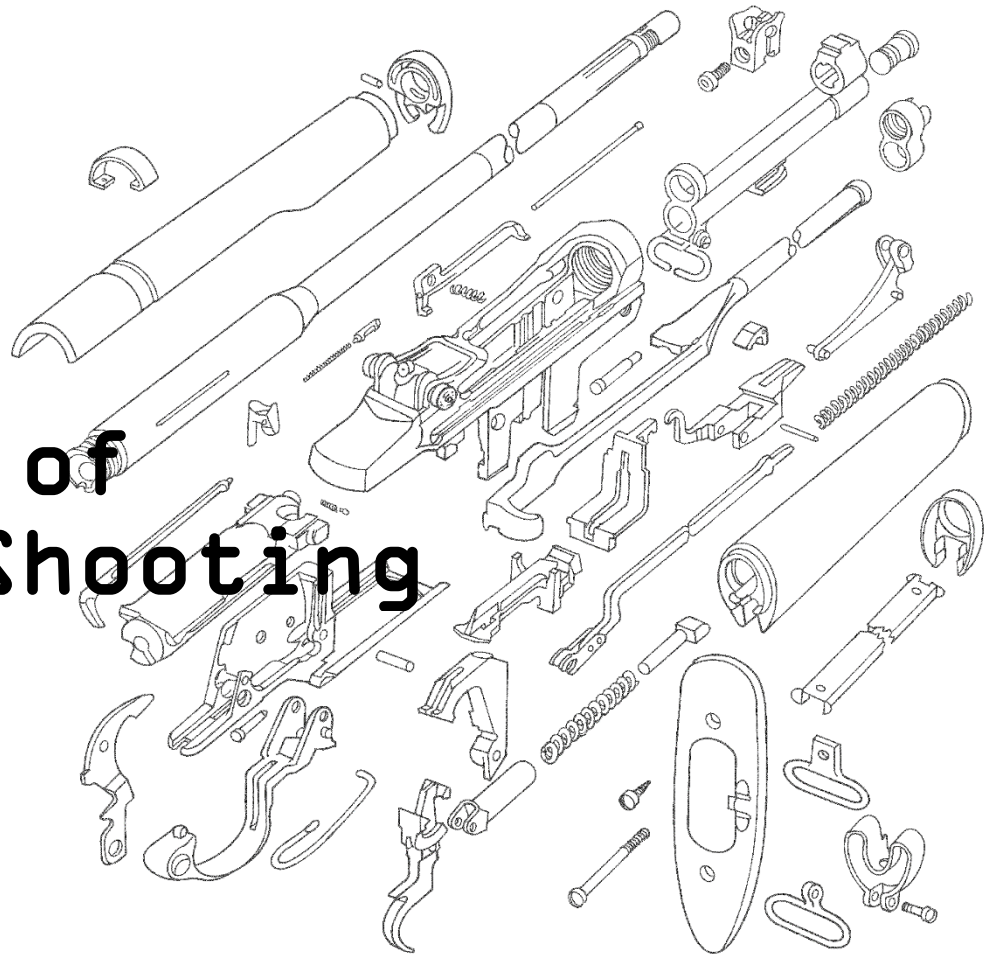




NRA

Basics of Rifle Shooting



INSTRUCTOR LED TRAINING

LESSON PLAN APPENDIX



INTRODUCTION

The NRA Basic Rifle Shooting Course introduces students to the **knowledge, skills** and **attitude** necessary for owning and using a rifle safely. Through this course, the students will learn about rifle parts and operation, ammunition, gun safety, rifle shooting fundamentals, and rifle shooting activities. The Basic Rifle Shooting Course will also help prepare the student for participation in other NRA courses.

In order to uphold the NRA's commitment to safety, and to maintain standardization among all NRA courses, adhere to the following guidelines when conducting the NRA Basic Rifle Shooting Course.

Course Outline and Lesson Plans

The key to conducting a successful Basic Rifle Shooting Course is to be well organized and know the subject. The course outline and lesson plans are designed to help you in these areas so that you can spend your time teaching, not trying to figure out what to teach. This course outline identifies the:

- Course goal
- Length of course
- Student text
- Course lessons

To maintain national standards for this program, the NRA has developed lesson plans for you. Each lesson plan provides the:

- Lesson title
- Learning objectives
- Estimated length of lesson
- Recommended training aids
- Lesson references
- Lesson content outline
- Instructional notes
- Key to training aid or text references

Combined with the information found in the *NRA Trainer's Guide* ("Planning and Conducting Your NRA Course"), the material presented in this course outline will put you on the road to success. The learning objectives are your road map--use them.

Course Length and Time Requirements

The NRA Basic Rifle Shooting Course has a length of 8 hours, based on the estimated length of each lesson indicated in the lesson plans. The actual course length may vary from this figure, as the time required for each lesson will depend upon class size, facilities, instructor experience, student experience and comprehension level, student-to-instructor ratio, weather, and unforeseen circumstances.

This course has been designed to allow for maximum flexibility in scheduling. It may be conducted a few hours at a time over several days or it may be conducted as a one-day course.

Instructors teaching this course for the first time, those mentoring new instructors, or those who do not have the support of an experienced instructor team should factor in additional time. It is better to plan a longer course and finish early than to run overtime or cut a lesson short. With experience gained by teaching from these lesson plans, you will soon be able to plan an entire course accurately and adhere strictly to your schedule.

The Course Is Based on Objectives

Remember that this course is objective-based. *The students must accomplish the learning objectives before proceeding to more complex tasks.* This may take more or less time than indicated in the lesson plans. All of the objectives are stated in terms of student performance, i.e., what the students will be able to do at the conclusion of the lesson. Explanations and demonstrations provided by the instructors are not to be confused with meeting a learning objective. The students must be able to perform each objective. To track your students' performance through the course, you can use the Performance Requirements Checklist in Appendix 3. (You are authorized to make photocopies of Appendix 3 as needed.)

Total Participant Involvement

The key to a successful and positive training experience is total participant involvement (TPI). *People learn by doing!* Use questions, discussions, demonstrations, group interaction, and practical exercises to their maximum potential. Minimize lectures. Remember, telling is *not* synonymous with teaching.

Student-to-Instructor Ratio

During the range exercises for the NRA Basic Rifle Shooting Course, a *one-to-one student-to-instructor ratio on the firing line is encouraged whenever possible.* If this is not possible, the ratio on the firing line should not exceed two shooters for every NRA Certified Rifle Instructor.

Whenever possible, the coach/pupil method should be used, with one student coaching the shooter on the line through the proper technique. This promotes student learning, and also provides an extra pair of eyes on the shooting line for greater safety.

Additionally, it is recommended that a range safety officer oversee the safety of the entire line. The range safety officer's responsibility is to ensure safety, not to give individual instruction.

Depending upon the range facilities used and the number of instructors available, it may be advantageous to split the class into two or more separate groups or to use two relays for the range sessions.

Terminology

Do not use the term "weapon" in this course. "Weapon" has a negative connotation. Use "rifle," "carbine," "gun," "firearm," etc.

Emphasize Firearm Safety

During every lesson, constantly emphasize in words and by your own actions that a gun must always be kept pointed in a safe direction. Be certain that students observe this rule at all times, especially whenever students handle guns, as in dry-fire, live-fire and gun cleaning exercises. Safety must be your foremost concern; therefore, you must personally observe all of the gun safety rules at all times, and monitor your students carefully to ensure that they are also observing these rules.

Whenever you pick up a rifle, either for demonstration purposes or to hand it to a student, always be sure to keep it pointed in a safe direction, keep your finger off the trigger, remove the magazine (if any), open the action, and visually and physically check the chamber(s) to be sure that no live round remains in the gun. Use each such occasion as an opportunity to reinforce your students' gun safety training by having a student verify the unloaded condition of the rifle. Be sure that each student also performs this sequence of steps each time he or she picks up a rifle. Ensure that the student observes all of the safe gun handling rules (such as "**ALWAYS keep the gun pointed in a safe direction**") while he or she inspects the chamber to verify that the rifle is empty.

IMPORTANT NOTE: All training aids to be used as representation of a firearm (e.g.: Blue guns, Laser training devices, Air Soft, Air guns, toy guns, etc.), **MUST** be treated in the same fashion and with the same safety rules as firearms **AT ALL TIMES**. Infractions against this rule will be treated exactly the same as infractions using firearms in the same manner.

Bad habits can easily be passed from instructor to student, and so you must make absolutely sure that all necessary respect for firearms safety rules are followed at all times, regardless of the tool used in the capacity of firearm during a class.

Establish Emergency Procedures

Establish emergency procedures to be followed in the event of an accident. All course staff should be aware of these procedures and maintain a list of emergency telephone numbers.

No Live Ammunition in the Classroom

No live ammunition is permitted in the classroom. In a training environment where handling and dry firing is necessary, it is imperative that no loaded firearms be present. If ammunition is not in the room, it cannot possibly get into a firearm! This protects instructors from potential liability and protects the students as well. Only dummy ammunition that is visually distinct from live ammunition is allowed in the classroom. Live ammunition may only be present on the range during live-fire exercises.

