MARKSMANSHIP
CHECK CARD

Every Marine can learn to be an expert shot. To be one, however, you must first learn thoroughly the principles and techniques of marksmanship and then apply them in a confident and relaxed manner. The principles and most important techniques are contained herein. Of necessity, the descriptions of the various techniques are brief. If some of the items on this card are not clear to you, ask for further information from your coach or from one of the instructors. Additional material is available to you in the following references:

Dept. of the Army Pamphlet 23-2-"HITS COUNT"
FM 23-5-U. S. RIFLE CALIBER .30, M1
FM 23-35-PISTOLS AND REVOLVERS

THE PRINCIPLES

1. Develop comfortable, steady positions.
2. Aim with precision.
3. Squeeze smoothly.
4. Develop rhythm in rapid fire.
5. Learn to make accurate sight adjustments.

NAVMC-2550

SIGHTING AND AIMING

SIGHT ALINEMENT consists of focusing the eye on the front-sight blade and centering the top of the blade in the peep sight.

SIGHT PICTURE consists of the alinement of the sights at six o'clock on the bull's-eye. Holding exactly at six o'clock is not nearly so important as retaining perfect sight alinement.

POINTS TO REMEMBER:

1. Focus your eye on the front-sight blade.
2. Concentrate on sight alinement rather than a six o'clock hold.
3. Do **not** breathe while aiming.
4. Keep your sights blackened.
5. Develop a good spot weld for each position.

DO **NOT** BE CONCERNED ABOUT:

1. Fuzzy bull's-eye—this is natural when you focus your eye on the front-sight blade.

2. Inability to hold at six o'clock. In the standing position it is almost impossible to hold exactly at six o'clock. Position exercises will improve your ability to hold in all positions.

TRIGGER SQUEEZE

The most important single factor in marksmanship is the trigger squeeze. The mechanics of the trigger squeeze are simple:

1. Take one or two deep breaths before aiming.
2. Hold a comfortable amount of air while aiming and squeezing.
3. Take up the trigger slack rapidly and apply a firm initial pressure.
4. Squeeze straight to the rear.

5. Maintain the trigger squeeze briefly after the round has been fired (follow through).

While the mechanics of the trigger squeeze are simple, the execution is made difficult by a natural apprehension, or fear, of the noise, blast, and recoil. These will cause the inexperienced shooter to anticipate the explosion. He may try to control the explosion by jerking the trigger, or he may try to prepare himself by tightening his arm and shoulder muscles; in other words, by flinching. This is best overcome by experience. After firing a number of rounds, the shooter should realize that the explosion will not harm him. He will then relax and allow the weapon to surprise him.

POINTS TO REMEMBER:

1. Try to squeeze off your shots within 5 or 6 seconds. A longer period will tire your muscles.
2. Good squeezing can become a habit. Develop the habit by squeezing well during dry firing.
3. Perfect your squeeze by balancing a coin on your rifle barrel during dry firing. Then squeeze the trigger without causing the coin to fall.
4. Do **not** breathe while squeezing.
5. Do **not** squeeze with the whole hand.
6. Do **not** tense your muscles in anticipation of the recoil.

POSITIONS

A good position is one which will allow the shooter to aim without muscular strain. A good position is built on bone support only in the standing position should the shooter use the muscles of his arms. A good position is developed through good practice. Position exercises will help you to achieve relaxed positions, to improve your trigger squeeze, and to make a habit of precise sight alinement. At first, because the positions are unfamiliar, they will seem awkward and perhaps painful. The more you practice, the more natural and comfortable your positions will be. Use the list on the next two pages to help you to perfect your positions.

