit, the shot wasn’t a bad. The shot actually went where it was told to go. You just need to focus better on sight alignment and do the 6 steps required to put the shot in the center.

Dry Firing is the perfect time to develop this skill because there is no noise or recoil. Don’t waste your prep period, dry fire as much as possible. You can even “call the shot” when you dry fire. Even when you can’t see a hole in the target you will know where that shot went and could actually draw it on paper to compare with the real thing when you get to the target.

***Dry firing at home is a great way to make the “Six Steps” second nature. If you dry fire in your home you must check and recheck that the rifle is empty. Remove all live rounds from the room you are practicing in. Know what is behind the wall your target is on. If anyone comes in your practice room, stop ask them to leave. Recheck that the rifle is empty and that there are no live rounds in the room! It will be a hard sell to the jury that you really didn’t intend to shoot you daughter or the neighbor! ***

Natural Point Of Aim

One of the most difficult tasks of the RWVA Instructor is teaching NPOA. Difficult because you must teach the shooter a somewhat abstract and unfamiliar concept in the simplest terms possible. Additionally it is difficult to determine if the shooter has grasped the concept and put it to use. We cannot see what he sees, or feel what he feels. We rely almost entirely on the “talking target” to tell us if the shooter “gets it” and this takes time and ammunition.

As with all instruction, we will boil this down to its essence using simple, precise, and easy to understand terms and methods.

Explaining NPOA

To a shooter unfamiliar with the term, Natural Point of Aim may sound foreign and intimidating.

Natural Point of Aim is the place where your relaxed body would place the shot.

Think of it this way: If you take a good position and **do the first three steps of firing the shot.** (A concept already familiar by this time.) Close your eyes during the respiratory pause, relax and allow your body to “settle” into a relaxed state. **When you open your eyes the front sight will be on your NPOA.**

This is because you have removed vision from the process, and without vision you will not muscle the sights to an unnatural spot. By following the above steps, the shooter **“Found, i.e. verified, his NPOA”**. Notice we don’t say “Got his NPOA”. A shooter can no more “get” his NPOA than he can get his belly button. He already HAS both. He just has to find one of them.

Once a shooter finds his NPOA, all he needs to do is **place it on the target**. If the NPOA coincides with the target he can shoot a very nice group on that target, since no muscle is involved in keeping the sights on the target.

Laser Bore Sight Demonstration

One method for explaining NPOA is to use a laser bore sight to allow shooters to see the results of the proper procedure. It is best to place a bore sight in a stock without a barrel or receiver so you don’t have to worry about “sweeping” anyone.

Ask an Instructor to take a solid prone position with the laser turned on. Place a “4 minute square” target in front of him, about 10 feet away with the laser dot shown a few inches to the side and a few inches high or low. Now have the Instructor shift his hips laterally to place the laser dot directly over or under the square. Next have him shift his

hips to bring the dot up or down until it is directly centered on the square. Re-check the sight alignment using the NPOA drill.

Teaching NPOA

Teaching NPOA requires a method that will give the instructor immediate feedback and accuracy while teaching the shooter how to do it on his own.

“Carding the Sights” is the most efficient way to do this. Ask the shooter to take a good, solid prone position, (Another good time to reinforce the Steady Hold Factors!). Have him do the first 3 steps of firing the shot: Align the sights, place the sights on the target, take a deep breath and close the eyes, then exhale and relax into the sling. Ask him to open his eyes and tell you where the front sight is in relation to the target.

Now have him shift his position to bring the NPOA onto the target. You might want to have him do it in two steps: windage and then elevation.

Once the shooter is confident that he has his NPOA perfectly aligned on the target, place a card in front of the front sight. Have him take a deep breath and relax. Wiggle the rifle a bit to settle things.

Remove the card and have the shooter tell you where the front sight is in relation to the target. He'll likely be close, but not exactly on target. Now ask him to shift his position to again perfectly align his NPOA with the target and when he is confident that he has verified it, card the sight again. Have him take a deep breath, exhale and relax “into the sling”. Remove the card and have him tell you where the front sight is.

A couple of tries usually all it takes. Now remind him that he can accomplish the same thing by simply closing their eyes to remove vision from the process, just like they did the first time. Have him keep that position if possible, and fire the string.

The entire line can practice this by having them verify their NPOA on a few targets in sequence. For instance, have them all place their NPOA on the far left target on the line, then one near the middle and then one near the right end. This takes very little time and drives home the idea that they must shift the position to bring the NPOA onto EACH target.

Teaching Natural Point of Aim in essence comes down to just three things: **First, explain what NPOA is. Second, find, i.e. verify the NPOA. Third, bring the NPOA onto the target.**

But there IS a fourth consideration... Once the shooter does this, he must TRUST NPOA.

In other words, he should not fuss the shot and try to make it perfect. The perfect is the enemy of the good. He must trust that having established his NPOA on the target, that

when the sight picture is correct, the remainder of the 6 steps can be accomplished immediately!

NPOA...It's a beautiful thing!

Key phrases to use

- “Find or verify the NPOA”
- “Do the first 3 steps of firing the shot and close your eyes”
- “Relax”
- “Shift your position”
- “Place your NPOA on the target”
- “Trust the NPOA”

Steady Hold Factors

Appleseed Instructor's are tasked to provide shooters as much useful information as possible in only two days. One way to do this is by teaching skills that can be learned quickly in small blocks of information, which build on skills the shooter already knows.