Demonstrations on the Range

If you have difficulty scheduling range time, or must maximize the amount of shooting and minimize dry practice while on the range, then you may want to conduct all of the dry-firing drills contained in Lessons III and IV in a classroom setting before proceeding to the range.

Targets

Use targets with no bullseyes for the first two shooting exercises. Blank targets (such as typing paper or the back of a standard target) allow beginning shooters to concentrate upon sight alignment and trigger control without the distraction of a bullseye. Use bullseye rifle targets for the remainder of the shooting exercises. The emphasis should be on shooting for group, not score.

Pregnant Women and Nursing Mothers

Pregnant women are encouraged to discuss their participation in this course with their physicians prior to the first lesson. They should discuss the effects of exposure to loud sounds and (if using an indoor range) airborne lead particulate. If any students are pregnant or nursing an infant, *they should not handle any chemicals, lubricants, or solvents* unless they have discussed doing so with their physician.

Physical Limitations and Disabilities

Some students will not be able to assume certain shooting positions because of physical limitations or disabilities. The presence of a physical disability does not by itself affect a student's eligibility to attend the course or receive a completion certificate. Where necessary, adapt the exercise to work within each student's range of function. For example, students in wheelchairs may substitute a sitting shooting position for the standing positions taught in this course.

Students who are in wheelchairs, use prosthetic devices, or are missing limbs may need gun handling skills and techniques adapted in ways that are not covered in this lesson plan or the student handbook.

Regardless of the disability, all students must demonstrate the necessary **knowledge, skills, and attitude** to receive a course completion certificate. Also, safety must not be compromised in any technique modified for a person with a disability.

Release, Waiver, Indemnification, Hold Harmless, and Assumption of Risk Agreement

A sample Release, Waiver, Indemnification, Hold Harmless, and Assumption of Risk Agreement is included in the *NRA Trainer's Guide*. You or your club may want to develop a similar agreement for use with your shooting activities.

Please note that the legal issues that may be raised in an attempt to enforce such an agreement involve the interpretation of contract and tort law, both of which are governed by state (not federal) law. Tort and contract law varies from state to state and this form agreement may be enforceable in some jurisdictions and not in others. You will have to tailor this agreement to comport with the law of the state in which you intend to use it. You are strongly urged to obtain the advice of an attorney licensed to practice law in your state to advise you of the specific applicable state statutory and common law as they relate to tort and contract law, and in particular how to ensure the enforceability of release and waiver and hold harmless and indemnification agreements in your jurisdiction.

The form agreement was not drafted by an attorney licensed to practice law in your state, nor was it drafted to comport with and to withstand the scrutiny of the particular laws in your state. The agreement is therefore not to be considered as a restatement of law, nor is it to be relied upon to protect you. You must have an attorney, who is licensed to practice law in your state, review said form, if you intend to make any use of it.

Please note that the agreement is intended to be executed by adult individuals, not minors. Even if otherwise effective, it will not be effective if executed by or on behalf of a minor.

NRA Basic Rifle Shooting Course Examination and Answer Key

Instructors are authorized to copy the NRA Basic Rifle Shooting Course student examination. Review the exam with your students to ensure that they know the correct answers to all questions. If a wrong answer is given, discuss what the correct answer is and why it is the correct answer. Use the exam as a teaching tool. There is no minimum score to pass the exam. Cause for failing a student would be the unsafe handling of a firearm, inability to meet learning objectives or a poor attitude. The instructor's copy of the student examination and answer key are found in Appendix 5.

Lesson Slides

To aid in the presentation of your course, Appendix 6 contains paper slides that can be made into view-graphs or copied onto a flip chart. These Lesson Slides are also contained in a Power Point presentation on a CD, included with these Lesson Plans. The slides list all the learning objectives for each lesson and other pertinent material. The slide numbers are listed in the right hand column of the lesson plans to cue you when to present them.

NRA Rifle Marksmanship Qualification Program

Be sure to explain the NRA Rifle Marksmanship Qualification program. This program is designed to support the course content and will help the students get started in a shooting program. Emphasize that it is a fun and challenging way for students to demonstrate the skills they have acquired in the Basic Rifle Shooting Course, and also serves as an incentive to further enhance those skills.

***Thank you for your dedication to upholding
the standards of NRA training.
Good luck with your course!***

We thank you for your commitment to firearm education and for participating in the training programs of the National Rifle Association. Your expertise and dedication will help train a new generation of shooters how to exercise their freedoms safely and responsibly. If you have any questions about the NRA Basic Rifle Shooting Course, please contact:

NRA Senior Training Program Coordinator, NRA Training Department
11250 Waples Mill Road
Fairfax, Virginia 22030
NRAinstructors@nrahq.org

To join NRA today, or for additional information about member ship, call 1-800-NRA-3888. Your membership dues can be charged to Visa , MasterCard, American Express, or Discover.



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This manual is under no circumstances to be viewed as a restatement of the law in any jurisdiction or to assure compliance with any applicable federal, state or local laws, ordinances, rules or regulations. You must consult a local attorney to ascertain compliance with all applicable federal, state or local laws, ordinances, rules, or regulations and to advise you of the applicable duty of care required in your jurisdiction.

COURSE OUTLINE

NRA Basic Rifle Shooting Course

Course Goal: To teach the basic **knowledge, skills** and **attitude** necessary for owning and using a rifle safely.

Length of Course: 8 hours. Additional time may be desirable in order for students to develop skills before moving on to the next lesson.

Student Text: *The NRA Guide to the Basics of Rifle Shooting* handbook

Instructor Preparation:

- Introduction (read and understand)
- Gathering period

Lesson I: Rifle Knowledge and Safe Gun Handling

Learning Objectives:

1. State the course goal and any special requirements for the five lessons.
2. Identify the principal parts of a rifle and the types of rifle actions, and demonstrate how they function.
3. State, explain and apply the NRA Rules for Safe Gun Handling.
4. Demonstrate how to handle a rifle in a safe manner.

Lesson II: Ammunition Knowledge and the Fundamentals of Rifle Shooting

Learning Objectives:

5. Identify the different components of a rifle cartridge.
6. Explain the firing sequence of a cartridge.
7. Explain how to properly identify and store ammunition.
8. State the major types of cartridge malfunctions and how to react to them.
9. Explain the fundamentals of rifle shooting.

Lesson III: Firing the First Shots

Learning Objectives:

10. Safely demonstrate the knowledge, skills and attitude necessary to assume the benchrest shooting position with a rifle.
11. Safely shoot a rifle from the benchrest position, using the fundamentals of rifle shooting, at a target on a range.
12. Safely demonstrate the knowledge, skills and attitude necessary to assume the free arm and arm rest standing shooting positions with a rifle.
13. Safely shoot a rifle from the free arm and arm rest standing shooting positions, using the fundamentals of rifle shooting, at a target on a range.

Lesson IV: Scoring Targets, and Selecting and Maintaining Your Rifle

Learning Objectives:

14. Properly score a rifle target.
15. Explain the basic guidelines for selecting and purchasing a rifle.
16. Identify the materials needed to clean a rifle.
17. Demonstrate how to safely clean a rifle.

Lesson V: Course Review and Examination

Learning Objectives:

18. Identify several ways to pursue rifle shooting activities after the course.
19. Successfully complete the NRA Basic Rifle Shooting Course written examination.

COURSE MATERIALS

NRA Basic Rifle Shooting Course

REQUIRED MATERIALS

- **NRA Basic Rifle Shooting Course Student Packet**
Provide one per student. Each packet contains the following items:
 - *The NRA Guide to the Basics of Rifle Shooting* handbook
 - *NRA Gun Safety Rules* brochure
 - *NRA Basic Firearm Training Program* brochure
 - NRA Marksmanship Qualification Program booklet
- NRA Basic Rifle Shooting Course Lesson Plans (one per instructor)
- Course schedule
- Firearms (bolt-action, semi-automatic, lever-action and slide-action rifles)
- Dummy and live ammunition (at least 50 rounds of live ammunition per student)
- Targets (blank copier paper and bullseye targets)
- Staple gun and staples, and/or target holders
- Target pasters
- Eye and hearing protection
- Empty ammunition boxes and fired cartridge cases
- Cleaning equipment
- Course evaluations (one per student)
- Pens or pencils

OPTIONAL MATERIALS

- NRA Basic Course Student Registration Cards (one per student)
- NRA Basic Rifle Shooting Course Wall Charts
- NRA DVD: *Fundamentals of Gun Safety* and DVD player
- NRA Range Rules Poster
- Flip chart, easel, and markers
- Projector and Power Point presentation disc
- Dry erase board, markers, and eraser
- Name tags
- Marking pens
- Highlighter pens
- Folding chairs
- Refreshments

GATHERING PERIOD

Purpose:

- Provide adequate parking for all participants
 - Make everyone feel welcome
 - Register students
 - Inspect all equipment for live ammunition in the classroom (secondary inspection)
 - Provide an opportunity for students to get acquainted
 - Have students review the displays
 - Start on time
-

Length: 15-20 minutes before class starts

Facility: Classroom or adjacent meeting area

Suggestions:

- Provide a parking attendant or greeter.
- Set up a table for registration.
- Set up a gun and equipment inspection area.
- Provide student name tags.
- Have assistants mingle and welcome students as they arrive.
- Set up an NRA display area for students.
- Provide refreshments for all.
- Escort the students to the classroom when it is time for class to begin.

