COMMON TRAINING

PROFICIENCY LEVEL THREE

INSTRUCTIONAL GUIDE

SECTION 4

EO C306.03 – ADOPT THE STANDING POSITION WITH THE CADET AIR RIFLE

Total Time: 60 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-803/PG-001, Chapter 4. Specific uses for said resources are identified throughout the instructional guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

An interactive lecture was chosen for TP 1 to give an overview of the objectives of the standing position.

Demonstration was chosen for TPs 2 to 4 as it allows the instructor to explain and demonstrate aspects of the standing position.

A practical activity was chosen for TP 5 as it is an interactive way to allow the cadet to experience the standing position in a safe and controlled environment. This activity contributes to the development of marksmanship skills and knowledge in a fun and challenging setting.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall be expected to adopt the standing position with the cadet air rifle.

IMPORTANCE

It is important for cadets to adopt the standing position with the cadet air rifle as this position is used in both biathlon and civilian air rifle competitions. As the standing position is the only position for the international air rifle competitions, it is seen as a progression for cadet recreational marksmanship.

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Teaching point 1 **Explain the Objectives of the Standing Position**

Time: 5 min Method: Interactive Lecture



Explain to the cadets that the standing position is more technical, physically demanding and harder to master then the prone position. The information presented in this TP is required to understand the demonstrations prior to practicing the standing position.

The first principle of marksmanship is to find a comfortable firing position. The standing position is the easiest and quickest position to assume and does not require any artificial support, like the use of the sling in the prone position. It is the most difficult position in which to remain steady as it has the smallest area of support and it has a high centre of gravity. Cadets must accept that when firing in the standing position, they may never achieve complete immobility.

OBTAINING A GOOD POSITION

Obtaining a good position is the most important principle of marksmanship; this is especially true when firing in the standing position. A good position helps to maintain balance, comfort and stability during firing. Cadets should wear comfortable flat sole shoes or boots to add stability to the position and stand on the firmest surface possible. Although an excellent position will not guarantee an excellent performance, a poor position can almost assure a substantially negative effect on one's score.

The objective of a good position is to obtain a stable, balanced, uniform platform in the most efficient way possible, allowing holding and aiming to be achieved with as little movement and muscular tension as possible.

The standing position should be:

- natural,
- without strain,
- comfortable,
- stable,
- balanced in such a way that body weight is equally distributed between both feet, and
- consistent throughout the relay.

USING A RIFLE REST

An excellent way for a cadet to learn the standing position is to practice with the use of a rifle rest. Since the movements of the cadet air rifle are amplified from the lack of support points with the standing position, a rifle rest is very helpful. A rest allows the cadet air rifle to remain steady while allowing the cadet to understand and perfect the marksmanship skills being practiced. Once these skills are learned, the rifle rest should be removed. Some examples of rifle rests for the standing position are a tripod stand, a stool on top of a table or simply a flat surface on the end of a broom stick.

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MAINTAINING A CENTRE OF GRAVITY



The instructions given are based on a right-handed marksman. For a left-handed marksman, substitute the left for right and right for left throughout the points.

The centre of gravity is the point where the weight of the rifle and the cadet's body weight are evenly distributed between the feet. In order to compensate for the weight of the rifle, the cadet's back is bent rearward and rotated to the left in order to gain bone support and stability.

If the cadet stands straight, the weight of the cadet air rifle will pull their body to the front. Muscle strain will be felt in the back as the cadet attempts to keep their body from falling forward. By bending backward and rotating the back to the left, a shift in body weight will occur slightly towards the right foot. At a certain point, the weight of the body on the right foot will equal the weight on the left foot. The body-rifle combination then reaches a state of balance, with the centre of gravity located between the cadet's two feet.

CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. What is the first principle of marksmanship?

Q2. What is an excellent way for a cadet to learn the standing position?

Q3. What is the centre of gravity in relation to the standing position?

ANTICIPATED ANSWERS

A1. Obtaining a good position.

A2. With the use of a rifle rest.

A3. The centre of gravity is the point where the weight of the rifle and the cadet's body weight are evenly distributed between the feet.