The building blocks follow a logical progression. The basic building block is “**building the position**” and it is the most important. This is the cornerstone of learning to accurately shoot a rifle.

To teach the shooter how to build a proper position you must have a standard foolproof method the shooter can use to check himself each time he assumes a position. Additionally it must work for all positions with little variation until it becomes muscle memory.

The best way to accomplish this is by using the “**Steady Hold Factors**” (SHFs). The following is a synopsis of the SHFs with examples for each position we teach. You will notice a pattern to the SHFs, and also that they apply to any position with very few differences. This will also make the SHFs easier to remember.

We will start with the prone position because it is the first position taught and it will form the basis for the SHFs in all other positions. The other positions will use the same format and we will add one SHF for the standing position.

The SHFs are used in troubleshooting both on the firing line and for diagnosing problems at the target line. Refer to “Troubleshooting on the Line” for additional information.

Common Steady Hold Factors: All SHFs will follow the same basic sequence, starting with the support hand and moving in a circle that ends with the cheek weld: This is what we **TEACH**.

- Support hand
- Support elbow
- Sling
- Support leg
 - (Check for canting)
- Trigger leg
- Trigger elbow
- Trigger hand
- Turkey neck
- Cheek weld

In addition to the items we teach, there are also items we **LOOK FOR, but do not teach**. If you discover an error, correct the individual shooter at that time. These common errors follow a particular SHF are in parenthesis.

Always begin teaching each position by demonstrating how to “index” to the target. Face the target, turn toward the trigger side hand and index approximately 30 degrees in the prone and sitting position and almost 90 degrees in the standing position. The individual shooter’s body will dictate the specific angle required. Taller shooters with shorter rifles may nearly face the target; shorter shooters with longer rifles will have a greater angle. Once they understand NPOA the angle will be easy for them to determine.

Steady Hold Factors, Prone

(Using the format shown above)

Support hand:

Look for the supporting hand to be relaxed, maybe even open. The rifle should lie along the “lifeline” of the palm and rest on the heel of the hand.

(This will consistently allow the rifle to recoil straight up and back down to a platform that doesn’t move.)

Support elbow:

The support elbow should be as far under the rifle as possible, keep in mind that if the shooter is dry firing there will not be a magazine in the rifle. During live fire they may have a long magazine protruding down and the forearm should just touch the magazine and index there.

(Again, the rifle can recoil straight up and back down, maintaining a consistent position throughout the COF.)

Sling:

The sling should be snug, pass under the back of the hand and anchor above the bicep.

(Check to make sure the sling doesn’t go straight from the rifle to the bicep! This is common newbie error. The sling passing behind the hand keeps the rifle in contact with the hand for consistency from shot to shot. Make sure the sling is not too loose or too tight. If the sling is too tight it will cause the rifle to cant forcing the shooter to straighten the rifle with muscle, BAD!)

Support side leg:

The support side leg should be straight and if the shooter is able, aligned with the spine.

(Check the shooter’s foot to ensure that he is not up on the toes and applying pressure that would alter the shot string vertically due to “muscling”.)

(Check for canting! As you transition from the support side to the trigger side, look at the rifle to ensure it is not canted slightly left or right from vertical.)

Trigger side leg:

The trigger side knee should be drawn up toward the body as high as possible.

(The shin should lie approximately parallel to the rifle.)

Trigger side elbow:

The trigger side elbow should be planted with enough weight to prevent displacing the position during recoil.

(Yes, you will occasionally see someone trying to “chicken wing” it!)

Trigger hand:

The trigger hand should hold the rifle with a firm “handshake grip” and pull the rifle firmly back into the shoulder pocket.

(Look for “Dragging Wood” or other triggering errors at this time.)

Turkey neck:

The neck should be extended so that the head is as far forward as possible. Remember, you are introducing a new term to the shooters here, so explain it well.

(This creates a consistent sight picture because the eye relief is constant.)

Cheek weld:

After turkey necking, the head should be lowered **and when the eye is perfectly centered in the sights** the cheek should be snug against the stock to hold sight alignment. The weld should not change or be moved throughout the entire shot string.

(Cheek weld IS sight alignment! Incorrect or breaking the cheek weld will cause groups to suddenly shift to a different point of impact.)

Steady Hold Factors, Sitting

Support hand:

The supporting hand should be relaxed, maybe even open. The rifle should lie along the “lifeline” of the palm and rest on the heel of the hand.

Support elbow:

The support elbow should rest on the “target side” of the knee.

(This prevents recoil from destroying NPOA when the elbow is place on the top of the knee and slips off during recoil. The elbow will not necessarily be under the rifle, depending on shooter geometry. Finding the NPOA will determine/ fix this.)

Sling:

The sling should be snug, pass under the back of the hand and anchor above the bicep.

Support side leg:

Hmmmm...Just needs to be in the proper place, right?

(Shooters can raise and lower the rifle by sliding the feet closer together or further apart.)

(Check for canting! As you transition from the support side to the trigger side, look at the rifle to ensure it is not canted slightly left or right from vertical.)

Trigger side leg:

Ditto the other leg.

Trigger side elbow:

The trigger side elbow should rest on the “target side” of the knee, not on top of the knee.

Trigger hand:

The trigger hand should hold the rifle with a firm “handshake grip” and pull the rifle firmly back into the shoulder pocket.

Turkey neck:

The neck should be extended to its limit so that the head is as far forward as possible.

