



Shooting Positions

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Shooting Positions

- This presentation covers the following:
 - Kneeling Positions
 - Prone Position
 - Barricade Positions
- Remember the four firearms safety rules while practicing
 - It is recommended to first practice with dummy rounds before attempting to use live ammunition

Safe Handling

- Four firearms safety rules
 1. Treat all firearms as if they were loaded
 - Even after you have unloaded it
 2. Never let your muzzle cover anything you are not willing to destroy
 3. Keep your finger straight and off the trigger until your sights are on target
 4. Be sure of your target
 - What it is, what is around it, and what is behind it

Shooting Positions

- Braced kneeling
 - May look slightly different based on individual's body
 - Put the flat side of the elbow on the knee
 - Avoid putting the elbow bone on the knee bone.
 - Bone to bone contact is less stable because your elbow will roll around



Shooting Positions

- Speed Kneeling
 - A very fast position to get into



Shooting Positions

- Fast and has the same fundamentals as the standing position
 - You can also lower your elevation by sitting back on your heels to get behind cover



Shooting Positions

- VERY stable for shooting long distances
 - Notice that the shooter's hands are on the ground, not the gun
 - Slower and harder to get into



Shooting Positions

- Keep as much of your body behind the protection of cover as possible
- Lean slightly out for your gun to clear and just enough of your head to see your sights



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