No live ammunition in the classroom!

APPENDIX 1

LESSON VI

Kneeling, Sitting and Prone Positions

Learning Objectives:

As a result of their participation in this lesson, students will be able to:

- Safely demonstrate the knowledge, skills and attitude necessary to assume the kneeling shooting position.
 - Safely shoot a rifle from the kneeling shooting position, using the fundamentals of rifle shooting, at a target on a range.
 - Safely demonstrate the knowledge, skills and attitude necessary to assume the sitting shooting position.
 - Safely shoot a rifle from the sitting shooting position, using the fundamentals of rifle shooting, at a target on a range.
 - Safely demonstrate the knowledge, skills and attitude necessary to assume the prone shooting position.
 - Safely shoot a rifle from the prone shooting position, using the fundamentals of rifle shooting, at a target on a range.
-

Length: 2 hours

Facility: Range

Required Materials:

- *The NRA Guide to the Basics of Rifle Shooting* handbook
- NRA Basic Rifle Shooting Course Wall Charts
- Eye protection
- Hearing protection
- Rifles
- Sufficient ammunition per student to complete instruction
- Targets
- Other training aids as appropriate

References:

- *The NRA Guide to the Basics of Rifle Shooting* handbook

Lesson Content

A. Lesson Introduction

B. Review of Safety Rules and Range Commands

C. Kneeling Shooting Position

1. Study the position

2. Practice the position without a rifle

3. Practice the position with the rifle

Instructional Notes

State the learning objectives for this lesson.

Review NRA Rules of Safe Gun Handling, range safety rules, hygiene guidelines and range commands presented in Lesson III, as needed.

In addition to being an important target shooting position, the kneeling position is particularly useful in the field. It is quick to assume, steadier than the standing position, and provides the clearance necessary to shoot over tall weeds, brush, and uneven terrain.

Demonstrate the proper kneeling position as described in *The NRA Guide to the Basics of Rifle Shooting*.

Have the students study the characteristics of the position.

Position of body:

- Body sits on heel of foot on firing-hand side
- Lower leg on support-hand side is vertical
- Support-hand elbow rests on knee on that side
- Rifle fore-end rests in support hand
- Firing hand grasps stock wrist or pistol grip

Position of rifle:

- Butt of stock is positioned against shoulder so that rifle sights are at eye level

Have the students focus on attaining a proper body position before adding the rifles.

Check for the following:

- Hold rifle in both hands and move to the firing point
- Turn body away from the target toward the firing-hand side
- Drop down onto firing-side knee and sit on the foot
- Adjust support-side leg so that lower leg is vertical
- Place support-arm elbow on support-side knee

- Raise rifle to eye level and position against shoulder

4. *Align position with target*

Students should be positioned so that their rifles naturally point at the target center. Use the NPA exercise in *The NRA Guide to the Basics of Rifle Shooting*.

- Vertical adjustments can be made by moving the support-side foot forward to lower the rifle, or bringing that foot to the rear to raise the rifle.
- Horizontal adjustments can be made by rotating the position left or right around the firing-hand-side foot.

5. *Dry-fire the rifle at the target*

Have students dry-fire their rifles at the target while applying the fundamentals:

- Aiming
- Hold control
- Breath control
- Trigger control
- Follow-through

Students should concentrate on sight alignment, focusing on the front sight, and squeezing the trigger without disturbing the sights. Students must be able to execute the fundamentals of shooting during dry-firing before they can progress to live ammunition.

6. *Shoot at targets using live ammunition*

Ensure that everyone on the range has eye and hearing protection.

a. single-shot exercise

Have students load and fire five shots, one cartridge at a time, at a target. Using the coach/pupil method, have coaches evaluate the shooters. Perform this exercise at least twice.

b. five-shot exercise

Have students load and fire five rounds at a target, at their own pace, to achieve a group. Students should rest between shots. Any student who has not fired within about eight seconds should take the trigger finger off the trigger, keep the gun pointed in a safe direction, and rest the gun before attempting another shot.

Have the coaches evaluate the shooters after this five-shot string. Repeat the exercise until you are satisfied with the students' performance.

7. Continue firing five-shot groups

Have students load and fire five rounds from the kneeling position, on a target. The students should rest between shots.

Have the coaches evaluate the shooters after this five-shot string. Repeat the exercise as necessary, until you are satisfied with the student's performance.

D. Sitting Shooting Position

The sitting position is a stable position because it provides support for both elbows and that helps to steady the rifle. For hunters, sitting, like kneeling, provides more ground clearance than the prone position.

Demonstrate the proper sitting position as described in *The NRA Guide to the Basics of Rifle Shooting*.

1. Study the position

Have the students study the characteristics of the position.

Position of body:

- Body sits on the ground.
- Legs are extended from body, with the ankles crossed.
- The elbows rest on the legs just in front of the knees.
- Rifle fore-end rests in support hand.
- Firing hand grasps stock wrist or pistol grip.

Position of rifle:

- Butt of stock is positioned against shoulder so that rifle sights are at eye level.

2. Practice the position without a rifle

Have the students focus on attaining a proper body position before adding the rifles.

3. Practice the position with the rifle

Check for the following:

- Hold rifle in both hands and move to the firing point
- Turn body away from the target toward the firing-hand side

- With rifle in support hand, sit down.
- Extend legs, crossing support-side ankle over the ankle on the firing-hand side.
- Place elbows forward of knees.
- Raise rifle to eye level and position against shoulder

4. *Align position with target*

Students should be positioned so that their rifles naturally point at the target center. Use the NPA exercise in *The NRA Guide to the Basics of Rifle Shooting*.

- Vertical adjustments can be made by moving the support hand forward on the fore-end to lower the rifle, or bringing that hand to the rear to raise the rifle.
- Horizontal adjustments can be made by rotating the position left or right around the buttocks.

5. *Dry-practice the rifle at the target*

Have students dry-practice their rifles at the target while applying the fundamentals:

- Aiming
- Hold control
- Breath control
- Trigger control
- Follow-through

Students should concentrate on sight alignment, focusing on the front sight, and squeezing the trigger without disturbing the sights. Students must be able to execute the fundamentals of shooting during dry-firing before they can progress to live ammunition.

6. *Shoot at targets using live ammunition*

Ensure that everyone on the range has eye and hearing protection.

a. single-shot exercise

Have students load and fire five shots, one cartridge at a time, at a target. Using the coach/pupil method, have coaches evaluate the shooters. Perform this exercise at least twice.

b. five-shot exercise

Have students load and fire five rounds at a target, at their own pace, to achieve a group. Students should rest

between shots. Any student who has not fired within about eight seconds should take the trigger finger off the trigger, keep the gun pointed in a safe direction, and rest the gun before attempting another shot.

Have the coaches evaluate the shooters after this five-shot string. Repeat the exercise until you are satisfied with the students' performance.

7. Continue firing five-shot groups

Have students load and fire five rounds from the sitting position, on a target. The students should rest between shots.

Have the coaches evaluate the shooters after this five-shot string. Repeat the exercise as necessary, until you are satisfied with the student's performance.

E. Prone Shooting Position

Next to the benchrest position, the prone position is the most stable rifle shooting position. Both elbows and the entire body are placed in contact with the ground, thus providing a large area of support.

Demonstrate the proper prone position as described in *The NRA Guide to the Basics of Rifle Shooting*.

1. Study the position

Have the students study the characteristics of the position.

Position of body:

- Body lies facing the target and angled slightly toward the support-hand side.
- Support-arm elbow is extended forward of body.
- Firing-side knee is bent slightly.
- Rifle fore-end rests in the support hand.
- Firing hand grasps stock wrist or pistol grip.

Position of rifle:

- Butt of stock is positioned against shoulder so that rifle sights are at eye level.

2. Practice the position without a rifle

Have the students focus on attaining a proper body position before adding the rifles.

3. *Practice the position with the rifle*

Check for the following:

- Hold rifle in both hands and move to the firing point
- With rifle in support hand, lower to knees.
- Lower body to floor (prone position).
- Extend support-arm elbow forward..
- Raise rifle to eye level and position against shoulder

4. *Align position with target*

Students should be positioned so that their rifles naturally point at the target center. Use the NPA exercise in *The NRA Guide to the Basics of Rifle Shooting*.

- Vertical adjustments can be made by moving the support hand forward on the fore-end to lower the rifle, or bringing that hand to the rear to raise the rifle.
- Horizontal adjustments can be made by rotating the position left or right around the support-arm elbow.

5. *Dry-fire the rifle at the target*

Have students dry-fire their rifles at the target while applying the fundamentals:

- Aiming
- Hold control
- Breath control
- Trigger control
- Follow-through

Students should concentrate on sight alignment, focusing on the front sight, and squeezing the trigger without disturbing the sights. Students must be able to execute the fundamentals of shooting during dry-firing before they can progress to live ammunition.

