

# Appleseed Program Range Information/Courses of Fire

**Appleseed Concept:** A two-day intensive introduction to basic riflery course, with very low entry fees and no stipulations re equipment (other than calibers must be no greater than 8mm/.33 caliber). The majority of instruction takes place on a 25m/27 yard range, with additional training at longer ranges as available at host facility.

Any sighting devices welcome, as are .22LR rifles.

All young people under 21 shoot for free, as do active duty military.

Primary emphasis throughout course is on safety, with substantive instruction as listed below.

**Range Facility Impact:** Very little, as target lines are usually t-posts with wire for hanging target backers. Our guiding principle is to leave the range looking better than when we arrived, so brass will be polished, along with trash, etc.

## Typical Course of Fire(COF)/Topics Covered:

### COF on Saturday:

1. 8 Round Classification
2. 8 Round Classification
3. 5 Round Sighters
4. 5 Round Sighters
5. 5 Round Sighters
6. 40 Round QDAQT
7. 10 Rounds prone practice
8. 10 Rounds prone with sling practice
8. 10 Rounds sitting practice
9. 10 Rounds standing practice
10. Ball-n-dummy from prone
11. 40 Round rapid fire qd-AQT
12. 40 Round rapid fire qd-AQT

### COF on Sunday:

1. 20 Round Classification
2. Ball-n-dummy from prone/other positions
3. 10 rounds from sitting, stand up after two shots; NPOA drill
4. 10 rounds single fire standing; walk away from line between shots; NPOA drill
5. 10 rounds standing in 2 minutes (done twice; compare groups)
6. 12 rounds mag change drill; 6 targets; two shots into each target with mag change
7. 24 rounds Rapid fire: 4 shots in 12 seconds or less; repeated 6 times into 1" square

### Known Distance Range (subject to time/range limitations)

1. 5 shot sighter at 200 yards, sights set at 200; repeat as indicated
2. 5 shot sighter at 300 yards, sights at 300; repeat as indicated
3. 5 shot sighter at 400 yards, sights at 400; repeat as indicated
4. 5 shot sighter at 500 yards, sights at 500; repeat as indicated
5. 40 round rapid fire AQT at 100 yards

### Topics discussed:

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| 1. sling use/six steps of firing the shot    | 11. mag changes   |
| 2. prone position                            | 12. barrel cleaning/rifle lubrication and maintenance     |
| 3. sitting position                          | 13. inches/minutes/clicks – sight adjustment              |
| 4. standing position                         | 14. come ups  |
| 5. sling usage: hasty hasty, hasty, loop     | 15. doping wind, Fred's simplified rule                   |
| 6. NPOA                                      | 16. importance of consistent cheek welds                  |
| 7. calling the shot                          | 17. six o'clock holds, center mass holds                  |
| 8. talking targets                           | 18. target identification                                 |
| 9. dragging wood...trigger finger discipline | 19. range determination using front sight width           |
| 10. rapid fire rifleman's cadence            | 20. fighting flinch/buck/jerk with "ball and dummy" drill |