Teaching point 2 **Explain and Demonstrate Adopting the Standing Position**

Time: 5 min Method: Demonstration



For this TP, it is recommended that instruction take the following format:

(1) Explain and demonstrate the complete skill while cadets observe.

(2) Explain and demonstrate each step required to complete the skill.

Note: Assistant instructors may be employed to demonstrate the skill as it is explained.



No two bodies are exactly the same, not even twins; therefore, no two bodies will look alike in any shooting position. Building the best position for your performance, means your standing position will differ from the person standing beside you.

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ADOPTING THE STANDING POSITION

The following guidelines should be adhered to when adopting the standing position:

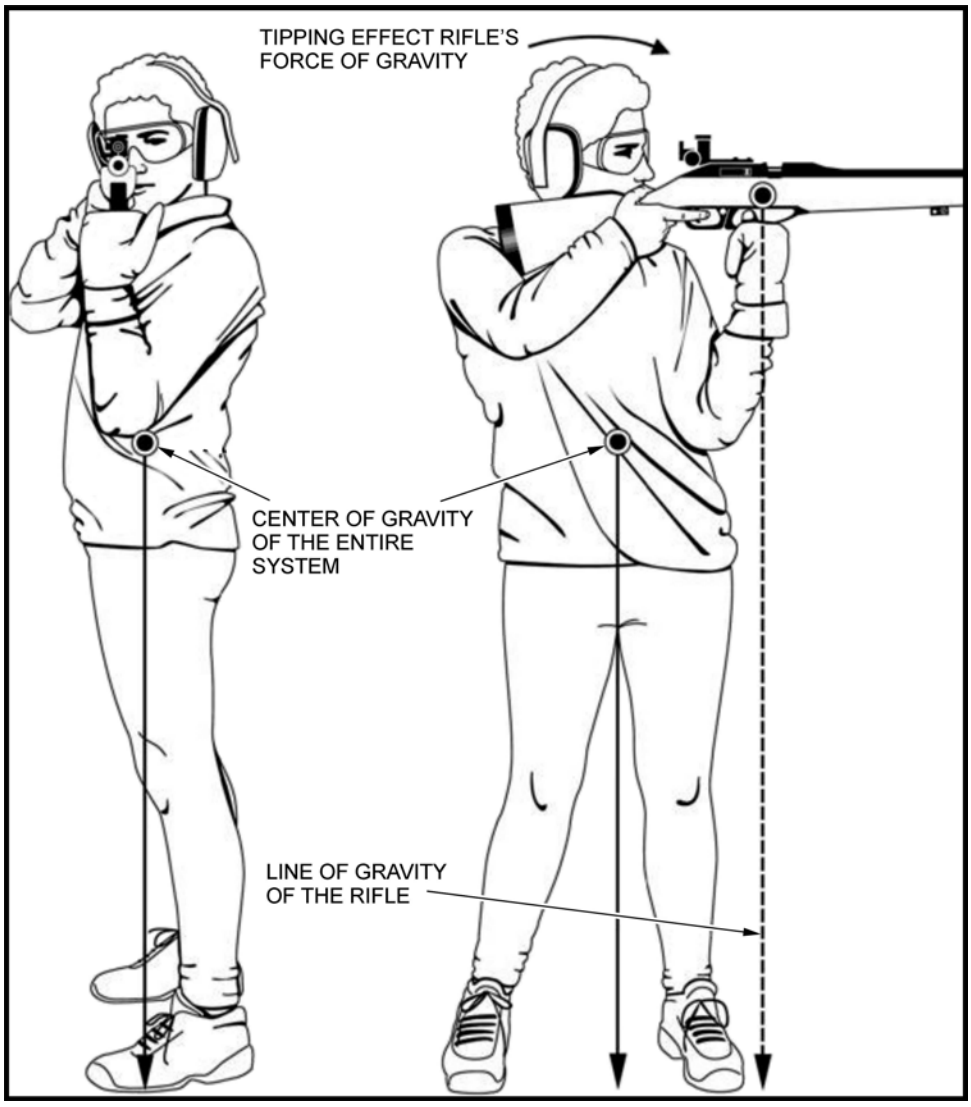
1. the body should face to the right, approximately 90 degrees to the target;
2. the feet should be:
    a. positioned shoulder width apart,
    b. pointed straight ahead in relation to the body, or
    c. turned slightly outward for comfort;



The weight of the body and the rifle should be equally distributed between both feet.

