The Prone Position

“Without a consistent, steady position your ability to apply the fundamentals will be limited” -The Service Rifle Marksmanship Guide by USAMTU

Your position must enhance and support aiming and trigger control.

* Place your head on the stock the same way for every shot.
* Dominate eye: in line with a line from the center of the front sight through the center of the rear sight to the dominate eye.
	+ Head should be erect and level.
	+ Don’t droop head down to rifle but bring the rifle up onto a higher point on the shoulder.
	+ Head position should be natural & relaxed.
	+ Head should be supported by the rifle stock.
* Sight alignment + stock weld + eye relief (distance between rear aperture sight and your eye) = correct head position.

Steady Position and Trigger Control

* With the sights steady, apply smooth rearward pressure on the trigger so that sight alignment and sight picture is maintained.
* What is a steady position?
	+ Use Bone (skeletal) & artificial (Sling and Jacket) support
	+ This reduces muscle tension
	+ Which in turn leads to muscle relaxation.

NPA (Natural Point of Aim)

Once you attain a steady position

* Relax, exhale while your eyes are closed -> open eyes -> look thru sights = NPA
* Adjust: Shift position so that you are naturally pointing at target (sight picture).

Prone Position (finally)…..use a demo person

* Sling is placed directly above or below the bicep. There is a pulse on the bicep which will interfere with your ability to hold a steady position. Sling is tight but it isn’t a tourniquet. Some shooting jackets have a button on sleeve to assist in holding sling in position.
* Position the shooting mat at a slight angle, 1 o’clock to 7 o’clock for a right handed shooter.
	+ Body is at an angle to the line of fire.
	+ Don’t shoot straight on.
* Set up your spotting scope.
	+ Non shooting (support) side
	+ So that you do not disturb your position to look through it.
* Position the ammo block(s)
	+ Close to the shooting hand.
	+ Use the shooting hand to work the bolt and load the next round’
	+ Avoid using the support hand.
* Attach the sling to the rifle.
	+ Sling supports the weight of the rifle (once adjusted)
	+ Place support elbow on the leading edge of the mat.
	+ Use the outside edge of the support elbow for max bone support.
	+ Elbow directly beneath rifle (as close as possible)
* Grab the rifle butt with the shooting hand and position into pocket of shoulder. Remember your head position.
* Grip rifle with shooting hand, roll over onto rifle side while firmly placing elbow of shooting hand on the mat.
* Leg on support side should be straight back with the foot lying flat on the ground.
	+ Spine straight.
	+ Shooting side leg angled at 45 degree – bent at knee with lower leg // to shooting line. This removes pressure from the chest and abdomen for easier breathing.
		- Note this is the Olympic position vs. the military position which the legs are straight and chest flat on ground.
* Dry fire and check NPA.
* Shoot 10’s
	+ Move as little as possible when using scope and reloading

Homework: reread Chapter 3 Sections 5 and 6 on Trigger Control, read Chapter 4 on the Aspects of Position Shooting.