## EO C206.01 – PRACTICE HOLDING TECHNIQUES

1. **Performance**: Practice Holding Techniques

2. **Conditions**:

   a. Given:

      (1) cadet air rifle;

      (2) cadet air rifle sling;

      (3) supervision; and

      (4) assistance as required.

   b. Denied: N/A.

   c. Environmental: Suitable classroom facility and/or an air rifle range constructed IAW A-CR-CCP-177/PT-001, Chapter 1, Section 8.

3. **Standard**: IAW A-CR-CCP-177/PT-001, the cadet shall practice holding techniques, to include:

   a. adopting the prone position; and

   b. holding the cadet air rifle, using the cadet air rifle sling for support.

4. **Teaching Points**:

| TP | Description | Method | Time | Refs |
|---|---|---|---|---|
| TP1 | Explain and demonstrate adopting the prone position, ensuring:<br>a. the bodyweight is equally distributed;<br>b. the position is consistent throughout the relay;<br>c. the body forms a 5–20 degree angle to the line of sight;<br>d. the body and spine are straight;<br>e. the left leg is parallel with the spine;<br>f. the right foot is straight out or turned to the right;<br>g. the left foot is straight behind on the toe or pointed to the right; and<br>h. the right knee is brought up so the thigh forms a 30–45 degree angle with the left leg. | Demonstration | 5 min | A0-027 (p. 2-7) |
| TP2 | Explain and demonstrate holding techniques using the cadet air rifle sling, to include:<br>a. assembling the sling;<br>b. positioning the sling on the arm;<br>c. adjusting the arm loop;<br>d. attaching the sling to the cadet air rifle;<br>e. adjusting the rifle loop. | Demonstration | 10 min | A0-027 (pp. 2-7 and 2-8) |



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Verify against the official publication.

| TP | Description | Method | Time | Refs |
|---|---|---|---|---|
| TP3 | Conduct a holding technique activity to include:<br>a. the prone position; and<br>b. the use of a sling. | Performance | 10 min | |

5. **Time**:

| | | |
|---|---|---|
| a. | Introduction / Conclusion: | 5 min |
| b. | Demonstration: | 15 min |
| c. | Performance: | 10 min |
| d. | Total: | 30 min |

6. **Substantiation**:

   a. Demonstration was chosen for TP1 and TP2 as it allows the instructor to explain and demonstrate the holding techniques that the cadet is expected to acquire.

   b. Performance was chosen for TP3 as it provides an opportunity for the cadets to practice holding techniques under supervision.

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

8. **Training Aids**:

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

   b. Cadet air rifle;

   c. Cadet air rifle sling; and

   d. Shooting mat (if available).

9. **Learning Aids**:

   a. Cadet air rifle;

   b. Cadet air rifle sling; and

   c. Shooting mat (if available).

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

11. **Remarks**:

   a. Instructions may be modified for left-handed cadets (eg, switching left hand/foot when instructions call for right hand/foot).

   b. This EO is intended to enhance and further develop techniques taught in EO M106.03 (Apply Basic Marksmanship Techniques).



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