3. the legs should be straight with knees unlocked, as locked knees affect circulation, causing increased discomfort and unsteadiness;
4. the hips should be 90 degrees to the target and should not thrust forward;

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Figure 1 Standing Position

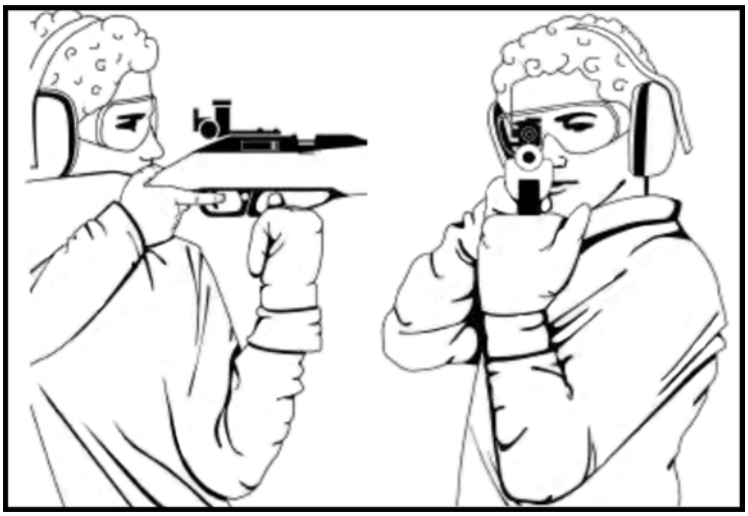
5. the back should be bent rearward to gain bone support and stability;

6. the left arm, without muscles used for support, should rest against the ribcage with the elbow almost directly under the rifle, resting against the ribcage or hipbone;

7. the left hand is used to support the rifle and should be positioned on the pump handle, using one of the following methods:

   a. forming a clenched fist;

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Figure 2 Clenched Fist

b. forming a V shape with the thumb and fingers; or



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Figure 3 V Shape With the Thumb and Fingers

c. using the heel of the hand with relaxed fingers;

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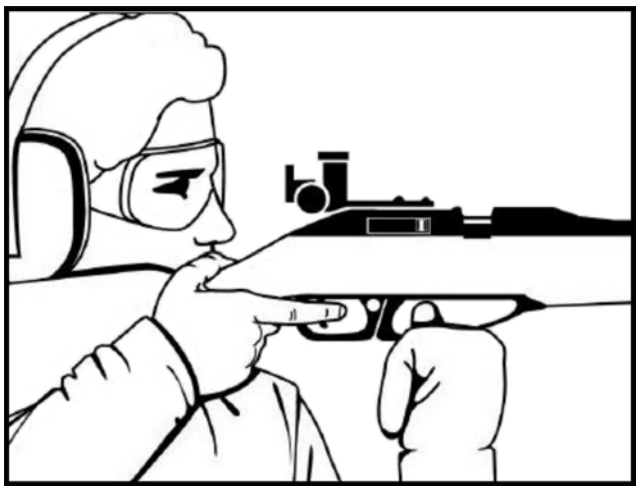


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Figure 4 Heel of the Hand

8. the right arm should drop naturally to the side with the right hand placed comfortably, but firmly on the small of the butt;

9. the head should remain in an upright and natural position to allow the eyes to look forward through the sights; and