Cheek weld:

After turkey necking, the head should be lowered **and when the eye is perfectly centered in the sights** the cheek should be snug against the stock to hold sight alignment. The weld should not change or be moved throughout the entire shot string.

Steady Hold Factors, Kneeling

Support hand:

The supporting hand should be relaxed, maybe even open. The rifle should lie along the “lifeline” of the palm and rest on the heel of the hand.

Support elbow:

The supporting elbow should rest on the “target side” of the knee.

Sling:

The sling should be snug, pass under the back of the hand and anchor above the bicep.

Support side leg:

The forward shin should be near vertical.

(May be slightly foot forward for tall shooters.)

(Check for canting! As you transition from the support side to the trigger side, look at the rifle to ensure it is not canted slightly left or right from vertical.)

Trigger side leg:

Knee planted with the buttocks resting on the foot.

(Some can sit on the inside or outside of the foot creating a lower, more stable platform. Others must sit on their heel with toes curled under or straight out.)

Trigger side elbow:

The trigger side elbow should be “Chicken Winged”. Remember, this is a new term for the shooters so explain it well.

(Angle of the wing varies with shooter geometry. Too much chicken wing can cause “dragging wood”, especially with pistol grip stocks)

Trigger hand:

The trigger hand should hold the rifle with a firm “handshake grip” and pull the rifle firmly back into the shoulder pocket.

Turkey neck:

The neck should be extended to its limit so that the head is as far forward as possible.

Cheek weld:

After turkey necking, the head should be lowered **and when the eye is perfectly centered in the sights** the cheek should be snug against the stock to hold sight alignment. The weld should not change or be moved throughout the entire shot string.

Steady Hold Factors, Standing**Support hand:**

Look for the support hand to be relaxed, maybe even open. The rifle should lie along the “lifeline” of the palm and rest on the heel of the hand.

Support elbow:

The support elbow should be as far under the rifle as possible.

(Not having the support elbow under the rifle as far as possible is probably the most common error in this position)

Sling:

The sling should be snug, pass under the back of the hand and anchor above the bicep.

Support side leg:

Look for a “normal” spread between the feet, approximately shoulder width, give or take a bit for NPOA adjustments)

(Check for canting! As you transition from the support side to the trigger side, look at the rifle to ensure it is not canted slightly left or right from vertical.)

Trigger side leg:

Ditto, the proper stance.

Trigger side elbow:

The trigger side elbow should be “Chicken Winged”.

Trigger hand:

The trigger hand should hold the rifle with a firm “handshake grip” and pull the rifle firmly back into the shoulder pocket.

Rifle Butt:

The rifle butt should be raised high enough to allow the head to be near vertical with a good cheek weld. You may see a considerable amount of butt exposed above the shoulder pocket.

(Checking the rifle butt is the only SHF that differs from the other positions.)

Turkey neck:

The neck should be extended to its limit so that the head is as far forward as possible.

Cheek weld:

After turkey necking, the head should be lowered **and when the eye is perfectly centered in the sights** the cheek should be snug against the stock to hold sight alignment. The weld should not change or be moved throughout the entire shot string.

With practice you can quickly evaluate a shooter’s position, detecting and correcting errors in a matter of seconds. Begin with the gross errors and when you see a shooter with none, watch that trigger finger! You can almost bet you’ll find a problem with follow through or other trigger manipulation errors. If you still find no errors, watch the eyes for blinking or flinching.

Inches–Minutes–Clicks

Inches-Minutes-Clicks (IMC), is the method a Rifleman should use to take the information on the target and adjust the rifle sights to move the existing point of impact (POI) to the desired POI. IMC is used to measure group sizes independent of range.

The two units of measurement, “yards” and “meters” are interchangeable for our purposes. The difference in MOA at 25 yards and 25 meters is less than ½ MOA. The Rifleman standard is 4 MOA which is one inch at 25 yards.

Inches

Show the shooters what an inch looks like by holding up a ruler or a target with the black one inch squares. Almost everyone is familiar with this measurement so there is no need to dwell on the point. Explain that everyone has some sort of “metric” for inches: the first joint of the little finger, a dollar bill, etc.

Minutes

Explain what we mean by “minute of angle”. **Always teach from the known to the unknown.** Almost everyone understands what degrees of angle are and can understand the visual of arms spread at a 90 degree angle. They understand the visual of arms spread at a 30 degree angle, then a 20, a 10, and then a 1 degree angle. Explain that the cone of a 1 “degree of angle” is 60 inches wide at 100 yards. Therefore, degrees of angle are not useful for measuring shot groups. What is useful is a minute of angle.

Next, explain that every degree is divided into 60 units called “minutes”. Therefore a 1 minute of angle cone will be 1 inch wide at 100 yards. **One minute of angle is a unit of measure we can use!** Contrasted to a 1 degree cone that was 60 inches wide at 100 yards (composed of 60 minute of angle cones each 1 inch wide).

Now ask the shooters to imagine a cone extending from the muzzle out to infinity that is 1 MOA wide. That cone is a constant angle, so at **100 yards it is 1 inch wide, at 200 yards it is 2 inches wide, at 300 yards it is 3 inches wide**, and so on, out to infinity.

So by definition...1 MOA is 1 inch PER hundred yards. (Make sure to stress the “per”) Now if we move back into 50 yards it is ½ inch wide, and at 25 yards it is ¼ inch wide.

