Week 5 – The Kneeling Position

The kneeling position can be a blessing or a curse. If you accept the fact that you a capable of shooting scores in the kneeling position that rival your prone scores you are well on your way to high scores.

There are a series of definite steps which if taken and executed properly which lead to Olympic type scores.

* Orient the body
	+ Locate the kneeling roll at 40-60 degrees to the line of fire.
	+ Kneel by placing the right ankle over roll, keeping the right foot vertical.
		- Keeping the right foot vertical will enhance stability.
		- Loosening the laces on the right boot/shoe will release pressure on the instep.
		- The angle of the right knee should be between 30 and 45 degrees.
	+ Sit on the right heel so that the spine is centered over the right heel.
		- Sit with as much body weight as possible, relaxed and balanced, over heel and kneeling roll.
		- Align and balance the shoulders and hips over the heel so that body tension is minimized….so that you’re relaxed and not working so hard.
		- The shoulders are allowed to drop down and relax; the torso must not be kept erect or straight. A lower downward slumping position provides a lower center of gravity and thereby a more stable controlled hold.
		- Sitting up straight increases tension in the body causing early fatigue.
	+ Locate the left leg forward, under the rifle so that lower leg is vertical or slightly forward.
		- Pulling the lower left leg back shifts weight forward off the heel and reduces stability.
		- Insure that the left leg is not tilted to the left or right.
* Attach sling to rifle but left it loose
* Position the left elbow.
	+ With the butt plate ‘in’ the shoulder & weight back on the (right) heel
	+ Drop the left (support) elbow onto the knee or leg’
	+ The elbow position is the same for every shot.
* Position the butt plate firmly up into the shoulder so that the head is reasonably erect.
	+ The butt plate location is the same for every shot
* Adjust the rifle height
	+ Adjust the left hand location on the fore-end to bring the sights up to target level.
* Tighten the sling.
	+ Configure and balance the left leg, arm and sling above the left foot to provide stability.
	+ The left arm and shoulder are totally relaxed with the sling supporting all of the rifle weight.
* Orient your position
	+ Rotate the entire position by pivoting on the kneeling roll for Natural Point of Aim (NPA)
		- The pivot point is the right heel/kneeling roll. Rotate by shifting left foot and right knee.
		- The weight of the body-rifle system is balanced over the right heel and left heel with little to no weight over the right knee.