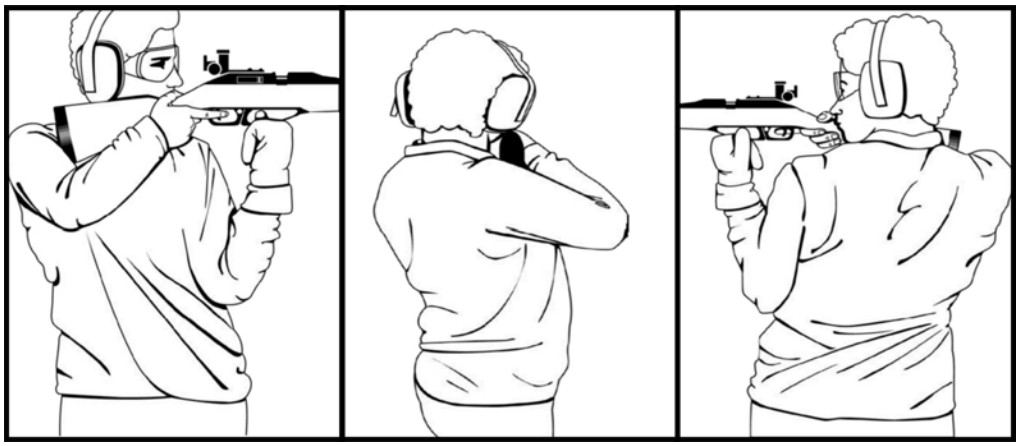
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Figure 5 Head and Eyes

10. the butt should rest slightly high on the shoulder, allowing the cadet air rifle to rest naturally across the chest with the cheek resting on the stock and the sights at eye level.

The standing position allows for a more natural and relaxed position that is more comfortable than prone, as it places less pressure and weight on the spine.

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Figure 6 Back and Hip Position

CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. Why is the back bent rearward?

Q2. Why should the head remain in an upright and natural position?

Q3. Where should the butt of the cadet air rifle rest?

ANTICIPATED ANSWERS

A1. The back is bent rearward to gain bone support and stability.

A2. The head should remain in an upright and natural position to allow the eyes to look forward through the sights.

A3. The butt resting slightly high on the shoulder, allowing the cadet air rifle to rest naturally across the chest with the cheek resting on the stock and the sights at eye level.

Teaching point 3 **Explain and Demonstrate Adjusting the Aim**

Time: 5 min Method: Demonstration

When firing in the standing position, the larger of the two front apertures should be selected to provide the best sight picture. The aperture size should appear 1-1/2 times bigger than the aiming mark to allow the cadet to see the aiming mark that will be shifting around more than in the prone position.

When aiming the cadet air rifle in the standing position, the aiming process is the same as it is for the prone position. It is achieved by adopting a comfortable position, ensuring body alignment with the target, sight alignment and obtaining a sight picture. The only thing that varies from the prone position is that the front aperture should be larger and eye relief may be longer, but still between 5–15 cm (2–6 inches).

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For this TP, it is recommended that instruction take the following format:

(1) Explain and demonstrate the complete skill while cadets observe.

(2) Explain and demonstrate each step required to complete the skill.

Note: Assistant instructors may be employed to demonstrate the skill as it is explained.

HIGHER

To adjust the aim higher in the standing position, move the left hand rearward, closer to the trigger guard.

LOWER

To adjust the aim lower in the standing position, move the left hand forward, away from the trigger guard.



When smaller adjustments higher or lower are required, they can be achieved by adjusting when to hold a breath during the breathing cycle.

LEFT AND RIGHT

To adjust the aim to the left or right, adjustments are made by moving both feet in such a way as to keep them in the same position in relation to each other. The result should be as if the position was rotated in a disc, turned to the left or right as required.



When smaller adjustments left or right are required, they can be achieved by adjusting the position of the left hand and forearm. Adjusting the aim by this method may result in having to acquire a new firing position.

CONFIRMATION OF TEACHING POINT 3

QUESTIONS

Q1. How does aiming in the standing position vary from the prone position?

Q2. How is aiming adjusted higher or lower in the standing position?

Q3. How is aiming adjusted to the left or right in the standing position?

ANTICIPATED ANSWERS

A1. The front aperture should be larger and eye relief may be longer, but still between 5–15 cm (2–6 inches).

A2. By moving the left hand rearward or forward of the trigger guard.

A3. By moving both feet in such a way as to keep them in the same position in relation to each other, as if on a rotating disc.

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Teaching point 4 **Explain and Demonstrate Natural Alignment**

Time: 5 min Method: Demonstration



Natural alignment is the same procedure for the standing position as it is for the prone position.

Natural alignment describes the direction that the cadet air rifle is aimed when the marksman is in a comfortable standing position with the cadet air rifle at the ready. In a comfortable position, the cadet air rifle should not be forced to point at the target. Even with a comfortable standing position and sight alignment, forcing the cadet air rifle can cause muscle tension and will affect the accuracy of each shot.



