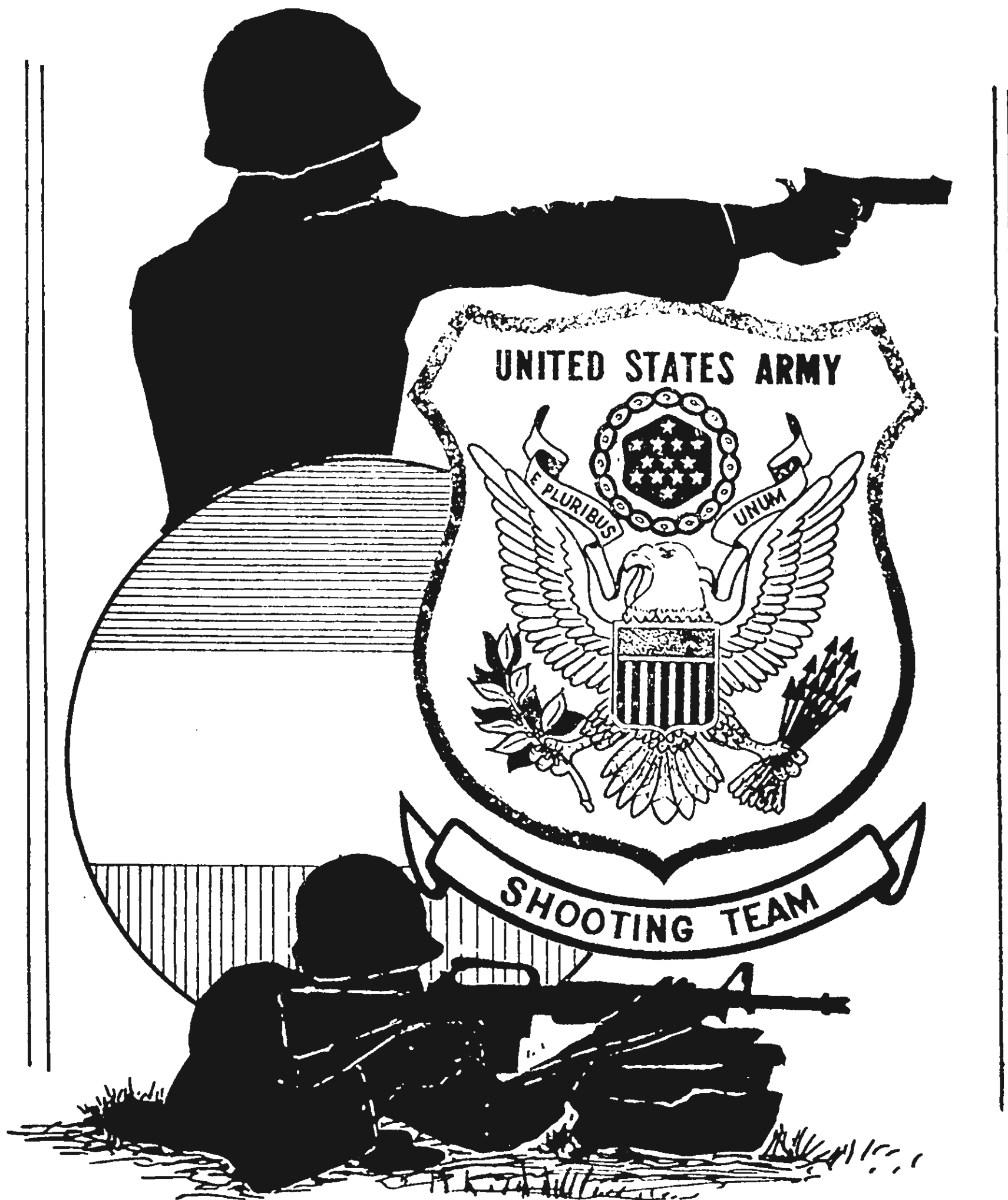


UNIT MARKSMANSHIP TRAINING
PROGRAM OF INSTRUCTION →
"HOW TO DO IT"
MARKSMANSHIP GUIDE



U.S. Army Forces Command
PREPARED BY
UNITED STATES ARMY
MARKSMANSHIP UNIT

FORT BENNING, GEORGIA 31905



DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY FORCES COMMAND
FORT MCPHERSON, GEORGIA 30330

AFCG


23 May 1979

SUBJECT: FORSCOM Marksmanship Training

Commanders, CONUSA
Commanders, FORSCOM Installations
Commanders, FORSCOM Units on Non-FORSCOM Installations
Commanders, TRADOC Installations
Chief, National Guard Bureau

1. Good soldiers shoot well. For many reasons (none good enough) standards and knowledge of shooting in the Army have been declining for many years. I want you to join me in a "crusade" to reinstate the traditional excellence of the American soldier with his hand held weapon. It will not be easy. Many of our fine sergeants and junior officers have never seen good marksmanship programs. They must be taught.
2. As briefed by Colonel Parmentier at the FORSCOM Commanders Conference in November 1978, the US Army Marksmanship Unit has been refining and testing a marksmanship program of instruction suitable for unit use. The tested and verified POI, with lesson plans, is attached. It is a good "How To Do It" marksmanship guide and I strongly recommend its use.
3. Good shooting habits are transferable. The soldier who can shoot his rifle or pistol well is likely to master also the TOW, LAW, tank gun or DRAGON. Of the many things commanders must do, none are more important than finding time to teach troops to shoot or programming funds to rehabilitate ranges.
4. The USAMU, Fort Benning, and its MTUs at Forts Meade, Riley, and Ord are prepared to conduct clinics to "train the trainers." Use them.

1 Incl
as


R. M. SHOEMAKER
General, U. S. Army
Commanding

AFCG

SUBJECT: FORSCOM Marksmanship Training

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Commander, TRADOC

UNIT MARKSMANSHIP TRAINING
(HOW TO DO IT MARKSMANSHIP GUIDE)

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FOREWORD

In September of 1978, the USAMU conducted an evaluation of the attached POIs using the 1st Battalion, 504th Airborne Infantry. Preliminary data analysis supports the soundness and effectiveness of these POIs. Accordingly, they are provided on an interim basis, pending final analysis of all test data.

You are encouraged to use this POI in conducting your marksmanship training. In so doing, please keep the following in mind:

a. Marksmanship experienced instructors, i. e., competitive shooters are essential to the following instructional periods:

(1) Rifle: Remedial training found at Battle Sight Zero, Known Distance and Field Fire, providing wind effect data during KD and FF and running the KD range.

(2) Pistol: Ball and dummy exercise, practice fire and running range during the live fire portion of the POI.

b. Automatic fire and night fire should be conducted after record fire in order not to degrade record fire performance.

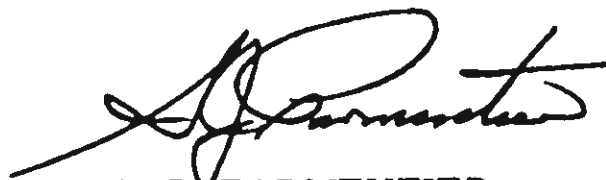
c. Rifle instructional material contained herein is generally comparable with FM 23-9 and the USAIS M16A1 Marksmanship Training POI, April 1977. Substantive differences are annotated with an *. Major differences include emphasis on remedial training, added known distance firing (individual and squad) and added field firing. Pistol material differs significantly from FM 23-35 and is marked (*).

d. The rifle POI is designed for a group of about 125 soldiers while the pistol is designed for a group of 30.

e. For semi-annual rifle familiarization, only the first two days of the POI (BSZ, KD) are suggested. Automatic fire and night fire can be conducted at the option of the commander. For pistol, only training through practice firing is deemed necessary.

Assistance in implementing this POI can be obtained from the USAMU and our three Marksmanship Training Units located at Forts Meade, Riley, and Ord. FORSCOM/TRADOC Suppl 1 to AR 350-6 establishes the missions of the USAMU and MTUs (para 5h, j, App A) and describes how to obtain needed assistance (para 6, App A). Telephone numbers for these units are:

USAMU	AV 835-7174
MTU #1	AV 923-4390
MTU #5	AV 856-2037
MTU #6	AV 929-6670



S. J. PARMENTIER
Colonel, Infantry
Commanding

SECTION ONE SERVICE RIFLE MARKSMANSHIP TRAINING

CHAPTER I

INTRODUCTION TO UNIT LEVEL RIFLE MARKSMANSHIP TRAINING AND POINTS TO BE EMPHASIZED

This block of instruction is designed to help the commander achieve the maximum possible results on the Army qualification program in the minimum amount of time. Only those items which are fundamentally important to marksmanship excellence are covered in this program of instruction.

The lesson outlines provide added detail which is intended to enable the instructor to understand better the concept of marksmanship instruction. A list of training aids and support equipment is enclosed at the end of each lesson outline to enable the instructor to prepare better for his class. Notes are added in the body of the lesson outlines to describe in detail those subjects which may need further clarification.

The expanded lesson outlines and notes often supplement or apparently conflict with published Army marksmanship doctrine. However, this material is based on intensive USAMU experience with marksmanship from both the user's and instructor's vantage. It is suggested, therefore, that the lesson's narrative and notes be given serious consideration by the instructor.

The lesson outlines are designed to run in a logical sequence beginning with fundamentals of rifle marksmanship and progressing to record fire. Each step of the program is designed to reinforce previous instruction and develop a sense of confidence with the weapon so that when he moves into record fire, each individual rifleman has had every opportunity to develop a solid zero with his rifle.

The instruction begins with the individual soldier reviewing the basic fundamentals. This includes the eight steady hold factors, sight alignment and sight picture. Scheduled concurrent training stations reinforce these rifle fundamentals.

The effects of weather will enable the individual rifleman to be aware of the flight of the bullet, how the trajectory is effected by the wind and how to correct for it by the use of "hold off."

The soldier next learns how to correct errors through shot group analysis. In this class the soldier learns how to "call his shot," execute proper follow through, and analyze unsatisfactory shot groups and determine the cause.

With this knowledge the soldier is ready to attain an initial zero of his weapon at a range of 25 meters. In this phase of training, the soldier learns sight adjustment, principles of zeroing and how to obtain an initial battle sight zero for the M16A1 rifle. The known distance (KD) firing positively confirms the soldier's initial battle sight zero (BSZ) by firing slow fire prone at 300 yards. This enables the shooter to develop confidence in his weapon.

The Combat Infantry Team Match (Modified) lets the rifleman and squad leader see first hand the effectiveness of squad fire distribution. The match fosters a competitive spirit while providing the fire team and squad leaders the opportunity of engaging in troop leading procedures.

Moving into the field fire course, the soldier is afforded an opportunity to refine further his target engagement technique and develop confidence in engaging targets at various known ranges. It is also a means of introducing the shooter to the type of target he can expect to see on the record fire range. The course of fire is divided into five tables, four of which are scored. The unscored table allows the shooter to develop confidence in his rifle without the pressure of a scored exercise.

The rifleman is now ready for record fire. The skills instilled in this training program provide a foundation from which he can engage confidently all targets and qualify and develop proficiency with his rifle.

It should be noted that in all live fire training, a remedial station is of great training value in helping those shooters who are having difficulties. Experienced shooters from the company should man these stations and assist those soldiers on an individual basis.

This program of instruction is compact and develops confidence through the use of live fire training. The only way a rifleman will develop confidence in his ability to engage the enemy with effective fire is to understand and employ the fundamentals of rifle marksmanship and reinforce it with aimed semi-automatic live fire training.

CHAPTER II
UNITED STATES ARMY MARKSMANSHIP UNIT
POI SERVICE RIFLE UNIT MARKSMANSHIP TRAINING
32 Hour Program of Instruction

November 1978

FILE NO.	SUBJECT	HOURS	TYPE OF INSTRUCTION	SCOPE	REFERENCES 2
ACADEMIC SUBJECTS:					
	Mechanical Training To be completed prior to class	*2 *approximate time	Conference, Demonstration and Practical Exercise	As a result of this instruction, the individual soldier must be able to care for and clean his weapon and reduce stoppages and malfunctions	FM 23-9 Ch 2 2-1-2-19
252	Rifle Marksmanship Fundamentals	1	Lecture, Demonstration	As a result of this instruction, the individual soldier must be able to explain and employ Aim- ing, eight Steady Hold Factors, and Positions.	FM 23-9 Ch 3 3-3 3-7
	Target Box Aiming Exercise Foxhole and Prone Position Exercise	2	Practical Exercise (Two concurrent training sta- tions 1 hour each)	As a result of this instruction, the individual soldier must be able to employ the Target Box properly, successfully; demonstrate Foxhole and Prone positions, and practice Dry Firing.	FM 23-9 Ch 3 3-3-3-7 Ch 4 4-2
251	Effects of Weather	1/2	Lecture and Demonstration	As a result of this instruction, the individual soldier must be able to compute wind speed, classify wind value and compute hold-off in inches.	FM 23-9 Ch 5 5-2
256	Shot Group Analysis	1/2	Lecture and Demonstration	As a result of this instruction, the individual soldier must be able to "call his shot", explain the probable cause of an unsatisfactory shot group using shot group analysis.	FM 23-9 Ch 3 3-5-3-8
257	Battle Sight Zeroing	4	Practical Exercise (25 Meter Range)	As a result of this instruction, the individual soldier must be able to Battlesight Zero his or her individual weapon with six three-round shot groups (18 rounds/man).	FM 23-9 Ch 4 4-3-4-10
255	Known Distance Firing	*4 *approximately 45 min relay	Lecture and Practical Exercise (KD Range 300 Yard)	As a result of this instruction, the individual soldier must be able to confirm battlesight zero obtained at 25 meters with three three- round shot groups, employ "call your shot" with ten rounds slow fire prone (19 rounds/man)	Suppl 1 to AR 350-6 page D-7 par 6, a, (4) modified

FILE NO.	SUBJECT	HOURS	TYPE OF INSTRUCTION	SCOPE	REFERENCES
250	Combat Infantry Team Match (Modified)	*4 *approx 40 minutes relay	Lecture and Practical Exercise	As a result of this instruction, the individual soldier must be able to utilize the combat Infantry Team Match (Modified) to train squad members on fire distribution.	FORSCOM/TRADOC Suppl 1 to AR 350-6, Appendix D
253	Field Fire Practice	*4 *approx 15 minutes relay	Lecture and Practical Exercise (Field Fire Range)	As a result of this instruction, the individual soldier must be able to engage single and multiple targets on the Field Fire Range (55 rounds/man).	Reference FM 23-9 page 87-93, M16A1 Rifle Marksmanship Training Program of Instruction US Army Infantry School, April 1977 period 6
254	Record Fire	4	Lecture and Practical Exercise	As a result of this instruction, the individual soldier must be able to engage single and multiple targets on the Record Fire Range (40 rounds/man)	Reference M16A1 Rifle Marksmanship Training Program of Instruction US Army Infantry School, April 1977, page 12.
	Automatic Fire and Night Fire (See Note 2)	3 3			

NOTES:

1. These are general references which are explained in detail in lesson outlines.
2. Automatic and Night Fire are being rewritten at this time by the United States Army Infantry School. For further info about Automatic & Night Fire, write to: Small Arms Division Weapons, Gunnery and Maintenance Dept. USAIS, Ft Benning, GA 31905. For those who wish to use the old program, refer to FM 23-9, p. 131-138 or the M16A1 Rifle Marksmanship Training Program of Instruction, Directorate of Training Developments, US Army Infantry School, April 1977.

CHAPTER III LESSON OUTLINES

UNITED STATES ARMY MARKSMANSHIP UNIT
SERVICE RIFLE BRANCH
FORT BENNING, GEORGIA 31905

LESSON OUTLINE

SRUMT 252
3 Hours
Oct 78

RIFLE MARKSMANSHIP FUNDAMENTALS
(INTEGRATED ACT OF SHOOTING)

I. GOAL: Each marksmanship student will be able to apply the skills learned to accurately fire an M16A1 rifle.

II. LEARNING OBJECTIVES: As a result of this instruction, the students will successfully employ the following techniques:

A. TASK: Apply the eight steady hold factors while aiming and employing the foxhole supported and prone unsupported firing positions.

CONDITIONS: Given an explanation and a demonstration of how to aim properly, how to apply each of the eight steady hold factors and how to employ the foxhole supported and the prone unsupported firing positions, the student will perform each step in the appropriate phase of concurrent training.

TRAINING STANDARD: The marksmanship student will be able to clearly explain the aiming fundamentals, describe how to apply the eight steady hold factors and demonstrate the proper foxhole supported and prone unsupported firing positions as stated in FM 23-9.

B. TASK: Students will practice employing correct aiming fundamentals. (Concurrent training practical exercise)

CONDITIONS: Given an M16A1 rifle, a rifle rest, an 8" X 10 1/2" sheet of paper, a sharpened pencil, a target box and a target disk, the marksmanship student will simulate (dry fire) firing three (3), three round shot groups. The distance from the rifle rest to the target box is 15 meters. Sights must be blackened. Assistant student will operate target box and disk.

TRAINING STANDARD: A three round shot group, as plotted on the target box, should not exceed the diameter of a standard sized lead pencil (1/4 inch).

C. TASK: Students will practice assuming the foxhole supported and the prone unsupported firing positions. Proper aiming techniques and the eight steady hold factors will be applied in conjunction with utilizing each firing position. (Concurrent training practical exercise)

CONDITIONS: Students will use a foxhole with sandbags for the foxhole supported firing position. A hasty sling may be used in the prone unsupported firing position.

TRAINING STANDARD: Students must assume the steadiest possible firing position. This condition can be achieved by mentally noting the application of each steady hold factor and the presence of a stable sight picture as the hammer falls during each dry fire shot (5 per position minimum).

III. ADVANCE ASSIGNMENT: Units should conduct M16A1 rifle mechanical training (Chapter II, FM 23-9) prior to receiving training in rifle marksmanship fundamentals.

IV. INTRODUCTION:

A. Gain Attention: A proficient combat rifleman must be able to detect the target, determine the range, fire the rifle and hit the target. There are many factors affecting the individual's ability to detect and determine range to a combat target. However, the factors affecting the soldier's ability to fire on and hit a target are relatively constant if the rifle marksmanship training received meets the standards described in FM 23-9. The rifle shooter must assume a firing position in which the rifle is held so that the soldier and the weapon form a single steady unit. The sights must be properly aligned and superimposed on the target to obtain a perfect sight picture. In order to hit the target, the rifle must be fired without disturbing sight alignment. The skills needed to accomplish this basic action of the rifle shooter is known as rifle marksmanship fundamentals.

B. Orient Students:

1. Lesson Tie-In: The fundamentals of rifle marksmanship are taught in a logical order, allowing the marksmanship student to learn a step by step method of firing a well aimed, accurate shot.

2. Motivation: The proper application of the rifle marksmanship fundamentals, shot after shot, will enable you to get first shot hits each time you engage a training target or a combat target.

3. Scope: During the first hour of this three hour block of instruction, students will receive an explanation and a demonstration of the act of aiming, the eight steady hold factors and the proper firing positions for foxhole supported and prone unsupported fire. The class will then be halved, with Group A receiving concurrent training in the target box aiming exercise (1 hour) and Group B receiving concurrent training in assuming the foxhole supported and the prone unsupported firing positions. At the end of the second hour, the two halves of the class will rotate to the other concurrent training station for the remaining one hour period.

V. BODY:

A. TASK: Apply the eight steady hold factors while aiming and employing the foxhole supported and the prone unsupported firing positions.

CONDITIONS: Given an explanation and a demonstration of how to aim properly, how to apply each of the eight steady hold factors and how to employ the foxhole supported and the prone unsupported firing positions, the student will perform each step in the appropriate phase of concurrent training.

TRAINING STANDARD: The marksmanship student will be able to clearly explain the aiming fundamentals, describe how to apply the eight steady hold factors and demonstrate the proper foxhole supported and prone unsupported firing positions as stated in FM 23-9.

1. References: FM 23-9, Pages 57 thru 67, 70-71 and 81-82.

2. Principal instructor explains the eight steady hold factors using chart, GTA 7-1-9 to illustrate descriptions.

a. Steady hold is the technique of holding the rifle as steady as possible while aiming and fire the rifle without disturbing the sight alignment.

(1) Grip of the left hand (Fig 3-6).

(2) Rifle butt in the pocket of the shoulder (Fig 3-7).

(3) Grip of the right hand (Fig 3-8).

*NOTE: Para 3-3b(3), FM 23-9 states the the position of the trigger finger is "so that the finger does not touch the side of the receiver." It is recommended that the trigger finger be placed low

on the trigger as well and does not touch the side of the receiver. This allows better leverage for trigger control, the eighth steady hold factor.

(4) Location of the right elbow (Fig 3-9).

(5) Function of the stock weld (Fig 3-10).

*NOTE: Amplify the importance of stock weld. Para 3-3b(5) states "keep the eye in the same relationship with the sights." The term "eye relief" can also be used. If the eye relief (stock weld) is not constant, the shots will not hit the same place on the target even though sight alignment and placement of the aiming point is correct. Also, recovery from recoil in rapid fire is aided because with a firm stock weld, the rifle and the shooter's head recoil together as a unit and sight alignment is not disturbed.

(6) Breathing (Para 3-3b(6)).

*NOTE: Amplify the fact that the natural point of aim is established during the natural respiratory pause. After aligning sights, student will close eyes, relax, open the eyes and observe if his position allows a natural point at center of target.

(7) Relaxation (Para 3-3b(7)).

*NOTE: Breathing and relaxation are closely related. The instant the firer locks the breath at the natural respiratory pause, he must relax and have a natural point of aim on the target.

(8) Trigger control (Para 3-3b(8)). FM 23-9 defines trigger control as the "independent action of the forefinger on the trigger with a uniformly increasing pressure straight to the rear until the rifle fires."

*NOTE: This statement is true except when the sight alignment (relationship of front and rear sight) wanders from the desired point of aim (sight alignment and point of aim on the target are combined to make up the sight picture). Only a very few rifle shooters can hold a rifle motionless on the aiming point longer than one or two seconds. As a result, a perfect sight picture is a very brief and fleeting condition. USAMU recommends that proper trigger control be defined as: "The independent action of the forefinger on the trigger with a uniformly increasing pressure straight to the rear as long as the desired perfect sight picture is maintained." If the front sight or sight alignment moves away from the aiming point and sight picture is not perfect, stop the squeeze, hold the pressure on the trigger until the front sight or sight alignment returns to the exact aiming point. When the front sight has settled on the aiming point, continue the pressure on the trigger until the rifle fires or the sight picture once again becomes less than perfect. The second or third time the wavering sight picture is encountered, the shooter must consider starting the shot over to include another breath, relaxation, settling into another perfect sight picture and reapplying pressure on the trigger. The firing of a good shot may require numerous separate efforts to attain a perfect sight picture that is maintained until the rifle fires.

3. Principal instructor explains and demonstrates the fundamentals of correct aiming and the second aiming exercise (target box).

a. Aiming is the act of pointing the rifle so the projectile will hit the desired target.

b. Sight alignment is defined in Para 3-3a(1)(a), FM 23-9 (see Incl 1 for sight alignment chart illustration).

NOTE: Sight alignment error increases as the distance to the target increases.

c. Sight picture is defined in Para 3-3a(1), FM 23-9 (see Incl 2 for sight picture chart illustration).

*NOTE: The sight picture in Incl 2 using the 25 meter target square could be also called a "6 o'clock hold" as shown in marksmanship chart number 6 (Incl 3-6), using the "F" silhouette target or rifle target "D" prone.

*NOTE: Care should be taken to maintain the M16A1 rifle sights in an exact vertical 0° - 180° plane while aiming. If a rifle shooter achieves correct sight alignment but the weapon is tilted left or right from the vertical, this incorporates an error in sight picture called "canting". The trajectory of the bullet will veer to the left or right of the target center as the case may be.

d. The second aiming exercise (target box) is described in Para 4-2c(2), FM 23-9. Instructor will demonstrate.

*NOTE: The 25 meter firing has been eliminated from rifle marksmanship training except for zeroing of the rifle at most installations. A short range exercise must be included in rifle marksmanship fundamentals training to add practice live rounds to confirm the zeroing.

NOTE: Sights should be blackened prior to any training involving aiming the M16A1 rifle.

4. The principal instructor explains and demonstrates the foxhole supported and the prone unsupported firing positions.

a. The foxhole supported firing position is described in Para 3-4e(4), FM 23-9.

b. The prone unsupported firing position is described in Para 3-4e(1), FM 23-9.

NOTE: During firing position training the soldier must continuously apply the eight steady hold factors, emphasizing the stock weld, eye relief and trigger control, Para 3-4d, FM 23-9.

*NOTE: After the first hour of bleacher instruction, the student body will be divided into two (2) groups. Group A will be moved to a concurrent training station and will be given the second aiming exercise (target box) Para 4-2c(2), FM 23-9. Group B will be moved to a concurrent training station and will be given a practical exercise in assuming the foxhole supported firing position and the prone unsupported position, Para 3-4e(4) and para 3-4e(1). The principal instructor will use firer and assistant method to control exercises. At the end of the second hour, Groups A and B will be rotated to the opposite training station.

B. TASK: Students will practice employing correct aiming fundamentals. (Concurrent training practical exercise.)

CONDITIONS: Given an M16A1 rifle, a rifle rest, an 8" X 10 1/2" sheet of paper, a sharpened pencil, a target box and a target disc, the marksmanship student will simulate (dry fire) firing three (3), three round shot groups. The distance from the rifle rest to the target box is 15 meters. Sights must be blackened. Assistant student will operate target box and disk.

TRAINING STANDARDS: A three round shot group, as plotted on the target box paper, should not exceed the diameter of a standard sized lead pencil (1/4 inch).

1. Reference: Para 3-3, Page 57, FM 23-9.

2. The second aiming exercise (target box) is described in Para 4-2c(2), FM 23-9.

a. Principal instructor will divide group into pairs of students, a firer and an assistant.

b. Sights must be blackened.

c. Care should be exercised by the assistant in marking the shot on the blank paper through the hole in the disk. No free movement or slippage of the disk is allowed (see Figure 4-4, Page 82, FM 23-9).

d. Remedial or corrective instruction for those students failing to obtain a shot group of 1/4 inch or less must include repeating the instruction on aiming fundamentals, i.e., explaining and showing marksmanship charts, Inclosure 1 on sight alignment and Inclosure 2 on sight picture. Reiterate that the rifle nor the rifle rest will be moved during the three shot dry fire exercise.

C. TASK: Students will practice assuming the foxhole supported and the prone unsupported firing positions. Proper aiming techniques and the eight steady hold factors will be applied in conjunction with utilizing each firing position. (Concurrent training practical exercise.)

CONDITIONS: Students will use a foxhole with sandbags for the foxhole supported firing position. A hasty sling may be used in the prone unsupported firing position.

TRAINING STANDARD: Students must assume the steadiest possible firing position. This condition can be achieved by mentally noting the application of each steady hold factor and the presence of a stable sight picture as the hammer falls during each dry fire shot (5 per position minimum).