6. *Shoot at targets using live ammunition*

Ensure that everyone on the range has eye and hearing protection.

a. single-shot exercise

Have students load and fire five shots, one cartridge at a time, at a target. Using the coach/ pupil method, have coaches evaluate the shooters. Perform this exercise at least twice.

b. five-shot exercise	<p>Have students load and fire five rounds at a target, at their own pace, to achieve a group. Students should rest between shots. Any student who has not fired within about eight seconds should take the trigger finger off the trigger, keep the gun pointed in a safe direction, and rest the gun before attempting another shot.</p> <p>Have the coaches evaluate the shooters after this five-shot string. Repeat the exercise until you are satisfied with the students' performance.</p>
<i>7. Continue firing five-shot groups</i>	<p>Have students load and fire five rounds from the prone position, on a target. The students should rest between shots.</p> <p>Have the coaches evaluate the shooters after this five-shot string. Repeat the exercise as necessary, until you are satisfied with the student's performance.</p>
F. Evaluation of Shooting Practice	<p>Lead students in a discussion of the shooting exercises. With each student, focus on the positive aspects (what the student did right).</p>
G. Coach Program	<p>Students wishing to refine these shooting positions, and/or take part in rifle competition, should contact the NRA Coach Program.</p>
H. Summarize Presentation	<p>Highlight the most important points of the lesson:</p> <ul style="list-style-type: none">• Safely demonstrate the knowledge, skills and attitude necessary to assume the kneeling, sitting, and prone shooting positions.• Safely shoot a rifle from the one-handed standing shooting position, using the fundamentals of rifle shooting at a target on a range.
<i>1. Lesson summary</i>	<p>Ask the students if they have any questions. Answer questions.</p>
<i>2. Question and answer period</i>	<p>Dismiss the class.</p>
I. Dismissal	

APPENDIX 2

THE FUNDAMENTALS OF RIFLE SHOOTING

INTRODUCTION: This detailed outline is provided as a study reference to assist you in your preparations to teach the fundamentals of rifle shooting.

I. Importance of a Fundamental

- A. What does "fundamental" mean? What is a fundamental?
1. "Fundamental" has a number of meanings:
 - a. basic; elemental
 - b. necessary; indispensable
 - c. primary; principal; most important
 - d. central; key
 - e. of or relating to essential structure, function or facts
 2. In terms of rifle shooting, a "fundamental" is an essential skill, technique or principle that provides the foundation for effective shooting.
- B. Why are fundamentals so important in sports? What role do they serve?
1. They are the elementary skills necessary to the beginner for "initial success" in the early stages of skills development.
 2. They are the basic skills that form the foundation of a sport activity.
 3. They are the basic skills that can be built upon to meet the specific skill requirements of a sport.

4. They are forever essential in providing a sound foundation for progressively improving the performance of a sport skill from beginner to world champion.

II. Eye Dominance

Determining which eye is dominant will indicate the shoulder from which the rifle should be shot. This information, in turn, also determines which hand should be used to fire and support the rifle.

For most shooters, the dominant eye and dominant hand are on the same side. A minority of individuals experience cross-dominance, in which the dominant eye and dominant hand are on opposite sides. Such shooters should aim the rifle using the dominant eye, with the butt against the shoulder on that side, and learn to pull the trigger with the non-dominant hand.

Establishing eye dominance needs to be done before teaching the rifle shooting fundamentals. Have the students use the following exercise to determine their dominant eye.

A. Skills Learned

1. Establish dominant eye to determine which eye should be used to aim the rifle, and which hand should be used to fire the rifle.
2. The student learns how to determine the dominant eye.

B. Exercise

1. Extend the hands at arm's length in front of the face. Bring the hands together, leaving a small opening between them, and, keeping both eyes open, look at a distant object through this opening. Focus the eyes on the object as the hands are brought slowly to the face. As the hands reach the face, the eye that is used to view the object is the dominant eye.
2. If the right eye is dominant, the rifle butt should be placed against the right shoulder. If the left eye is dominant, the rifle butt should be against the left shoulder.

C. Instructional Points:

1. Repeat the exercise several times to check for consistency of results.
2. Have the students extend their hands at arm's length, and then bring their hands together, leaving a small hole between them. Then have the students look through the hole at the bridge of your nose. This will allow you to

validate the identity of the dominant eye

3. As with most any exercise, there may be exceptions to the rule, but this exercise will reliably establish the dominant eye in the majority of cases.
4. Do not give the students medical or optometric advice regarding their dominant or non-dominant eyes. Don't attempt to be an eye doctor unless you are one!
5. Be aware that fatigue, illness, or stress can cause temporary shifts in eye dominance.

HI. Rifle Shooting Foundations

A. Shooting Position

1. Not a shooting fundamental, but the platform from which the fundamentals are executed.
2. A *shooting position* is the position of the shooter's body and gun in relationship to the target. The suggested teaching order in this course is benchrest, standing, kneeling, sitting, and prone.
3. Elements of a shooting position
 - a. A shooting position should be *comfortable*. This can be achieved through stretching exercises and by practicing the position.
 - b. A shooting position should be *balanced*, putting the rifle's and body's center of balance over the supported points of the position. An erect head position is key, contributing to balance and also permitting the shooter to sight through the center of the lens of the eye. This, in turn, avoids distortions in the sight picture caused by looking through the eyelashes.
 - c. A shooting position should be *relaxed*.
 - d. A good shooting position depends upon *maximum bone support*. The rifle and the body are supported by the shooter's bone structure with little or no use of the muscles to support the weight of the rifle.
 - e. A shooting position should be *aligned with the target*. A good position must provide a steady Natural Point of Aim (NPA) aligned with the target. The entire body position must be shifted to align the NPA with the target. After firing, the rifle will tend to return to the NPA. Also, when proper NPA is used, less muscle tension will be required to keep the rifle on target.

- f. *NPA exercise.* To establish NPA, the shooter should take his or her unloaded rifle and acquire the shooting position in relationship to a target. (For purposes of this course, the standing position will be used for the NPA exercise.) The shooter should then close his or her eyes and allow the body to settle naturally into the position. The shooter then opens the eyes and determines where the gun is pointing in relation to the target. If the gun is pointing slightly to the right or left, the body is shifted to bring it naturally into target alignment.

8. Grip

Grip refers to the manner in which the rifle is held in the hands. A proper and consistent grip is essential to accurate shooting.

1. The firing hand should grasp the stock wrist or rifle grip with firm but not excessive pressure, and with the trigger finger falling on the trigger approximately in the middle of the first pad of the finger.
2. The support (non-firing) hand should hold the fore-end without grasping it (except in the case of heavy-recoiling rifles that must be gripped firmly for control while firing). As much as possible, the support-arm elbow should be positioned directly under the rifle rather than out to the side. The position of the support hand on the fore-end will depend upon the length of the shooter's arms, the balance of the rifle and other factors. :
3. Emphasize that uniformity is the most important aspect of the grip. The shooter should grip the rifle the same way every time.

IV. Rifle Shooting Fundamentals

A. Aiming

Aiming is the process of putting the gun's sights into proper relationship with each other and with the target. Aiming is composed of two elements: *sight alignment* and *sight picture*.

1. *Sight alignment* is the visual relationship between the eye and the front and rear sights (when using iron sights). In correct sight alignment the front sight will be viewed as centered in the notch, "V" or aperture of the rear sight.
2. *Sight picture* is the visual relationship of the eye, the aligned sights and the target. The aiming point may be the spot where the shooter wants the bullets to strike (center hold) or it may be another spot where sight alignment can be more precisely seen (such as a 6 o'clock hold). In the later

case, the sights are adjusted so that the shot will strike the desired location rather than the actual aiming point.

With an aperture front sight, the front aperture is centered in the rear aperture and the target centered in the front sight ring. A bead front sight is most often centered on the target, while a post-and-notch sight can be used with the front post centered on the target, or held in a six-o'clock position.

When a telescopic sight is used, the center of the crosshair reticle is typically placed at the exact point where bullet impact is desired.

3. To achieve correct sight alignment and sight picture with iron sights, it is imperative that the shooter focus on the front sight. The appearance of the rear sight will be less sharp, and the target may also be somewhat blurred.
4. Proper sight alignment is more critical to accuracy than a proper sight picture. Even a slight error in sight alignment can cause an inaccurate shot. On the other hand, a similar error in sight picture, if sight alignment is correct, may still produce an acceptable shot.
5. A shooter will have the best results when the head is positioned on the stock so that he or she can look straight out of the eye socket when aiming. The eyes work best as a team and shooters should keep both eyes open when aiming. A blinder may be used if necessary however.

B. Hold Control

Hold control refers to the ability of the shooter to maintain the proper sight picture and sight alignment during the process of firing the shot.