Demonstrate the concept on a target

Draw a shot group or select a target which has a nice group. Start by measuring the width of the group in inches and ask the shooters how big that group is in minutes. Ask them how big it would be at other distances, **stress that the size is the same in minutes no matter what the distance**, although it will change size measured in inches.

Now **draw a line vertically and horizontally through the center of the target.**

Next measure how far the center of the group is vertically and horizontally from the center of the target. Write those numbers down.

This is the **“INCHES”** part of the equation.

Now, convert those inches into minutes. The first question should always be **“What is 1 minute at THIS range”**? At 25 yards it is $\frac{1}{4}$ inch, so divide $\frac{1}{4}$ into the number of inches you want the shot group to move. Example: 2 1/2 inches low: 2 1/2 inches divided by $\frac{1}{4}$ equals 10. So the sights have to be adjusted 10 minutes up. Write this number down.

This is the **“MINUTES”** part of the equation.

Now for “Clicks”

Explain that we have many different rifles on the line and they each adjust differently. It is up to the individual shooter to know what the sight adjustments are and apply the corrections, (the proper number of) “clicks”.

When asked how much to move a sight, the answer is always in minutes because you don’t have any idea how the shooter’s rifle is adjusted. The shooter must learn to calculate the minutes of angle required and then apply that adjustment to the sights on their rifle.

For “analog” sights (no clicks – drift in dovetail or similar not easily adjustable sights), in the absence of better data, assume 1 MOA is equal to about .006 inches – roughly the thickness of a sheet of paper. (SKS / AK front sight is 8 MOA elevation per 360 degrees of rotation, so $\frac{1}{2}$ turn is 4 MOA, $\frac{1}{4}$ turn is 2 MOA. When sighting in at 25 yards, set the SKS and AK sliders to “200” so they will be correct on the Known Distance (KD) range).

	Inches	Minutes	Clicks
Elevation	2	8	8
Windage	1.5	6	12

The above is an example of a “Tic-Tac-Toe” chart to record an IMC solution. In this case, the rifle has one minute elevation and half minute windage adjustments. The inches measured are recorded in the left column, conversion to minutes recorded in the middle column, and then the clicks conversion recorded in the right column.

Line Duties and Procedures

To create a safe line and to standardize procedures, the following Line duties and procedures will be followed at an Appleseed event.

Duties

Line Boss

The Line Boss is in charge of the Line. To maximize safety and situational awareness, the Line Boss will do absolutely no instructing during the COF. The Line Boss has the “Big Picture”. He is first, responsible for safety of the Line and second, for keeping the Line on schedule.

Instructor

The Instructor is the “Point of the Spear” for the Appleseed Project. He is in direct contact with shooters and remains constantly engaged, correcting errors, offering tips and techniques to improve their shooting ability. The Instructor must constantly be vigilant for safety violations. Instructors, at specific times during the POI may also perform duty as an RSO or as an LSO.

Range Safety Officer

Typically there are two RSOs, one for each side of the Line. The duty of the RSO is to clear the Line after “Cease Fire”, ensuring all rifles on his section of the Line are “Safe”. The RSO must perform his duty precisely and without distraction, **focusing only on Line safety**. When not performing RSO duty, he mentally “flips the switch” back to Instructor duty. The two RSOs on the Line are direct safety links between the Line Boss and the Line itself.

Line Safety Officer

When the Line is too long for RSOs to safely and quickly clear the Line. The Line Boss may designate as many LSOs as necessary to assist clearing the Line. The LSO operates on the Line between the Line Boss and the RSO. The duty of the LSO is to clear the Line after “Cease Fire”, ensuring all rifles on his section of the Line are “Safe”. The LSO, like the RSO, must perform his duty precisely and without distraction when clearing the Line, **focusing only on Line safety**. When not performing LSO duty he mentally “flips the switch” back to Instructor duty.

Procedures

Line Boss

Normally only the Line Boss will issue Line commands. He will use the standardized Line commands, verbatim. If the Line is too long for all shooters to hear Line commands the Line Boss will direct Instructors to “echo” Line commands. Only the commands “Load!”, “Fire!”, and “Cease Fire!” will be echoed. Instructors will echo commands verbatim!

The only command “owned” by everyone on the Line is the “Cease Fire!” command. Anyone, Instructors and shooters alike, who observe a safety problem can shut down the Line immediately by yelling “Cease Fire! Cease Fire! Cease Fire!”

The Line Boss will designate two RSOs and an appropriate number of LSOs. The Line Boss will ensure RSOs and LSOs know their duty and communication procedures. The Line Boss will designate the “overlap rifles”.

The Line boss will time the Preparation Period, COF and time spent at the Target Line in order to keep the shoot pace moving and to minimize wasted time.

The Line Boss will adhere to the Shoot Boss’s COF and run the Line according to schedule. The Line Boss should have with him a copy of the Line Commands and a means to time the events.

Instructor

The Instructor has a multifaceted job and is expected to perform to the best of his ability. **Safety is always the Applesed Instructor’s first priority.**

An Instructor is expected to remain in constant contact with the shooters. He should start at one end of his designated portion of the Line and engage a shooter. Evaluate the shooter’s position and technique. Offer correction for any problems noted with position, steady hold factors, cheek weld, firing the shot, etc. Remind the shooter to always shift and re-establish NPOA as he moves to a different target. When satisfied, the Instructor moves to the next shooter and repeats the process.