1. References:

a. Para 3-4e(1) Pages 65-66, FM 23-9.

b. Para 3-4e(4) Pages 70-71, FM 23-9.

2. The foxhole supported firing position is described in ref b above. The prone unsupported position is described in ref a above.

*NOTE: A common error in the foxhole firing position is that the elbows should be outside the lip of the foxhole. The hasty sling will affect the rifle zero if the hasty sling was not used during the "battle sight zero" phase.

a. Group "B" will be moved to an area where the foxhole supported and prone unsupported firing positions may be practiced.

b. Group "B" will be divided into pairs of students, a firer and an assistant. The assistant will observe the student and suggest the use of techniques and fundamentals not being applied. Assistant will emphasize the employment of the eight steady hold factors and proper aiming techniques.

c. Sights must be blackened.

d. Remedial or corrective instruction for those students experiencing difficulty in the firing position exercises should include an explanation of how to properly assume the position and how to apply the eight steady hold factors while using proper aiming techniques. A experienced marksmanship NCO can expedite the correction of student performance in assuming and dry firing the firing positions.

*Doctrine has been reworded, added to, amplified or otherwise varies from FM 23-9. Recommendations made by US Army Marksmanship Unit, Ft Benning, GA.

VI. CONCLUSION:

A. Retain Attention: Marksmanship Fundamentals never change. The world's greatest rifle shooter's are using the same fundamentals you are being taught.

B. Application: During your live fire training for qualification, apply the fundamentals as taught and your performance with the rifle will improve as a result of hitting the target with every round fired.

C. Summary:

1. Proper aiming techniques by applying aiming fundamentals.
 - a. Sight Alignment: See chart, Inclosure 1.
 - b. Sight Picture: See chart, Inclosure 2.
2. The eight steady hold factors necessary to build a stable firing position.
 - a. Grip of the left hand.
 - b. Rifle butt in the pocket of the shoulder.
 - c. Grip of the right hand.
 - d. Location of the right elbow.
 - e. Function of the stock weld.
 - f. Breathing technique.
 - g. Relaxation.
 - h. Trigger control.
3. Assuming the foxhole supported and the prone unsupported firing positions.

D. Closing Statement: Many different weapons are employed in combat situations but the "Queen of Battle" remains the Infantry. The rifle in the hands of the Infantry soldier must be present in enemy territory to subdue the will to resist. Accurate fire on enemy positions and personnel will pin their forces down, allowing penetration and subjection.

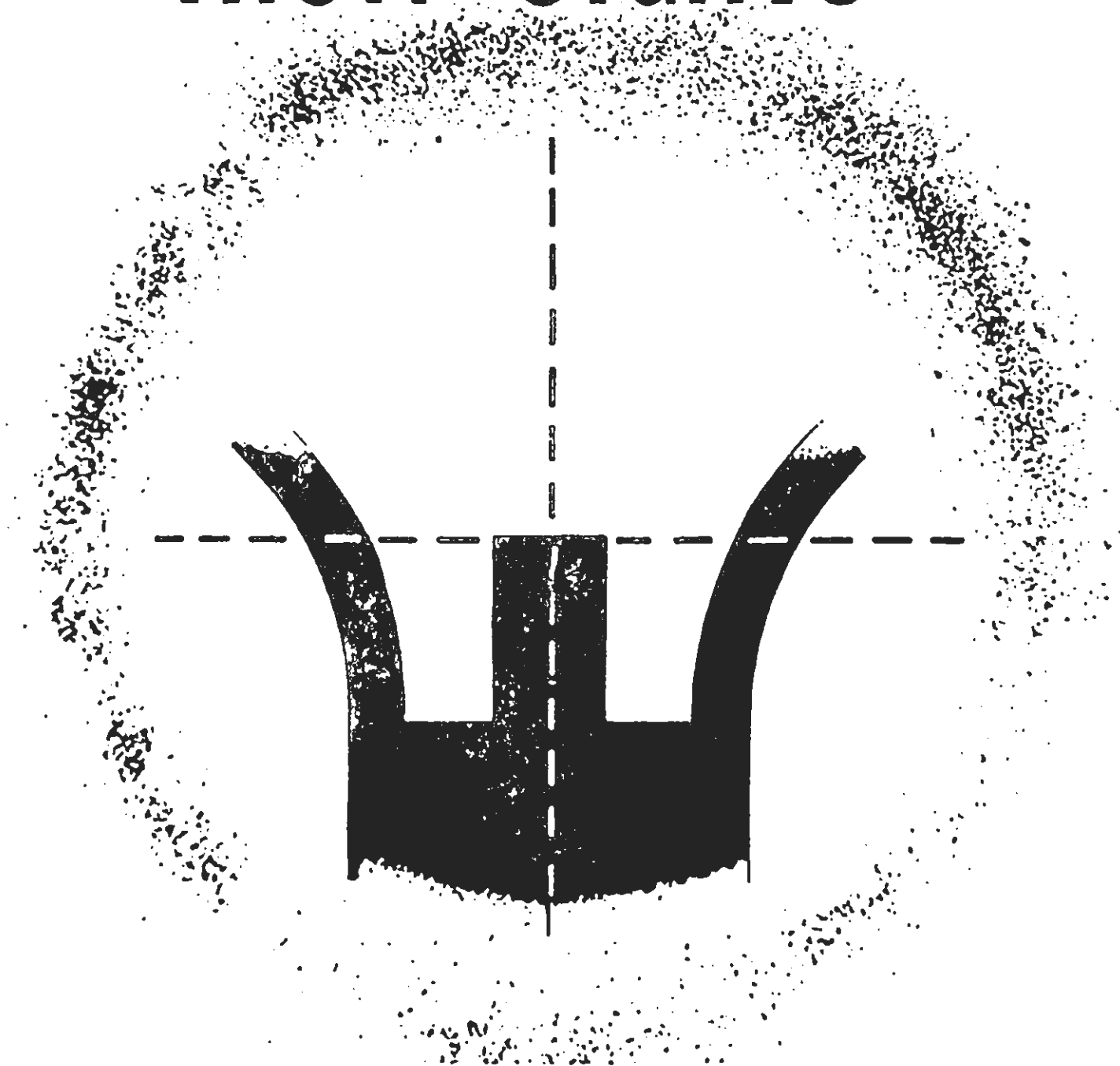
TRAINING AIDS

1. Marksmanship charts (Incl 3-1 thru 3-6).
2. Target Boxes, TA-D-12.
3. Target Disks, TA-D-13.
4. GTA 7-1-9.
5. Sight Alignment Chart (Incl 1).
6. Sight Picture Chart (Incl 2).

EQUIPMENT AND OTHER REQUIREMENTS

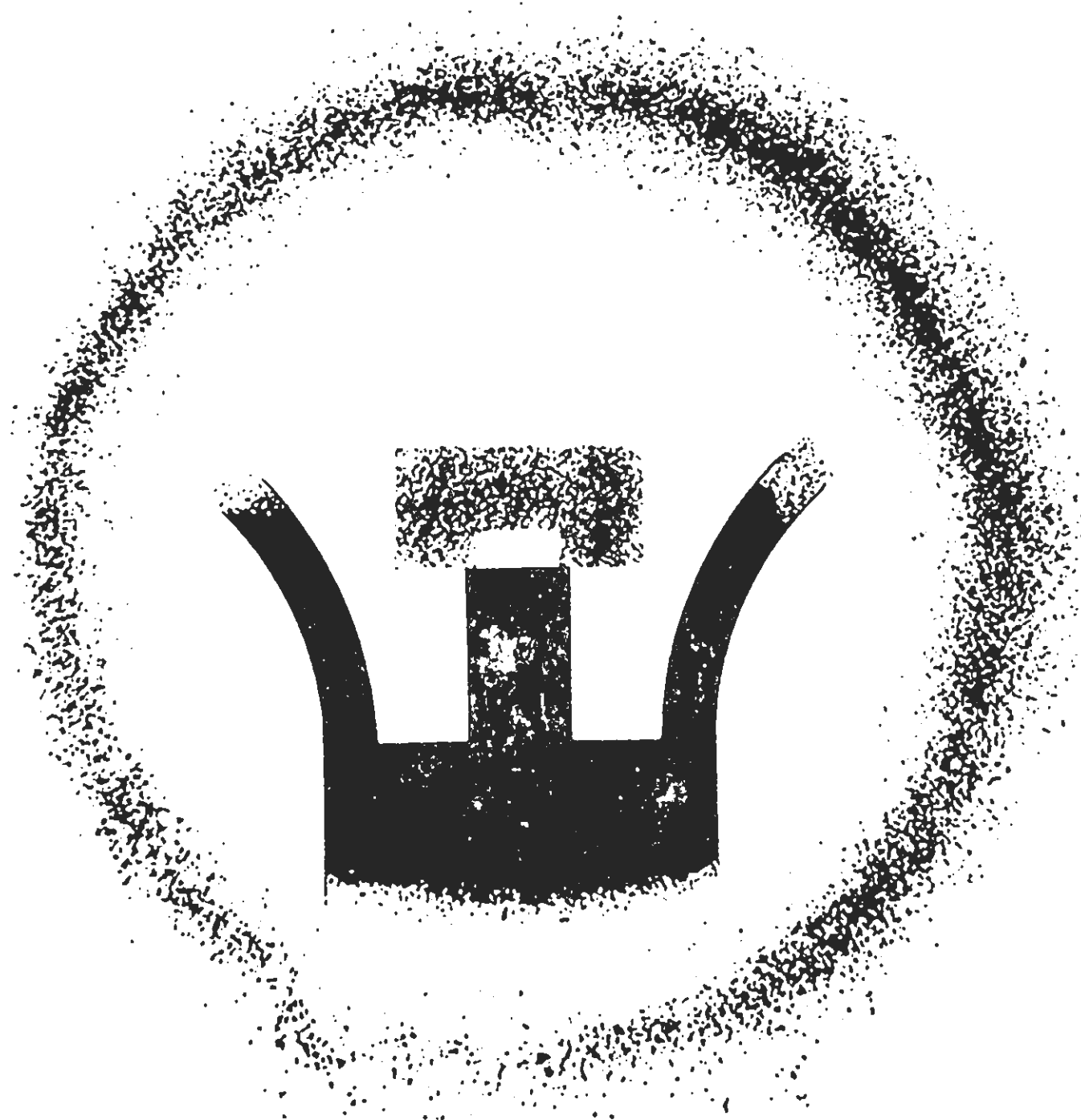
1. 25 meter rifle range with foxholes.
2. Smudge pots.
3. Two demonstrator personnel.
4. Pencils (one per target box).
5. Sheet of paper (one per student).
6. PA system.
7. Sandbags.
8. Two bullhorns.

CORRECT SIGHT ALIGNMENT IRON SIGHTS



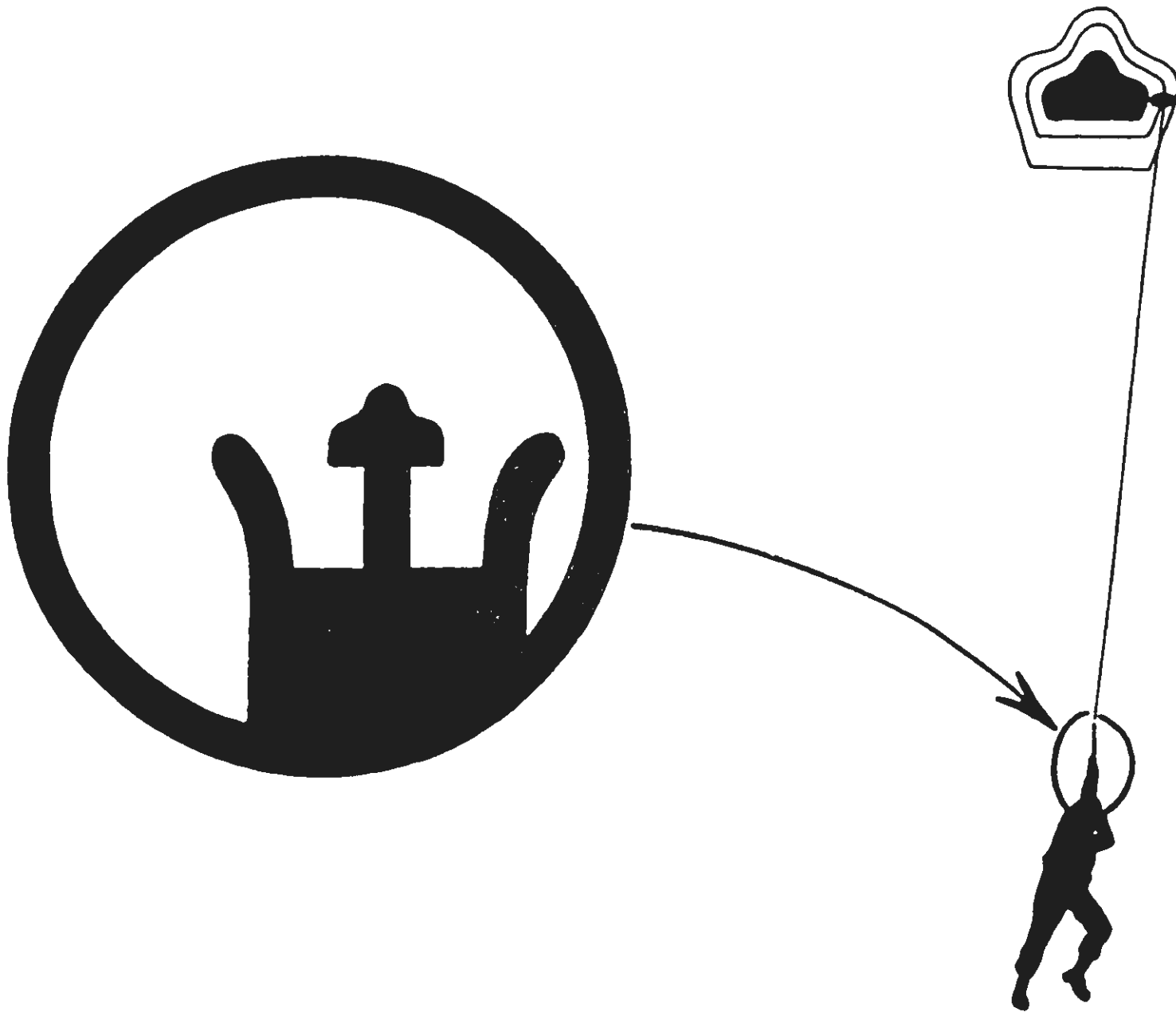
INCL 1

CORRECT SIGHT PICTURE



INCL 2

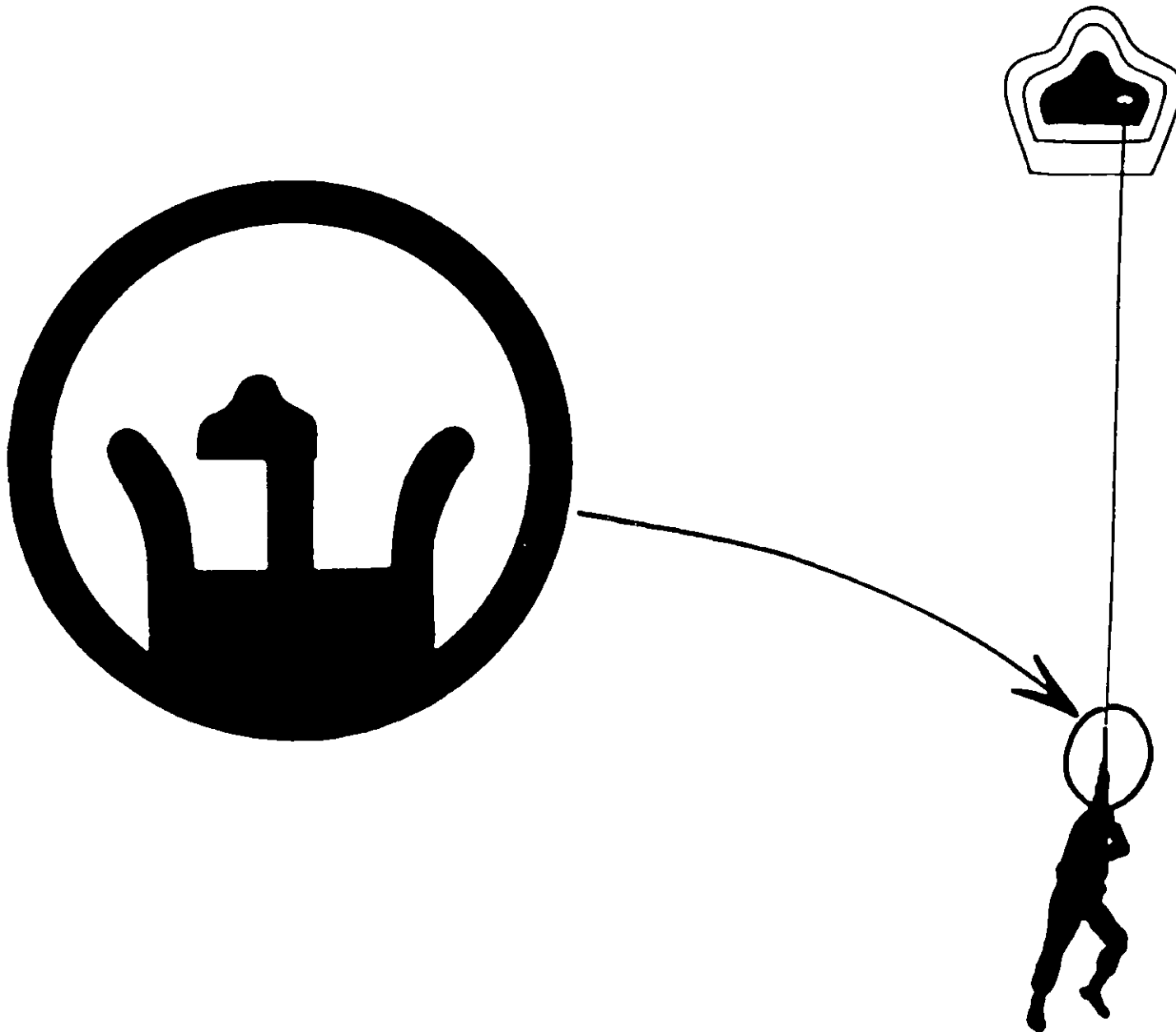
ERROR IN SIGHT ALIGNMENT



1. Marksmanship Chart*

*(See Training Aids - Para 1, Marks. Charts)

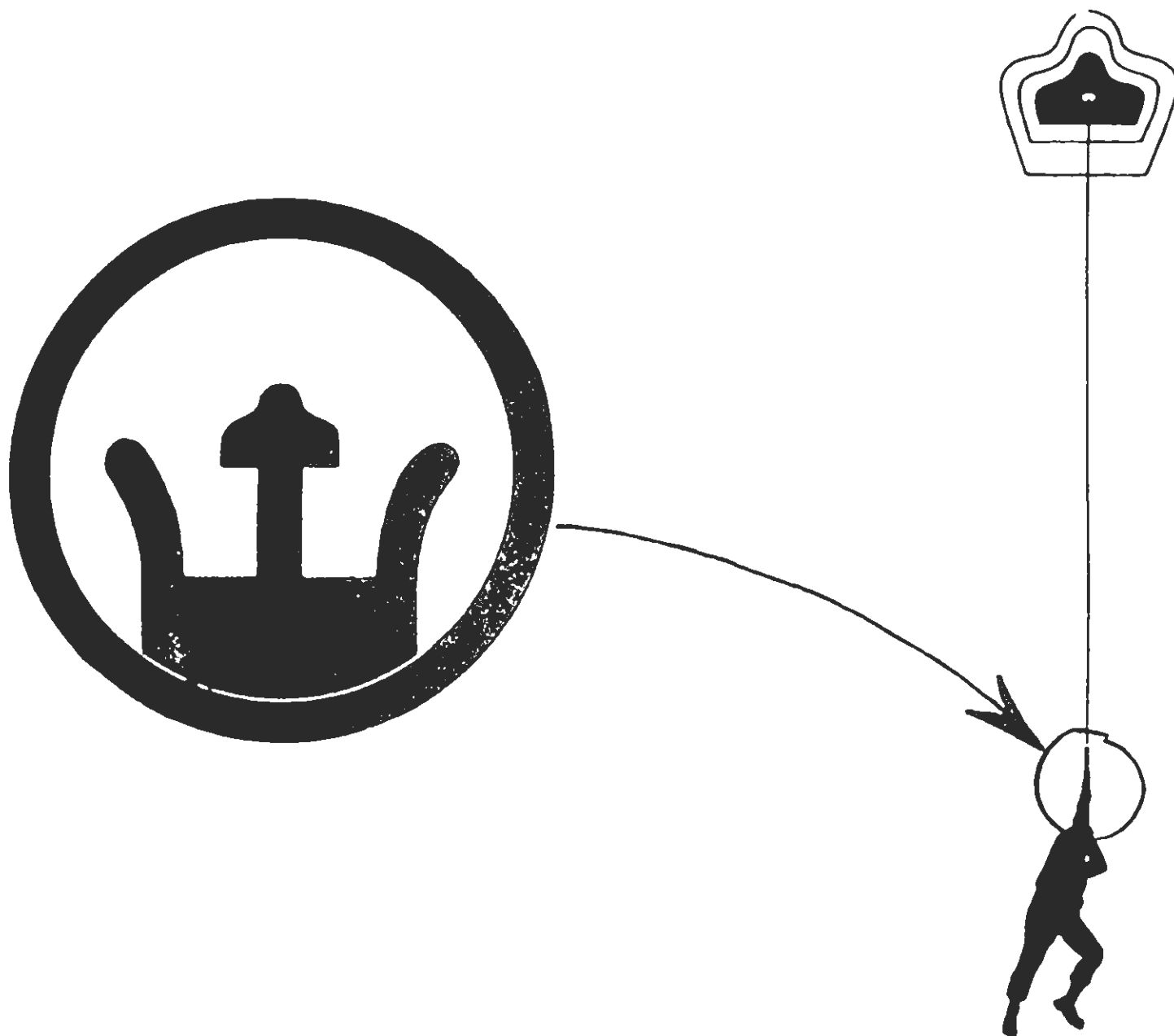
ERROR IN SIGHT PICTURE



2. Marksmanship Chart*

*(See Training Aids - Para 1, Marks. Charts)

PERFECT SIGHT ALIGNMENT & SIGHT PICTURE



3. Marksmanship Chart*

*(See Training Aids - Para 1, Marks. Charts)



CENTER HOLD

4. Marksmanship Chart*

*(See Training Aids - Para 1, Marks. Charts)



CENTER HOLD

5. Marksmanship Chart*

*(See Training Aids - Para 1, Marks. Charts)



6 O'CLOCK HOLD

6. Marksmanship Chart*

*(See Training Aids - Para 1, Marks. Charts)

UNITED STATES ARMY MARKSMANSHIP UNIT
SERVICE RIFLE BRANCH
FORT BENNING, GEORGIA 31905

LESSON OUTLINE

SRUMT 251
30 minutes
Oct 78

EFFECTS OF THE WEATHER

I. GOAL: The rifleman will be able to compensate for various weather conditions that effect the accuracy of the M16A1 Rifle.

II. LEARNING OBJECTIVES: As a result of this instruction the student will accomplish the following learning objectives:

A. TASK: Compute wind speed.

CONDITIONS: Given the following:

1. The degree of angle of the range flag or the degree of angle produced by dropping a handkerchief divided by four. Other indicators should be considered.

TRAINING STANDARD: The prevailing wind speed must be computed accurately in MPH by using the formula: $\text{Angle} \div 4 = \text{MPH}$. NOTE: Hypothetical wind speeds will be used for training purposes.

B. TASK: Classify wind value and compute hold-off in inches.

CONDITIONS: Given wind direction, speed and distance to target:

TRAINING STANDARD: Determine the wind value and be able to recognize the correct sight picture necessary to engage a target effectively. NOTE: Other elements of weather that could effect the strike of the bullet or the shooter are temperature and light conditions and are not as important as wind.

III. ADVANCE ASSIGNMENT: None.

IV. INTRODUCTION:

A. Gain Attention: When students are seated instructor will signal for Assistant Instructors to ignite smoke grenades at various ranges.

B. Orient Students:

1. Lesson Tie-In: You have just seen a demonstration of wind conditions that may have an effect on the flight of a bullet.

2. Motivation: The proper sight picture, utilizing the hold-off technique will insure that you as a rifleman will place effective fire on your target.

3. Scope: At the conclusion of this instruction, you will be able to compute wind and be familiar with the indicators that could assist you in determining hold-off temperature and light also affect the rifleman's effectiveness.

V. BODY:

A. TASK: Compute wind speed.

CONDITIONS: Given the following information:

- a. Angle of dropped handkerchief or range flag: Use chart page 1 & 2 (Incl 1).
- b. Formula: $\text{Angle} \div 4$: Use chart page 1 or 2.
- c. Names of other indicators such as grass, trees, dust and smoke.

TRAINING STANDARD: The wind speed must be computed accurately in MPH using the formula $\text{angle} \div 4 = \text{MPH}$.

B. TASK: Classify wind value and compute hold-off in inches.

CONDITIONS: Given wind direction, speed and distance to target:

1. Use chart no. 3 (Incl 1).
2. Use 5.56 mm Trajectory Chart (Incl 2).

TRAINING STANDARD: Determine the wind value and be able to recognize the correct sight picture necessary to engage a target effectively. Use "E" type target and wobble stick (Incl 3).

NOTE: Instructor explains how temperature and light can effect the strike of the bullet.

1. Reference FM 23-9, Page 87, Para 5-2. NOTE: On page 87 note indicates "With the M16A1 rifle a full value wind of 10 MPH or less will have negligible effect on a projectile's accuracy, etc. The USAMU feels that this is not entirely true. A 10 MPH full value wind does have a significant effect on the 55 gr, 5.56 mm bullet at this distance. See Incl 2 (Trajectory Chart) obtained from Rock Island Arsenal, Rock Island, Illinois.

2. A rifleman who has a well-zeroed weapon and who has properly applied the integrated act of shooting may still experience misses on target. Contributing to these misses are such factors as wind, light and temperature. The factor to be most concerned with is the wind.

3. The flight of the bullet depends directly on the velocity and direction of the wind. The firer must be able to classify the value of the wind.

4. Determining the direction of the wind can be accomplished by observing certain indicators such as range flags, smoke, trees, grass or sense of feel. To compute the wind speed we can say: $\text{Angle of the flag} \div 4$ or $\frac{A}{4} = \text{MPH}$. NOTE: Use effects of weather chart P. 1 (Incl 1). Three to five MPH wind can be felt on the face. Five to eight MPH wind leaves in trees are in constant motion. Twelve to 15 MPH wind small trees begin to sway.

5. After the direction and velocity of the wind is determined the firer must decide whether it has a full value effect, half value effect, or no effect. For this we use the clock method. NOTE: Use effects of weather chart no. 3 (Incl 1).

