EO C206.02 – PRACTICE AIMING TECHNIQUES

1. **Performance**: Practice Aiming Techniques

2. **Conditions**:

   a. Given:

      (1) cadet air rifle;

      (2) suitable target;

      (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**: In accordance with A-CR-CCP-177/PT-001, the cadet shall practice aiming techniques, to include:

   a. determining the proper eye usage;

   b. identifying aspects of aiming; and

   c. applying breathing techniques.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Explain, demonstrate and have cadets practice proper eye usage, to include: a. determining the master eye; b. firing with both eyes open; and c. avoiding fixed vision.	Demonstration and Performance	15 min	A0-027 (p. 2-10)
TP2	Identify and explain aspects of aiming, to include: a. the sight system of the cadet air rifle, to include: 1. the front sight; and 2. the rear sight, to include: (a) peep sight; (b) elevation; and (c) windage. b. natural head position; and c. eye relief. **Note:** Explain that elevation is the up and down movement, and windage is the left and right movement of the rear sights. Adjusting sights will not be covered at this time.	Interactive Lecture	25 min	A0-027 (p. 2-11)

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TP	Description	Method	Time	Refs
TP3	Explain, demonstrate and have cadets practice marksmanship-related breathing, to include: a. discussing the importance of controlled breathing in marksmanship; and b. achieving a controlled breathing sequence.	Demonstration and Performance	15 min	A0-027 (p. 2-12)

5. **Time**:

a.	Introduction / Conclusion:	5 min
b.	Demonstration and Performance:	30 min
c.	Interactive Lecture:	25 min
d.	Total:	60 min

6. **Substantiation**:

   a. Demonstration and performance was chosen for TP1 and TP3 as it allows the instructor to explain and demonstrate aiming techniques while providing an opportunity for the cadets to practice these skills under supervision.

   b. An interactive lecture was chosen for TP2 to introduce the aspects of aiming.

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 (e.g. whiteboard/flipchart/OHP) appropriate for the classroom/training area;

   b. Cadet air rifle;

   c. Cadet air rifle sling;

   d. Suitable target; and

   e. Shooting mat (if available).

9. **Learning Aids**:

   a. Cadet air rifle;

   b. Cadet air rifle sling;

   c. Suitable target; and

   d. Shooting mat (if available).

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

11. **Remarks**: N/A.

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