At no time should an Instructor be chatting with a shooter or another Instructor when he could be instructing. ENGAGE the shooters, constantly. This process begins when the Instructor steps onto the Line.

Instructors should be where the shooters are. If the shooters are at the target line, the instructor should be as well, diagnosing, teaching, and engaging the shooters. If shooters are on the firing line, in their prep period or during the COF, that’s where the Instructor should be, shouting out line patter, offering helpful tips, correcting positions, etc.

Instructors should engage in and accomplish as much instruction as possible before the “Fire!” command. Do not interrupt shooters unnecessarily during the COF, especially during the 2nd and 3rd stages of the AQT, when time is a factor. Instructors during the COF will evaluate the shooter for problems that can be quickly pointed out and easily corrected, such as touching a trigger finger to indicate dragging wood.

If a shooter indicates he is not ready to fire, the Instructor nearest the shooter should determine the problem. If the problem is not a safety issue he will face the Line Boss and give the “thumbs up”, allowing the Line boss to proceed at his discretion. If the problem is a safety issue, the Instructor ensures the muzzle remains pointed in a safe direction, gives a “thumbs down”, and shouts “Safety Issue!” advising the Line Boss of the fact and awaits his command.

The command “Stand Easy!” from the Line Boss keeps the Line in place until the problem can be resolved.

An Instructor will work with the shooter to resolve the problem. Once resolved, he should face the Line Boss and give the “thumbs up”.

The Line Boss should resume with the command “Is the line ready?” and proceed with the COF.

Range Safety Officer

At the command “Unload and clear!” the Instructors so designated immediately transition to RSO duty. The primary duty of the RSO is to clear his half of the Line after “Cease Fire!”. The RSO communicates with and reports directly to the Line Boss.

The Line will be cleared from Line center outward. The RSO will begin at the designated “overlap” rifle at Line center, and both RSO’s will clear that rifle. He will then walk the Line from that rifle to the last rifle on his side, clearing each one.

When he reaches the end of the Line he will turn to face the Line Boss and watch the Line to ensure that it remains clear and safe. When the Line Boss asks “Is The Line Clear?” he will display a “thumbs up” or “thumbs down” in the clear view of the Line Boss, indicating the condition of his half of the Line.

At the call: “The Line Is Clear! The Line Is Clear!” the RSO mentally “flips the switch” and resumes Instructor duty.

Remember: The Instructor’s RSO duty starts with the command “Unload and clear!” and ends with the command “The Line Is Clear! The Line Is Clear!”

Line Safety Officer

The LSO is an Instructor who clears a section of an RSO's half of the Line. The LSO communicates with and reports directly to his RSO. When the Instructor designated as LSO hears the command: "Unload and clear!" he mentally "flips the switch" and performs only LSO duty.

The LSO will begin clearing rifles at his overlap rifle nearest Line center and continue clearing outward to his overlap rifle farthest from Line center. When he reaches the outside "overlap rifle" of his section, which he will share with another LSO or the RSO, the LSO will face the RSO and give a "thumbs up" or "thumbs down" in the clear view of the RSO, indicating the condition of his section of the Line.

At the call: "The Line Is Clear! The Line Is Clear!" the LSO mentally "flips the switch" and resumes Instructor duty.

Remember: The Instructor's LSO duty begins with the command "Unload and clear!" and ends with the command "The Line Is Clear! The Line Is Clear!"

Troubleshooting On The Line

To successfully detect and correct shooter errors at an Appleseed event it is necessary to have an orderly plan of attack. The information described below is that plan. It is repeatable and can be consistently used with each shooter. This plan by no means contains a description of all the possible problems and fixes you may find and need on the Appleseed trail. However, this plan will go a long way toward helping develop the skills and confidence required to aggressively engage shooters at an Appleseed event and in turn help the shooters progress rapidly.

Aside from equipment issues, almost all shooter problems are caused by the lack of, or the improper application of fundamentals. Regarding equipment, the progress of some shooters may be limited by their equipment. An example might be a shooter with a rifle that has poor factory sights and limited adjustment available. This rifle might be virtually impossible to zero down to a one inch black square. However, an instructor should never tell a shooter he is wasting his time and can never shoot Rifleman with that rifle. Instead as an instructor encourage this shooter to concentrate on perfecting his position and The Six Steps. Do the best with the equipment available. Remember a Rifleman persists! The following information is divided into three areas of concern: **Position, The Six Steps, and Mechanical Problems.**

Position

Since **establishing** and **maintaining** the proper position is the basic building block of shooting, it is important to first rule out position error as a cause for not consistently hitting the target. If the shooter cannot establish and maintain a proper position all other aspects of placing rounds on target will be difficult if not impossible.

Begin by observing the shooter's position. Evaluate and check off each Steady Hold Factor (SHF) in order. Use the SHFs as a checklist to evaluate the position. Other than the standing position, all positions have the same steady hold factors. The standing position adds raising the butt stock to meet the cheek and not leaning the head over to meet the stock.

SHFs include:

- **Shooter angle** properly referenced to the target
- **Forward hand** open and cradling the rifle
- **Forward elbow** under the rifle
- **Sling** passes under the back of the hand and above the bicep
- **Weak side leg** straight with the spine (prone)
- **Trigger side knee** pulled up high (prone)
- **Trigger side elbow** planted, (Both elbows on the forward side of the knees if sitting/chicken winged for standing)

- **Trigger hand** grips the stock and pulls the stock back firmly into the shoulder pocket
- **Trigger finger** properly placed on the trigger
- **Turkey neck**, and cheek weld

As an Instructor you need to know the SHFs cold. Knowing the SHFs cold will allow you to quickly find and correct any problems with the shooter's position.

