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

1. **Performance.** Adopt The Standing Position With The Cadet Air Rifle.

2. **Conditions**

   a. Given:

      (1) Cadet air rifle,

      (2) Rifle rest,

      (3) Target frame,

      (4) Suitable target,

      (5) Raised target platform,

      (6) Safety glasses/goggles,

      (7) Supervision, and

      (8) Assistance as required.

   b. Denied: N/A.

   c. Environmental: Air rifle range constructed IAW A-CR-CCP-177/PT-001, Part 1, Section 8.

3. **Standard.** IAW A-CR-CCP-177/PT-001, the cadet shall:

   a. adopt the standing position with the cadet air rifle by:

      (1) standing 90 degrees to the target with feet shoulder width apart;

      (2) holding the cadet air rifle pointed down range with:

         (a) the butt plate high in the shoulder pocket,

         (b) the left hand under the rifle stock, and

         (c) the right hand on the small of the butt; and

   b. adjust position as required.

4. **Teaching Points**

| TP | Description | Method | Time | Ref |
|---|---|---|---|---|
| TP1 | Explain the objectives of the standing position, to include:<br>a. obtaining a good position;<br>b. using a rifle rest; and<br>c. maintaining a centre of gravity. | Interactive Lecture | 5 min | A0-027 (p. 1-6-1, p. 1-6-2) |
| TP2 | Explain and demonstrate adopting the standing position by positioning the following:<br>a. body,<br>b. feet,<br>c. legs, | Demonstration | 5 min | C2-146 (p. 171, pp. 192–197) |



Unofficial convenience copy of A-CR-CCP-803/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-803-PG-001/A-CR-CCP-803-PG-001.pdf.
Verify against the official publication.

| TP | Description | Method | Time | Ref |
|---|---|---|---|---|
| | d. hips,<br>e. back,<br>f. arms,<br>g. head, and<br>h. cadet air rifle. | | | |
| TP3 | Explain and demonstrate adjusting the aim, to include:<br>a. higher,<br>b. lower, and<br>c. left and right. | Demonstration | 5 min | A0-027 (p. 1-6-7)<br>C2-146 (p. 196) |
| TP4 | Explain and demonstrate natural alignment by:<br>a. adopting the standing position;<br>b. acquiring a sight picture;<br>c. closing both eyes;<br>d. taking 3 to 4 normal breaths to relax the muscles;<br>e. after 10 seconds, opening the eyes to inspect the sight picture; and<br>f. adjusting body position to acquire a sight picture. | Demonstration | 5 min | A0-027 (p. 1-6-7) |
| TP5 | Have the cadet adopt the standing position by positioning the following:<br>a. body,<br>b. feet,<br>c. legs,<br>d. hips,<br>e. back,<br>f. arms,<br>g. head, and<br>h. cadet air rifle. | Practical Activity | 30 min | C2-146 (pp. 192–197) |

5. **Time**

| | | |
|---|---|---|
| a. | Introduction/Conclusion: | 10 min |
| b. | Interactive Lecture: | 5 min |
| c. | Demonstration: | 15 min |
| d. | Practical Activity: | 30 min |
| e. | Total: | 60 min |



Unofficial convenience copy of A-CR-CCP-803/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-803-PG-001/A-CR-CCP-803-PG-001.pdf.
Verify against the official publication.

6. **Substantiation**

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

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

   c. 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.

7. **References**

   a. 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.

   b. C2-146 (ISBN 0-9655780-0-3) Pullum, B. & Hanenkrat, F. (1997). *The New Position Rifle Shooting: A Comprehensive Guide to Better Target Shooting*. Oak Harbor, OH: Target Sports Education Center.

8. **Training Aids**

   a. Presentation aids (eg, whiteboard/flip chart/OHP) appropriate for the classroom/training area,

   b. Cadet air rifle,

   c. Rifle rest,

   d. Target frame,

   e. Suitable target,

   f. Raised target platform,

   g. Safety glasses/goggles, and

   h. Six-foot table.

9. **Learning Aids**

   a. Cadet air rifle,

   b. Rifle rest,

   c. Target frame,

   d. Raised target platform, and

   e. Safety glasses/goggles.

10. **Test Details.** N/A.

11. **Remarks.** Cadets who have completed this lesson may participate in EO M306.01 (Participate in a Recreational Marksmanship Activity) and/or EO C106.01 (Participate in a Recreational Shoot Using the Cadet Air Rifle, A-CR-CCP-801/PG-001, Chapter 4, Section 6) from the standing position.



Unofficial convenience copy of A-CR-CCP-803/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-803-PG-001/A-CR-CCP-803-PG-001.pdf.
Verify against the official publication.

THIS PAGE INTENTIONALLY LEFT BLANK



Unofficial convenience copy of A-CR-CCP-803/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-803-PG-001/A-CR-CCP-803-PG-001.pdf.
Verify against the official publication.