6. Using a 10 MPH full value wind at 100 yards the bullet will be displaced 1", at 200 yards 4.4", at 300 yards 10.6" and at 400 yards 20.4". NOTE: Show trajectory chart, (Incl 2).

7. The average width of a man is approximately 19". Firers must know how much hold-off to use to compensate for wind at various ranges. NOTE: Show "E" type target, (Incl 3).

8. Practical Exercise: Students must rapidly compute wind speed using the facts presented on a chalkboard. Hold-off will be determined in inches for wind speed and direction. NOTE: Use wobble stick on "E" target (Incl 3).

*Doctrine has been reworded, added to, amplified or otherwise varies from FM 23-9.
Recommended by USAMU, Ft Benning, Georgia.

VI. CONCLUSION:

A. Retain Attention: The difference between a hit or a miss could depend on how well a soldier can determine the effect of the wind on his shot.

B. Application: When you are firing, be aware of the speed of the prevailing wind and execute proper hold-off to compensate for the effect of the wind.

C. Summary: To execute proper hold-off, students must consider:

1. Wind speed
2. Wind direction
3. The distance to the target
4. The adjusted sight picture

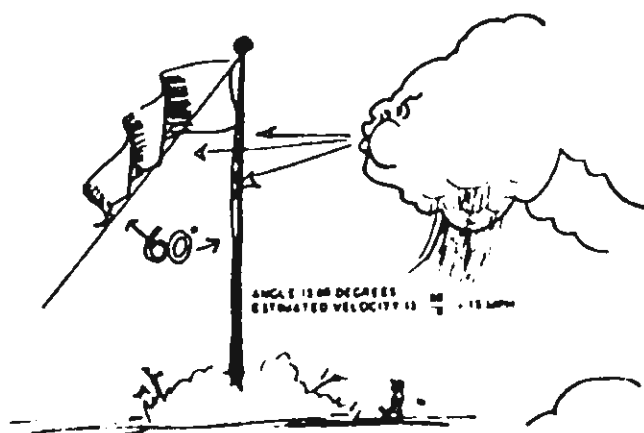
D. Closing Statement: You may be the best rifle marksman in your unit but without proper compensation for the effects of the weather, the shot you fire may not hit the target.

EQUIPMENT AND OTHER REQUIREMENTS

1. Podium.
2. Three Smoke Grenades.
3. Two "A" Frames.

TRAINING AIDS

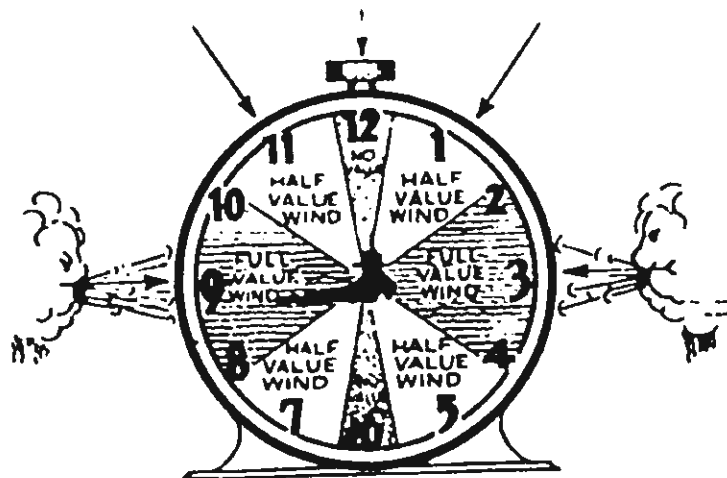
EFFECTS OF WEATHER CHARTS



1. Wind Estimation with Range Flag.



2. Wind Estimation with Handkerchief.

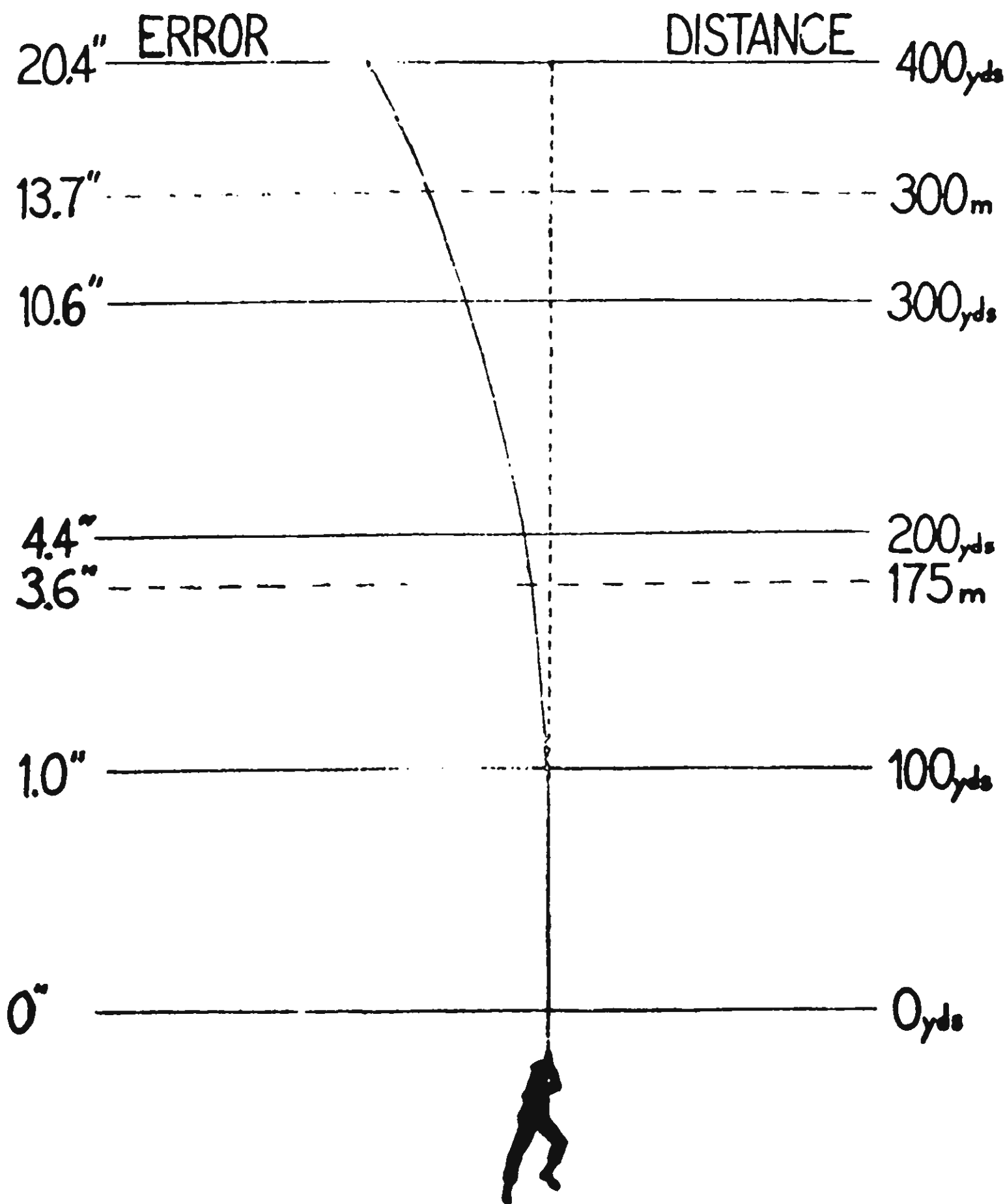


3. Clock System.

INCL 1

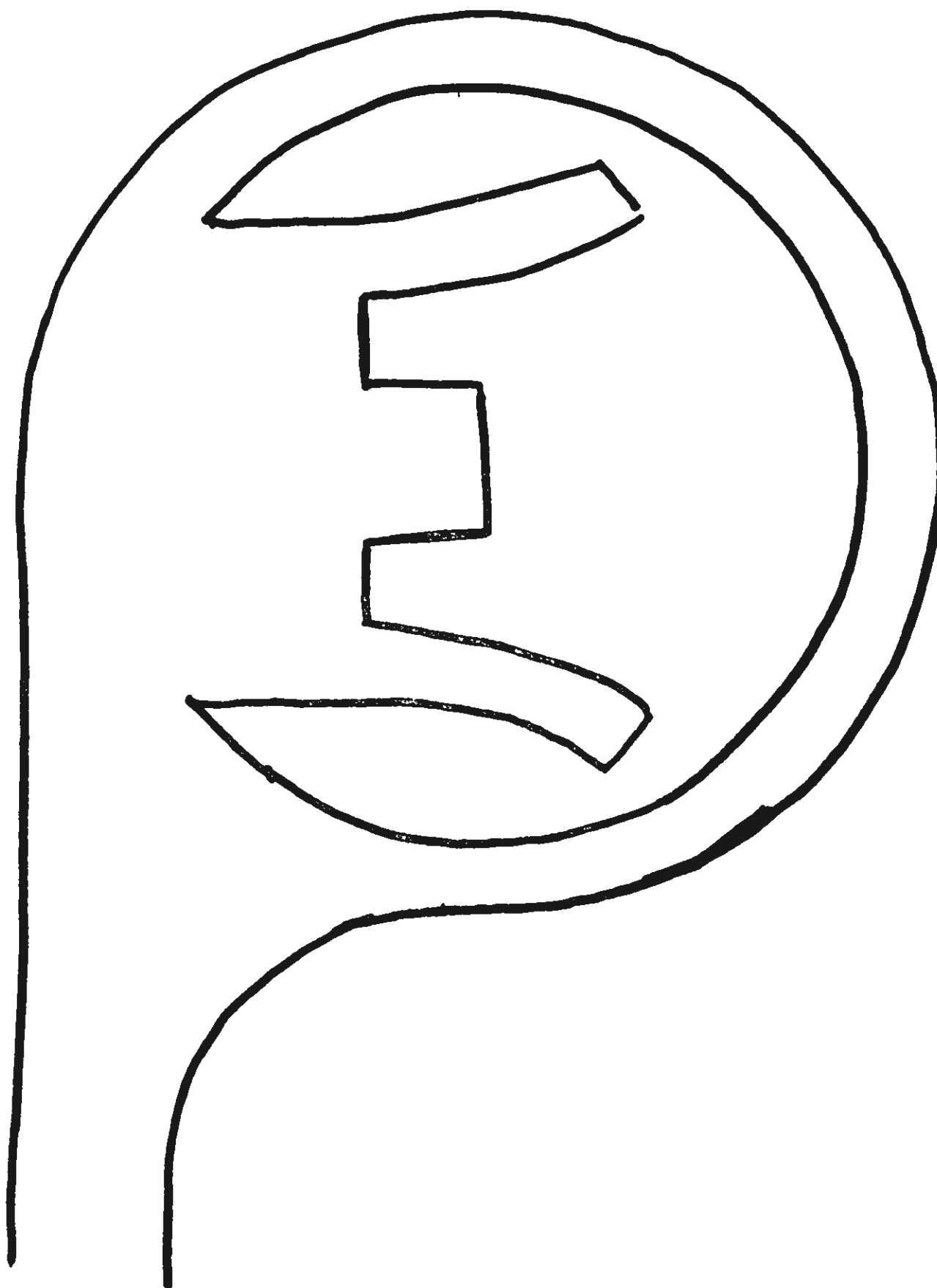
WIND DEFLECTION 5.56mm

10 MILES HR FULL VALUE



INCL 2

5.56 MM Ammunition Trajectory



"Wobble Stick"

INCL 3

UNITED STATES ARMY MARKSMANSHIP UNIT
SERVICE RIFLE BRANCH
FORT BENNING, GEORGIA 31905

LESSON OUTLINE

SRUMT 256
30 Minutes
Nov 78

SHOT GROUP ANALYSIS

I. GOAL: To assist the individual soldier in determining and correcting his own mistakes by analyzing his shot group.

II. LEARNING OBJECTIVES: As a result of this instruction, the student must accomplish the following learning objectives:

A. TASK: The soldier must "call his shot" using the clock system by mentally recalling the location of the front sight in relation to the rear sight and to the aiming point at the exact instant the shot was fired.

CONDITIONS: Given an M16A1 rifle, a magazine of ammunition, a battle sight zero target at 25 meters, and firing from the prone supported position:

TRAINING STANDARD: The student's shots must appear on the target in the general direction of his call.

B. TASK: Students must explain the probable cause of an unsatisfactory shot group using shot group analysis.

CONDITIONS: In the bleachers or on the 25 meter range, given a rifle shot group analysis card (GTA 21-1-4) and instruction on shot group analysis.

TRAINING STANDARD: The student must analyze shot groups in accordance with FM 23-9, para 3-8, well enough to identify and correct errors made in applying the fundamentals.

C. TASK: Students will participate in a "ball and dummy" exercise.

NOTE: This is a remedial task and is not necessary when students successfully complete TASKS A and B.

CONDITIONS: If remedial training is necessary, the firer will go to the 25 meter range and fire magazines loaded with live and dummy rounds from the prone supported position.

TRAINING STANDARD: Students must execute proper follow through in accordance with FM 23-9, para 3-6.

III. ADVANCE ASSIGNMENT: Students should have previously had class on the integrated act of firing.

IV. INTRODUCTION:

A. Gain Attention: A perfect shot group is one in which all rounds hit the target at exactly the same point. However, factors such as wind, the ability of the firer, the ammunition and the weapon make such a shot group impossible.

B. Orient Students:

1. Lesson Tie-In: Shot groups are analyzed by studying the arrangement of the bullet holes in the target.

2. Motivation: By correcting the error that caused an unsatisfactory shot group, you will become much more proficient with your rifle.

3. Scope: This instruction will teach you, the firer, points of rifle shooting such as:

- a. Wobble area.
- b. Follow through.
- c. Calling the shot.
- d. Shot group analysis.

V. BODY:

A. TASK: The soldier must "call his shot" using the clock system by determining the location of the front sight in relation to the rear sight and the aiming point at the exact instant the shot was fired.

CONDITIONS: On the 25 meter range, with the M16A1 rifle and a magazine of ammunition, firers will fire from the prone supported position.

TRAINING STANDARD: The student's shot must appear on the target in the general direction of his call.

1. Reference: FM 23-9, Chap 3, Pg 71, Para 3-5 thru 3-8.

2. Students are assembled in the bleacher area on the 25 meter range. A marksmanship device (metal) w/spotters (magnetic) (Incl 1) is positioned to the right of the instructor and a "venetian blind" on his left.

3. The instructor explains what a wobble area should look like using the marksmanship device and "wobble stick" (Incl 2).

4. As the wobble stick moves a shot is "fired" by an assistant. The instructor stops the stick and explains how the shot is called by using the clock system (6 o'clock = low 7 o'clock = low left).

B. TASK: Students must explain the probable cause of an unsatisfactory shot group using shot group analysis.

CONDITIONS: In the bleachers or on the 25 meter range, given a rifle shot group analysis card (GTA 21-1-4) and instruction on shot group analysis:

TRAINING STANDARD: The student must analyze shot groups in accordance with FM 23-9, para 3-8, well enough to identify and correct errors made in applying the fundamentals.

1. Reference: FM 23-9, para 3-8.

2. The instructor distributes the shot group analysis cards to the students. Using the same training aids as in TASK A he explains the unsatisfactory shot groups and the probable causes.

NOTE: Use the "venetian blind" listing probable causes for each undesirable shot group.

- a. Long vertical.
- b. Long horizontal.

- c. Short vertical.
- d. Short horizontal.
- e. Scattered.

3. Practical Exercise: Students will call the shots as fired during battle sight zeroing. Student coaches and firers will relate the calls to the hits when down range. Shot groups will be analyzed and corrective steps taken.

C. TASK: Students will participate in a "ball and dummy" exercise.

CONDITIONS: If remedial training is necessary, the firer will go to the 25 meter range and fire a magazine loaded with both live and dummy rounds from the prone supported position.

TRAINING STANDARD: The students execute proper follow through in accordance with FM 23-9, para 3-6.

1. Reference: FM 23-9, para 4-1(2)(d).

2. If necessary, the ball and dummy exercise can be used during remedial training. Using dummy rounds and live rounds, the instructor observes the firer for improper trigger control (jerking, flinching) and improper breathing techniques.

VI. CONCLUSION:

A. Retain Attention: In pro football there is instant replay which is used for detection and correction of errors. Unfortunately, we can't afford this luxury.

B. Application: By proper utilization of the shot group analysis card while conducting 25 meter firing you can eliminate many common mistakes.

C. Summary: For the past 25 minutes we have discussed:

- 1. What a wobble area looks like.
- 2. How to call a shot.
- 3. How to execute proper follow through.
- 4. How to analyze unsatisfactory shot groups and determine the cause.
- 5. How to conduct a ball and dummy exercise so we are aware of shortcomings.

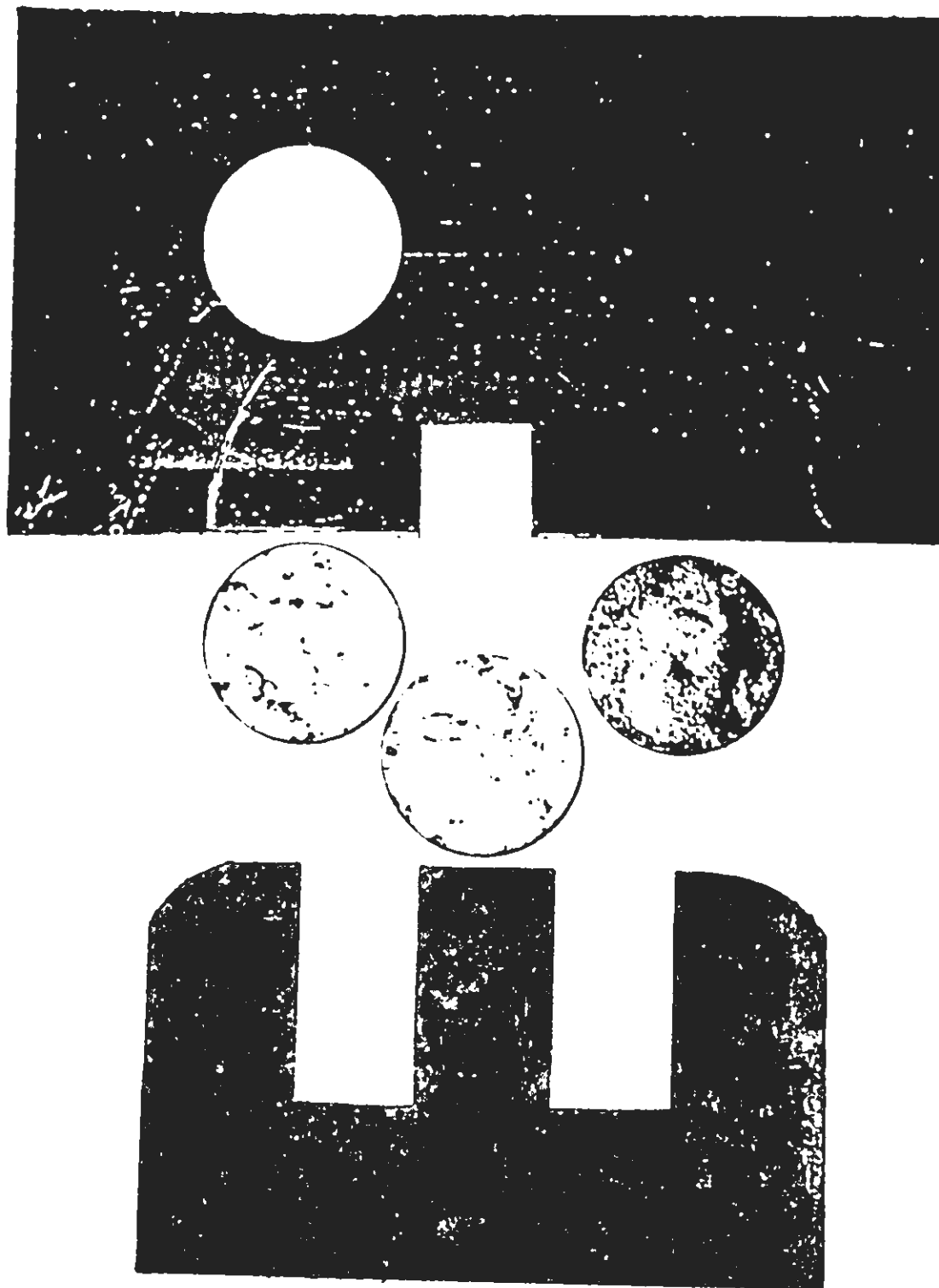
D. Closing Statement: Always call your shot. Doing so lets you know what kind of mistakes you are making, if any. Doing this and utilizing the information on the shot group analysis card you can eliminate costly errors in your performance and be able to hit whatever you're shooting at.

TRAINING AIDS

1. Metallic marksmanship board with magnetic spotters (modified TA-D-109) (Incl 1).
2. Wobble stick (Incl 2).
3. Rotating panel chalkboard TA-D-4.
4. Dummy ammunition 5.56 DODAC 1305-A060.
5. M16A1 rifle with magazine.
6. Shot group analysis card GTA 21-1-4.

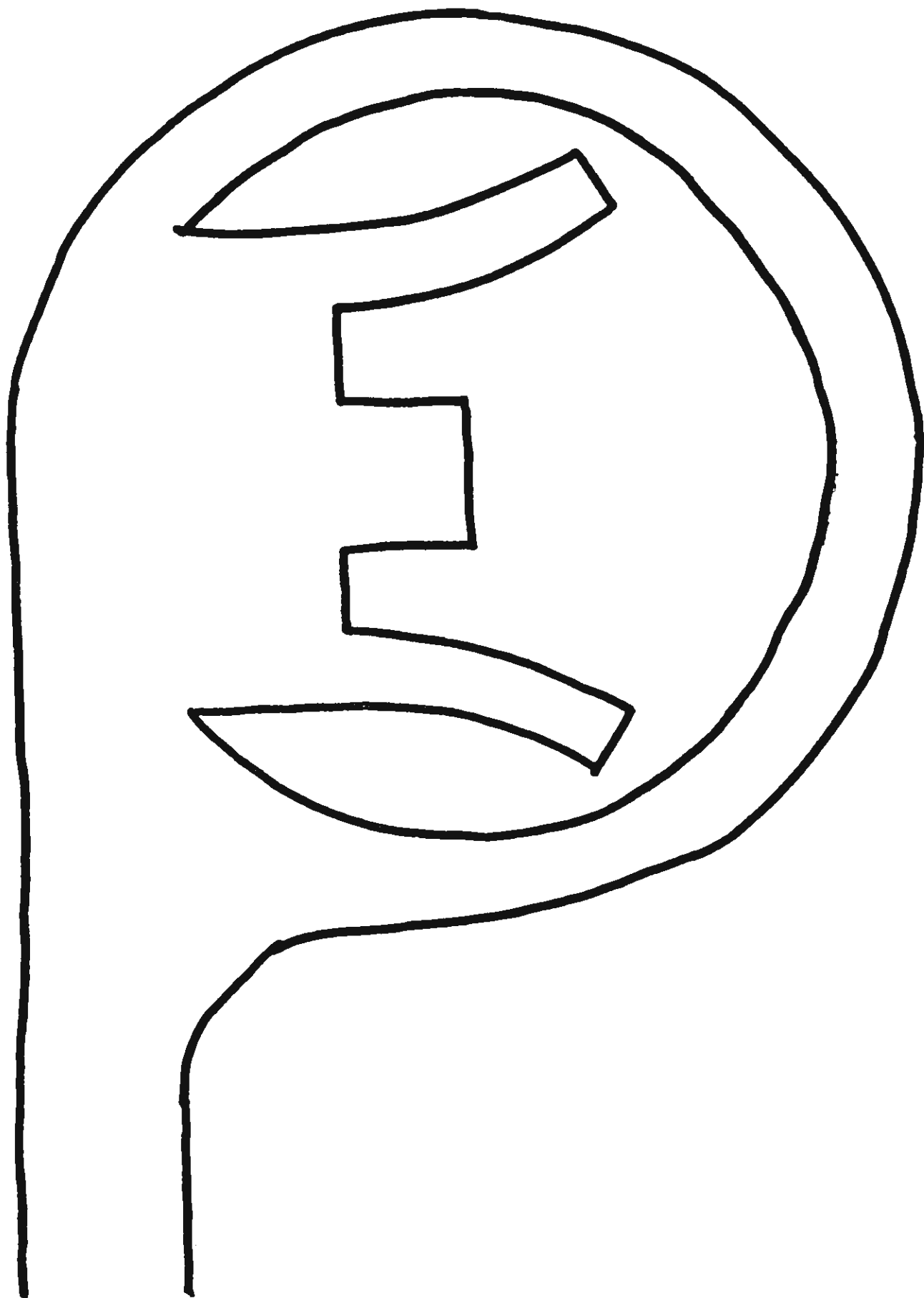
EQUIPMENT AND OTHER REQUIREMENTS

1. Public address system.



Metallic Marksmanship Board W/Spotters

INCL 1



"Wobble Stick"

UNITED STATES ARMY MARKSMANSHIP UNIT
SERVICE RIFLE BRANCH
FORT BENNING, GEORGIA 31905

LESSON OUTLINE

SRUMT 257
4 Hours
Nov 78

M16A1 SIGHTS AND BATTLE SIGHT ZERO

I. GOAL: The individual soldier will learn sight adjustments, zeroing principles, and determining the battle sight zero for the M16A1 rifle.

II. LEARNING OBJECTIVES: As a result of this instruction, the student must accomplish the following learning objectives:

A. TASK: Understand the adjustment of the sights for both elevation and windage on the M16A1 rifle.

CONDITIONS: Given the following:

- a. An M16A1 rifle with cartridge or similar sharp instrument.
- b. An explanation of the rules for moving the sights for elevation and windage.
- c. An example of a misplaced shot group.

TRAINING STANDARD: The students must understand how to convert the distance between the center of the shot group and the desired location to clicks and then apply the sight adjustment necessary to move the center of the shot group to the desired location.

B. TASK: Understand the principles for zeroing the M16A1 rifle at 25 meters.

CONDITIONS: Given the following:

- a. The relationship between the path of the projectile in flight and the line of sight.
- b. The relationship between the line of sight and the axis of the bore.
- c. The standard 25 meter target.

TRAINING STANDARD: The student must understand the principles of zeroing at 25 meters well enough to make sight corrections that will move the shot group to the proper place on the 25 meter battle sight zero targets.

C. TASK: Fire acceptable shot groups at 25 meters by employing the proper fundamentals.

CONDITIONS: Given the following:

- a. An M16A1 rifle, a magazine and ammunition.
- b. A battle sight zero target at a range of 25 meters.

TRAINING STANDARD: The student must fire within three attempts a shot group that will fit within a 5.2 cm circle.

D. TASK: Determine the battle sight zero for the M16A1 rifle.

CONDITIONS: Given the following:

- a. An M16A1 rifle, a magazine, and ammunition.
- b. A battle sight zero target at a range of 25 meters.