For instance: A shooter complains of diagonal shot stringing.

Begin by asking yourself, which improper SHF could cause the problem.

Would not having the hand open and the rifle resting on the palm cause this? Doubtful!

How about the elbow not under the rifle? Absolutely! Check and correct this.

How about improper sling use? Maybe, but this is not likely. However, make sure the sling is correct.

Legs? No!

Trigger side elbow? No!

Trigger hand or finger? No!

Turkey neck and cheek weld? No!

Continue checking the SHF's and apply this logic until you have one or more possible solutions to offer. Explain the correction to the shooter and watch that he actually implements the necessary correction. Then move on to the next shooter starting the process over. You must continually reevaluate each shooter for the correct SHFs.

The Six Steps

Next we will reference either FIRING LINE ERRORS, or TARGET LINE ERRORS, and use **The Six Steps Of Firing The Shot** to diagnose problems. Once you are certain that the shooters position is correct, begin to look for other errors.

Based on your observations at the target line or from a shooter's specific complaint you should be able to quickly determine one or more possible causes and apply corrections.

Begin by asking yourself; following the order of The Six Steps, which step of firing the shot, would cause the problem you see.

For instance: A shooter displays constant horizontal stringing.

Ask yourself if “Sight Alignment” would cause this? Not likely.

How about “Sight Picture”? Again, not likely.

“Respiratory Pause”? No, that would likely show up as vertical stringing, right?

“Focus your eye on the front sight”, no, not likely.

“Focus your mind on keeping the front sight on the target”, no, not likely.

“Squeeze the trigger” Yep! Maybe the shooter is snatching the trigger or squeezing it back at an angle. Watch the trigger finger on the next shot.

“Follow Through”? Another possible culprit, so watch for “Follow Through”.

Another example: A shooter regularly places a nice tight group in the square. Then his groups begin to open up, but remain centered on the square. Hmmm!

Would “step one” do that? No, the group was still centered on the square.

“Step two”? Not likely for the same reason.

“Step three”? No, for the same reason.

“Step 4a”? YES! Remind the shooter to focus his EYE on the front sight. Remember, “The Six Steps” are a skill set that must be learned and reinforced until they are second nature.

“Step 4b”? Not likely, since the group is still centered.

“Step 5”? No, same reason.

“Step 6”? Nope, not likely.

Remember using “The Six Steps” in a logical sequence is another tool that helps you analyze and correct shooter errors.

Of course you should always be on the lookout for the signs of **Flinch, Buck, Jerk, or Blink!** Large groups with no appreciable decrease in size as they go along could be a Flinch, Buck, Jerk or Blink problem. Time to get down on your belly and go to work.

Multiple target strings bring on even more problems involving **NPOA, Cadence**, etc.

However sometimes when everything looks good and the shots still fall where they aren’t supposed to. What then? Now is the time to look for mechanical problems:

Mechanical Problems

After exhausting the Position or “The Six Steps” as issues, you may want to start thinking about problems with the rifle itself. Applesseeds have a way of bringing out problems caused by wear, tear, and inattention to maintenance. Obviously the first thing to check for erratically placed shots would be the sights. Especially when earlier shots were looking good. Check for loose front or rear sights, scope bases, etc. Also check for parts that have come loose on the rifle itself. Anything that should be immobile and is now moving with each shot is bad news. Closely inspect the rifle and secure anything that is loose or out of place.

Example: The shooter has been “on” all day, and then suddenly the shots go crazy vertically. Check the rear sight for looseness. Sudden horizontal excursions mean you may need to check the front sight for looseness. Ask the shooter or other instructors what to look for if you are unfamiliar with a particular rifle.

Another example: The shooter begins the string on target, but as the shots progress, it strings lower and lower.

Forward hand? Nope, not unless it slips forward with recoil.

Elbow? Nah

Sling? Now you’re talking! Is the shooter using a hasty sling? Is it loose and sliding down the arm with each shot? Is the shooter using a loop sling? Maybe it slides down because the shirt is slick. Perhaps the loop is rigged “backwards”. Maybe the GI locking cam is loose enough to allow the sling to loosen with each shot? You get the idea.

The techniques described above can be applied either on the **firing line** or when diagnosing errors at the **target line**.

Conclusion

An instructor who has good knowledge of the Steady Hold Factors and The Six Steps can rely on that knowledge to help diagnose shooter errors. Having a logical plan to diagnose errors will quickly lead to one or more likely causes. A little practice will greatly improve your skills as an instructor.

- **Check POSITION** (Steady Hold Factors)
- **Check SIX STEPS**
- **Check MECHANICALS**

IIT 1 Progress Check

Name:

Screen Name:

Date:

Administered by:

The following IIT 1 PC is to be administered by a Shoot Boss when determining the abilities of an IIT for possible upgrade in status. Passing score is 90% (10/11)

There are no demonstrations of ability for this PC.

ITT 1: Qualifications – Executes the duty of RSO and LSO to standards. Performs and understands the duty of Line Boss well.