1. It is impossible to hold the rifle in the standing, kneeling, sitting or prone shooting positions without some motion of the sights; this is called the "arc of movement." If no errors in executing the shooting fundamentals are committed, each shot will strike within the shooter's arc of movement. With practice, the shooter will develop the muscles and coordination used in holding the rifle steady, and the arc of movement will decrease. Beginning shooters should be encouraged to accept their arc of movement and execute the fundamentals to the best of their ability.
2. A proper position assists the rifle shooter to fire the shot without disturbing sight alignment, and thus is an essential factor in hold control. A good position also enables the shooter to quickly re-establish the correct sight picture for subsequent shots.
3. Controlling the movement of the sight picture cannot be learned in one or two shooting sessions. Other fundamentals of shooting can be learned fairly

quickly, but hold control is practiced by champion shooters for years without achieving perfection. However, beginning shooters will notice rapid improvement in their sight picture if they concentrate on achieving good hold control and practice regularly. Breath control and hold control are both accomplished at the same time.

C. Breath Control

Body movement while breathing can produce gun movement which impairs shooting. *Breath control* enables the shooter to hold the rifle steady and keep the aligned sights on the target.

- I. To minimize body movement, breathing must stop while firing a shot
2. The shooter should breathe normally while settling into position. Before each shot, the shooter should take a breath, let enough air out to be comfortable, and hold the remaining breath while firing the shot.
3. If the shot isn't fired within 5 to 8 seconds after breathing is interrupted, oxygen depletion may cause muscle tremors and/or blurred vision, resulting in a poor shot. If this period of time elapses without a shot being fired, the trigger finger should be removed from the trigger, the gun should be lowered (while continuing to be pointed in a safe direction), and the shooter should relax, take a few breaths, and then begin the firing cycle again. Instructors should be attentive to a student's reaction to delayed shots, and have them rest and restart the shot process as needed.

D. Trigger Control

Trigger control describes the process of pulling the trigger without disturbing the sight picture. This is generally accomplished using a gradual trigger squeeze that produces a surprise trigger break.

- I. The shooter should grasp the rifle firmly, and contact the trigger with the fleshy part of the index finger just ahead of the first joint
2. As the sight picture improves, gradual pressure should be applied to the trigger until the shot is fired. The trigger finger pressure on the trigger should be directly rearward, and should be continuous and uninterrupted until the shot is fired.
3. The key is to squeeze the trigger so smoothly that the sight picture is not disturbed.
4. Instructors should be watchful that the new shooter with a large arc of movement does not attempt to jerk the trigger at the instant when a correct sight picture may fleetingly appear. Ball-and-dummy exercises will usually

reveal trigger jerking. Be sure your corrective instruction is positive. Tell the students to "squeeze the trigger steadily" rather than "don't jerk the trigger."

E. Follow-Through

Follow-through is an important aspect of many physical skills, such as sports. In general, follow-through involves the continuation of an action, with proper technique, through and beyond the completion of the action. For example, in swinging a golf club, follow-through means that the club is swung through and past contact with the golf ball while maintaining proper grip, balance, head and body position and so forth.

1. In rifle shooting, follow-through means to maintain position, and continue aiming, hold control, breath control, and trigger control for one or two seconds after the shot is fired. Follow-through ensures that the shooter will integrate and continue all shooting fundamentals before, during and immediately after the shot is fired
2. When the mind causes the trigger finger to activate the trigger, trigger movement causes the firing pin to go forward and hit the primer, which in turn creates a spark which ignites the powder charge. This produces a volume of high-pressure gas which propels the bullet down the bore. The mind simply cannot calculate the precise moment when this process is complete and the bullet is on its way to the target. In order to ensure that all fundamentals are actually applied at the moment the shot is fired, the shooter must employ follow-through, consciously continuing the fundamentals even after the bullet has left the barrel.
3. A shooter exercising proper follow-through should be able to "call the shot." This means that the shooter is so focused on sight alignment and sight picture that he or she can report, with reasonable accuracy, where the rifle was pointing at the moment the shot was fired. The practice of calling the shot will aid the shooter in maintaining concentration on the front sight.

V. Teaching Basic Shooting Positions

Only after the shooter has learned the fundamentals involved in firing a shot in the benchrest position is it time to learn the other shooting positions.

A. Teaching Order

1. The basic positions are taught in the following order: benchrest, standing, kneeling, sitting, and prone. The benchrest position is first so the shooter can concentrate on learning the basic fundamentals of firing a shot without having to think about supporting the rifle and controlling sight picture movement. Keeping with the idea of working from the simple to the complex, the standing position is next. It is the most natural position to assume and is the

easiest to learn. Next should be the prone position, which is more detailed. It is a more difficult position because of the weight on the elbows and the effort required to align the position with the target. After the prone position, the kneeling position should be taught. This position is more complex than either standing or prone. The sitting position is taught last.

B. Positions

The detailed information in the following position descriptions is provided only to give the instructor a better understanding of the basic positions. **Do not attempt to teach the basic rifle shooting student the basic shooting positions in this much detail.**

1. Benchrest Position. All shooters should learn the fundamentals of rifle shooting in the benchrest position. The table or bench must be solid enough to provide firm support.
 - a. The shooter sits behind the bench facing the target.
 - b. Sandbags or other supports are placed on the bench at a height so that the shooter will be comfortable when using them to support the rifle.
 - c. Both elbows rest on the bench or table.
 - d. The support hand rests on the sandbag or other front gun support.
 - e. The firing hand grasps the rifle around the wrist of the stock.
 - f. The rifle is laid across the support hand.
 - g. The butt of the stock is positioned against the shoulder so that the sights are at eye level, with the head properly erect.
 - h. The firing hand should pull the rifle slightly into the shoulder.
 1. Adjustments for aligning the position with the target are made by moving the support or by making it higher or lower.
2. Standing Position. The standing position is comfortable and the most natural of the shooting positions. Although it may not be as steady as the other positions, if shooters are taught from the beginning, they will improve at a rapid pace.
 - a. Arm Rest Standing Position
 - (I) Body placement

- (a) Stance- the feet are the sole support area of the standing position.
 - (b) The legs should be straight but not locked.
 - (c) The body weight should be equally distributed on both feet and legs.
 - (d) The body bends slightly backward.
- (2) Support hand and arm- the bone structure of the support hand and arm transmits the weight of the rifle to the body.
- (a) The upper part of the shooter's support arm should rest along the ribcage.
 - (b) The support arm forearm, wrist and hand should remain as relaxed as possible and support the weight of the rifle only through the use of bone support.
 - (c) The shooter's support hand should support the rifle just forward of the trigger guard.
- (3) Firing hand and arm- the main function of the firing hand and arm are to hold the stock in place against the shoulder and to bring the trigger finger to the trigger.
- (a) The firing hand should grasp the stock wrist or rifle grip firmly, with the index finger free to control the trigger.
 - (b) The firing hand pulls the stock slightly to the rear to help keep the rifle firmly in the shoulder, ensuring solid and consistent placement of the rifle butt.
- (4) Head position- it is especially important in the standing position to maintain an erect head position to ensure good balance.
- (5) Natural Point of Aim (NPA)- the Natural Point of Aim of the shooter should be taken into consideration to ensure that bone support is the only thing supporting the weight of the rifle.
- (a) To adjust the horizontal NPA, the entire position is turned, with the correct stance maintained.
 - (b) To adjust the NPA in the vertical direction, the shooter should extend or pull in the placement of the support hand along the stock for different target heights.

b. Free-Arm Standing Position

- (1) The rifle's weight is held up by the support hand and arm. The support arm is held away from the body.
- (2) The body is held upright.
- (3) The other aspects of the arm rest standing position apply to the free arm position as well.

3. Prone Position. The prone position, because of its many support points, is the steadiest position (after the benchrest position). The moment before the shot is to be fired, the rifle should appear motionless to the eye.

- a. Body placement- the shooter should lie facing approximately 20 degrees to the right of the target. (This is for a right handed shooter. A left-handed shooter should angle his or her body 20 degrees to the left.) In this position the body is stretched out and relaxed with the spine straight.
- b. Support-side leg and foot- the leg on the support-hand side of the body should be positioned so that it is parallel to the spine with the foot pointing straight rearward or turned inward slightly.
- c. Firing-side hand and foot- the knee on the firing-hand side is drawn up toward the rifle, shifting some of the body weight to the support side, which will permit easy breathing and will eliminate any pulse that may be transferred from the chest to the shooting mat. The foot points naturally outward (to the right for a right-eye-dominant shooter, for example).
- d. Support arm and hand- the support-side elbow is stretched out forward of the body and positioned slightly to the outside of the rifle. If a sling is used it should support the weight of the rifle. The support hand should be relaxed with the wrist straight. The support hand should support but not grasp the rifle.
- e. Firing arm and hand- the firing-hand arm should be relaxed, and the firing hand itself should grip the stock with consistent, firm pressure.
- f. Head position- the shooter's head position should be as upright as possible so that the shooter may look straight ahead through the sights.
- g. Natural Point of Aim (NPA)- the prone position has a very precise NPA; therefore, the shooter should always make sure the position is properly aligned

at the start, before starting the shot process. In order to make horizontal adjustments of the position, the body should rotate or pivot around the support-side elbow. To adjust the position for elevation, the support hand should be moved forward or rearward on the stock fore-end. If a sling is used, it should be shortened or lengthened to raise or lower the position.

