

## The 4 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.

## Six Steps to Firing the Shot:

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.

## Verify 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:

Support hand

Support elbow

Sling

Support leg

(Check for canting)

Trigger leg

Trigger elbow

Trigger hand

Turkey neck

Cheek weld

## Safe Rifle:

MAGAZINE OUT

BOLT BACK

SAFETY ON

CHAMBER FLAG IN

RIFLE GROUNDED

NO ONE TOUCHING THE RIFLE

## Line Commands:

SHOOTERS! Your (x min) preparation period has begun!

SHOOTERS! Your preparation period has ended!

(2<sup>nd</sup> & 3<sup>rd</sup> Stages) STAND!

WITH X Rounds LOAD!

(2<sup>nd</sup> and 3<sup>rd</sup> Stages) Safeties ON!

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 MAY PROCEED DOWNRANGE AND DO CARTWHEELS FOR MY AMUSEMENT!

## QNDAQT Course of Fire

Stage 1: Load 10, 10 shots standing, 2 minutes

Stage 2: Load 2 & 8, Rounds on target: 5 each, standing transition to seated (or kneeling) 50 seconds

Stage 3: Load 2 & 8, Rounds on target: 3, 3, 4, standing to prone, 1 minute

Stage 4: Load 10, Rounds on target: 2, 2, 3, 3, prone, 5 minutes (NPOA Exercise)