1. What are Appleseed's 4 Safety Rules?

2. What constitutes a "Safe Rifle"?

3. You encounter a rifle you are unfamiliar with on your section of the Line. What do you do?

4. Describe the duties of the RSO and LSO:

5. Describe the procedures for the RSO and LSO:

6. The last command was “Is the line ready on the right?” You are working the right side of the line and you hear a shooter shout “NO!” and raise his hand. You engage the shooter and find he is having trouble loading his Garand. What do you do?

7. The last command given was “Is the line ready?” A shooter near you raises his hand and indicates he is having problems. You note an unsafe condition that you think needs to be corrected. What do you do?

8. When you are Line Boss what two items should you have?

9. Who designates which rifle is the “overlap rifle?”

10. Who designates which instructors will also serve as RSO’s?

11. When you are the Line Boss and ask, “Is the Line clear on the right?” who are you looking at and what are you looking for?

IIT 2 Progress Check

Name:

Screen Name:

Date:

Administered by:

The following IIT 2 PC is to be administered by a Shoot Boss when determining the abilities of an IIT for possible upgrade in status. Passing score is 90% (10/11)

This PC requires a demonstration of ability for question 1.

IIT 2: Qualifications – (In addition to the IIT 1 duties and procedures)

- Executes the duties of Line Boss to standards.
- Instructs the Line well in basics.

1. State verbatim, the Line commands and what are you looking for during each command?

- Pass
 Fail

2. When should you use the command “Stand Easy!”?

3. After giving the above command, how would you “re-activate” the line?

4. Describe the duty of the Line Boss:

5. As an Instructor you engage a prone shooter. What specifically are you looking for?

6. You are working as an Instructor on a very long line and are asked to “echo” the commands. Which commands would you echo and how?

7. What would you advise a shooter who has a vertical shot string?

8. What would you advise a shooter who has a horizontal shot string?

9. What would you advise a shooter who has a diagonal shot string?

10. What would you tell a shooter who has a nice tight group centered on the first target of Stage 2, but his group is off the “center of target” on the second one?

11. On Stage 2 a shooter has two rounds in the 5 ring with two rounds in the 3 ring at three o’clock and one round at four o’clock on the first target. What likely has happened?

IIT 3 Progress Check

Name:

Screen Name:

Date:

Administered by:

The following IIT PC is to be administered by a Shoot Boss when determining the abilities of an IIT for possible upgrade in status. Passing score is 90% (9/10)

This PC requires a demonstration of ability on questions 3, 6, 9, 10

IIT 3: Capabilities - In addition to the IIT 1 and IIT 2 duties and procedures.

- Engages the shooters constantly and instructs to standards.
- Explains and demonstrates the Safety Rules, Six Steps to Firing the Shot, Positions, Sling use, NPOA, IMC, Talking Targets, Cadence, and the Courses of Fire.

1. State verbatim and explain the “4 Safety Rules”.

2. State verbatim and explain the “6 Steps to Firing the Shot”.

3. Demonstrate and explain the Prone Position with a Loop sling.

Pass

Fail

4. Explain NPOA, how to find and shift the NPOA in the Standing Position.

5. How do you “Card the Sights”?

6. Explain IMC and how to zero a rifle.

Pass

Fail

7. Explain how to teach “basic” Talking Targets.

8. Explain how to teach Rifleman’s Cadence.

9. Explain the COF for each stage of the AQT.

Pass

Fail

10. Explain the COF for the “Redcoat” target.

Pass

Fail

IIT 4 Progress Check

Name:

Screen Name:

Date:

Administered by:

The following IIT 4 PC is to be administered by a Shoot Boss when determining the abilities of an IIT 3 for possible upgrade in status. Passing score is 90%.

IIT 4: Qualifications – (in addition to IIT 1, 2 and 3 duties and procedures)

- Presents the history to standards.

This PC will require the Shoot Boss to personally witness the history presentation of the IIT 3 as well as having the IIT demonstrate knowledge in the areas below.

Give a brief synopsis of the events of April 19, 1775:

- **Place emphasis on relating the events and activities of April 19, 1775 to Americans today.**
- **Emphasize presenting the story with respect.**
- **Use the items below as a “checklist”. The IIT should cover all the items to approximately 90% of the Shoot Boss’ expectations.**

1. Events **leading up to the raid** on Concord.

2. Actions of the **British army** on April 18, 1775.

3. Actions of the **Colonists** on April 18, 1775.

4. Events during the **march to Lexington**

5. Events at **Lexington Green.**

6. Events after **Lexington Green.**

7. Events on the **march to Concord.**

8. Events at the **North Bridge.**

9. Events after the **North Bridge.**

10. Events at **Meriam's Corner.**

11. Events during **the retreat.**

12. Events during the retreat through **Lexington**.

13. Actions of **General Percy and William Heath**.

14. Events in **Menotomy**

15. Events in **Cambridge**

16. Actions of **Timothy Pickering**.

Instructor Progress Check

Name:

Screen Name:

Date:

Administered by:

The following test is used to determine the qualifications of an IIT for upgrade to Instructor. The entire test will be administered by a Shoot Boss.

This PC requires a demonstration of ability for questions 6, 9, 12, 17, 24, 25

Items marked (verbatim) must be answered exactly as written so that standardization of information is insured across the entire Instructor Corps.

A minimum score of 90% (30 of 33) is considered passing. However, even a score of 100% does not guarantee certification if the candidate lacks skills or displays carelessness, a disregard for safety, or a negative attitude.