4. Kneeling Position. It is possible to achieve a very steady kneeling position if the position is built around the shooter's center of balance.
 - a. Body placement-correct body placement in the kneeling position plays an important role in the achievement of a balanced position. The body sits on the heel of the foot on the firing-hand side. If a kneeling roll is used, it should fit the instep of the foot. Once the foot is positioned, the shooter should adjust the body angle to the target. A line from the firing-side foot through the knee on that side should point at an angle of approximately 30-45 degrees to the target. The weight of the body and the rifle should be distributed so that most of the weight falls on the firing-side foot, some on the support-side foot, and a minimal amount on the knee on the firing-hand side (approximately a 75%--20%--5% distribution).
 - b. Support-side leg and foot- the foot on the support-hand side should be positioned so that it is roughly parallel to the thigh on the other side, and so that the lower leg on the support-hand side is vertical to the ground.
 - c. Support arm and hand- the support arm is bent so that the elbow rests on the support side knee, while the support hand supports the rifle fore-end. As much as possible, the rifle should be positioned directly above the support-arm elbow and knee.
 - d. Firing arm and hand- As in the standing and prone positions, the arm of the firing hand should remain relaxed and the firing hand should grip the stock with a firm consistent pressure.
 - e. Head position- the shooter's head should remain upright and relaxed slightly forward.
 - f. Natural Point of Aim (NPA)- to adjust the horizontal NPA, the shooter should pivot the entire body position around the firing-side foot. Elevation adjustments may be accomplished in the same manner as in the prone position.
5. Sitting Position. The sitting position is a very useful field position. It is possible to achieve a very good sight picture in this position because of its numerous support points. The Extended Sitting Position (with crossed ankles) is usually the easiest position to attain.

- a. Body placement- to attain the correct body position the shooter should sit with the support-side leg crossed over the firing-side leg at the ankles with the legs extended away from the body and bent at the knees. The body should face at an angle approximately 30 degrees away from the target toward the firing-hand side.
 - b. Sling placement and adjustment- if a sling is used it must be placed high on the arm and adjusted short enough so that it supports the weight of the rifle.
 - c. Arms and back- the shooter should lean forward into the position with the elbows placed on the legs inside of and in front of the knees.
 - d. Head position- the shooter's head should remain as vertical as possible and the shooter should ensure that cheek pressure on the stock and eye relief from the sights remain consistent.
 - e. Natural Point of Aim (NPA)- the shooter should correct errors in the horizontal NPA by pivoting the entire body position to the left or right. To correct elevation, the shooter should bring the support hand back and shorten the sling for a higher position, or extend the hand and lengthen the sling for a lower position.
6. Use of the Rifle Sling. The sling is used in both hunting and target shooting to support and help steady the rifle.
- a. Hunting- the sling is used primarily for carrying the rifle. When this sling is used to support the rifle in a shooting position it is called a *hasty sling*. It is employed as follows:
 - (1) Adjust the sling for proper length.
 - (2) Place the upper part of the support arm between the sling and the rifle.
 - (3) Bring the support hand under and around the sling, grasping the fore-end of the rifle.
 - (4) Raise the rifle to eye level with the butt against the shoulder.
 - b. Target shooting - the sling is used to support the weight of the rifle in the prone, kneeling and sitting positions. Often a special sling with a cuff that fits around the upper part of the support arm is used.
 - (1) Sling placement- the sling should be positioned on the upper arm where it provides the best support for the rifle.

- (2) Sling adjustment- the sling cuff should be adjusted tight enough so that it will not slip on the arm yet loose enough so that it does not cut off circulation. Once the sling has been positioned and tightened on the upper arm, its length should be adjusted so that it completely supports the rifle's weight.

APPENDIX 3

RIFLE SHOOTING SKILLS

INSTRUCTIONAL METHOD

INTRODUCTION: This detailed outline is provided as a study reference to assist you in your preparations for Lesson III, "Firing the First Shots," in the NRA Basic Rifle Shooting Course.

I. Method Objectives

- A. To expose the beginning shooter to a successful shooting experience.
- B. To instill confidence in the beginner's ability to hit a target on his or her first attempt by properly using the fundamentals of rifle shooting.

II. Method Preparation Requirements

- A. Number of participants per instructor. The instructor's experience, the physical size and mental maturity of the participants, and the limitations of the range facility are all factors that will determine the instructor/participant ratio. It is important that you know your capabilities and limitations and always work within them. Ideally, an instructor will be at each firing point.
- B. Equipment/materials:
 - I. Range: one or more firing points
 - 2. Targets: 5 targets per shooter
 - 3. Firearms:
 - a. One rifle for each two shooters for dry-firing exercises. If not possible, run the exercises in relays.
 - b. One rifle for each firing point
 - 4. Ammunition: 1 00 rounds per shooter

5. Accessories:

- a. Hearing protection for each shooter and instructor
- b. Eye protection for each shooter and instructor

C. Operational Considerations for Group Exercises:

1. A shooting line must be marked on the ground to maintain safety, group control and position during group exercises (tape or baby powder are good for marking lines)
2. The instructor should position himself so all shooters can hear or see instructions:
 - a. Without firearms: in front of the class, at the end of the firing line or at the center of the group
 - b. With firearms: in the rear of the class, at the end of the firing line, or at the center of the group

D. Things To Help Your Students Concentrate

You should do everything possible to enhance your students' learning and concentration on hitting the first target. Listed below are a few suggestions:

1. Small caliber- less recoil
2. Proper stock fit- buttstock length, comb height, trigger pull length
3. Proper gun weight- not too heavy
4. Shorter barrel- not muzzle-heavy
5. Safety off- instructor check
6. Gun functional and mechanism clean
7. Reliable ammunition of good make and proper caliber
8. Target should be close
9. Target should be large
10. Target background- clear

11. Range should be well-lit
12. Range should have little or no wind
13. Range should have little or no background noise
14. Clothing-shooters should wear light shirts or jackets closed in front
15. Do not over-instruct
16. Keep extraneous spectators to a minimum
17. Don't introduce or discuss competitive shooting until the students can hit the target

E. Instructional Techniques Used

1. Coach/Pupil method- Two students are paired as a team, one as the shooter/pupil, and the other as the coach. The roles are reversed upon the direction of the instructor.
 - a. Provides for increased attention to safety
 - b. Makes productive use of non-shooting time of students
 - c. Allows for productive exchange of information on the skill
 - d. Improves performance
 - e. Increases learning
2. Dry-Practicing- practicing the fundamentals of firing a shot with an unloaded gun. A dummy round may be used or the hammer/firing pin may be dropped on an empty chamber. For .22 rimfire, insert a fired case to protect the firing pin.
 - a. Allows shooter to focus attention on the fundamentals rather than the results of a shot.
 - b. Allows refinement of skills before trying live firing, thus greatly increasing the likelihood for success.
 - c. Assists instructor in analyzing skill performance.

3. Ball and Dummy Method-This is a combination of live and dry-firing used at the discretion of the instructor. The gun is loaded with a combination of live rounds and dummy rounds. Loading of the gun is done by the instructor, out of sight of the student, so that the student does not know when he or she might be pulling the trigger on a live round or a dummy round. This allows the instructor and shooter to readily recognize errors in shooting fundamentals, especially trigger jerking, anticipation, flinching, etc.
 - a. Allows shooter and instructor to analyze execution of fundamentals under circumstances that simulate live fire for the student
 - b. Allows reinforcement of correct skills execution

III. Instructional Method

- A. Points to be reviewed with class before beginning shooting exercises:
 1. Range layout and operation orientation
 2. Positions and movement of people on and around the range
 3. Range commands or signals to be used
 4. Pay attention to instructors at all times
 5. Firearms handling and shooting rules-at all times, firearms are to be carried on the range either with the muzzle pointed in the safest direction, or cased, as appropriate
 6. Special procedures concerning firearms and ammunition during exercises. Instructor(s) should supervise ammunition before, during and after session.
 7. Reconfirm eye dominance of shooters.
 8. Other points as may be appropriate to the situation.
- B. Exercises applicable to all positions:
 1. Exercise One: Practicing the fundamentals using the coach/pupil method
 - a. Coach/pupil assignment- have students count off by twos and pair off, ones being "pupils" and twos being "student-coaches."
 - b. Have students put on eye and hearing protection

- c. Have "pupils" step up to the line at arm's length (at least) apart with the "student-coach" immediately to the rear.
- d. Stress the absolute importance of paying attention to, and immediately following, the directions of the instructor
- e. Re-emphasize the rules of safe firearms handling:
 - (1) Keep the gun pointed in a safe direction at all times. During the practicing of the fundamentals, rifles are to be pointed downrange. At all other times, they are to be held or carried with the muzzle pointed in the safest direction.
 - (2) Keep the finger off the trigger at all times, except when directed otherwise by the instructor.
 - (3) Keep the action open at all times, and the rifle unloaded, except when directed to load the rifle and close the action by the instructor. Now is the time to ingrain in the students the habit of frequently checking the action, magazine and chamber of a gun to ensure it is unloaded.
- f. Remind shooters that their dominant eye determines from which shoulder they will shoot the rifle.
 - (1) Right-eye dominant- shoot from right shoulder
 - (2) Left-eye dominant- shoot from left shoulder
- g. Stress the importance of staying in position and on the line
- h. On command, have student-coaches get a rifle and return to the firing line behind their pupil.
- 1. Per your directions, have each coach/pupil pair practice the fundamentals at their own pace.
 - (1) The student-coach checks the shooter's rifle shooting fundamentals
 - (2) The student-coach should hold the rifle or it should be placed on the bench/table when the pupil is not actually practicing the fundamentals, to avoid tiring the pupil.
- 2. Exercise Two- Shooters dry-fire at the target using the rifle. Instruct each pair of shooters from the rear of the line as needed.