TRAINING STANDARD: Sights must be adjusted until the center of an acceptable shot group is located within a 2.6 centimeters radius of the "X" directly below the aiming point.

III. ADVANCE ASSIGNMENT: Students must have already received instruction on the Integrated Act of Shooting.

IV. INTRODUCTION:

NOTE: Students are seated in bleachers on the range.

A. Gain Attention: The procedures and techniques used in the United States Army rifle marksmanship training program are based on the concept that riflemen must be proficient marksmen, capable of effectively engaging combat targets. No matter how proficient he may have become in applying the fundamentals of firing a shot, he is still not effective unless he has a zeroed weapon.

B. Orient Students:

1. Lesson Tie-In: In previous classes, you received instruction on marksmanship fundamentals. During this period of instruction, you will have the opportunity to apply those fundamentals of marksmanship and ultimately wind up with a zeroed weapon.

2. Motivation: Your determination of a battle sight zero for your weapon during this period will greatly determine your effectiveness in later field fire exercises.

3. Scope: During this period of instruction we will discuss and demonstrate sight adjustments and zeroing principles. You will then fire at the 25 meter range to get the feel of employing the fundamentals correctly and to determine a battle sight zero for your M16A1 rifle.

V. BODY:

A. TASK: Understand the adjustment of the sights for both elevation and windage on the M16A1 rifle.

CONDITIONS: Given the following:

- a. An M16A1 rifle with cartridge or similar sharp instrument.
- b. The elevation and windage rule.
- c. An example of a misplaced shot group.

TRAINING STANDARD: The student must understand how to convert the distance between the center of the shot group and the desired location to clicks and then apply the sight adjustment necessary to move the center of the shot group to the desired location.

- 1. Reference: Chapter 4, Section II, FM 23-9 and ST 7-194 FY 75.
- 2. Front and rear sight model (inclosure 1) is placed in front of class.
- 3. The sights of the M16A1 rifle are explained and demonstrated as described in paragraph 4-4, FM 23-9.

NOTE: Instruction pertaining to the promethium sight (low light level sight system) will be as described in ST 7-194 FY 75.

4. The elevation and windage rule, sight changes, are explained and demonstrated as outlined in paragraphs 4-5, 4-6, and 4-7, FM 23-9.

NOTE: Ref Fig 4-8, page 85, FM 23-9. In accordance with the M16A1 marksmanship training program of instruction of the Directorate of Training Developments, US Army Infantry School, April 1977, the shot group template has been revised. The template is made of transparent plastic with one circle imprinted on it. This circle has a diameter of 5.2 centimeters. This template is used to check shot groups fired from all positions.

B. TASK: Understand the principles for zeroing the M16A1 rifle at 25 meters.

CONDITIONS: Given the following:

- a. The relationship between the path of the projectile in flight and the line of sight.
- b. The relationship between the line of sight and the axis of the bore.
- c. The standard 25 meter target.

TRAINING STANDARD: The student must understand the principle of zeroing at 25 meters well enough to make sight corrections that will move the shot group to the proper place on the 25 meter battle sight zero target.

1. The principles of zeroing are explained as outlined in paragraph 4-8, FM 23-9. Locally fabricated replicas of figures 4-9 and 4-10, page 86, FM 23-9 are used for illustration.

2. The standard 25 meter target is explained in accordance with paragraph 4-9, FM 23-9. A locally fabricated replica of the standard 25 meter target is used for illustration.

C. TASK: Fire acceptable shot groups at 25 meters by employing the proper fundamentals.

CONDITIONS: Given the following:

- a. An M16A1 rifle, a magazine, and ammunition.
- b. A battle sight zero target at a range of 25 meters.

TRAINING STANDARDS: The student must fire within three attempts a shot group that will fit within a 5.2 centimeter circle.

NOTE: This task is accomplished concurrently by each student with TASK D during the practical exercise outlined thereunder.

D. TASK: Determine the battle sight zero for the M16A1 rifle.

CONDITIONS: Given the following:

- a. An M16A1 rifle, a magazine, and ammunition.
- b. A battle sight zero target at a range of 25 meters.

TRAINING STANDARD: Sights must be adjusted until the center of an acceptable shot group is located within a 2.6 centimeters radius of the "X" directly below the aiming point.

NOTE: Before students leave the bleachers the Safety Officer conducts a safety briefing.

*1. Practical Exercise: The students are moved out of the bleachers and formed into four relays. Prior to moving to the firing line, all sights will be blackened. (Extreme

caution must be taken when blackening the front sight of rifles equipped with the promethium sight.) Relays one and two will move to the firing line. Relay one will be the firer, and relay two will be the coach. (Relays three and four may report to concurrent training stations.)

*Doctrine has been reworded, added, amplified, or otherwise varies from FM 23-9. Recommended by USAMU, Fort Benning, GA.

NOTE: While on the firing line, all firing commands are issued from the control tower and must be obeyed immediately.

2. Upon command, the firer assumes a prone supported position utilizing available sandbags on the firing point. He then performs a mental checklist of the eight steady hold factors. Upon command, the firer loads and fires three rounds. (All firing is performed in the semi-automatic mode.) After the safety NCO verified that the weapon is safe, the chamber flag is inserted and the firer rises and stands at a designated point behind the weapon.

3. Upon command, the firer and coach move down range to check shot group size and location. The firer and coach remain at the target until an assistant instructor verifies the shot group size and location and assists in determining the necessary sight adjustment; then the firer and coach turn and face the firing point and await instructions from the tower.

NOTE: All shot groups are checked by the assistant instructor using the shot group template. The three rounds must lie on or within the 5.2 centimeter circle to be considered satisfactory. If, after three groups, the group size is not satisfactory, the firer is sent to a designated remedial training site.

4. Upon command, the firer and coach return to the firing line and stand behind the weapon. Upon command, the firer moves forward and makes the necessary sight adjustments. He then reassumes the prone supported position. This process is repeated until three shot groups have been fired.

5. After each relay has fired the initial three shot groups, each relay returns to the firing line and fires an additional three shot groups for a total of six groups per firer.

NOTE: After firing is completed all students are reassembled in bleachers.

VI. CONCLUSION:

A. Retain Attention: The most important item of equipment that a rifleman can have in his possession in combat is a well-zeroed rifle.

B. Application: You owe it to yourself as well as to your unit to make certain that you have obtained a good battle sight zero for your weapon. Otherwise you will not be an effective rifleman.

C. Summary: By learning to properly adjust the sights along with the principles of zeroing, you will be able to determine a good battle sight zero for your M16A1 rifle. It is certainly worth the time and effort, as you will learn when you find yourself in a combat environment.

D. Closing Statement: When firing in the semi-automatic mode, the M16A1 is only as effective as the battle sight zero obtained for it.

TRAINING AIDS

1. Front and rear sight model TA-D-26.
2. Chalkboard TA-D-3.
3. Shot group template (one per AI). 5.2 cm diameter circle scribed on a clear piece of plastic.
4. Locally fabricated replica of fig 4-9, pg 86, FM 23-9.
5. Locally fabricated replica of fig 4-10, pg 86, FM 23-9.
6. Pointer.
7. Battle sight zero target NSN 6920-00-906-0169.
8. One shot group Analysis Card per firing point and per AI GTA 21-1-4.

RANGE PERSONNEL

As stated in para 4-2, pg 78, FM 23-9, to include tower talker and assistant instructors for remedial site.

EQUIPMENT AND OTHER REQUIREMENTS

1. Public address system.
2. 25 meter targets (2 per firer plus 10% for remedial training).
3. "E" silhouette (1 per tgt frame).
4. Sandbags (min 2 per firing point).
5. Local SOP safety devices (i.e., cleaning rods, ear plugs, chamber flags, etc.).
6. Smudge pots (min 2).
7. Ammunition (min 18 rds per firer plus 10% remedial training requirements).
8. Brass deflectors for left hand firing soldiers.
9. Staple guns.
10. Radios, if required.

UNITED STATES ARMY MARKSMANSHIP UNIT
SERVICE RIFLE BRANCH
FORT BENNING, GEORGIA 31905

LESSON OUTLINE

SRUMT 255
4 Hours
Nov 78

*KNOWN DISTANCE RANGE FIRING
(MODIFIED)

I. GOAL: To confirm the zero of the weapon and to thereby build confidence in the individual firer so he can become proficient with the M16A1 rifle.

II. LEARNING OBJECTIVES: As a result of this instruction the individual soldier will build confidence in himself through practical experience of KD firing.

TASK: The student will fire the M16A1 rifle at 300 yds to confirm a 250 meter battle sight zero.

NOTE: Suitable ranges for this phase of training are available at most installations but are measured only in yards.

CONDITIONS: Given a "D" type target at a known distance of 300 yards in a prone supported position (hasty sling optimal) and firing three, three round shot groups followed by ten rounds slow fire in ten minutes.

TRAINING STANDARD: The student must confirm a correct 250 meter battle sight zero by scoring a minimum of 50% hits within the allowed ten minutes. Remedial training will be provided as necessary.

III. ADVANCE ASSIGNMENT: Students should know marksmanship fundamentals and have zeroed their individual M16A1 rifle at 25 meters. (NOTE: If the hasty sling is used, the weapon must have been zeroed with it.)

IV. INTRODUCTION:

A. Gain Attention: KD firing is designed to increase the confidence of the individual soldier in his own proficiency and in his weapon. This is a superior marksmanship training vehicle and is highly recommended.

B. Orient Students:

1. Lesson Tie-In: The fundamentals of marksmanship coupled with a good battle sight zero will be reflected in the results on the target as will be mistakes made by the firer.

2. Motivation: The known distance range is the "Granddaddy" of all ranges. This range is an excellent training vehicle to confirm your battle sight zero and to build the individual's confidence because one can see exactly where rounds are hitting and make definite corrections without having to guess or wonder.

3. Scope: During the known distance firing you will be required to fire three, three round shot groups and then ten rounds slow fire in ten minutes from the prone supported position. If you fail to confirm your zero, remedial training will be provided.

V. BODY:

*Doctrine has been reworded, added to, amplified or otherwise varies from FM 23-9, USAIS M16A1 Rifle Marksmanship Training POI of Apr 77, and FORSCOM/TRADOC Suppl 1 to AR 350-6. Recommended by USAMU, Fort Benning, GA.

A. TASK: The student will fire the M16A1 rifle at 300 yards to confirm a 250 meter battle sight zero.

B. CONDITION: The student will be allowed to use sandbags to assume a prone supported position. The student will be allowed 19 rounds of ammunition to be fired at a D type target, three, three round shot groups in two minutes each and then ten rounds slow fire in ten minutes.

C. TRAINING STANDARD: To complete KD firing a student will have a correct 250 meter battle sight zero confirmed by a minimum of 50% hits within the ten minutes period.

1. References: FORSCOM/TRADOC Suppl 1 to AR 350-6, page D-7, para 6a(4) modified to: Fire from the 300 yard line three, three round shot groups and ten rounds slow fire, prone supported position.

2. Students will be seated in the bleacher area for an orientation period to include range operation and a briefing from the safety officer.

3. The conduct of KD firing will be as follows:

a. Organization:

(1) The firers will be assigned relays and target numbers. There will be four relays. Relays one and two will be on line first while three and four go to the pits to pull, mark and score targets.

(2) Relay one and two will go to the ammunition distribution point and receive one magazine, a score card, and 19 rounds per individual. Each firer will also receive a chamber flag to be inserted in the chamber of their cleared M16A1 rifle.

(3) The first relay will assume a prone supported position.

(4) The second relay will score relay one.

(5) At their completion of fire, the first relay will assume scoring responsibilities and the second relay will move on line to fire. At the completion of fire of relay two, relays three and four will come out of the pits, relay one and two will go to the pits and the aforementioned procedure is repeated.

(6) When each relay finishes, chamber flags will be inserted into the chamber and firers will move, with the muzzle of their weapons pointed down range, to the center of the range to be rodded and to turn in their score cards to the range OIC.

b. Course of fire is as follows:

(1) The firer will assume a prone supported position and fire three, three round shot groups on a D type target.

(2) Targets will be pulled, marked, and scored after each three round shot group.

(3) The firer will then fire ten rounds slow fire. Targets will be pulled, marked, and scored after each round. Any firer who fails to have 50% hits within the "four ring", within the time limit will go to remedial firing.

(4) Effective hits are hits in the V, 5, 4 ring, to include 6" below the bottom edge of black.

c. Commands:

(1) Upon command, "ONE MAGAZINE OF THREE ROUNDS, LOCK AND LOAD." "IS THE LINE READY?" "READY ON THE RIGHT, READY ON THE LEFT, READY ON THE FIRING LINE." "COMMENCE FIRING." As soon as the targets appear the firer will engage the target with three rounds.

(2) "CEASE FIRING" will be commanded at the end of a two minute period. The targets will then be pulled, marked and scored.

(3) This procedure will be repeated for the next two sequences for three round shot groups.

(4) Upon command, "WITH ONE MAGAZINE OF ONE ROUND, LOCK AND LOAD." "IS THE LINE READY?" "THE LINE IS READY." "READY ON THE RIGHT, READY ON THE LEFT, READY ON THE FIRING LINE." "COMMENCE FIRING." As soon as the targets appear the firer will engage the target with one round at a time. Targets will be pulled, marked, and scored after each round.

(5) "CEASE FIRING" will be commanded at the end of a ten minute period.

d. Administration:

(1) Alibis will not be authorized.

(2) Group sight changes and slow fire sight changes will be recorded on the score card.

(3) Scorers will sign the card before it is turned into the range OIC (Incl 1).

(4) Firers will be informed where the round should have hit and the value of the wind during the three round shot group exercises. Hold off will be executed during ten round slow fire exercise. Since the weapons are zeroed for 250 meters and the firing is conducted from the 300 yard line (271 meters), the strike of the bullet should be approximately 4" lower than the aiming point.

4. Practical Exercise: As many relays will be fired as required.

NOTE: Reassemble students in bleachers for conclusion.

VI. CONCLUSION:

A. Retain Attention: The course which you fired is designed to increase the confidence of the individual soldier in himself as a marksman and in his weapon.

B. Application: You were able to see precisely where you were hitting. This allows you to make accurate adjustments rather than just wondering and guessing.

C. Summary: You tested your proficiency in applying the fundamentals by firing several three round shot groups. You then adjusted your aiming points and fired ten rounds attempting to hit the target with each round.

D. Closing Statement: The KD range is the only range that you can readily accurately confirm your battle sight zero. You should be confident now that you can hit what you are aiming at, at any range up to 350 meters.

TRAINING AIDS

1. One D type target.
2. Three five inch spotters.

EQUIPMENT AND OTHER REQUIREMENTS

1. D type targets, FSN 6920-922-7450, with replacement center FSN 6920-922-7541.
2. Three five inch spotters (NSN 6920-00-713-8254) per target.
3. Scoring discs (one per target).
4. Black (NSN 6920-00-165-6351) and white pasters (NSN 6920-00-172-3572).
5. Score cards (Incl 1).
6. Public address system.
7. Field phones (pit to line).
8. Minimum of 19 rounds per firer.
9. Smudge pots.
10. 1/2 ton truck.

RANGE PERSONNEL

1. Range OIC.
2. Range NCOIC.
3. Safety Officer.
4. Pit NCOIC.
5. Phone Operators.
6. Ammunition Detail (2 men/tgt).

KNOWN DISTANCE

"Call Shot"

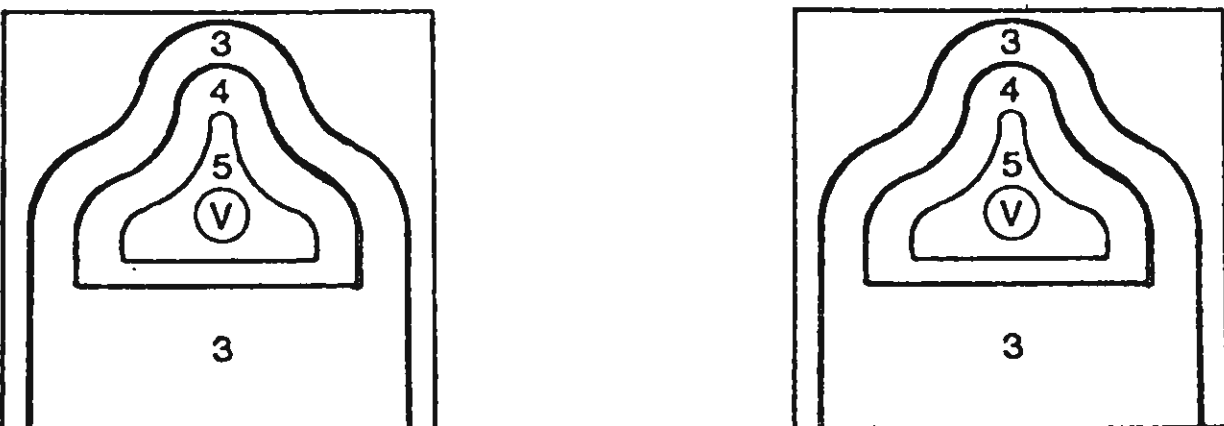
Last Name, FI.	UNIT	DATE	TIME
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GROUP - SIGHT CHANGES

1. ELE _____ WIND _____

2. ELE _____ WIND _____

3. ELE _____ WIND _____



	1	2	3	4	5
CALL	△	△	△	△	△
VALUE					

	6	7	8	9	10
CALL	△	△	△	△	△
VALUE					

ELE					
ADJ					
WIND					
ADJ					

ELE					
ADJ					
WIND					
ADJ					

Target Number: _____

Relay Number: _____

SCORER'S Signature _____

REMARKS:

FB (DTD) Form 58
1 Sep 78

INCL 1

UNITED STATES ARMY MARKSMANSHIP UNIT
SERVICE RIFLE BRANCH
FORT BENNING, GEORGIA 31905

LESSON OUTLINE

SRUMT 250
4 Hours
Oct 78

COMBAT INFANTRY TEAM MATCH (MODIFIED)*

I. **GOAL:** To achieve an improved degree of proficiency in the individual rifleman by developing confidence in himself and his weapon through competition. In this type of competition, the squad member becomes familiar with squad fire distribution through practical application.

II. **LEARNING OBJECTIVES:** As a result of this instruction, the student must be able to accomplish the following objectives:

TASK: As a member of a six man rifle squad, engage Rifle "E" and Rifle "F" targets from 400-300 and 200 yards, respectively.

CONDITIONS: Given the following:

*The Combat Infantry Team Match for M16A1 Rifle has been modified as follows: (Supplement 1 to AR 350-6, Page D-3, Para 5).

1. Stages 1, 2 and 3 are fired from the prone position in this modified version. Change Para 5 that reads Prone, Sitting and Kneeling.

2. Stage 4 has been deleted.

a. 384 rounds of caliber 5.56 mm ammunition are issued per squad. Squad leader will distribute ammunition to squad members.

b. Each six man squad will be assigned eight targets. The squad leader will assign targets and designated the number of rounds to be fired at each target (Incl 1).

c. Squad members will use the prone unsupported position with hasty sling. The 250 meter battle sight zero with long range aperture will be used.

d. While in the prone unsupported position at 400 yards, when the command "LOAD" has been given, squad members will load and be ready. Targets will appear for a period of 50 seconds. Squad will engage targets and fire ammunition as prescribed by the squad leader.

e. Squads will move on command to the 300 yard line and assume the prone position. Squad leaders will redistribute ammunition. Firing will be conducted same as (d) and upon command squads will move to the 200 yard line and repeat the above procedure.

TRAINING STANDARD: A minimum of fifty percent hits per target, per firer, is considered effective (Incl 1).

III. **ADVANCE ASSIGNMENT:** All students should have completed 25 meter zeroing and 300 yard KD firing (modified).

IV. **INTRODUCTION:**

A. **Gain Attention:** When students are seated the instructor explains the importance of effective rifle fire.

B. Orient Students:

1. Lesson Tie-In: In a defensive situation soldiers must be trained to fire as a squad.
2. Motivation: Targets will be marked with spotters to show the firer actual hits. In addition, scores will be maintained in the pits. Trophies may be awarded, at the discretion of the commander, to the highest scoring squad. (Figure D-1, FORSCOM/TRADOC Supplement 1 to AR 350-6, Incl 2).
3. Scope: At the completion of the Combat Infantry Team Match shooting, all students will be able to engage targets effectively from the prone unsupported position with the use of the hasty sling at the 400, 300, and 200 yard lines. Ammunition redistribution and target assignments can help to determine the overall effectiveness of the squad.

V. BODY:

TASK: As a member of a six man rifle squad engage Rifle "E" type targets from 400-300 yards and Rifle "F" from 200 yards.

CONDITIONS: Given the following:

- a. 384 rounds of caliber 5.56 mm ammunition per squad. The squad leaders will distribute ammunition to squad members.
- b. Each six man squad will be assigned eight targets. Squad leaders will assign targets and designate the number of rounds to be fired at each target (Incl 1).
- c. Squad members will use the prone unsupported position with hasty sling. The 250 meter battle sight zero with long range aperture will be used.
- d. While in the prone unsupported position at 400 yards, (when the command "LOAD" has been given) squad members will "LOAD AND BE READY." Targets will appear for a period of 50 seconds. Using a center hold the squad will engage targets and fire ammunition as prescribed by the squad leader. Holding off for wind will be taken into consideration.
- e. Squad will move on command by the range NCOIC, to the 300 yard line and assume the prone position. Squad leaders will redistribute ammunition. Firing will be conducted same as (d) and upon command squads will move to the 200 yard line and repeat the above procedure.

TRAINING STANDARD: A minimum of fifty percent hits per target, per firer, is considered effective fire.

1. Reference: FORSCOM/TRADOC Supplement 1 to AR 350-6, Appendix D.
2. Brief students in the conduct of match and pit operation. Assign relays and banks of targets. The last relay will report to the pit to set up targets. The first relay will move to the ready line. All other relays will be in the assembly area. A chalk board and handouts showing fire distribution should be available as instructional aids.
3. Issue each squad leader 384 rounds of ammunition. Squad leaders should distribute ammunition to squad members (64 rounds per member). Magazines will be changed accordingly (Incl 1).
4. The squad leader will designate targets for squad members insuring that all eight targets in his bank are engaged to meet minimum requirements stated in training standards.
5. The squad leader will have his men assume a prone unsupported position using the hasty sling (400 yard line).

6. The command "LOAD" will be given. Squad members must load their weapon, assume prone unsupported position and be ready to engage their designated targets when they appear. The targets will be exposed for 50 seconds. When the targets go down, firers cease firing, clear weapons as the squad leader redistributes ammunition. (Targets will be marked with spotters and exposed for approximately 60 seconds.)

7. This procedure will be repeated at the 300 and 200 yard lines.

8. At the completion of firing on the 200 yard line, firers will move to the pits and pull targets for the next relay.

TRAINING STANDARDS: All targets in a squad block must be engaged. A minimum of six hits per target is considered effective at all distances.

1. Practical Exercise: Instructor have students firing in squad (teams) thus maintaining unit integrity.

VI. CONCLUSION:

A. Retain Attention: It is your responsibility as a soldier armed with a rifle to prepare yourself for combat. This training shows you the importance and effectiveness of team fire.

B. Application: A few days on the range periodically will help you maintain your skill. Even Pete Rose takes batting practice

C. Summary: During this course of training you have:

1. Implemented the proper use of the hasty sling.

2. Used a good prone unsupported position.

3. During firing from 400, 300 and 200 yards, the squad leaders have learned to direct squad fire to make it more effective.

4. Redistributed ammunition and engaged designated targets as part of the squad leaders responsibility.

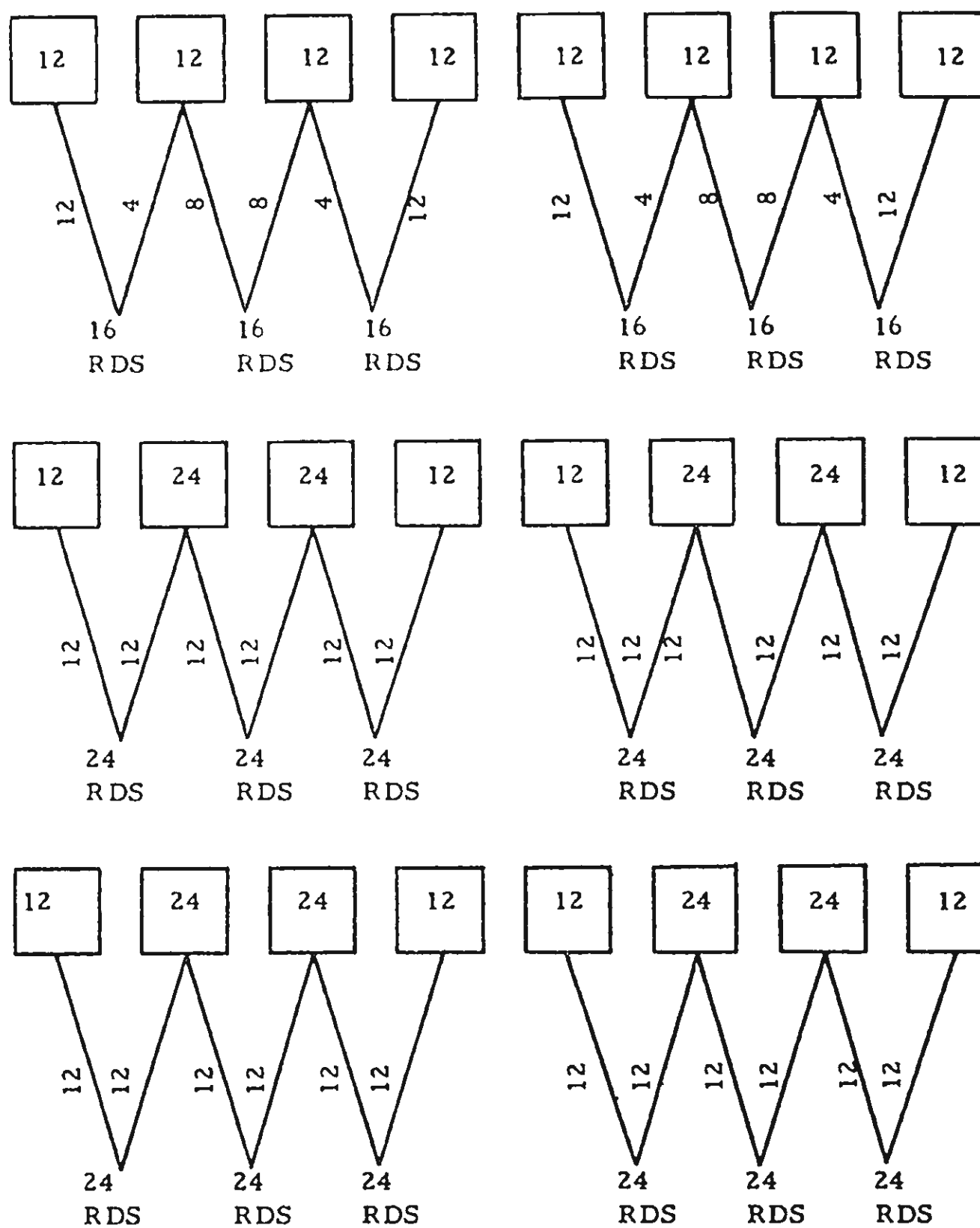
D. Closing Statement: A few well aimed shots that hit the target are always more effective than a rate of fire that registers 750 misses per minute. General Pershing once said, "Send me men that can shoot and salute."

