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: a. obtaining a good position; b. using a rifle rest; and c. maintaining a centre of gravity.	Interactive Lecture	5 min	A0-027 (p. 1-6-1, p. 1-6-2)

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Verify against the official publication.

TP	Description	Method	Time	Ref
TP2	Explain and demonstrate adopting the standing position by positioning the following: a. body, b. feet, c. legs, d. hips, e. back, f. arms, g. head, and h. cadet air rifle.	Demonstration	5 min	C2-146 (p. 171, pp. 192–197)
TP3	Explain and demonstrate adjusting the aim, to include: a. higher, b. lower, and c. left and right.	Demonstration	5 min	A0-027 (p. 1-6-7) C2-146 (p. 196)
TP4	Explain and demonstrate natural alignment by: a. adopting the standing position; b. acquiring a sight picture; c. closing both eyes; d. taking 3 to 4 normal breaths to relax the muscles; e. after 10 seconds, opening the eyes to inspect the sight picture; and 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: a. body, b. feet, c. legs, d. hips, e. back, f. arms, g. head, and h. cadet air rifle.	Practical Activity	30 min	C2-146 (pp. 192–197)

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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

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 to 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.

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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) from the standing position.

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