1. State verbatim and explain the “4 Safety Rules”.

2. State verbatim and explain what constitutes a “Safe” rifle.

3. State verbatim the standard Line Commands, and explain what you are doing during each:

4. State verbatim and explain the “6 Steps to Firing the Shot”.

5. State verbatim, in order Steady Hold Factors for Prone Position.

6. Demonstrate Prone Position using a Loop sling.

Pass

Fail

7. Explain how to find NPOA in Prone Position and place it on target.

8. State verbatim, in order Steady Hold Factors for Sitting Position. (any Stage 2 position)

9. Demonstrate the Sitting Position using a using a Hasty sling.

Pass

Fail

10. Explain how to find NPOA in the Sitting Position and how to place it on target?

11. State verbatim, in order the Steady Hold Factors for Standing Position.

12. Demonstrate the Standing position using a Loop sling.

Pass

Fail

13. Explain how to find NPOA in the Standing Position and place it on target?

14. Explain how to “Card” the sights:

15. What is the “Rifleman’s Bubble”?

16. What is the “Rifleman’s Dance”?

17. Explain “Inches-Minutes-Clicks”.

Pass

Fail

18. If a shooter has an SKS, AK, or other open sighted rifle? How would you do clicks?

19. An SKS shooter groups 1.5 inches low and 1 inch left. His rear sight is set on “100”. How would you tell him to zero the rifle?

20. How many inches is 1 MOA at 375 yards?

21. How many minutes is 6 inches at 200 yards?

22. A shooter groups 1 foot left at 300 yards. What should he do?

23. A shooter’s scope says “1/4 inch at 100 yards”. His group is an 1.5 inches low and 3/4 inch right at 25 yards. What should he do?

24. Explain the COF for the “Redcoat” target:

Pass

Fail

25. Explain the COF for each stage of the AQT:

Pass

Fail

26. What 2 things should an Instructor do when assigned “Parking Lot Patrol”?

27. What are the Instructor’s duties when assigned “Firing Line Patrol”? (From the RBC/ IBC POI)

28. What 4 things should the Instructor tell shooters when assigned “Meet and Greet”? (From the RBC/ IBC POI)

29. Who was:

Isaac Davis?

Hugh Percy?

William Heath?

Thomas Gage?

John Parker?

Major Pitcairn?

William Dawes?

30. Why were the Regulars out on the morning of 19 April, 1775?

31. Why were TWO lanterns displayed in the steeple of the North Church?

32. What happened at the:

North Bridge?

Meriam's Corner?

Lexington Green?

The place called "Parkers Revenge"?

Menotomy?

33. Who was:

Hezekiah Wyman?

Samuel Whittamore?

David Lamson?

BONUS QUESTION! What were the casualty counts on 19 April 1775?

British:

Americans:

Appleseed Abbreviations

A

AAR	After Action Report
AOI	Area of Instruction
AO	Area of Operation
AS	Appleseed
AQT	Army Qualification Test

B

BBB	Bail, Baby, Bail!
BOTG	Boots on the Ground
BTT	Back to Top
BSZ	Battle Sight Zero

C

CAQT	Classification AQT
COF	Course of Fire
CMP	Civilian Marksmanship Program

D

DAR	Designated Appleseed Range
DNW	Did Not Witness
DOM	Dangerous Old Men

E

EIP	Event Information Page
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F

FG	Field Grade (better rifle condition than RG)
FTE	Failure to Eject
FTF	Failure to Fire
FWIW	For What it's Worth

G

H

I

IBC	Instructor Boot Camp
IC	Instructor Corps
IEF	Instructor Evaluation Form
IIT	Instructor In Training
IMC	Inches, Minutes, Clicks
ISB	Instructor Safety Bulletin

J**K**

KD Known Distance

L

LB Line Boss
LBOTG Local Boots on the Ground
LTR Liberty Training Rifle
LSO Line Safety Officer

M

MBR Main Battle Rifle
MI Master Instructor
MOA Minute of Angle

N

NPOA Natural Point of Aim

O**P**

PM Personal Message
poa Point of Aim
POI Program of Instruction
poi Point of Impact
poi Point of Instruction

Q

QDAQT Quick and Dirty AQT

R

RBC Rifleman's Boot Camp
RF Rapid Fire
RFAQT Rapid Fire AQT
RG Rack Grade (relates to condition of rifle)
RI Red Hat Instructor
RSO Range Safety Officer
RTFA Read the FULL Answer
RTFM Read the FULL Manual
RTFQ Read the FULL Question
RWVA Revolutionary War Veterans Association

S

SB Shoot Boss
SC State Coordinator

SG Service Grade (better rifle condition than FG)
SHF Steady Hold Factors
SOMSOM Stay on Mission, Stay on Message

T

TPI Total Participant Involvement

U-V-W-X-Y-Z

Revision Log

The version of this manual is: **Revision: 3.0 - 011910**

Revision #	Revision Date	Revision Description
1.0 – 090509	Sep 5, 2009	<ul style="list-style-type: none">• Document Creation
2.0 – 090909	Sep 9, 2009	<ul style="list-style-type: none">• Updated Table of Contents• Updated “What Constitutes a Safe Rifle?” section• Added Revision Log
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3.0 – 011910	Jan 19, 2010	<ul style="list-style-type: none">• Modified Appleseed Instructor Guidelines Section• Updated Table of Contents• Modified Manual Cover Page• Modified Revision Log