TRAINING AIDS

1. Chalkboard (briefing type) (TA-D-102).
2. Chalk
3. Eraser
4. Handouts (Fire Distribution Plan) (Incl 1).

EQUIPMENT AND OTHER REQUIREMENTS

1. Two TA 312 Telephones (1 Line, 1 Pit)
2. Two Megaphones (1 Line, 1 Pit)
3. Score Cards FORSCOM/TRADOC Form 188-R (See Sample Incl 2) (1 per Team)
4. 384 Rounds Ammo per 6 men squad
5. SOP Safety Requirements
6. Binoculars for squad leaders/fire team leaders
7. "E" Silhouette Target NSN 6920-00-071-4780; "F" Silhouette Target NSN 6920-00-071-4589.



FIRE PLAN, TEAM MATCH

INCL 1

FORSCOM/TRADOC Suppl 1 to AR 350-6

ENTRY AND SCORECARD FOR INFANTRY TEAM MATCH <small>(FORSCOM/TRADOC Suppl 1 to AR 350-6)</small>		PRIVACY ACT STATEMENT (5 U.S.C. 552a) AUTHORITY: Title 10 USC 3012 PRINCIPAL PURPOSE(S): Recording scores of team members competing in the combat rifle team match. ROUTINE USE(S): Recording addresses (military and civilian) of team members to insure proper distribution of awards and match bulletins. By their signature, the team leader and umpire certify that scores are correctly recorded. Information recorded on back of form is used to prepare the match bulletin. MANDATORY or VOLUNTARY DISCLOSURE AND EFFECT ON INDIVIDUAL NOT PROVIDING INFORMATION: Disclosure of information is mandatory. If not provided, team score will not be considered in the match.			
TYPE OF MATCH Army Major Comd <input type="checkbox"/> All Army <input type="checkbox"/>		YEAR	TARGET	RELAY	PLACE NO. (Statistical)
NAME OF TEAM		TEAM CAPTAIN		TEAM COACH	
Target No	Stage 1 (Prone)	Stage 2 (Prone, Sitting or kneeling)	Stage 3 (Sitting or kneeling)	Stage 4 (Standing)	Match Total
1					
2					
3					
4					
5					
6					
7					
8					
Team Stage Hit Total	Total Hits X4 =	Total Hits X3 =	Total Hits X2 =	Total Hits X1 =	
Bonus for 6 or more Hits per Target	Tgt Hits X Tgt Hits =	Tgt Hits X Tgt Hits =	Tgt Hits X Tgt Hits =	Tgt Hits X Tgt Hits =	
Total Stage Points		SIGNATURE OF RANGE OFFICER		SIGNATURE OF TEAM CAPTAIN	
				TEAM TOTAL	

FORSCOM/TRADOC Form 188-R, 1 Mar 77
 Reverse side of FORSCOM/TRADOC Form 188-R, 1 Mar 77.

8x5

NAME OF TEAM				ORGANIZATION	
Team Members	Competition No	Grade	SSN	Military Organizational Address	Home Address
CAPTAIN					
COACH					
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
ALTERNATE					
WEAPON USED M14 <input type="checkbox"/> M16 <input type="checkbox"/>					
DATE	PRINTED NAME OF TEAM CAPTAIN			SIGNATURE OF TEAM CAPTAIN	

INCL 2

UNITED STATES ARMY MARKSMANSHIP UNIT
SERVICE RIFLE BRANCH
FORT BENNING, GEORGIA 31905

LESSON OUTLINE

SRUMT 253
4 Hours
1 Nov 78

FIELD FIRE PRACTICE

I. GOAL: To provide the soldier with practical experience in firing at realistic targets located at ranges comparable to those on the battlefield.

II. LEARNING OBJECTIVE: As a result of this instruction, the student must accomplish the following learning objective:

A. TASK: Students must engage single and multiple targets, practice rapid reloading and applying immediate action from the foxhole and prone unsupported positions.

B. CONDITIONS: Given an M16A1 rifle, four magazines, and 55 rounds of ammunition, firers will be allowed to fire the first 15 rounds to establish a good firing position and proper hold-off for wind, as necessary. The 15 rounds will not be scored. *Students will be required to fire a total of 20 rounds from the foxhole and 20 rounds from the prone unsupported position for score.

TRAINING STANDARD: *Students must have not less than 20 hits out of a possible 40. Firers not meeting the minimum requirement will be sent to remedial training to re-zero.

III. ADVANCE ASSIGNMENT: Students should have had marksmanship fundamentals, battle sight zero, and *known distance firing prior to this period.

IV. INTRODUCTION:

A. Gain Attention: When students are seated, instructor shows an "E" type target and says, "This is one of the two targets you will be firing at. It has the average dimensions of an enemy soldier.

B. Orient Students:

1. Lesson Tie-In: In order to hit this target you must apply the skills you were taught in previous instruction.

2. Motivation: This is a practice type exercise to help you get a better score during Record Fire.

3. Scope: At the conclusion of this instruction you will have completed field firing. While applying the fundamentals of marksmanship, you will have become experienced in engaging single and multiple target situations at various known ranges in a limited period of time. *All students who fail to hit 20 of 40 targets will be sent to remedial training.

V. BODY:

A. TASK: Students must engage single and multiple targets, practice rapid reloading and applying immediate action from the foxhole and prone unsupported positions. *The kneeling position is not used herein because Record Fire does not involve the kneeling position.

B. CONDITIONS: Given an M16A1 rifle, four magazines and 55 rounds of ammunition. Firers will be allowed to fire the first 15 rounds to establish a good firing position and proper hold-off for wind, as necessary. These rounds will not be scored. Students will be required to fire a total of 20 rounds from the foxhole and 20 rounds from the prone unsupported position for score.

TRAINING STANDARD: *Students must have not less than 20 hits out of a possible 40. Firers not meeting the requirement will be sent to remedial training to re-zero.

1. Reference: FM 23-9, Pages 87-93, Period 6, M16A1 Rifle Marksmanship Training Program of Instruction, US Army Infantry School, Apr 77.

2. Instructor briefs students in bleacher area concerning:

a. Safety.

b. Center of target method of engagement for all targets. Be sure not to aim high at targets less than 250 meters as the round may go over the target.

c. Remind students to hold-off for possible wind conditions. (*Provide wind conditions and required hold-off.)

d. Inform students that they will be required to reload automatically and will not be given additional time to do so.

e. Remind firers that they must apply immediate action in case of a malfunction of the weapon.

f. Instructor tells firers to look at score card and explains the five tables (see Incl 1).

g. *The hasty sling must NOT be used unless the weapon was zeroed using the hasty sling.

TABLE 1. *This table is a non-scored practice. The tower operator will raise the 75 meter target five times for five seconds each. The 175 and 300 meter targets are done in the same manner. Automatic reloading will be necessary when weapon is empty. Remember to be ready to fire at all times. One 15 round magazine.

TABLE 2. Foxhole supported single exposures. One ten round magazine.

TABLE 3. *Prone unsupported, single and multiple targets. One ten round magazine.

TABLE 4. Prone unsupported single and multiple targets. One ten round magazine.

TABLE 5. Foxhole supported, single and multiple targets. One ten round magazine. The 300 meter target will be exposed for 10 seconds, the others are five seconds.

3. Instructor forms firing relays. Enroute to the firing line each relay will blacken sights (five ten round magazines and one five round magazine).

Relay 1 moves to the firing line.

Relay 2 moves to the ready line.

Relay 3 moves to the firing line to score.

Instructor tells students to take all commands from the tower.

4. The commands used are for exercises fired from stationary positions FM 23-9, Page 92-93.

5. *Student receiving less than 20 hits in tables 2 thru 5 are required to undergo remedial training. NOTE: In some cases 25 meter targets can be placed at each end of the Field Fire range. Firers completing remedial training can be fired on a "refire relay". Additionally,

steel silhouette targets, painted white, can be placed at the flanks of the range (300 yards) for use by remedial personnel. This enables them to observe hits at the same range they fired on KD.

6. All safety regulations pertaining to this type training must be complied with.
7. Practical Exercise: As many relays will be fired as necessary.
8. Reassemble students in bleachers for conclusion.

*Doctrine has been reworded, added to, amplified or otherwise varies from FM 23-9, the USAIS Marksmanship POI, Apr 77. Recommended by USAMU, Ft Benning, GA.

VI. CONCLUSION:

a. Retain Attention: How many of you feel that you have enough confidence now to fire for record?

B. Application: If you will remember the marksmanship fundamentals and apply them properly every time you fire, you can become expert marksmen.

C. Summary: Remember always, safety first and:

1. Use the center hold and allow for wind.
2. Reload rapidly and apply immediate action if necessary.
3. Use the foxhole supported position to your advantage.
4. Practice a good prone unsupported position.
5. The sooner you can assume a good firing position the more time you will have to execute your shot.

D. Closing Statement: If you use your rifle well, you may not need to use your bayonet.

TRAINING AIDS

1. Chart, Outline of Course.
2. F Type Silhouette Target NSN 6920-00-071-4780.

EQUIPMENT AND OTHER REQUIREMENTS

1. Necessary Communications Equipment - Radios, Etc.
2. Loudspeaker System for firing line.
3. Chamber flags for M-16 rifles.
4. Cleaning rods for safety NCOs.
5. Score cards and pencils.
6. Ear Plugs.
7. Binoculars or M49 scopes (remedial instructors).
8. 25 meter zero targets (remedial training).
9. Steel/armor plated E type target (2).
10. Ctg ball 5.56 mm - 55 per soldier; 10% of unit total training for remedial.
11. 1 M16A1 rifle w/four magazines per soldier.

FIELD FIRE SCORECARD

LAST NAME, F.I. M.I.	RN	UNIT	DATE	TIME
----------------------	----	------	------	------

Table 1. Foxhole Supported

PRACTICE - NO SCORES	
5 Rounds	- 75 Meter Target
5 Rounds	- 175 Meter Target
5 Rounds	- 300 Meter Target

Table 2. Foxhole Supported

Range	RD	Time	Hit	Miss	No Fire	Hit=1 Miss=2 NF=3
75	1	None				(1)
75	2	"				(2)
75	3	"				(3)
175	4	"				(4)
175	5	"				(5)
175	6	"				(6)
175	7	"				(7)
300	8	"				(8)
300	9	"				(9)
300	10	"				(10)

Table 3. Prone Unsupported

Range	RD	Time	Hit	Miss	No Fire	Hit=1 Miss=2 NF=3
75	1	5				(11)
175	2	5				(12)
300	3	10				(13)
300	4	10				(14)
75	5	10				(15)
175	6	10				(16)
75	7	5				(17)
175	8	5				(18)
300	9	15				(19)
300	10	10				(20)

Table 4. Prone Unsupported

Range	RD	Time	Hit	Miss	No Fire	Hit=1 Miss=2 NF=3
75	1	5				(21)
175	2	5				(22)
300	3	10				(23)
75	4	10				(24)
175	5	10				(25)
75	6	5				(26)
175	7	15				(27)
300	8	15				(28)
75	9	5				(29)
300	10	10				(30)

Table 5. Foxhole Supported

Range	RD	Time	Hit	Miss	No Fire	Hit=1 Miss=2 NF=3
75	1	10				(31)
175	2	10				(32)
300	3	10				(33)
75	4	20				(34)
175	5	20				(35)
300	6	20				(36)
75	7	5				(37)
175	8	15				(38)
300	9	15				(39)
75	10	5				(40)

Table	1	2	3	4	5
Hits					
Misses					

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1 Sep 78

Scorer's Signature _____

INCL 1

UNITED STATES ARMY MARKSMANSHIP UNIT
SERVICE RIFLE BRANCH
FORT BENNING, GEORGIA 31905

LESSON OUTLINE

SRUMT 254
4 Hours
Nov 78

RECORD FIRE M16A1 RIFLE

I. GOAL: To test the students proficiency with the M16A1 rifle.

II. LEARNING OBJECTIVES: As a result of this instruction the student must accomplish the following learning objectives:

TASK: The student will fire the M16A1 for record (Incl 1).

CONDITION: The student will be allowed to use the foxhole and sandbags to assume a foxhole supported position. While in the prone unsupported position use of the hasty sling is authorized. (CAUTION: Use of the hasty sling will affect the BSZ, if not zeroed with the sling.) The student will be allowed 40 rounds of ammunition to be fired at exposures of single and multiple target situations in a limited amount of time. Legal alibis will be allowed as given in FM 23-9.

TRAINING STANDARD: To qualify, a student will achieve a minimum of 17 hits during the course of fire.

III. ADVANCE ASSIGNMENT: Students should know marksmanship fundamentals and have zeroed their individual M16A1 rifle at 25 meters, and fired on both the known distance and field fire ranges.

IV. INTRODUCTION:

A. Gain Attention: Record fire has been designed to produce combat proficient marksmen - not award qualification ratings.

B. Orient Students:

1. Lesson Tie-In: The fundamentals of marksmanship coupled with a good battle sight zero, when applied, will produce a qualifying score on the record fire course. This will also aid the combat rifleman to control a combat situation.

2. Motivation: Any soldier can gain valuable experience and become more effective as a combat rifleman regardless of his qualification rating.

3. Scope: During the record fire you will be required to fire two tables in foxhole supported positions and two tables in prone unsupported positions. An alibi table will be fired following each table.

V. BODY:

TASK: The student will fire the M16A1 for record (Incl 1).

CONDITION: The student will be allowed to use the foxhole and sandbags to assume a good foxhole supported position. While in the prone unsupported position, use of the hasty sling is authorized (Note caution statement in para II). The student will be allowed 40 rounds of ammunition to be fired at exposures of single and multiple target situations in a limited amount of time. Legal alibis will be allowed as given in FM 23-9.

TRAINING STANDARD: To qualify a student will achieve a minimum of 17 hits during the course of fire.

References:

1. FM 23-9, pages 125-131; M16A1 Rifle Marksmanship Training Program of Instruction.

2. Students will be seated in the bleacher area for an orientation period. The bleacher area is located where the firers cannot observe the firing area. The orientation for record fire will be instructions on safety (from the Safety Officer) and range operation.

3. Practical Exercise:

a. The conduct of record fire will be as follows:

(1) The firers will be assigned relays and target numbers.

(2) The first two relays will move from the bleacher area to the ammunition distribution point and pick up four magazines, charged with ten rounds each. At the termination of each relay another relay will pick up magazines and ammunition. The remaining relays will have concurrent training in the bleacher area. Each firer will also receive a chamber flag to be inserted in the chamber, and a score card.

(3) Initial Organization:

(a) The first relay will take positions beside the foxholes.

(b) The last relay will ground their weapons on a rack beside the tower and assume scoring responsibilities for all relays.

(c) The second relay will stay in the ready area.

(4) When the first relay finishes record fire:

(a) They will insert the chamber flags, receive their score cards, and move to the tower area with the muzzle pointed down range. At the tower they will have their weapons rodded and will turn in the score cards to the Range OIC. They then secure their weapons in the racks and score the second relay.

(b) The third relay will get their weapons and move to the ready line.

(c) The second relay will assume a position beside the foxhole.

(5) When the second relay is finished:

(a) They will move to the tower with scores and have their weapons rodded.

(b) The third relay will move beside the foxholes.

(c) The last relay will continue to score until it is time to fire. The first relay will assume scoring responsibilities, and the last relay will take position beside the foxhole of a lane other than the one they were scoring. This is to avoid familiarization of the lane giving the last relay an advantage.

(d) If available 16 cadre members should be used for scorers.

(6) At the end of firing:

(a) The last relay will go to the tower to be rodded and turn in score cards.

(b) The remaining relays will police the area for brass and trash.

b. Course of fire is as follows:

(1) Table 1 will be the foxhole supported position, ten targets at ranges of 50, 100, 150, 200, 250, and 300 meters will be engaged singly for a limited amount of time.

(2) Table 2 will be the prone unsupported position. Ten targets at same ranges as previously stated will be engaged. Targets will be exposed in single and multiple situations for limited periods of time.

(3) Table 3 will be the prone unsupported position. Ten targets at same ranges as previously stated will be engaged. Targets will be exposed in single and multiple situations for limited periods of time.

(4) Table 4 will be the foxhole supported position. Ten targets at the same ranges as previously stated will be engaged. Targets will be exposed in single and multiple situations for limited periods of time.

(5) Time allowed for a single exposure is five seconds for 50, 100, 150, and 200 meter targets, ten seconds for 250 and 300 meter targets. The time for multiple target exposures depend upon the range to the targets. The firer has ten seconds to engage double target exposures if both targets are 200 meters or less, and 15 seconds if one or both targets are beyond 200 meters. The firer has 20 seconds for triple target exposures.

NOTE: When the prescribed target exposure time has elapsed, the target control operator sounds a signal buzzer which is audible to all firers and scorers. Rounds fired after this signal are scored as misses.

c. Commands: The firer will "ASSUME A FOXHOLE (OR PRONE) POSITION" upon command. The scorer will then point out the limit of the firers lane. Upon command the firer will "LOCK, ONE MAGAZINE OF TEN ROUNDS, LOAD." The next command will be "WATCH YOUR LANES," at this time the firer will detect and engage the exposed targets. "CEASE FIRING" the firer will remove his magazine or wait for the command, "ARE THERE ANY ALIBIS?" At this time "ALIBI FIRERS WATCH YOUR LANES" will be commanded. All firers who have alibis will fire at this time. At the command, "CEASE FIRING" all alibis firers will do so and clear their weapons at the command "CLEAR ALL WEAPONS, CLEAR ON THE RIGHT?, CLEAR ON THE LEFT?" When the scorers have signaled the tower that the line is clear, the next command will be "THE FIRING LINE IS CLEAR." A repeat of all the commands are given until the relay has completed alibis.

d. Each table of record fire is followed by an alibi table if needed. The alibi firer engages the target or targets in the same exposure situation as when the malfunction for which he is refiring occurred.

e. Alibis will be allowed for rifle malfunctions when the target appears and subsequent to that appearance, the firer applies immediate action if the target drops before the firer can fire. However, if the firer was slow in taking action to correct the malfunction, an alibi will not be allowed. Alibis will be allowed for faulty ammunition and if the target fails to appear, remains in up position, or appears and falls without having been engaged.

f. Qualification levels: To qualify, from a possible 40 hits, the firer must hit:

(1) 28 for expert.

(2) 24 for sharpshooter.

(3) 17 for marksman.

(4) Less than 17 hits leaves the firer unqualified.

g. Scorers will record all hits, misses, and no fires on the score sheet. Scorers will sign the score card before the card is turned in to the range OIC (Incl 1).

h. Reassemble students in bleachers for conclusion.

VI. CONCLUSION:

A. Retain Attention: You have just participated in record fire and have determined your level of competence in target detection, and marksmanship. Your life and the success of a mission could depend upon your skill and ability as a marksman.

B. Application: If you will remember and apply marksmanship fundamentals every time you train in marksmanship you can become a very competent marksman.

C. Summary: We have just conducted a test to determine how proficient you are as a marksman in a simulated combat situation. You participated in:

1. Engaging single and multiple target exposures in a limited amount of time.
2. Target detection.
3. Application of marksmanship fundamentals.

D. Closing Statement: Record firing, like all combat marksmanship training, is to produce combat proficient marksmen – not award qualification rating.

TRAINING AIDS

NONE

EQUIPMENT AND OTHER REQUIREMENTS

1. Public address system.
2. Score cards (fig 4. M16A1 Rifle Marksmanship Program of Instruction, Directorate of Training Development, USAIS, Apr 77, Incl 1).
3. Smudge pots.
4. Ammunition (40 rounds per individual).
5. E and F type targets.
6. Lane scorers (providing 16 people are available).

RECORD FIRE SCORE CARD											
Last Name, FI, MI			SSAN		Unit		Date		Time		
TABLE 1 FOXHOLE POSITION					TABLE 3 PRONE POSITION						
RD	Range (M)	Time (Sec)	Hit	Miss	No Fire	RD	Range (M)	Time (Sec)	Hit	Miss	No Fire
1	50	5				1	150	5			
2	200	5				2	300	10			
3	100	5				3	100	10			
4	150	5				4	200	10			
5	300	10				5	150	15			
6	250	10				6	250	15			
7	50	5				7	100	15			
8	200	5				8	300	15			
9	150	5				9	200	15			
10	250	10				10	300	15			
TOTAL						TOTAL					
TABLE 2 PRONE POSITION					TABLE 4 FOXHOLE POSITION						
RD	Range (M)	Time (Sec)	Hit	Miss	No Fire	RD	Range (M)	Time (Sec)	Hit	Miss	No Fire
1	100	15				1	100	10			
2	250	15				2	200	10			
3	300	10				3	250	20			
4	50	10				4	300	20			
5	200	10				5	100	15			
6	150	15				6	250	15			
7	300	15				7	250	10			
8	50	10				8	300	10			
9	200	10				9	50	10			
10	100	5				10	100	10			
TOTAL						TOTAL					
TABLE			HIT	MISS							
1											
2											
3											
4											
TOTAL											
<div style="display: flex; justify-content: space-between;"> <div> <p>QUALIFICATION (CIRCLE ONE)</p> <p>EXPERT SHARPSHOOTER, MARKSMAN, UNQUALIFIED</p> <p>FIRER'S QUALIFICATION SCORE _____</p> </div> <div> <p>SCORER'S SIGNATURE & LANE NO _____</p> <p>QUALIFICATION SCORES AND RATING</p> <p>POSSIBLE 40</p> <p>EXPERT 28 40</p> <p>SHARPSHOOTER 24 27</p> <p>MARKSMAN 17 23</p> <p>UNQUALIFIED 16 BELOW</p> </div> </div>											
											OFFICER'S SIGNATURE _____

Figure 4

INCL 1

CHAPTER IV TYPE BATTALION TRAINING SCHEDULE* (SAMPLE)
(M16A1 RIFLE QUALIFICATION)

UNIT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Co A	Rif.Mks. Fund. 0800-0900 Conc.Tng Tgt Box 0900-1100 Conc.Tng Pos.Ex. 0900-1100 Effect of Weather 1100-1130 Shot Gp Analysis 1130-1200 Battle Sight Zero 1300-1700	Known Dist Fire 0800-1200 Cbt Inf Tm Mat 1300-1700	Fld Fire Prac 0800-1200 Record Qual.Fir.1300-1700 Conc.Tng Auto Fire 1300-1700 Night Fire 1900-2200		
Co B		Rif Marks Fund. 0800-0900 Conc.Tng.Tgt Box 0900-1100 Conc.Tng.Pos.Ex. 0900-1100 Effect of Weath. 1100-1130 Shot Group Analy.1130-1200 Battle Sight Zero 1300-1700	Known Dist Fire 0800-1200 Cbt Inf Tm Mat 1300-1700	Fld Fire Prac. 0800-1200 Rec Qual.Fir. 1300-1700 Conc.Tng Auto Fire 1300-1700 Night Fire 1900-2200 Make Up Co A 1300-1700	
Co C			Rif Marks Fund. 0800-0900 Conc.Tng Tgt Box 0900-1100 Conc.Tng Pos. Ex.0900-1100 Effect of Weath. 1100-1130 Shot Group Analy 1130-1200 Battle Sight Zero 1300-1700	Known Dist Fir 0800-1200 Cbt Inf Tm Mat.1300-1700	Fld Fire Prac 0800-1200 Rec.Qual.Fir. 1300-1700 Conc.Tng Auto Fire 1300-1700 Night Fire 1900-2200 Make Up Units 1300-1700
HQ & HQ Co	1/3 of Personnel to each Line Company Daily				

*Final schedule will necessarily be influenced by command decisions, range availability, training conditions, e.g., hours of daylight, weather, range proximity, etc. This example is intended only as a guide.

SECTION TWO SERVICE PISTOL MARKSMANSHIP TRAINING

CHAPTER V

INTRODUCTION TO UNIT LEVEL PISTOL MARKSMANSHIP TRAINING AND POINTS TO BE EMPHASIZED

Unit level pistol marksmanship training is designed to assist the commander in achieving a high degree of proficiency in unit pistol marksmanship qualification firing while investing the minimum amount of training time.

The pistol marksmanship training program of instruction includes all the factors and principles fundamental to attaining a qualifying level of proficiency in the time allotted.

The accompanying lesson outlines provide the detailed information which is intended to enable the unit level marksmanship instructor to understand the basic concept of pistol marksmanship instruction. Each lesson outline has a list of training aids, equipment and other requirements needed by the instructor to properly prepare and support the instruction. The content of the lesson outlines often includes information that supplements the available Army training directives and occasionally a conflict may exist with published Army doctrine. This expansion of available information is based on extensive research and experience by USAMU and other personnel who are prominent in the competitive and training fields. The sequence of using the various lesson outlines should follow closely the order in which they are listed in the training schedule example in Chapter VIII. Each successive lesson outline is designed to reinforce previous periods of instruction. This progressive build up of complimentary factors develops in the soldier a sense of confidence in the weapon. Later, when the soldier reaches the record fire stage for pistol qualification, the proper employment of the fundamentals of pistol marksmanship is fully expected and success is assured.

The instructional process is initiated with an orientation on the scope of training for pistol qualification and a review of safety precautions and procedures to be followed in the operation of a pistol range. Special note should be taken of pistol loading procedures and the safeguards provided by having sufficient qualified range personnel to insure close supervision of pistol firing.

The pistol fundamental of attaining a minimum arc of movement is divided into four parts: position, natural point of aim, grip on the pistol and breath control. All of these factors are of equal importance in attaining proficiency but there are actions taking place while shooting that are reliant on adequate practice to form the proper habits that lead to a near automatic execution. Assuming the relaxed position or body posture is coupled with attaining a natural point of aim with the shooting arm aligned with the center of the target. For example, if the grip on the pistol slips or the breath is not contained at the proper condition when the pistol fires, the ability of the shooter to reestablish an exact position or hold in the center of the target for the next shot is momentarily jeopardized because the thoughts are only on the most obvious mistake. The shooter must rely on forming good habits to enable a quick restoration of position, point of aim, grip and controlled breathing after every shot. This is because the more important fundamentals of sight alignment and trigger control will demand all of the shooter's conscious attention to bring them under continuous control.

Basic pistol marksmanship instruction must stress the importance of momentary mental (2-4 seconds) concentration and on maintaining sight alignment while applying pressure on the trigger until the pistol fires while not disturbing sight alignment. Any deviation from this tenet results in a bad shot. This is equivalent to missing an enemy soldier in combat. Dry fire practice and ball and dummy exercises demonstrate to the marksmanship trainee, with unfailing clarity, the scope and nature of the mistakes he is making during training. If these flaws in shooting performance are not detected and corrected before the record qualification firing day, all of the mistakes and errors in performance are present and working against the pistol shooters efforts to fire a qualifying score.