a. Skills learned:

- (1) How to open and close the rifle's action.
- (2) The shooting position.
- (3) Shot preparation.
- (4) Sight picture control.
- (5) Breath control.
- (6) Trigger control.
- (7) Follow-through.

b. Exercise preparation:

- (1) Explain exercise to class.
 - (a) Rifle action to be closed by pupil only on command of the instructor
 - (b) Action to be opened immediately by pupil each time upon completion of dry-firing.
- (2) Review proper procedures for opening and closing the rifle action. Let students practice before starting exercise.
 - (a) Stress muzzle control and awareness.
 - (b) Stress keeping the finger off the trigger, except when in position and ready to shoot.
- (3) Continue same coach/pupil assignments, with students exchanging roles

c. Exercise:

- (1) Position shooters on line with student-coaches to the rear holding the rifle, or place rifle on bench/table.
- (2) On command from the instructor, coaches hand the rifle to the pupils, who closes the action and begins shot preparation.

- (3) The instructor then gives the "commence firing" command. The shooter aims and pulls the trigger.
 - (4) Shooter then opens the action of the rifle.
 - (5) Repeat and allow discussion as necessary to improve skills.
 - (6) Have student-coaches and pupils exchange roles.
 - (7) Repeat c. (1) through c. (5), above.
 - (8) Student-coaches should return the rifle to the gun rack when the exercise is finished.
- d. Instructional points:
- (1) Check ability to properly close and open action in a safe manner.
 - (2) Be sure shooter opens action immediately upon completion of dry firing.
3. Exercise Three- individual shooters participate with the class instructor (one-on-one) in ball-and-dummy exercises.
- a. Skills learned:
- (1) Reinforce safe handling and shooting under live-firing conditions.
 - (2) To shoot at own initiative and pace.
 - (3) To load and unload live ammunition from the rifle.
 - (4) To shoot at a target using the fundamentals of rifle shooting.
- b. Exercise preparation
- (1) Explain exercise's purpose and how it works to class.
 - (2) Stress and review importance of gun handling, shooting rules, and related exercise procedures.
 - (3) Demonstrate the proper procedures for loading and unloading ammunition for the rifle used.
 - (4) Have instructors and students put on eye and hearing protection.

c. Exercise:

- (1) The instructor loads the rifle with live and dummy rounds, with the shooter looking in the other direction as loading takes place so as not to see the loading process. The instructor then closes the action.
- (2) On command, the shooter aims, fires and follows through.
- (3) The shooter checks to see if the action is open and, if not, opens it.
- (4) Repeat the ball-and-dummy exercise as necessary.
- (5) Upon completion of the ball-and-dummy exercise, allow the shooters to fire the remaining rounds on their own.
 - (a) With the shooter holding the rifle, give the shooter one round and supervise loading of the rifle.
 - (b) Allow the shooter to shoot the target at his or her own pace.
 - (c) Repeat the process until all five rounds are fired.
- (6) If the shooter is executing the fundamentals correctly, normally the first two or three initial attempts should be dummy rounds with a live round to follow. This allows the instructor to prepare the shooter for success with the first live round, gives the shooter time to settle down, allows him or her to see and correct minor problems (usually flinching), and promotes shooter familiarity with shooting from the firing point independently.
- (7) After the first round is fired, be very supportive, whether the shot is a hit or miss. Give one to three more dummy rounds as appropriate before providing the second live round.
- (8) If the first two live rounds result in hits, allow the shooter to fire the remaining three rounds on his or her own initiative under supervision. If the shooter has missed any targets with the first two live rounds, continue the ball-and-dummy exercise through the third live round. Thereafter allow the shooter to fire the remaining rounds, loading and firing at his or her own initiative.

d. Instructional Points:

- (I) Work with only one shooter at a time.

- (2) Pay special attention to the muzzle direction at all times during the exercise.
- (3) When handing the rifle to the shooter, cup your hand around the trigger guard to ensure safety and to train shooters to keep their trigger finger off the trigger upon receiving the rifle
- (4) Instructors and student-coaches conducting the exercise should be the only ones handling ammunition and the rifle except the shooter participating under supervision.
- (5) On the first attempt, if students experience great difficulty in executing the fundamentals because of live firing, continue the use of dummy rounds, up to five times. *Using any more than five dummy rounds may only increase the anxiety level and begin to tire the shooter.* If problems still persist, the instructor has two options:
 - (a) Allow the shooter to fire one round. In some cases, the anxiety of the first shot may be the only problem. Firing even one shot, though the chance for success may be minimal, is necessary to get him or her "over the hump."
 - (b) Shooters with consistently severe problems that will clearly cause them to miss the target should be returned to dry-firing until the problems are resolved.
 - (c) Knowing when to use which option will come with experience
- (6) Make the exercise fun and enjoyable for the shooter. Be enthusiastic and encouraging. Remember, it can be every intimidating performing a skill for the first time in front of peers.
- (7) Keep the exercise moving. Beginners tire quickly and the rest of the group will be anxious for their turn.
- (8) Keep instruction limited to only that which is necessary to produce a target hit (success). Too much instruction at the beginning destroys the ability to concentrate and creates frustration.
- (9) If possible, have qualified assistant instructors conduct the exercise for other shooters on other firing points.
- (10) Provide supervision for the rest of the class while working with shooters. Keep their attention and involvement.

APPENDIX 4

PERFORMANCE REQUIREMENTS CHECKLIST FOR NRA BASIC RIFLE SHOOTING COURSE

Name: _____ Home Phone: _____

Street: _____ Work Phone: _____

City: _____ State: _____ Zip Code: _____

Student's Signature: _____ NRA No.: _____

Instructor's Signature: _____ NRA No.: _____

Date Started: _____ Date Completed: _____

Requirements	Date	Instructor's Initials	Student's Initials
1. State the course goal and any special requirements for the five lessons.			
2. Identify the principal parts of a rifle and the types of rifle actions, and demonstrate how they function.			
3. State, explain and apply the NRA Rules for Safe Gun Handling.			
4. Demonstrate how to handle a rifle in a safe manner.			
5. Identify the different components of a rifle cartridge.			
6. Explain the firing sequence of a cartridge.			
7. Explain how to properly identify and store ammunition.			
8. State the major types of cartridge malfunctions and how to react.			
9. Explain the fundamentals of rifle shooting.			

10. Safely demonstrate the knowledge, skills and attitude necessary to assume the benchrest shooting position with a rifle.			
11. Safely shoot a rifle from the benchrest position, using the fundamentals of rifle shooting, at a target on a range.			
12. Safely demonstrate the knowledge, skills and attitude necessary to assume the free arm and arm rest standing shooting positions with a rifle.			
13. Safely shoot a rifle from the free arm and arm rest standing shooting positions, using the fundamentals of rifle shooting, at a target on a range.			
14. Properly score a rifle target.			
15. Explain the basic guidelines for selecting and purchasing a rifle.			
16. Identify the materials needed to clean a rifle.			
17. Demonstrate how to safely clean a rifle.			
18. Identify several ways to pursue rifle shooting activities after the course.			
19. Successfully complete the NRA Basic Rifle Shooting Course written examination.			

NRA Certified Instructors may reproduce this form.

APPENDIX 5A

NRA BASIC RIFLE SHOOTING COURSE

STUDENT EXAMINATION

Name: _____ Date: _____ Grade: _____

DIRECTIONS: Please select the *best* answer for each of the following multiple-choice and true-false questions. The questions in this examination are based on *The NRA Guide to the Basics of Rifle Shooting*.

1. The four major components of a rifle are:
 - a. receiver, barrel, action and stock.
 - b. sights, frame, barrel and action.
 - c. magazine, barrel, frame and hammer.
 - d. receiver, chamber, frame and barrel.

2. A *magazine*:
 - a. holds cartridges in a bolt-action , semi-automatic , lever-action or slide-action rifle.
 - b. is composed of a body, a spring, a follower and a floorplate.
 - c. may be detachable or non-detachable.
 - d. all of the above.

3. The *action* is:
 - a. the group of moving parts used to load, fire, and unload the rifle.
 - b. the part of a firearm in which a cartridge is contained at the instant of firing.
 - c. the end of the barrel where the chamber is located.
 - d. another term for the bolt of a semi-automatic rifle.

4. The shooting fundamentals are:
 - a. aiming, breath control, hold control, trigger control, and follow-through.
 - b. aiming, eye dominance, hold control, trigger control, and follow-through.
 - c. comfort , aiming, trigger control.
 - d. stance, hold control, aiming, trigger control.