For this TP, it is recommended that instruction take the following format:

(1) Explain and demonstrate the complete skill while cadets observe.

(2) Explain and demonstrate each step required to complete the skill.

Note: Assistant instructors may be employed to demonstrate the skill as it is explained.

Natural alignment is obtained by:

1. adopting the standing position;
2. acquiring a sight picture;
3. closing both eyes;
4. taking 3–4 normal breaths to relax the muscles;
5. after 10 seconds, opening the eyes to inspect the sight picture; and
6. adjusting body position to acquire a sight picture.



The purpose of closing the eyes and relaxing is to allow the muscles to return to a natural position. This allows the position to be adjusted and avoids having to force the cadet air rifle to aim at the target.

CONFIRMATION OF TEACHING POINT 4

QUESTIONS

Q1. Natural alignment has a marksman in what type of position?

Q2. How long are the eyes closed, and how many breaths are taken to obtain natural alignment?

Q3. What negative effect can forcing the cadet air rifle have?

ANTICIPATED ANSWERS

A1. In a comfortable standing position with the cadet air rifle at the ready.

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A2. The eyes are closed for 10 seconds and 3–4 natural breaths are taken.

A3. It can cause muscle tension and will affect the accuracy of each shot.

Teaching point 5 **Have the Cadets Adopt the Standing Position**

Time: 30 min Method: Practical Activity

ACTIVITY

OBJECTIVE

The objective of this activity is to have cadets adopt the standing position, position the cadet air rifle into the shoulder, obtain natural alignment and adjust their position as required.

RESOURCES

- Cadet air rifle (one per firing lane),
- Rifle rest (one per firing lane),
- Target frame (one per firing lane),
- Suitable target (one per firing lane),
- Raised target platform (one per firing lane),
- Safety glasses/goggles.

ACTIVITY LAYOUT

Construct an air rifle range IAW A-CR-CCP-177/PT-001, Part 1, Section 8.

ACTIVITY INSTRUCTIONS

1. Divide cadets into equal relays according to the number of firing lanes.
2. Have the relays take turns assuming the standing position using the cadet air rifle.
3. With assistance, allow the cadets to practice the standing position as taught.
4. Have cadets adjust their standing position, to include:
    a. the body should face 90 degrees to the target;
    b. the feet should be:
        (1) positioned shoulder width apart,
        (2) pointed straight ahead in relation to the body, or
        (3) turned slightly outward for comfort,
    c. the legs should be straight with knees unlocked;
    d. the hips should be 90 degrees to the target and not thrust forward;
    e. the back should be bent rearward;

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f. the left arm should rest against the ribcage with the elbow under the rifle, resting against the ribcage or hipbone;

g. the left hand supporting the rifle, should be positioned on the pump handle;

h. the right arm should drop naturally to the side with the right hand placed on the small of the butt;

i. the head should remain upright and in a natural position to allow the eyes to look through the sights; and

j. the butt should rest slightly high on the shoulder, allowing the cadet air rifle to rest naturally across the chest with the cheek resting on the stock and the sights at eye level.

5. Inspect each cadet for a comfortable position.

6. Repeat steps as required, within the allotted time.

SAFETY

Ensure that the cadet air rifles are pointed in a safe direction at all times. Cadets will treat air rifles as though they are loaded.

CONFIRMATION OF TEACHING POINT 5

The cadets' participation in the standing position activity will serve as the confirmation of this TP.

END OF LESSON CONFIRMATION

The cadets' participation in the activity in TP 5 will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

The standing position is the least stable position due to its high centre of gravity and small support area. It requires a great amount of concentration and practice. The standing position is seen as a progression for cadet recreational marksmanship and is the only position for the international air rifle competitions.

INSTRUCTOR NOTES/REMARKS

Cadets who have completed this lesson will participate in EO M306.01 (Participate in a Recreational Marksmanship Activity, Section 1) from the standing position.

REFERENCES

A0-027 A-CR-CCP-177/PT-001 Director Cadets 3. (2001). *Canadian Cadet Movement: Cadet Marksmanship Program Reference Manual*. Ottawa, ON: Department of National Defence.

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