Special attention paid to combat pistol position practice exercises will help to avoid disqualification of the shooter's score. Position firing must adhere closely to the prescribed positions because range officers are authorized to remove personnel from the firing line who after a warning continue to violate the position standards.

The soldier is finally prepared for record qualification firing by a practice run through the Combat Pistol Course and remedial training, if necessary, in the stages of fire where difficulty is experienced. Remedial training must start at the dry fire exercise, repeat the ball and dummy exercise and retrain in the position live fire stages of practice. This phase of training is most productive when conducted by highly qualified personnel with experience in coaching techniques.

The soldier is now ready for record qualification firing. The skills learned as a result of the instruction in pistol marksmanship techniques will enable the soldier to engage all targets with a sufficient degree of accuracy to become qualified with the caliber .45 pistol. Subsequent training periods of reasonable frequency will reinforce the acquired skill and enable the soldier to improve his proficiency. The prospect of being rated a pistol sharpshooter or possibly an expert is an invaluable incentive. Success breeds further success.

UNITED STATES ARMY MARKSMANSHIP UNIT
SERVICE PISTOL UNIT MARKSMANSHIP TRAINING
12 HOUR PROGRAM OF INSTRUCTION

CHAPTER VI

October 1978

FILE NO	SUBJECT	HOURS	TYPE OF INSTRUCTION	SCOPE	REFERENCES & REMARKS
00	**Description, Functioning, Mechanical Training, Care and Cleaning of the .45 Cal Pistol	1 Hr	Conference, Demonstration, & Practical Exercise	As a result of this instruction the students should be familiar with the .45 Cal Pistol, be able to properly load and apply immediate action to it in the event of a stoppage, and to properly maintain it. (This training may be conducted in the company area up to 5 days prior to training on the range.)	FM 23-35, Chap 1, 2 & 3; Equip: Instr: Chalkboard, GTA 9-620 (or 9-621 or 9-622). Stu: 1 pistol, cal .45 w/magazine, table or suitable ground cloth, and cleaning equip.
350	Orientation; Review Range & Safety Procedures	1 Hr	Conference, Demonstration, & Practical Exercise	The purpose of this instruction is to orient and motivate the students and to insure that they are able to properly load the .45 Cal Pistol and can safely reduce stoppages. It will also teach the students the proper procedures to follow at the range to insure safe training conditions.	*FM 23-35, Chap 1, 2 & 3; and applicable range SOP. Equip: Instr: Bleachers, Pistol, Cal 45 w/magazine for ea demonstrator. Stu: Pistol, Cal 45 w/magazine. NOTE: During all practical exercises students will wear helmet w/liner (chin strap fastened) LBE, canteen w/cap & carrier, first aid pkt & pouch, 2 magazine pouches, poncho & holster.
351	Fundamentals 1 (Attaining a Minimum Arc of Movement)	1 Hr	Conference, & Demonstration	As a result of this instruction students must be able to describe the steps necessary in achieving minimum arc of movement: <ol style="list-style-type: none"> 1. Position. 2. Natural Point of Aim. 3. Grip. 4. Breath Control. 	*Equip: Instr: Classroom or bleachers, chalkboard w/chalk, Pistol, Cal .45 w/magazine and other charts, slides or presentation aids that can be made available from local sources. Stu: None.

FILE NO	SUBJECT	HOURS	TYPE OF INSTRUCTION	SCOPE	REFERENCES & REMARKS
352	Fundamentals 2 & 3 (Sight Alignment & Trigger Control)	1 Hr	Conference & Demonstration	As a result of this instruction the students must be able to describe correct sight alignment, the effect of sight alignment in accurate shooting and the means of insuring correct sight alignment. They should be able to describe proper trigger control and how to coordinate trigger control with the other fundamentals when they are shooting.	Equip: Instr: Classroom or bleachers, chalkboard, Pistol, Cal .45 w/magazine, and/or other charts, slides and presentation aids that can be made available from local sources. Stu: None.
353	Dry Firing Exercises	1 Hr	Demonstration & Practical Exercise	As a result of this instruction the students should be able to apply the fundamentals of pistol shooting, coordinating them so as to achieve a 3/32" or smaller 10 round "shot group" of pencil dots in the pencil exercise.	Equip: Instr: Pistol, Cal .45, 5" (min) length pencil w/good eraser, sheet of light colored paper, roll of tape (celophane or masking) 1/2" to 1" wide, sheet of paper or dry fire target, and flat, vertical wall. Stu: Same as for instr except roll of tape. NOTE: Instr may save valuable tng time by having tape for bearing surfaces already rolled onto pencils for students before period begins.
354	Ball & Dummy Exercise (Used for Zero) ***Concurrent Training	1 Hr	Demonstration & Practical Exercise	By utilizing the coach and pupil method, students will be able to detect errors in performance while concentrating on firing live ammunition. (Sights or aiming areas adjusted for zero purposes during exercise.)	Ammo: 15 rds per indiv, 5 rds for demo, 3 dummy rds per 2 indiv. Equip: Stu: Pistol, Cal .45 w/ 2 magazines, black pasters and tgt, silhouette, paper, standing w/E silhouette backing on 25 yard range.

FILE NO	SUBJECT	HOURS	TYPE OF INSTRUCTION	SCOPE	REFERENCES & REMARKS
355	Combat Pistol Qualification Course Position Practical Exercise	1 1/2 Hrs	Conference, Demonstration, & Practical Exercise	The student will gain knowledge of the concept behind the Combat Pistol Qualification Course of fire as well as the requirements of the course.	FORSCOM/TRADOC Suppl 1 to AR 350-6, App E. Equip: Instr: Chalkboard or chart, Pistol, Cal .45 w/magazines. Ammo: 25 rds for demo, 25 rds per indiv. Stu: Pistol, Cal .45 w/2 magazines, black pasters, and target, silhouette, standing w/E silhouette backing on 25 yd range.
***Concurrent Training					
356	Combat Pistol Practice/Familiarization	1 1/2 Hrs	Practical Exercise	As a result of this instruction students will be familiarized with the 45 Cal Pistol. It will also serve as training vehicle for those personnel required to qualify.	FORSCOM/TRADOC Suppl 1 to AR 350-6, App E. Ammo: 45 rds per indiv. Equip: Stu: Pistol, Cal .45 w/2 magazine, black pasters, target, silhouette, standing w/E silhouette backing on 25 yd range.
***Concurrent Training					
357	Combat Pistol Qualification Course	4 Hrs	Practical Exercise	Students, by utilizing all pistol fundamentals, should qualify with the .45 Cal Pistol.	FORSCOM/TRADOC Suppl 1 to AR 350-6, App E. Ammo: 45 rds per indiv. Equip: Stu: Pistol, Cal .45 w/2 magazines, black pasters, targets, silhouette, standing w/E silhouette backing on 25 yd range.
***Concurrent Training					

FOOTNOTES:

*Doctrine has been reworded, added to, amplified, or otherwise varies from FM 23-35 and/or FORSCOM/TRADOC Suppl 1 to AR 350-6.

**This period should be conducted by unit personnel prior to arrival on the range.

***Concurrent training will be conducted when range capacity necessitates more than two relays during range firing.

LP's 352 and 353 may be used as subject matter.

CHAPTER VII LESSON OUTLINES

UNITED STATES ARMY MARKSMANSHIP UNIT
SERVICE PISTOL BRANCH

LESSON OUTLINE

SPUMT 350
50 Minutes
Oct 78

ORIENTATION AND SAFETY

I. GOAL: To familiarize each soldier with the scope of instruction he will receive, in addition, he must observe range safety procedures and rules to avoid injury to himself and other firers.

II. LEARNING OBJECTIVES: As a result of this instruction, the student must accomplish the following learning objectives:

A. TASK: Each soldier will receive an orientation.

CONDITIONS: As a firer given a training schedule.

TRAINING STANDARD: Each soldier must know the sequence of events that are to take place during each phase of pistol marksmanship training.

B. TASK: Check the four safeties on the .45 caliber pistol.

CONDITIONS: Given a .45 caliber pistol and a demonstration of procedures.

TRAINING STANDARD: Firers must insure that the safeties on .45 caliber pistol are functional.

C. TASK: Load and unload the .45 caliber pistol.

CONDITIONS: Given a .45 caliber pistol w/two magazines.

TRAINING STANDARD:

a. Load the pistol using proper safe loading techniques.

b. Unload the pistol in the event of malfunctions using proper safe unloading techniques.

D. TASK: Each firer will apply safe shooting techniques.

CONDITIONS: Given a safety briefing.

TRAINING STANDARD: Firers will comply with general range regulations and all local range regulations.

III. ADVANCE ASSIGNMENT: None.

IV. INTRODUCTION:

A. Gain Attention: How many times have you heard the following statement, "I can throw the .45 caliber pistol at the target with more accuracy than I can fire it." I'm here to enable you to disprove that statement.

B. Orient Students:

1. Lesson Tie-In: You have just heard one of the most commonly used misconceptions of the .45 caliber pistol. Today you will be given all of the deep, dark mysterious secrets

of how to fire and hit the target with a high degree of accuracy with the pistol.

2. Motivation: For many soldiers the .45 caliber pistol is not their primary weapon, but a secondary means of self defense. Therefore, training time allocated for this weapon is limited, so when the situation arises in which you must defend yourself, it will be at close range - 50 meters or less. The action will call for a quick, well aimed shot. Generally only two types of soldiers return from an engagement of this type: "The Quick and the Dead." Therefore, you must take full advantage of the time allotted for today's pistol marksmanship training.

3. Scope: At the conclusion of this instruction, you will be familiar with the Program of Instruction to be received, know the proper procedures for checking safeties, be able to properly and safely load and unload the .45 caliber pistol, and be aware of safe shooting techniques.

V. BODY:

A. TASK: Each soldier will receive an orientation.

CONDITIONS: As a firer given a training schedule.

TRAINING STANDARDS: Each soldier must know the sequence of events that are to take place during each phase of pistol marksmanship training.

NOTE: Pass out training schedules.

TRANSITION: In order for you to more easily understand the instruction to be presented, it is divided into eight phases as follows:

a. Orientation and Safety	50 Min
b. Fundamentals 1	50 Min
c. Fundamentals 2	50 Min
d. Dry Firing Exercises	50 Min
e. Ball and Dummy Exercises	60 Min
f. Combat Pistol Qualification Course Position Practical Exercise	90 Min
g. Combat Pistol Course Familiarization	90 Min
h. Combat Pistol Qualification Course Record Firing	4 Hrs

B. TASK: Check the four safeties on .45 caliber pistol.

CONDITIONS: Given a .45 caliber pistol and a demonstration of procedures.

TRAINING STANDARDS: Firers must insure that safeties on .45 caliber pistol are functional. Reference FM 23-35, Para 17, Page 28-29.

NOTE: Form students in horseshoe formation and use three demonstrators.

1. TRANSITION: Before any firing can occur, you must insure that all weapon safeties are in proper working order.

2. The following safeties will be checked in this manner:

a. **Safety Lock Test:** With the pistol cocked and the safety lock engaged, pull the trigger. If the hammer falls, the safety lock is not safe and must be replaced.

b. **Grip Safety Test:** With the weapon cocked and the grip safety not engaged, attempt to pull the trigger. If the hammer falls, the grip safety or sear spring is faulty and must be replaced.

c. **Half Cock Notch Test:**

(1) With the hammer at half cock position try to pull the trigger. If hammer falls, the hammer or sear is faulty and must be replaced.

(2) Pull the hammer rearward nearly to the full cock and let it fall. Hammer should fall only to the half cock notch, if it goes further replace hammer.

d. **Disconnecter Test:**

(1) With the hammer cocked pull the slide 1/4" to the rear, pull trigger and maintaining pressure thereon, allow slide to go forward. If hammer falls, the disconnecter is worn and must be replaced.

(2) With the slide locked in the rearward position, pull trigger, and holding trigger to the rear, release slide. The hammer should not fall. If hammer does fall the disconnecter, hammer or sear should be replaced.

3. **Practical Exercise:** Firers will be placed in a horseshoe formation and given a demonstration. They will then check safeties to insure that they function properly. Defective safeties will be repaired by unit armorer. The exercise may be repeated until firers understand how to check safeties.

C. **TASK:** Load and unload the .45 caliber pistol.

CONDITIONS: Given a .45 caliber pistol w/two magazines.

TRAINING STANDARDS:

a. Load the pistol using proper safe loading technique.

b. Unload the pistol in the event of malfunction using proper unloading techniques. Reference FM 23-35, Para 22, 23, 24, Pages 32, 33, 34 and FORSCOM/TRADOC Suppl 1 to AR 350-6, Appendix F.

1. **TRANSITION:** Now that you have checked to insure that all of the safeties are functional we are ready to load and unload the .45 caliber pistol. To prevent accidental firing of the .45 caliber pistol when loading the following procedures will be followed:

a. With the slide locked to the rear grip the pistol firmly with the firing hand as when actually firing.

*b. Extend the arm, wrist straight, elbow locked, arm muscles flexed (as when firing) to form approximately a 45 degree angle to the body. NOTE: FM 23-35 illustrates the position of the arm while loading as bent at the elbow with the weapon elevated. This is extremely unsafe should the weapon fire two rounds or more when the slide is reloaded.

c. With the non firing hand insert the magazine, insuring that the magazine catch is engaged.

d. Grasp the rear of the slide with the non firing hand, pull to the rear and release. (Apply safety as per instructions.)

2. When unloading at the completion of an exercise, it is not necessary to maintain solid arm control of the weapon if all rounds have been fired and the slide has stopped in the rearward position. Simply remove the magazine and inspect the chamber to insure that the weapon is clear.

3. To unload when the weapon is functioning normally, but with the slide forward and the hammer in the full cock position, the procedures below will be followed (Reference FORSCOM/TRADOC Suppl 1 to AR 350-6):

- a. Remove trigger finger from the trigger.
- b. With the non firing hand engage safety.
- c. Depress the magazine catch and remove magazine.
- d. Disengage the safety.
- e. Draw the slide to the rear extracting chambered round and engage slide stop.
- f. Inspect the chamber to insure that the pistol is clear.

4. Practical Exercise: Firers will be given a demonstration and will then load and unload the .45 caliber pistol until proficient.

D. TASK: Each firer will apply safe shooting techniques.

CONDITIONS: Given a safety briefing.

TRAINING STANDARDS: Firers will comply with general range safety regulations and all local range regulations. References: FM 23-35, Para 69, 70 and any local range regulations or SOPs that may apply.

1. TRANSITION: In order that you can safely fire without injury to yourself or other firers the following general safety rules will apply at all times:

a. General:

- (1) A red flag will be displayed prominently on the range.
- (2) Weapons must be handled carefully and will never be pointed at anyone except in combat.
- (3) Always assume the weapon is loaded until it has been examined and found to contain no ammo.
- (4) Firing limits will be indicated by red and white striped poles visible to all firers.
- (5) Obstructions should never be placed in the muzzle of any weapon about to be fired.
- (6) Weapons should be kept in the proper area with proper safeguards.
- (7) No smoking is permitted on the range near ammunition, explosives, or flammables.

b. Before Firing:

- (1) Weapons will be checked to insure they are clear of ammo and barrel obstructions and slides will be locked to rear.

(2) Firers will be briefed on the firing limits of the range. They will be required to keep their fires within prescribed limits and fire only at their targets.

(3) All personnel will be briefed on all safety aspects pertaining to the conduct of the course of fire and range.

(4) No one will move forward of the firing line without permission of the tower operator, safety officer or OIC.

(5) Load weapons only on command from the tower, except when the course requires automatic magazine changes.

(6) Weapons will not be handled except on command from the tower operator.

(7) Firers will keep the weapon pointed down range when loading, preparing to fire, or and other times weapons are not holstered or cased.

c. During Firing:

(1) Firer will not move from his point until weapon has been cleared by safety personnel.

(2) Firers will remain on line with firers on right and left.

(3) Firers will fire only at their own targets.

(4) Steel helmets will be worn during live fire exercises.

d. After Firing:

(1) Safety personnel will inspect all weapons insuring that they are clear, and conduct a check for brass and ammo.

(2) Once cleared, weapons will be secured with the slides forward and hammers down.

2. Practical Exercise: Safety personnel will vigorously enforce all safety regulations and insure that firers are observing safe firing techniques during marksmanship training.

*Doctrine has been reworded, added to, amplified or otherwise varies from FM 23-35. Recommended by USAMU, Ft Benning, GA.

VI. CONCLUSION:

A. Retain Attention: An unsafe act with the pistol is grounds for removal from the range and, under match conditions, disqualification.

B. Application: You must be aware of the type of training you are to receive and how to safely complete that training.

C. Summary: You must have a general knowledge of the scope of pistol marksmanship, how to check the safeties on .45 caliber pistol, how to properly load and unload the weapon, as well as how to comply with all range regulations.

D. Closing Statement: Firer can devote his full mental effort employing the fundamentals if he has confidence in his knowledge of what to do and what not to do, and does not have to worry about carelessness in the other firer's handling of firearms.

TRAINING AIDS

Appropriate Training Schedules.

EQUIPMENT AND OTHER REQUIREMENTS

1. Podium.
2. Two "A" Frames.
3. One Cal .45 Pistol per student w/magazines.
4. Three assistant instructors w/one .45 caliber pistol and two magazines each.

UNITED STATES ARMY MARKSMANSHIP UNIT
SERVICE PISTOL BRANCH
FORT BENNING, GEORGIA 31905

LESSON OUTLINE

SPUMT 351
50 Minutes
Oct 78

*FUNDAMENTALS I
(ATTAINING A MINIMUM ARC OF MOVEMENT)

I. GOAL: Soldiers will learn to apply basic pistol marksmanship fundamentals of attaining a minimum arc of movement, thus preparing themselves to apply the fundamentals employed in actually firing a shot.

II. LEARNING OBJECTIVES: As a result of this instruction, the firer must accomplish the following learning objectives:

A. TASK: Firers must be able to assume correct position for the prone, kneeling, crouch and standing positions.

CONDITIONS: Given instruction, demonstration and .45 caliber pistol:

TRAINING STANDARDS: Firers must be able to assume legal positions for each stage of the course of fire utilizing the configuration of their individual bodies to the best advantage in providing for maximum stability and best head position.

B. TASK: Firers will be able to attain natural point of aim.

CONDITIONS: Given instruction, demonstration and .45 caliber pistol:

TRAINING STANDARDS: Firers must be able to align their position properly in relationship to the target so as to insure natural sight alignment with the center of the target.

C. TASK: Firers will be able to obtain proper grip on .45 caliber pistol.

CONDITIONS: Given instruction, demonstration and .45 caliber pistol:

TRAINING STANDARDS: Firers will be able to grip the .45 caliber pistol for each course of fire with correct trigger finger, thumb, middle, ring and little finger placement.

D. TASK: Firers will be able to employ proper breath control.

CONDITIONS: Given instruction, demonstration and .45 caliber pistol:

TRAINING STANDARDS: Firers must be able to properly apply breath control techniques thereby providing a comfortable respiratory pause wherein the pistol can be pointed steadily at the aiming area on the target.

III. ADVANCE ASSIGNMENT: None.

IV. INTRODUCTION:

A. Gain Attention: Show five slides or targets of rounds scattered over target, and misplaced shot groups.

B. Orient Students:

*Doctrine concerning all points outlined in this lesson plan has been reworded, added to, amplified or otherwise varies from FM 23-35. Recommended by USAMU, Fort Benning, GA.

1. Lesson Tie-In: You have just seen how improper shooting techniques cause your shots or shot groups to be misplaced.

2. Motivation: NOTE: Show slides or targets with a shot group in the center of the target. Through the intense application of the fundamentals, along with proper training technique, you can continuously fire tight shot groups and high qualification scores.

3. Scope: At the conclusion of this instruction you must employ stance, position, grip and breath control to attain a minimum arc of movement.

V. BODY:

A. TASK: Firer must assume correct positions for prone, kneeling, crouch and standing positions.

CONDITIONS: Given instruction, demonstration and .45 caliber pistol:

TRAINING STANDARDS: Firers must be able to assume legal positions for each stage of the course of fire utilizing the configuration of their individual bodies to the best advantage in providing for maximum stability and best head position. Reference FORSCOM/TRADOC Suppl 1 to AR 350-6, Appendix E (not found in FM 23-35).

1. Transition: It is important that you assume the most comfortable, natural position in accordance with your body configuration. Throughout the remainder of this period while referring to the word "position" we are referring only to the parts of the body in relationship to themselves and the ground.

2. A good position must provide for:

a. Stability: The absence, to the greatest degree possible, of body movement while aiming with the least possible strain on the shooters muscles. To achieve this we must have:

(1) Bone Support: In order to stabilize the body as much as possible you must understand that the bone structure is the foundation for the support of the pistol. If a house is built on a weak foundation, it will fall. The same is true with the position for firing the pistol. If the support is improper, it will not withstand the recoil of the pistol, therefore making it difficult to apply the fundamentals.

(2) Muscular Relaxation: The firer must learn to relax as much as possible and utilize only that amount of muscular tension that it takes to hold himself in position and to hold the pistol steady. Undue muscular strain or tension causes trembling which is transmitted to the pistol.

b. A head posture that allows for the most efficient use of the eyes. A level posture of the head is most advantageous in avoiding eye strain and undue fatigue of the muscles which hold the head steady. It also helps maintain balance much better than an unlevel head posture.

3. Assuming the shooting positions:

a. Prone Position: NOTE: Use AI to demonstrate at this time.

(1) The shooter assumes the position by first facing the target and dropping to the knees.

(2) The non-firing hand is extended to the ground beyond the knees for support and the weapon arm is extended toward the target as the shooter leans forward, lowering the body to the ground.

(3) The non-firing arm is then moved forward and the non-firing hand is cupped under and supporting the firing hand.

(4) Both elbows rest firmly on the ground. Caution must be taken, since the arms are bent at the elbows, that the weapon is not held too closely to the face. Serious injury could result from the recoil and rearward movement of the slide.

NOTE: All other positions are assumed from the ready position (see para 4, this TASK).

b. Kneeling Position: NCTE: AI to demonstrate position.

(1) When the targets turn or the signal to fire is given, the shooter steps forward with the foot that is to be in front, (left for right handed firers and right for left handed firers), at an oblique in front of the other foot.

(2) The knees are bent and the body lowered straight down until the rear knee rests on the ground and the buttocks touch the heel of the rear foot. The rear foot must be vertical (i.e., not turned over with the side of the foot against the ground).

(3) Simultaneously, the weapon is extended toward the target with the shooting arm as straight as possible. The supporting arm is placed across the forward knee and the supporting hand is cupped under the firing hand, wrist or fore-arm. The placement of the elbow on the knee is critical. The flat area just above the elbow and behind the point of the elbow should be placed directly on the flat triangular area behind the knee cap.

c. Crouch Position: NOTE: AI will demonstrate position.

(1) The position of the feet must be as described for the ready position for the kneeling and crouch positions.

(2) The firer flexes his knees and bends the body forward. The lowering must be far enough so that, if the firer were to lower the non-firing hand, it could touch the knee.

(3) The fingers of the non-firing hand are cupped around the three fingers of the hand holding the weapon. The firing arm is straight and pushed forward against the force of the backward pull of the supporting arm. The thumb of the non-firing hand is placed alongside the thumb of the firing hand. CAUTION: Do not place the thumb over the wrist as it is vulnerable to injury by the recoiling of the slide.

(4) The supporting arm may not touch the firing hand, arm or weapon until the target begins to face or the signal to fire is given.

d. Standing Position: NOTE: AI will demonstrate position at this time. This position is the same as explained in the crouch position, with the only exception being that the firer does not have to flex his knees and bend the body forward. This position requires the use of fewer muscles and enables the firer to hold the weapon steadier while aiming than in the crouch position.

4. Ready Positions: The firer is in the standing position with the pistol held in one hand with the weapon loaded and the arm is fully extended downward so that the arm forms a maximum of 45 degrees to the vertical or so that the pistol or hand touches the bench. The pistol must not be raised until the Commence Fire signal is given or the targets begin to turn towards the firer. The placement of the feet is immaterial except that in the ready position for the kneeling and crouch positions, they must be on a line parallel to the target line, and in relation to each other, not exceeding half the length of the firer's foot to the front or rear (reference FORSCOM/ TRADOC Suppl 1 to AR 350-6, Appendix E).

B. TASK: Firers will be able to obtain a natural point of aim.

CONDITIONS: Given instruction, demonstration and .45 caliber pistol:

TRAINING STANDARDS: Firers must be able to align their positions properly in relationship to the target, so as to insure natural sight alignment with the center of the target.

1. Transition: Since the pistol becomes an extension of the body, it is necessary to adjust the position of the body until the pistol points naturally at the target, rather than merely moving the arms over to accomplish this. When the shooter takes his position, he should close his eyes, relax, mentally check his position while continuing to aim, and then open his eyes. With proper sight alignment, the position of the front sight indicates the natural point of aim. If the pistol is not pointed at the target, a correction must be made. By moving his feet, body and adjusting his breath control, the shooter can shift the natural point of aim to the desired aiming point.

*2. Correcting the natural point of aim laterally will be done as follows:

a. Prone Position: The hips are shifted towards the direction of the error. The supporting elbow is then shifted forward or back and the knees and feet are shifted accordingly. The elbow of the firing arm pivots in place and the weapon is thereby moved toward an alignment with the proper aiming area.

b. Kneeling Position: The firer shifts the weight forward off of the foot of the kneeling leg and moves the toes of that foot left or right, pivoting on the knee. The forward foot is shifted a corresponding amount in the direction correcting the alignment. Keep in mind that there will not be sufficient time for correction of the kneeling position when starting from the ready position, and firing five rounds in 20 seconds. You must make a close observation as to where the feet must be placed when arising after checking out the position before firing.

c. Crouch and Standing Positions: Shift the foot on the opposite side from the firing arm (e.g., right arm, left foot) forward or backward thereby shifting the whole body in the desired direction. The pivot foot should be shuffled slightly to avoid twisting it.

3. Correcting the natural point of aim vertically will be done as follows:

a. Prone Position: Shift the elbows forward or move them back, thus lowering or raising the position and line of sight. CAUTION: Do not get the weapon too close to face as it will recoil as the slide comes to the rear.

b. Kneeling Position: Slight corrections can be made by moving the supporting hand forward or backward on the forearm and wrist of the firing hand.

c. Crouch Position: Holding less breath in the lungs will tend to make the weapon settle lower and vice versa. A straighter back and more knee bend will enable you to hold the weapon higher.

d. Standing Position: Holding more breath in the lungs will tend to make the weapon, settle higher and vice versa.

C. TASK: Firers will be able to obtain a correct grip with .45 caliber pistol.

CONDITIONS: Given instruction, demonstration and .45 caliber pistol:

TRAINING STANDARDS: Firers will be able to grip .45 caliber pistol for each course of fire with the correct trigger finger, thumb, middle, ring and little finger placement (reference FM 23-35, para 49).