STANDING POSITION

1. Feet spread comfortably apart (10 inches-14 inches).
2. Weight of body rests evenly on both feet.
3. Stomach relaxed.
4. Left elbow under rifle.
5. Left hand at the balance of the rifle.
6. Rifle rests in the "V" (between thumb and index finger) of left hand.
7. Left wrist is straight.
8. Elbow of the right arm held as high as possible.
9. Weight of the rifle is borne almost entirely by the right arm. Pull back and up with right hand.
10. Butt of rifle held high in the right shoulder. One-half of the butt plate should be visible from rear.
11. Cheek rests firmly against the stock in a natural position. Do **not** strain the head forward.

SITTING POSITION

1. Spread feet farther apart than knees.
2. Keep toes pointed inboard.
3. Keep knees about one hand span (8 inches-12 inches) off deck.
4. Upper body bent well forward between the knees.
5. Left elbow under the rifle.
6. Upper part of the left arm rests on and extends over the left shin.
7. Rifle rests in the "V" and heel of left hand.
8. Left wrist is straight.
9. Right elbow blocked by inside of right knee.
10. The butt of the rifle is held in the pocket of the right shoulder by the tension of the sling.

KNEELING POSITION

1. Right leg, from knee to toe, rests on deck.

2. Most of body weight rests on right leg.
3. Left foot is flat on deck and pointed generally toward the target.
4. Left elbow directly under the rifle.
5. Left elbow rests on, and slightly over, the left knee.
6. Rifle rests in the "V" and heel of the left hand.
7. Left wrist is straight.
8. Right arm is relaxed into a comfortable position.

PRONE POSITION

1. Feet spread to comfortable distance, legs relaxed.
2. Toes pointed outboard.
3. Spine straight, body well behind rifle.
4. Shoulders parallel to deck.
5. Left elbow under the balance of the weapon.
6. Left hand is well forward under rifle (at the stock ferrule swivel, if possible).
7. Left wrist is straight.
8. Rifle rests in "V" and heel of left hand.
9. Right elbow on the deck, slightly forward of and to the right of the butt plate.
10. Weight of the upper body relaxed forward into the sling.

POINTS TO REMEMBER

1. **Spot weld.**—Placing the right cheek against the thumb of the right hand. This positions the eye at the same distance from the peep for every shot and helps to insure uniform aiming.
2. **Follow through.**—Maintaining position and trigger squeeze briefly after the shot is fired. This will help you to detect shooting errors.
3. **Calling your shots.**—Recording the spot where you think the round will hit. Call the shot after it is fired but before it is marked. When you call shots correctly, it

will prove that your sight alinement and trigger squeeze are correct.

4. **The sling.**—The final adjustments of the sling to find the most comfortable and steady positions are a responsibility of the shooter. Record in your scorebook the sling adjustment for each position.
5. **The scorebook.**—Plot your shots carefully and keep a record of wind an light conditions. This is necessary to determine the true zero of your rifle at each range.
6. **Rapid fire.**—You must develop a shooting rhythm- "Breathe, relax, aim, slack, squeeze." Learn to take positions and reload rapidly. Do **not** allow the pressure of the time limit to "shake" you.
7. **Sight adjustments.**—Move the rear sight in the direction which you wish to move the bullet. Moving the rear sight up causes the bullet to strike higher, etc.
8. **Elevation and deflection rules.**—One click of elevation or deflection will move the strike of the bullet one inch for each 100 yards of range. (At 500 yards, 3 clicks will move the strike of the bullet 15 inches.)
9. **True zero.**—"The sight setting necessary to hit the center of the bull on a day when no wind is blowing." You must have a true zero for 200, 300, and 500 yards.
10. **Wind direction.**—Use the clock system to describe the direction of the wind. A 3 or 9 o'clock (full value) wind will have the most influence on your bullets. A 6 or 12 o'clock (no value) wind will not affect your bullets. A 1, 5, 7, or 11 o'clock (1/2 value) wind will have only one-half the effect of a full-value wind.
11. **Wind velocity.**—To determine the effect in deflection, use the wind formula: "Range in hundreds of yards times the wind velocity (mph), divided by 10, equals the number of deflection clicks for a full-value wind." Use half of this answer for a half-value wind.

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