5. When aiming a rifle , the eye can only focus on one object at a time; therefore, you should focus on the _____ so that it appears clear and sharp.
 - a. rear sight
 - b. target
 - c. front sight
 - d. bullseye

6. There are three main ammunition malfunctions, consisting of:
 - a. misfire, hangfire, and squib loads.
 - b. misfire, hangfire, doublefeed.
 - c. stovepipe, hangfire, and squib loads.
 - d. none of the above.

7. When a cartridge fails to fire immediately, you should:
 - a. put the safety on and put the rifle down.
 - b. keep the rifle pointed in a safe direction and, after waiting at least 30 seconds (as a precaution in case of a hangfire), open the action and remove the cartridge.
 - c. open the action immediately and inspect the cartridge to determine the malfunction.
 - d. none of the above.

8. The best position to use for zeroing a rifle is the:
 - a. prone position.
 - b. standing position.
 - c. kneeling position.
 - d. benchrest position.

9. *Follow-through* is important because:
 - a. it is a continuation of everything that was being done at the time the shot was fired.
 - b. it helps maintain your grip.
 - c. it keeps the gun from recoiling excessively.
 - d. none of the above.

10. Bolt-action rifles:
 - a. are generally the strongest type of rifle.
 - b. have an external hammer.
 - c. use gas pressure to work the action.
 - d. have two or more barrels.

11. The four components of a rifle cartridge are:
 - a. primer, wad, case and bullet.
 - b. hull, shot, slug and primer.
 - c. bullet, hull, powder and wad.
 - d. case, primer, powder charge and bullet.

12. Proper ammunition is determined by:
 - a. asking a dealer.
 - b. comparing with another firearm of like design.
 - c. matching the markings on the gun, cartridge headstamp, and the cartridge box.

13. The standing shooting position:
 - a. is natural and intuitive to assume.
 - b. has two main variations; the free arm and arm rest positions.
 - c. is useful in many hunting and competition situations.
 - d. all of the above.

14. Before cleaning a rifle, be sure that:
 - a. you are in a cool dry room.
 - b. the safety is engaged.
 - c. no ammunition is present in the area.

15. A _____ occurs when a cartridge fails to fire after the primer has been struck by the firing pin.
 - a. hangfire
 - b. dry-fire
 - c. squib load
 - d. misfire

16. The *safety* on a rifle:
 - a. when activated, will ensure that the rifle will never fire.
 - b. is a mechanical device that can fail.
 - c. never fails.
 - d. all of the above.

17. When shooting, you should hold your breath briefly because:
 - a. it minimizes body movement.
 - b. it enhances concentration.
 - c. it eliminates muscle tremors.
 - d. all of the above.

18. Dry-firing:
 - a. occurs when the cartridge fails to fire after the firing pin strikes the primer.
 - b. is a long delay in the ignition of a cartridge after the firing pin strikes the primer.
 - c. is executing the fundamentals of shooting using an unloaded gun, and is helpful in practicing marksmanship skills.
 - d. is the firing of live ammunition at tin cans and other similar targets.

19. The basic rule for sight adjustment is:
 - a. move the rear sight in the opposite direction that you want hits on the target to move.
 - b. move the front sight in the same direction that you want hits on the target to move.
 - c. move the rear sight in the same direction that you want hits on the target to move.

20. When shooting, the trigger:
 - a. must be pulled only when you have a perfect sight picture and the arc of movement has been completely eliminated.
 - b. must be squeezed straight to the rear in a smooth and continuous manner without disturbing sight alignment.
 - c. both a and b.
 - d. none of the above.

TRUE ORF ALSE QUESTIONS

21. T F The powder charge in a rifle cartridge is a fast-burning chemical compound used as a propellant.

22. T F A rifle shooter should position his or her body so that the gun points naturally to the center of the target.

23. T F With a peep sight, proper sight alignment is achieved when the front sight is centered in the aperture of the rear sight.

24. T F A squib load develops less than normal pressure or velocity after ignition of the cartridge.

25. T F The barrel should be cleaned from the rear (chamber end) whenever possible in order to reduce muzzle wear.

26. T F The receiver is the backbone of a rifle, to which all the other parts are attached.

27. T F The safety on a rifle is a mechanical device that can fail.

28. T F Rifles should be stored so that they are not accessible to unauthorized persons.

29. T F A misfire is a perceptible delay in the ignition of a cartridge after the primer has been struck by the firing pin.

- 30. T F Regardless of design, all ammunition cases perform the same functions.
- 31. T F The Winchester/NRA Rifle Marksmanship Qualification Program is a self-paced program that recognizes increasing levels of shooter achievement.
- 32. T F In the sitting shooting position, both elbows rest on the knees.
- 33. T F It is the shooter's responsibility to learn and observe all range rules.
- 34. T F You should always keep your finger off the trigger until ready to shoot.
- 35. T F The gun safety rules described in *The NRA Guide to The Basics of Rifle Shooting* do not apply at all times.
- 36. T F Ammunition should not be present when cleaning a rifle.
- 37. T F Laws for transporting a rifle may differ from one locality to another.
- 38. T F Your breath should be let out slowly and steadily until the shot is fired.
- 39. T F Your non-dominant eye should be used for aiming the rifle.
- 40. T F You should always keep your gun unloaded until you are ready to use it.
- 41. T F A rifle should be cleaned at regular intervals.
- 42. T F The benchrest position is the least stable rifle shooting position.
- 43. T F Trigger Control is the technique of pulling the trigger without causing movement of the aligned sights.
- 44. T F Tubular magazines are found only on lever-action rifles.
- 45. T F The chamber of a rifle is located in the rear of the barrel.
- 46. T F Maintenance of rifle magazines is critical for proper rifle functioning.
- 47. T F Rifle cartridges should not be exposed to water or solvents.

48. T F The muzzle is the front end of the barrel where the bullet exits.
49. T F When shooting a rifle, you should always know your target and what is beyond.
50. T F The unloading procedure is exactly the same for the different types and models of rifles.

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NRA BASIC RIFLE SHOOTING COURSE EVALUATION

Your input is needed to improve future training courses. Please take a few moments to complete this evaluation and return it to the instructor.

General Information

1. How did you learn about this training course?

- | | | |
|---------------|----------|---------------------|
| Course Poster | School | Local Advertisement |
| Family Member | Friend | Firearms Dealer |
| NRA Website | Gun Club | Government Agency |

Other.....

2. Please indicate your age group.

- | | | | | |
|-------------|-------|-------|-------|-------|
| 9 and under | 10-12 | 13-17 | 18-21 | 22-30 |
| 31-40 | 41-50 | 51-60 | 61-70 | 71-80 |
| over 80 | | | | |

3. Male Female

4. Are you an NRA member? Yes No

Your Knowledge and Skills

Please rate how well you feel you can do the following as a result of attending this course, on the following scale: **1=not at all; 2=poorly; 3=satisfactory; 4=very well; 5=extremely well.**

- | | | | | | |
|--|---|---|---|---|---|
| 1. Identify the principal rifle parts and types of actions, and explain their operation. | 1 | 2 | 3 | 4 | 5 |
| 2. Identify and demonstrate the rules for safe gun handling. | 1 | 2 | 3 | 4 | 5 |
| 3. Identify the types of rifle ammunition, and explain how to care for and store ammunition. | 1 | 2 | 3 | 4 | 5 |
| 4. Identify and explain the five fundamentals of shooting a rifle. | 1 | 2 | 3 | 4 | 5 |
| 5. Demonstrate the knowledge, skills and attitude necessary for owning and using a rifle safely. | 1 | 2 | 3 | 4 | 5 |
| 6. Identify the materials needed to clean a rifle and demonstrate how to clean it safely. | 1 | 2 | 3 | 4 | 5 |
| 7. Identify the criteria for selecting a rifle. | 1 | 2 | 3 | 4 | 5 |

- 8. Identify the sources for obtaining information about rifles and their uses. 1 2 3 4 5
- 9. Identify ways to pursue rifle shooting activities, and know how to obtain Winchester/NRA Rifle Marksmanship Qualification awards. 1 2 3 4 5

Course Organization and Instruction

Circle the appropriate number representing your response to each statement below, using the following scale: **1=not at all; 2=poorly; 3=satisfactory; 4=very well; 5=extremely well.**

- 1. The material presented was easily understood. 1 2 3 4 5
- 2. The material was presented in a logical manner. 1 2 3 4 5
- 3. This course has helped me gain a better understanding of the function and safe operation of firearms. 1 2 3 4 5
- 4. This course met my needs. 1 2 3 4 5
- 5. The instructors presented the information effectively. 1 2 3 4 5
- 6. The instructors answered my questions. 1 2 3 4 5
- 7. The training aids were used effectively. 1 2 3 4 5
- 8. The instructors made the course enjoyable. 1 2 3 4 5
- 9. The instructors presented a favorable image. 1 2 3 4 5
- 10. Your suggestions for improvement on any statement you rated 1 or 2:

Comments

- 1. How do you feel this course could be improved?

- 2. What parts of this training course do you feel were most beneficial?

- 3. Please make any additional comments.