1. Transition: The natural point of aim provides for the natural alignment of the position with the target during periods of firing. It is during these periods that the firer must maintain control of the pistol by proper grip.

2. The proper grip provides maximum control in maintaining sight alignment while applying pressure to the trigger. The most important single factor in obtaining the grip is uniformity. There cannot be any variation in the character of the grip each time the weapon is placed in the hand. The proper grip on a pistol is one that will meet the following requirements:

- a. Natural sight alignment.
- b. Independent movement of the index or trigger finger.
- c. Force of the recoil must travel straight to rear into the shooting arm.
- d. A firm grip to prevent the weapon from shifting in the hand without a change of grip pressure.

NOTE: Demonstrator is directed by instructor in a sequence of placing the weapon in the hand to obtain the proper grip.

3. The following is a step-by-step sequence that will provide the proper grip.

- a. Hold the pistol by the barrel with the non-shooting hand.
- b. Spread index finger and thumb to form a V.
- c. Bend wrist down.
- d. Seat pistol in the "V" of hand.
- e. Fit the pistol firmly into gripping space.
- f. Grasp stock with lower three fingers.
- g. Thumb placed high on side of stock at a higher level than index finger.
- h. Place the index finger on trigger.
- i. Tighten grip to maximum with tremor.
- j. Relax slightly until tremor disappears.

4. The firer should check out the grip to see that it meets the requirements listed above. He may do this by performing the following test:

a. With the shooting arm extended, will the sights stay in natural alignment? If not, reposition the pistol in the shooting hand.

b. Does the placement of the index finger provide for independent movement of the trigger finger? Make a visual check of the index finger action while dry firing. Do the sights move during dry firing?

c. Will the force of recoil travel straight back into the shooting arm and will the grip be firm enough to prevent shifting of the weapon during firing? Using an unloaded weapon, have another firer apply pressure by a solid blow to the barrel of the pistol.

*D. TASK: Firers will be able to employ proper breath control.

CONDITIONS: Given instruction, and .45 caliber pistol:

TRAINING STANDARDS: Firers must be able to properly apply breath control techniques thereby providing a comfortable respiratory pause wherein the pistol can be pointed steadily at the aiming area on the target.

1. Transition: Position, natural point of aim and grip are fundamentals, and most firers are aware of their importance. However, the value of breath control in attaining a minimum arc of movement is often overlooked as breathing is usually an involuntary reflex action.

2. Breath control is an essential part of the firer's system of control. The object of breath control is to hold the breath with comfort during firing so that there is no conscious need to breathe.

QUESTION: Why should you not breathe while aiming the pistol?

ANSWER: Breathing is accompanied by a rhythmical movement of the chest, shoulders and stomach which will enlarge the shooters arc of movement.

3. A respiratory cycle consists of an inhalation, exhalation and a respiratory pause. The firer should hold his breath only during the respiratory pause.

4. The respiratory pause is the period between inhalation and exhalation. The firer can prolong the normal respiratory pause by deeper breathing prior to firing. This will temporarily decrease the carbon dioxide level in the blood and lengthen the period of comfort while not breathing.

5. Breath control in coordination with firing or with the fire commands aids the firer to be systematic about breathing during periods of firing. NOTE: Demonstrate breath control at this time.

a. Prone Position: When firing one shot at a time from the prone position, firers will assume their position, inhale, then exhale holding enough air to sustain one shot. Repeat the process after each shot.

b. Kneeling, crouch and standing positions: During the firing commands: take a deeper than normal breath at the command, IS THE LINE READY? Take a final breath and exhale to the point of comfort at: THE LINE IS READY. NOTE: There is no reference made to breath control in FM 23-35 or FORSCOM/TRADOC Suppl 1 to AR 350-6.

*Doctrine has been added to, amplified or otherwise varies from FM 23-35. Recommended by USAMU, Fort Benning, GA.

VI. CONCLUSION:

A. Retain Attention: QUESTION: How can you improve your scores and qualify as expert?

ANSWER: Stick to the fundamentals starting with fundamentals I, attaining a minimum arc of movement.

B. Application: Good qualification scores are an indication of how well the fundamentals have been applied.

C. Summary: The smallest arc of movement must be attained by choosing a position that provides stable balance with the least body movement. You must then check the positions to insure that it is in natural alignment with the target. You must employ a uniform grip on the weapon that gives you natural sight alignment and, last but not least, control your breathing so you won't have the desire to take a breath during the firing.

D. Closing Statement: Throughout pistol marksmanship training constant reference is made to fundamentals I. Attaining a minimum arc of movement is the first of the basic fundamentals. You must know how to properly employ these fundamentals in order to build a solid scaffolding from which to employ the fundamentals of actually firing the shot which will be covered next period.

TRAINING AIDS

Five Targets; Silhouette: Paper, Standing (FSN 6920-713-5385).

- a. Scattered shots.
- b. High right shot group.
- c. Low left shot group.
- d. High shot group.
- e. Shot group in the center of ten ring.

EQUIPMENT AND OTHER REQUIREMENTS

One assistant instructor/demonstrator with 45 caliber pistol.

Podium.

UNITED STATES ARMY MARKSMANSHIP UNIT
SERVICE PISTOL BRANCH
FORT BENNING, GEORGIA 31905

LESSON OUTLINE

SPUMT 352
50 Minutes
Oct 78

FUNDAMENTALS 2 & 3
(SIGHT ALIGNMENT & TRIGGER CONTROL)

I. GOAL: To enable the students to attain and maintain acceptable sight alignment against the correct aiming area while employing proper trigger control with the .45 caliber pistol.

II. LEARNING OBJECTIVES: As a result of this instruction the students must accomplish the following learning objectives:

A. TASK: The student must realize the importance of and know how to attain acceptable sight alignment with the .45 caliber pistol against the correct aiming area on the target.

CONDITIONS: Given instruction in the following elements of the fundamentals of sight alignment:

1. Importance of proper sight alignment.
2. Appearance of proper sight alignment.
3. Method of maintaining proper sight alignment.
4. Proper aiming area on target.
5. Importance of aiming area versus point of aim.

TRAINING STANDARDS: Students must realize that sight alignment is the most important of all the pistol fundamentals and must know how to attain and maintain the front sight alignment in the rear sight notch with an equal amount of light on each side of the front sight and the tops of the front and rear sights being even. This sight alignment, when firer is attempting to fire a shot, must be aligned with the area on the target that will insure that the shot hits the ten ring, provided the alignment is not disturbed as the shot is fired.

B. TASK: The students must know how to employ proper trigger control when firing the .45 caliber pistol.

CONDITIONS: Given instruction in the following elements of the fundamentals of trigger control:

1. Stages of proper trigger control.
2. Reason trigger control is so difficult to master.
3. Surprise break of trigger.

TRAINING STANDARDS: The students must know how to cause the hammer of the .45 caliber pistol to fall while maintaining acceptable sight alignment and holding within the correct aiming area.

*Doctrine outlined during this whole period of instruction has been reworded, added to, amplified, or otherwise varies from FM 23-35. Recommended by USAMU, Fort Benning, GA.

III. ADVANCE ASSIGNMENT: Students should have been given instruction in Fundamentals I (Attaining a Minimum Arc of Movement).

IV. INTRODUCTION:

A. Gain Attention: "This next period of instruction will be the most important 50 minutes of your entire training with the .45 caliber pistol."

B. Orient Students:

1. Lesson Tie-In: "During the last period of instruction you learned through the fundamentals of position, natural point of aim, grip and breath control how to build a stable framework with your body for holding the pistol as steadily as possible for a few moments while pointed at the target. Now you will learn how to properly align the weapon with the ten ring and make it fire without disturbing that alignment."

2. Motivation: "The individual who comes closest to perfecting those last two items during the firing of each shot is the individual who will have the highest score during the qualification firing."

3. Scope: "At the conclusion of this period of instruction you will realize the importance of sight alignment, know how to properly achieve and maintain it and how to apply proper trigger control."

V. BODY:

A. TASK: The student must realize the importance of and know how to attain acceptable sight alignment with the .45 caliber pistol against the correct aiming area on the target.

CONDITIONS: Given instruction in the following elements of the fundamentals of sight alignment:

1. Importance of proper sight alignment.
2. Appearance of proper sight alignment.
3. Method of maintaining proper sight alignment.
4. Proper aiming area on target.
5. Importance of aiming area versus point of aim.

TRAINING STANDARDS: Students must realize that sight alignment is the most important of all the pistol fundamentals and must know how to attain and maintain the front sight alignment in the rear sight notch with an equal amount of light on each side of the front sight and the tops of the front and rear sights being even. This sight alignment, when the firer is attempting to fire a shot, must be aligned with the area on the target that will insure that the shot hits the ten ring, provided the alignment is not disturbed as the shot is fired.

1. No reference is made to proper sight alignment in FM 23-35. USAMC strongly recommends this approach to the fundamentals of accuracy with a pistol.

2. Importance of Proper Sight Alignment:

TRANSITION: "The fundamentals of sight alignment and trigger control are by far the most important of the pistol fundamentals. If one of them is to be singled out as the most important, sight alignment must be the one. Trigger control however is the hardest to master."

a. At reasonable distances consistent hits in an acceptable area cannot be achieved without proper sight alignment, thus accuracy cannot be attained without proper sight alignment.

b. Example illustrating how error in sight alignment is magnified in trajectory of bullet at the target:

(1) Instructor draws two straight lines of equal length joined at one end forming an angle and indicates distance between other ends of lines.

(2) Lines are extended straight at open end of angle by their original length thereby doubling length of lines. Instructor notes that the distance between the ends of the lines thereby also doubles.

(3) Lines are extended again by their original lengths thereby tripling their lengths. The tripling of the distance between their ends is also noted.

(4) Instructor notes that the lines could be extended in that manner indefinitely and for each time that a length is added, a corresponding increase occurs in the distance between the ends of the lines. Therefore, the number of times the original length can be divided into the final length is the number of times the original distance between the ends of the lines will be magnified at the final ends of the lines. Example: If the original length of the lines was six inches and the final lengths were 18 inches and the original distance between the ends of the lines was 1/10 inch; then the distance between the ends of the lines at their final length would be 3/10 inch.

(5) The instructor compares the diagram with the .45 caliber pistol as viewed from above; the rear sight positioned at the apex of the angle; the sights at the other end of the original length of the lines; one line representing the line of sight to the target; and the other line representing the trajectory of the bullet after being fired with an error in sight alignment represented by the original distance between the lines. Therefore, since the sight radius of the pistol is approximately six inches, we can divide this figure into the distance to the target and find out how many times an error in sight alignment will be magnified. Six inches goes into 25 yards 150 times.

(6) The 1/10 of an inch error in sight alignment is magnified as an example showing that the trike of the bullet would be 15 INCHES away from its intended location - COMPLETELY OFF THE TARGET. "This should begin to make you realize how important sight alignment is."

(7) An error as large as 1/10" in sight alignment, however, is not very realistic. That is the width of the front sight. Anyone attempting to maintain sight alignment would readily notice an error of that magnitude. Use an example not so readily noticeable, 1/50 of an inch or about the width of the light on either side of the sight.

(8) $1/50" \times 150 = 3$ inches: "just enough to cause the firer who isn't really seeing his sights clearly or paying close attention to their alignment to shoot in the nine ring of the target you'll be using for qualification."

3. Appearance of Proper Sight Alignment:

TRANSITION: "Here is the guy who is confident in his ability with the pistol. He is steady as a rock and knows he has good trigger control. He doesn't see or feel anything wrong with his performance yet he is hitting all around the ten ring. He swears up and down that the pistol is an inaccurate piece of junk. This points out the fact that you must look at the front sight. What will the sights look like if they are properly aligned.

a. NOTE: The instructor shows mock-up, cut-out, chart drawing, or slide representing appearance of sights in proper alignment with:

(1) Equal distance between sides of front sight and sides of rear sight notch.

(2) Tops of front and rear sights even.

b. The instructor points out how the design of these sights makes any imbalance of light on the sides of the front sight or any unevenness across the top readily noticeable.

c. TRANSITION: QUESTION: "Can you see both the sights and the target clearly at the same time?"

ANSWER: "NO."

QUESTION: "Why Not?"

ANSWER: "Because the eye, like a camera, can only focus on one plane or at one distance at any one given time."

QUESTION: "Which is it more important to have in sharp focus, the target or the sights?"

ANSWER: "The sights."

QUESTION: "Why?"

ANSWER: "Because, while a blurry target might cause a very minor error in hold, a blurry set of sights is very likely to cause a great error in the trajectory of the round toward the target."

(1) Therefore the eye must remain focused on the front sight while you are aiming.

(2) The depth of the field of focus of the eye is great enough so that the rear sight will also be pretty well in focus if the eye is focused on the front sight. However the target will appear blurry, but not so much that you can't distinguished the proper aiming area.

(3) One definite advantage of the clear sight and blurred target is that the eye follows the sights during the small movement of the weapon when the firer is settled into the minimum arc of movement rather than being fixed on the stationary target with the sights moving across the shooters vision. This tends to minimize the shooter's awareness of the movement.

4. Method of Maintaining Proper Sight Alignment:

TRANSITION: "Just like when throwing a rock at something or maybe swatting a fly, an individual has a natural tendency to look at the target."

a. The sights will not automatically stay aligned. The wrist can be stiffened but not "locked." The myriad possibilities of shifting caused by the many muscles and joints of the wrist and hand, especially when applying pressure to the trigger, even though minimized by a good grip, constantly tend to throw the sights out of alignment without any warning.

b. Intense concentration on the front sight is necessary to keep the focus of the eye there so that the errors in sight alignment can be detected and corrected. This intense concentration should start when the firer is beginning to settle into the minimum arc of movement. This is the only way to insure maintenance of proper sight alignment.

c. "Calling the shot" by mentally recalling the sight alignment you were seeing when your concentration was broken by the firing of the shot and there from mentally establishing a direction from the intended impact of the round is a good way to help keep concentration on the sight alignment. Calling each shot is also very helpful in analyzing mistakes made in applying the fundamentals. Erroneous shot calls most often result from not focusing the eye on the sight or improper trigger control. Consistent errors in call may indicate a need for shifting the aiming area.

5. Proper Aiming Area on Target:

TRANSITION: "Now that we know the why's and how's about sight alignment, just where do we aim on the target."

- a. The ideal aiming area on the silhouette target is the planned area of impact.

However:

- (1) The pistol starts to move a tiny bit in recoil as the bullet is being propelled out of the barrel and it moves in the direction of least resistance. Since different individuals exert slightly different pressures in gripping a weapon, no one weapon will have precisely the same zero for any two people. Therefore a weapon cannot be precisely "factory" zeroed for general use.

- (2) Many target weapons have sights that can be adjusted to move the shot group to the proper area. Most service weapons, however, (including the .45 caliber pistol) have fixed sights.

- b. Therefore your individual aiming area may have to be adjusted by using the hold off method or "Kentucky windage."

- (1) Shoot your initial shot group with a dead center hold. Concentrate on properly applying the fundamentals on each shot and do not let the placement of the rounds influence your hold in that aiming area.

- (2) Analyze your shot group. (A generally loose shot group usually indicates a lack of enough concentration on sight alignment. Shots low from the group may indicate jerk shots; high ones, anticipation.)

- (3) Eliminate wild shots from consideration and establish where the center of your group is.

- (4) If the group is not centered on the middle of the ten ring, shift your aiming area in the direction and distance that corresponds to the direction and distance the middle of the ten ring is from the middle of your shot group. Example: If your group is centered 8" high and 6" right, move the center of your aiming area 6" left and 8" lower.

- (5) Fire the next shot group in the same manner as the first, using the new aiming area.

- (6) Repeat analysis and shifting of aiming area until shot groups become centered on the ten ring.

6. Importance of Aiming Area versus Point of Aim:

TRANSITION: "We always use the term 'aiming area,' as you may have noticed, instead of the term 'aiming point' or 'point of aim.' There is a very good reason for this. We want you to think area instead of a precise point to aim at."

- a. There is no need to try firing the pistol while holding only on a precise point. One may fire while moving around anywhere in a ten ring sized area, if zeroed for that area, and hit the ten ring somewhere (if one does not disturb the sight alignment while causing the weapon to fire.) That 10 ring is 6" high and 4" wide.

- b. Nobody can hold perfectly still while aiming. Everyone moves at least a little bit. Most people, however, have the ability to hold well within a ten ring sized area for several seconds. This is a person's minimum arc of movement and must be accepted as such. Attempts to freeze one's hold at a certain point, especially if attempting to fire while there, will cause erratic movements that take one well outside of the minimum arc of movement. This tendency is especially prevalent if a person has to "hold off" and has picked a definite point on which to hold.

B. TASK: The students must know how to employ proper trigger control when firing the .45 caliber pistol.

CONDITIONS: Given instructions in the following elements of the fundamentals of trigger control:

1. Stages of proper trigger control.
2. Reason trigger control is so difficult to master.
3. Surprise break of trigger.

TRAINING STANDARDS: The students must know how to cause the hammer of the .45 caliber pistol to fall while maintaining acceptable sight alignment and holding within the correct aiming area.

1. Reference: Para 52, FM 23-35. NOTE: Footnote on first page applies.
2. Stages of Proper Trigger Control:

TRANSITION: "We have begun to talk about firing the weapon. This involves trigger control. There are three stages involved in proper trigger control:"

- a. Slack - the "free play" between the trigger's forwardmost position and the position where it places pressure on the sear.
- b. Initial Pressure - about 1/3 to 1/2 the total weight of the trigger; pressure that can be held comfortably for several seconds without worry about it causing the weapon to fire.
- c. Positive Pressure - the smooth, even, straight to the rear, steadily increasing, and unwavering pressure that will cause the weapon to fire at a slightly unprecise moment some-time very soon after it is initiated; thus rendering a "surprise" break.

3. Reason Trigger Control is so Difficult to Master:

TRANSITION: "We have said that trigger control is the hardest of the fundamentals to master. Why is this? It's because our natural reflexes interfere so often."

- a. There are two kinds of reflexes:

(1) Involuntary or unconditioned reflexes - involuntary reactions in response to definite external stimuli such as heat, pain, sound, or sudden pressure. Examples:

- (a) Sudden movement of hand and arm if one burns his or her finger on something hot.
- (b) Sudden tensing of body when startled.
- (c) Heeling shot in anticipation of recoil with pistol.

(2) Conditioned reflexes are quick reactions without conscious detailed planning which are developed by special training. Examples:

- (a) Experienced driver braking car when child runs in front of it.
- (b) Experienced typist mashing keys to form words.
- (c) The positive pressure stage of proper trigger control.

b. In trigger control, as focusing the eye while aiming, the natural tendencies are not the best way. As it is only natural to look at the target while shooting, the natural tendency in trigger control is to try to get the shot to break when everything is perfect. The fallacy in this is that this causes involuntary reflex action that disturbs our sight alignment, our hold in the aiming area, or our vision and usually, all three. The disturbance usually happens at about the time the trigger breaks or just before, thereby affecting the trajectory of the bullet as it is traveling down the barrel.

c. Why is this? The trigger is being controlled consciously by the brain. To put it simply, the brain tells the trigger finger "NOW!" and at the same time, tells the rest of the body "LOOK OUT! HERE IT COMES!" The reflex action starts at the same time as the trigger finger. We usually don't actually see the disturbance in the sight alignment because the quickest part of our body in such a reflex action is our eyelid. Therefore the last thing we saw was perfection and we call the shot so. In such a situation the shot call is seldom accurate.

d. The involuntary reflex action manifests itself in any of several ways. In the rank beginner, it causes jerking the trigger or heeling the weapon in anticipation when the shot doesn't go off as soon as expected. He soon develops to where the jerks and heels are scattered in the 7, 8, and 9 rings instead of completely off the target, except when he becomes hurried in a sustained fire sequence. Even in the most experienced shooter still trying to control his trigger this way, it is manifested some way; often in little straight line movements that take him out of or to the outside of his arc of movement. Any time the thought that the shot is going off crosses the mind, some involuntary reflex is going to take place.

4. Surprise Break of Trigger:

a. The only way to get away from these reflexes is to achieve "surprise" shots. It takes the average individual about 1/50 of a second to react to some stimulus. It takes only a few milliseconds, a much shorter time, for the bullet to leave the barrel after the sear pops away from the hammer. If the involuntary reflex results from the sound of the shot, the recoil or even the feel of the trigger breaking, the bullet is beyond influence of the weapon when it starts.

b. We achieve these surprise shots by applying the proper trigger control stages as outlined in para 2, this TASK. The positive pressure is consciously started when we begin to settle into our minimum arc of movement. At this moment, we shift our concentration totally to the front sight. The trigger finger keeps on tightening on the trigger; smoothly, evenly, and straight to the rear because we have planned this before extending the weapon to fire the shot. We have even dry fired to get the feel of it doing so.

VI. CONCLUSION:

A. Retain Attention: Sight alignment and trigger control are indeed the two most important fundamentals of accurately firing the pistol.

B. Application: They both take a great deal of mental effort - mind over matter. You must know where and when to apply your concentration, because your natural tendencies of looking at the target and picking off the trigger will get you into much trouble.

C. Summary: Shifting our concentration to the front sight accomplishes several things:

(1) It enables us to insure that the focus of the eye is on the front sight thereby:

(a) Enabling us to see any errors in sight alignment and correct them as they begin to occur.

(b) Diminishing our awareness of the movement of the weapon within our minimum arc of movement thereby avoiding the tendency to try to freeze our hold in any one spot.

(2) It takes our concentration off of the rest of the movement within our arc of movement. This is okay because we know we can hold within the ten ring or at least not much larger than that. We can trust our minimum arc of movement.

(3) Last but most importantly, it takes our concentration away from the trigger. We can trust the trigger to break very shortly without disturbing that all important sight alignment because the pressure is increasing smoothly, evenly and unwaveringly straight to the rear. We don't know precisely when the shot will break. We are merely holding everything in order and waiting for the break, so the thought of the shot actually going off will not cross our minds until it actually goes off. Therefore we won't have a disturbing reflex action. Our follow through is built in.

D. Closing Statement: Throughout the rest of your pistol training here you will constantly hear the phrases "watch that front sight," "start your positive pressure a little sooner," and "wait for the shot to break." You may hear several variations of them. You should now know what they mean.

TRAINING AIDS

1. Blackboard w/chalk.
2. Cut/out, chart, mock-up, or slide of front sight properly aligned with rear sight (in silhouette).

EQUIPMENT AND OTHER REQUIREMENTS

1. Podium.

UNITED STATES ARMY MARKSMANSHIP UNIT
SERVICE PISTOL BRANCH
FORT BENNING, GEORGIA 31905

LESSON OUTLINE

SPUMT 353
1 Hour
Oct 78

*DRY FIRING EXERCISE

- I. GOAL: To develop and improve the firers shooting skills.
- II. LEARNING OBJECTIVES: As a result of this instruction the firer will accomplish the following learning objectives:
 - A. TASK: Firers will dry fire .45 caliber pistol at blank targets.
CONDITIONS: As a firer, given .45 caliber pistol and dry fire range with blank targets.
TRAINING STANDARD: Firer will dry fire at blank targets employing the fundamentals taught during previous periods.
 - B. TASK: Dry fire ten three round shot groups.
CONDITIONS: Given a .45 caliber pistol pencil and dry fire target.
TRAINING STANDARDS: Firers must be able to achieve a group of 3/32 of an inch or less.
- III. ADVANCE ASSIGNMENT: All personnel should have completed instruction on fundamentals 1, 2 and 3 of pistol marksmanship.
- IV. INTRODUCTION:
 - A. Gain Attention: The easiest way to improve your shooting technique is thru dry fire practice.
 - B. Orient Students:
 1. Lesson Tie-In: During the previous two periods you received instruction on the fundamentals. During this period you are going to employ those fundamentals in dry firing exercises.
 2. Motivation: Dry firing, if done with the proper intensity, and specific objectives can dramatically improve your shooting performance.
 3. Scope: At the conclusion of this period your application of the fundamentals should become more consistent because dry fire exercises help you to form the proper habits in employing the fundamentals.
- V. BODY:
 - *A. TASK: Firers will dry fire .45 caliber pistol at blank targets.
CONDITIONS: As a firer given a .45 caliber pistol, dry fire range with blank targets.
TRAINING STANDARDS: Firers will dry fire employing the fundamentals taught during previous periods. The hold should be stable, not exceed 1/2 inch in scope. Sight alignment should not be disturbed when the hammer falls.

NOTE: During this period of instruction it is advised that the most experienced personnel be utilized as Assistant Instructors. A good ratio would be one AI to 6-8 firers. They will assist those firers having the most difficulty mastering the fundamentals.

1. Transition: Before you can hit the target consistently you must be able to employ the fundamentals. Through the dry firing exercise you can readily detect and correct any errors in shooting technique thus improving your shooting performance.

2. Practical Exercise:

a. The firers will be divided into two groups and use the coach and pupil method dry firing for five minutes for each group.

b. The firer will dry fire at a light color blank target or wall employing minimum arc of movement, obtaining sight alignment and applying positive trigger control. Any malalignment of the sights indicates lack of trigger control. While dry firing the firer must apply the fundamentals as if you were firing a live round.

c. The coach will observe the firer, detecting any errors in the application of the fundamentals. Excessive movement in holding on the aiming area (center of blank target) indicates need for more attention to attaining a minimum arc of movement (Fundamentals I).

d. The Assistant Instructors will assist the firers having the most difficulty.

e. After five minutes firers will exchange position with the coach and the process repeated.

*B. TASK: Dry fire ten three (3) round shot groups on dry fire target.

CONDITIONS: Given a .45 caliber pistol, pencil and dry fire target.

TRAINING STANDARDS: Firers must be able to achieve a group of 3/32 of an inch or less.

NOTE: Use a #2 lead pencil with a good eraser and 3/4" or 1" scotch or masking tape. Wrap it so as to build up the diameter to just under .45 caliber so that the pencil can slide down the bore. It should move easily but snug enough to remain in place when the pistol is moved carefully. It is recommended that the target paper be of card stock. Draw ten circles 1/16" round on the paper (see Incl 1). Targets can be made locally.

1. Transition: In order to have a gage in which to measure your proficiency before any live firing takes place and for the firer to be able to see the errors, analyze them and make a positive correction you dry fire as follows:

NOTE: Use demonstrator to demonstrate exercise.

2. Practical Exercise:

a. Firers will be divided into two groups using the coach and pupil method.

b. The firer will insert the pencil through the muzzle of the pistol until the eraser rests against the firing pin part, the firer stands in front of his target, extends his arm and assumes the standing position. The coach will assist the firer in positioning the tip of the pencil approximately one inch from the target before firing begins. NOTE: Once the firer commences firing he must not move or alter his position while firing the three round group, as the distance varies from the tip of the pencil to the target so will the group size.

c. Once the firer is aligned with the sights on the 1/16" circles or dots on the dry fire target, the firer applies all of the fundamentals as if he were actually firing on the range. The firer then attempts to make the hammer fall without disturbing the sight alignment. (NOTE: When the firing pin strikes the eraser of the pencil and sends the pencil down the bore until the point strikes the paper. After three dry fire shots a group will have formed.)

d. The firer will start his firing with the bottom left target and go from left to right on the bottom row, firing a three round group at each target. After completion of the first five targets he will change positions with the coach and the process will be repeated until all the targets have been fired on.

NOTE: It is recommended that you start from the bottom and work up to the top, as firers starting from the top have a tendency to look at the target to see how well they are doing and become distracted.

e. The Assistant Instructors will assist those firers experiencing the most difficulty.

f. Firers will change places with the coaches after every five targets.

NOTE: It is recommended that after five three round shot groups the firer and coach exchange places to keep fatigue from being a factor.

g. Any firer not meeting the standards and achieving a group of 3/32" or less will not proceed to the next period but will remain for remedial training.

*Doctrine has been added to, changed or otherwise varies from FM 23-35 and FORSCOM/TRADOC Suppl 1 to AR 350-6. Recommended by USAMU, Fort Benning, GA.

VI. CONCLUSION:

A. Retain Attention: The difference between a hit or a miss could depend on how well you perform the fundamentals.

B. Application: When you are firing you must coordinate the basic fundamentals to hit the center of the target.

C. Summary: Aids that will accelerate your attainment of a good performance are:

1. Dry firing on a blank target or wall.

2. Dry firing ten three (3) round shot groups with the pencil exercise.

D. Closing Statement: One of the greatest aids in developing complete control of the shooting process is thru dry firing.

TRAINING AIDS

Incl 1 Dry Fire Target

EQUIPMENT AND OTHER REQUIREMENTS

1. Podium.
2. One dry fire target per individual.
3. One dry fire pencil per coach and pupil.
4. One AI per 6-8 firers.
5. Dry fire area or range.

INCL 1

Last Name, FI MI	RN	UNIT	DATE	TIME

DRY FIRE EXERCISE SCORECARD

Group 6 _____	Group 7 _____	Group 8 _____	Group 9 _____	Group 10 _____
Group 1 _____	Group 2 _____	Group 3 _____	Group 4 _____	Group 5 _____

FB (DTD) Form 36
1 Sep 78

UNITED STATES ARMY MARKSMANSHIP UNIT
SERVICE PISTOL BRANCH
FORT BENNING, GEORGIA 31905

LESSON OUTLINE

SPUMT 354
1 Hour
Oct 78

BALL AND DUMMY EXERCISE

I. GOAL: To detect and correct the firers errors in the application of the fundamentals.

II. LEARNING OBJECTIVES: As a result of this instruction the firer must accomplish the following learning objectives:

A. TASK: Firers will fire 15 live rounds interspersed with dummy rounds.

CONDITIONS: Given a .45 caliber pistol with two magazines, 15 rounds of live ammunition, three dummy rounds and a coach to observe the firer.

TRAINING STANDARDS: Firers will fire three five live round strings, fired in five minutes per string and mixed with dummy ammunition with coach observing the firing in order to readily detect any errors in the application of the fundamentals. Firer will make positive corrections by dry firing.

B. TASK: Adjust aiming area for zero.

CONDITIONS: Conducted concurrently with TASK A.

TRAINING STANDARDS: The firer must analyze the five round group of shots, determine the center of the true group, and adjust this aiming area so as to center succeeding groups on the ten ring.

III. ADVANCE ASSIGNMENT: Students should have had instruction in orientation and safety, fundamentals, and dry firing exercises.

IV. INTRODUCTION:

A. Gain Attention: In many instances, when firing live ammunition the firer can not observe his errors.

B. Orient Students:

1. Lesson Tie-In: During the previous periods you received instruction on the fundamentals. During this period you will practice those fundamentals and make positive corrections when errors in your performance are revealed to you.

2. Motivation: We call this ball and dummy because of the type ammunition used, not because you feel like a dummy when the hammer falls on a dummy round; although some of us might well feel so sometimes. You will be surprised at the mistakes this can reveal to you.

3. Scope: At the conclusion of this period, all of you will have had mistakes in your application of the fundamentals revealed to you and you will have been able to make positive corrections. You also will have obtained a good idea of where you must hold in order to shoot tens.

Doctrine has been reworded, added to, amplified or otherwise varies from FM 23-35 and FORSCOM/TRADOC Suppl 1 to AR 350-6. Recommended by USAMU, Fort Benning, GA.

V. BODY:

TASK: Firers will fire 15 live rounds interspersed with dummy rounds.

CONDITIONS: Given a .45 caliber pistol with two magazines, 15 rounds of live ammunition, three dummy rounds and a coach to observe firer.

TRAINING STANDARDS: Firers will fire three five live round strings, fired in five minutes per string mixed with dummy ammunition while the coach observes the firer in order to readily detect any errors in the application of the fundamentals. Firer will make positive corrections of errors by dry firing.

1. Transition: Ball and dummy is a good exercise that can be employed on the range to detect and correct errors.

2. Practical Exercise: The ball and dummy exercise will be conducted as follows:

a. The firers will be divided into two relays and assigned firing points.

(1) Both relays move to firing line. The ammunition detail passes out 15 rounds of live ammo per individual.

(2) The second relay will act as coaches for the first relay and vice versa.

(3) Assistant Trainers will assist those firers having the most difficulty. NOTE: It is recommended that the ratio be one Assistant Trainer to 6-8 firers.

b. The Assistant Trainer will issue the coaches three dummy rounds. CAUTION: AT's must keep a close track of dummy rounds at all times and insure that at the completion of firing that they all be accounted for and do not become mixed with live ammunition.

c. Coaches will load the magazines in the following manner:

(1) Have the firer step away from the firing line and turn around facing away from the firing line. Coach will then load the magazine with five rounds, mixed with two or more dummy rounds.

(2) Coach will then load the pistol with that magazine, move the safety lock to the on position, place the weapon on the bench and tap the firer on the shoulder.

(3) Firer will move to his point on the firing line and assume the standing position.

d. On command the firer will begin firing at his target while the coach observes. When the hammer falls on one of the dummy rounds the firer and the coach can both readily see the reaction of jerking or anticipating the recoil.

e. The coach will briefly discuss the problem with the firer as to positive correction for the next shot and the firer will dry fire a few times.

f. Coach will then have the firer step back and turn around, then he removes the dummy round and loads another round in the chamber, places the weapon on safe and benches it.

g. Firer will have five minutes to fire the five rounds. At the completion of the series the firer will become the coach and vice versa and the exercise is repeated. Both relays go down to analyze groups at the same time. Two more groups are fired by both relays in like manner.

B. TASK: Adjust aiming area for zero.

CONDITIONS: Conducted concurrently with TASK A.

TRAINING STANDARDS: The firer must analyze the five round group of shots, determine the center of the true group, and adjust his aiming area so as to center succeeding groups on the ten ring.

NOTE: Assistant Trainers should observe the shot groups if a firer begins to group in a certain area continuously the firer may have to hold off or use "Kentucky windage" to hit the center of the target. Since the .45 caliber pistol has a "fixed sight" and if the firer has to hold off too far for deflection, the unit armorer should be tasked to move the rear sight with a hammer and punch.

VI. CONCLUSION:

- A. Retain Attention: You have just completed your first live firing phase.
- B. Application: You have just proven to yourself thru the ball and dummy exercise that in order to hit the center of the target continuously during the remaining periods you must employ the fundamentals.
- C. Summary: In the future use the ball and dummy exercise as a test to see how well you are still employing the fundamentals.
- D. Closing Statement: It does not matter what your experience level with the pistol is, you may always test your ability to apply the fundamentals by dry firing or ball and dummy exercise.

TRAINING AIDS

NONE

EQUIPMENT AND OTHER REQUIREMENTS

1. .45 caliber pistol with two magazines per firer.
2. 15 rounds of ammunition per firer.
3. Three dummy rounds per two firers (Line Item No. G73290-5, DODAC A501, CTA 23-103, dtd Jan 1970. CTG Dummy Cal .45 M-1921 NSN 1305-00-028-6641).
4. 25 yard pistol range with targets (as outlined in Para 2, Incl 1, Appendix E, FORSCOM/TRADOC Suppl 1 to AR 350-6)

UNITED STATES ARMY MARKSMANSHIP UNIT
SERVICE PISTOL BRANCH
FORT BENNING, GEORGIA 31905

LESSON OUTLINE

SPUMT 355
90 Minutes
Oct 78

*COMBAT PISTOL COURSE POSITION PRACTICAL EXERCISE

I. GOAL: Insure that the firer can correctly assume and accurately fire from the Combat Pistol Course positions.

II. LEARNING OBJECTIVES: As a result of this instruction the firer must accomplish the following learning objectives:

TASK: Assume and fire from the positions required by the Combat Pistol Course.

CONDITIONS: Given a .45 caliber pistol with two magazines, 25 rounds of ammunition and a 25 yard pistol range with targets.

TRAINING STANDARDS: Firers must be able to correctly assume the firing positions of the Combat Pistol Course and fire accurately in the prescribed time limits for each position.

III. ADVANCE ASSIGNMENTS: None.

IV. INTRODUCTION:

A. Gain Attention: In some instances pool shooting is similar to pistol shooting. The pool shooter who continuously obtains the best position generally wins. Good position is also necessary when firing the pistol.

B. Orient Students:

1. Lesson Tie-In: During your previous periods you received instruction in the basic fundamentals, during this period we will employ those fundamentals as you fire from the positions required by the Combat Pistol Course.

2. Motivation: If your firing position is improper it will hinder you from achieving the optimum result, "Hitting the center of the target."

3. Scope: As a result of this instruction the firer must be able to assume the proper firing position and place accurate fire on the target.

V. BODY:

TASK: Assume and fire from the positions required by the Combat Pistol Course.

CONDITIONS: Given a .45 caliber pistol with two magazines, 25 rounds of ammunition and 25 yard pistol range with targets.

TRAINING STANDARDS: Firers must be able to correctly assume the firing positions of the Combat Pistol Course and fire accurately in the prescribed time limits for each position.

1. Transition: Assuming the right position at the right time is very important when firing the pistol.

*Doctrine has been reworded, added to, amplified or otherwise varies from FM 23-35.
Recommended by USAMU, Ft Benning, GA.

2. Practical Exercise: During this period you will fire five (5) rounds from all of the positions of the Combat Pistol Course as follows:

a. Firers will be assigned firing points and move to the ammunition point, draw 25 rounds of ammunition, and move to the firing line.

(1) Upon moving to the firing line safety NCOs will check and insure all weapons are clear, slides locked to the rear, and weapons are placed on the bench.

(2) Firers will be divided into two groups with the even number targets firing first and the odd number targets acting as coaches and vice versa.

b. Assistant Trainers will assist those firers having the most difficulty assuming the positions properly.

c. Conduct of Firing Exercise:

(1) Each position will be demonstrated prior to firing as prescribed by Incl 1, Appendix E, Para 4a, b, c, d, FORSCOM/TRADOC Suppl 1 to AR 350-6.

(2) Firers will fire five (5) rounds from each of the following positions in the prescribed time limits as outlined by Incl 1, Para 3a, FORSCOM/TRADOC Suppl 1 to AR 350-6.

(a) Table 1 - Combat Position Firing:

Prone

Kneeling

Crouch

(b) Table 2 - Duel:

Standing

(c) Table 3 - Military Rapid Fire:

Standing (use 15 second exercise)

VI. CONCLUSION:

A. Retain Attention: It is essential that you master all of the five positions in order to attain a stable foundation for employing the pistol fundamentals.

B. Application: You must be able to quickly assume and fire from all of the Combat Pistol positions in order that you can complete the firing in the prescribed time limits.

C. Summary: When you fire the Combat Pistol Course for record fire you will have fired from the:

1. Prone.
2. Kneeling.
3. Crouch.
4. Standing Duel.
5. Standing Rapid Fire.

D. Closing Statement: Proper firing positions in conjunction with the coordinated application of sight alignment and trigger control will allow you to shoot the tens you need to compile a qualifying score.

TRAINING AIDS

NONE

EQUIPMENT AND OTHER REQUIREMENTS

1. .45 caliber pistol with two magazines per firer.
2. 25 rounds of ammunition per firer.
3. One assistant trainer per 6-8 firers.
4. 25 yard pistol range and targets as outlined by Incl 1, Appendix E, Para 2a, b, FORSCOM/TRADOC Suppl 1 to AR 350-6.

UNITED STATES ARMY MARKSMANSHIP UNIT
SERVICE PISTOL BRANCH
FORT BENNING, GEORGIA 31905

LESSON OUTLINE

SPUMT 356
90 Minutes
Oct 78

*COMBAT PISTOL PRACTICE/FAMILIARIZATION

I. GOAL: To give the firers practical experience in engaging targets at close range with quick accurate fire, and correctly applying the Basic Fundamentals of pistol marksmanship.

II. LEARNING OBJECTIVES: As a result of this instruction the student must accomplish the following learning objectives:

A. TASK: Students will fire the Combat Pistol Qualification Course for practice or familiarization.

CONDITIONS: Given a .45 caliber pistol, two magazines, 45 rounds of ammunition, score card and 25 meter pistol range with targets.

TRAINING STANDARDS: Firers must obtain not less than 30 hits out of a possible 45. Those firers who fail to attain the required hits will attend remedial training.

III. ADVANCE ASSIGNMENT: Students should have already received orientation, fundamentals, dry firing exercise, ball and dummy exercise and practice positions exercise.

IV. INTRODUCTION:

A. Gain Attention: During this period you will fire the combat pistol qualification course for practice.

B. Orient Students:

1. Lesson Tie-In: During the previous periods you have received preparatory marksmanship instruction (fundamentals, dry firing), ball and dummy exercises, and practice firing from the various firing positions. During this period you will be required to use that knowledge while firing the Practice Combat Pistol Course.

2. Motivation: This firing period will be your last practice exercise prior to firing record fire. The more knowledge, skill and expertise that you can gain before hand, the better off you will be during record fire.

3. Scope: As a result of this instruction you will be considered familiarized with the .45 caliber pistol. For those required to qualify, make good use of the training.

V. BODY:

TASK: Students will fire the Combat Pistol Qualification Course for practice or familiarization.

CONDITIONS: Given an M1911A1 .45 caliber pistol with two magazines, 45 rounds of ammunition, score card and 25 yard pistol range with targets.

TRAINING STANDARDS: Firers must attain a minimum of 30 hits on the target. Those firers who fail to achieve the minimum standard will attend remedial training. NOTE: It is recommended that this remedial training start with the dry fire exercises so that the instructor can readily detect and correct errors. It is also recommended that the most experienced and knowledgeable instructor be utilized in conducting the training.

1. Transition: This will be a practice firing exercise intended to give you your final training before you fire for record qualification.

2. Practical Exercise: The conduct of this practice combat pistol course will be conducted as prescribed by Incl 3, Appendix E, FORSCOM/TRADOC Suppl 1 to AR 350-6.

a. The firers will be divided into two relays and assigned firing points.

(1) The first relay will move on to the firing line. The ammunition detail will distribute 45 rounds of ammunition per firer.

(2) The second relay will act as scorers/coaches for the first relay and recharge the magazines after each table. During firing the scorer/coaches will observe the firer as they fire and assist the firer between tables of fire.

(3) Assistant Trainers will assist the firers on the firing line concentrating their efforts on those firers who are not performing up to standards. NOTE: A good ratio of firer to AT would be 6-8 to one. The Safety NCOs will assist where needed.

(4) When relay one reports to the firing line their weapons will be checked and cleared by the Safety NCOs, from that point forward, unless actually firing, the slide will remain locked to the rearward position. The weapons of relay two will remain holstered while relay one fires and they will be cleared prior to firing.

(5) As each relay completes firing they will be checked by the Safety NCCs to insure that the weapons are cleared and to collect any remaining ammunition. Once the weapon has been cleared the slide and hammer will be in the forward position and the weapon holstered.

b. Match Conditions: As prescribed in Incl 1, Appendix E, FORSCOM/TRADOC Suppl 1 to AR 350-6.

c. Course of Fire: Will be conducted as prescribed by Incl 3, Appendix E, and Para 3, Incl 1, Appendix E, FORSCOM/TRADOC Suppl 1 to AR 350-6. Course consists of three 15 round tables:

(1) Combat Position Firing

(2) Duel.

(3) Military Rapid Fire.

d. Positions: As prescribed by Para 4, Incl 1, Appendix E, FORSCOM/TRADOC Suppl 1 to AR 350-6.

(1) Prone.

(2) Kneeling.

(3) Crouch.

(4) Standing.

(5) Ready Position.

e. Firing Line Commands: As prescribed by Para 5, Incl 1, Appendix E, FORSCOM/TRADOC Suppl 1 to AR 350-6.

f. Refires: As allowed by Para 6, Incl 1, Appendix E, FORSCOM/TRADOC Suppl 1 to AR 350-6.

g. Scoring: Will be conducted as prescribed by Para 7, Incl 1, Appendix E, FORSCOM/TRADOC Suppl 1 to AR 350-6.

h. Penalties: As prescribed by Para 8, Incl 1 Appendix E, FORSCOM/TRADOC Suppl 1 to AR 350-6.

VI. CONCLUSION:

A. Retain Attention: You have just completed your last practice phase of firing the next time you fire will be for record.

B. Application: It is important that the skill and knowledge gained during this period be carried over into the record firing phase.

C. Summary: You have just completed the Combat Pistol Qualification Course. It provided training in:

1. Combat positions designed to take advantage of three different types of cover.
2. Duel fire designed to train you in engaging rapidly disappearing targets.
3. Military Rapid Fire designed to train you in engaging targets with sustained fire during decreasing time limits.

D. Closing Statement: In order for you to qualify, it is necessary that you employ the basic fundamentals of pistol marksmanship. By now you should have a pretty good idea of how to do that.

TRAINING AIDS

NONE

EQUIPMENT AND OTHER REQUIREMENTS

1. .45 caliber pistol with two magazines per firer.
2. 45 rounds of ammunition per firer (add 10% to the total amount of ammo figured for remedial training).
3. 25 yard pistol range, with target, silhouette, paper, standing (FSN 6920-713-5385) mounted on "E" type silhouette targets as backing.
4. One score card per firer (as shown by Incl 3, Appendix E, FORSCOM/TRADOC Suppl 1 to AR 350-6).

UNITED STATES ARMY MARKSMANSHIP UNIT
SERVICE PISTOL BRANCH
FORT BENNING, GEORGIA 31905

LESSON OUTLINE

SPUMT 357
4 Hours
Oct 78

COMBAT PISTOL QUALIFICATION COURSE

I. GOAL: To test the soldiers proficiency with the .45 caliber pistol M1911A1.

II. LEARNING OBJECTIVES: As a result of this instruction the firer must accomplish the following objectives:

TASK: Students will fire for record over the Combat Pistol Qualification Course.

CONDITIONS: Given a .45 caliber pistol with two magazines, 45 rounds of ammunition, score card and a 25 yard pistol range with targets.

TRAINING STANDARDS: Firers must attain a minimum of 30 hits on the target to qualify as marksmen.

III. ADVANCE ASSIGNMENT: Firers should be able to apply the fundamentals of pistol marksmanship and be familiar with all phases of the course of fire.

IV. INTRODUCTION:

A. Gain Attention: The Combat Pistol Qualification Course is designed to produce combat proficient marksmen.

B. Orient Students:

1. Lesson Tie-In: Instruction in the fundamentals of pistol marksmanship coupled with good training techniques and sufficient training time to perfect and employ those techniques will produce a soldier who is qualified and combat proficient with the .45 caliber pistol.

2. Motivation: This will be one of the most important tests that you will take as a soldier. To remain combat effective with your individual weapon regardless of qualification score makes you an invaluable asset to your unit.

3. Scope: During the Combat Pistol Qualification Course you will be required to fire three tables of fire with table 1 consisting of position firing, table 2 duel, and table 3 military rapid fire.

V. BODY:

TASK: Students will fire for record over the Combat Pistol Qualification Course.

CONDITIONS: Given a .45 caliber pistol with two magazines, 45 rounds of ammunition, score card, and 25 yard pistol range with targets.

TRAINING STANDARDS: Firers must attain a minimum of 30 hits on the target. Those firers who fail to qualify will attend remedial training.

NOTE: It is recommended that this remedial training start with the dry fire exercises so that instructors can readily detect and correct errors. It is also recommended that the most experienced and knowledgeable instructor be utilized in conducting this training.

1. Transition: You have now completed your preparatory marksmanship training phase you will now fire the Combat Pistol Qualification Course for record. (As prescribed in Incl 3, Appendix E, FORSCOM/TRADOC Suppl 1 to AR 350-6)

2. Practical Exercise: The conduct of the Combat Pistol Qualification Course will be as follows:

a. The firers will be divided into two relays and assigned firing points.

(1) The first relay will move to the firing line. The ammunition detail will distribute 45 rounds of ammunition per individual.

(2) The second relay will act as scorers for the first relay and recharge the magazines after each table.

(3) If there are any remaining relays they will conduct concurrent training or remedial training.

(4) When relay one reports to the firing line their weapons will be checked and cleared by the safety NCOs, from that point forward unless the weapon is actually being fired, the slide will remain locked in the rearward position. Weapons of relay two will remain holstered while relay one fires and they will be cleared prior to firing.

(5) As each relay completes its firing they will be checked by the safety NCOs to insure that the weapons are clear and to collect any remaining ammunition. Once the weapons have been cleared the slide and hammer will be in the forwarded position and the weapon holstered.

b. Match Conditions: As prescribed in Incl 1, Appendix E, FORSCOM/TRADOC Suppl 1 to AR 350-6.

c. Course of Fire: Will be conducted as prescribed by Incl 3, Appendix E, and Para 3, Incl 1, Appendix E, FORSCOM/TRADOC Suppl 1 to AR 350-6. The course consists of three 15 round tables:

(1) Combat Position Firing.

(2) Duel.

(3) Military Rapid Fire.

d. Positions: As prescribed by Para 4, Incl 1, Appendix E, FORSCOM/TRADOC Suppl 1 to AR 350-6.

(1) Prone.

(2) Kneeling.

(3) Crouch.

(4) Standing.

(5) Ready Position.

e. Firing Line Commands: As prescribed by Para 5, Incl 1, Appendix E, FORSCOM/TRADOC Suppl 1 to AR 350-6.

f. Refires: As allowed by Para 6, Incl 1, Appendix E, FORSCOM/TRADOC Suppl 1 to AR 350-6.

g. Scoring will be conducted as prescribed by Para 7, Incl 1, Appendix E, FORSCOM/TRADOC Suppl 1 to AR 350-6.

h. Penalties: As prescribed by Para 8, Incl 1, Appendix E, FORSCOM/TRADOC Suppl 1 to AR 350-6.

VI. CONCLUSION:

- A. Retain Attention: You have just completed the Combat Pistol Qualification Course.
- B. Application: It is extremely important that you retain the expertise and skill gained during this course of instruction so that you can remain combat effective with the pistol.
- C. Summary: This course provided training in:
1. Combat positions designed to take advantage of three different types of cover.
 2. Duel Fire designed to engage a rapidly disappearing target.
 3. Military Rapid Fire designed to engage a target with sustained fire in diminishing time limits.
- D. Closing Statement: The Pistol Qualification Course is a test of your ability to engage targets and to make you a more effective combat ready soldier.

TRAINING AIDS

NONE

EQUIPMENT AND OTHER REQUIREMENTS

1. Podium.
2. .45 caliber pistol w/two magazines per firer.
3. 45 rounds of ammo per firer (add 15% to the total amount of ammo for remedial firing).
4. 25 yard pistol range with targets, silhouette paper FSN 6920-713-5385.
5. One score card per firer (as shown by Incl 3, Appendix E, FORSCOM/TRADOC Suppl 1 to AR 350-6).

NOTE: Unit armorer should check all weapons for serviceability prior to range firing.

COMBAT PISTOL QUALIFICATION COURSE SCORECARD (FORSCOM/TRADOC Suppl 1 to AR 350-6)									
DATE		UNIT							
NAME (Last, First, MI)							SSN		
Table I	1	2	3	4	5	Score	Hits		
Prone 1 magazine 5 rd Time 1 min									
Kneeling 1 magazine 5 rd Time 20 seconds								Table Score	Hits
Crouch 1 magazine 5 rd Time 20 seconds									
Table II	1	2	3	4	5	Score	Hits		
Duel I 1 magazine 5 rd Time 5x5 seconds									
Duel II 1 magazine 5 rd Time 5x5 seconds								Table Score	Hits
Duel III 1 magazine 5 rd Time 5x5 seconds									
Table III	1	2	3	4	5	Score	Hits		
Rapid Fire I 1 magazine 5 rd Time 20 seconds									
Rapid Fire II 1 magazine 5 rd Time 15 seconds								Table Score	Hits
Rapid Fire III 1 magazine 5 rd Time 10 seconds									
COURSE TOTAL									
SCORER'S SIGNATURE							QUALIFICATION Marksman - 30 Hits Sharpshooter - Score of 300 Expert - Score of 350		
OFFICER'S SIGNATURE									
NOTES: 1. Qualification course of fire 50% of Tables I-II-III of the Combat Pistol Course in Incl 3, App E, FORSCOM/TRADOC Suppl 1 to AR 350-6. 2. When used for familiarization, only 50% of Tables II and III FORSCOM/TRADOC Suppl 1 to AR 350-6 will be fired.									

FORSCOM/TRADOC FORM 189-R EDITION OF 1 MAR 77 5X8
 1 NOV 77 WILL BE USED UNTIL EXHAUSTED

CHAPTER VIII TYPE BATTALION TRAINING SCHEDULE* (SAMPLE)
(CAL .45 PISTOL QUALIFICATION)

UNIT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Co A	Orientation 0800-0900 Fundamentals 0900-1100 Dry Fire Exer 1100-1200 Ball & Dummy Ex 1300-1400 Position Exer 1400-1530 CPQC Pract 1530-1700 (Conc Tng 1300-1700)	CPQC 0800-1200 (Conc Tng 0800-1200)		
Co B		Orientation 0800-0900 Fundamentals 0900-1100 Dry Fire Exer 1100-1200 Ball & Dummy Ex 1300-1400 Position Exer 1400-1530 CPQC Pract 1530-1700 (Conc Tng 1300-1700)	CPQC 0800-1200 (Conc Tng 0800-1200) (Make Up Firing) 0800-1200 (Co A)	
Co C			Orientation 0800-0900 Fundamentals 0900-1100 Dry Fire Exer 1100-1200 Ball & Dummy Ex 1300-1400 Position Exer 1400-1530 CPQC Pract 1530-1700 (Conc Tng 1300-1700)	CPQC 0800-1200 (Conc Tng 0800-1200) (Make Up Firing) 0800-1200 (All Companies)
HQ & HQ Co	1/3 of Personnel to Each Line Company Mon, Tue, Wed, Thur			

*Final schedule will necessarily be influenced by command decisions, range availability, training conditions, hours of daylight, weather, range proximity, etc. This example is intended only as a guide.

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