UNITED STATES MARINE CORPS
WEAPONS TRAINING BATTALION
MARINE CORPS COMBAT DEVELOPMENT COMMAND
QUANTICO, VIRGINIA 22134-5040

DETAILED INSTRUCTOR GUIDE

LESSON TITLE

FUNDAMENTAL TECHNIQUES OF FIRE

COURSE TITLE

ANNUAL RIFLE TRAINING

UNITED STATES MARINE CORPS
Weapons Training Battalion
Marine Corps Combat Development Command
Quantico, Virginia 22134-5040

DETAILED OUTLINE

FUNDAMENTAL TECHNIQUES OF FIRE

INTRODUCTION (3 MIN)

1. GAIN ATTENTION. During Fundamental Marksmanship Training and while shooting the Table 1 Course of Fire, the Marine will employ the two fundamental techniques of fire, slow fire and rapid fire. Slow fire allows the Marine to focus on the fundamentals while delivering controlled, precision shots down range. Rapid fire builds upon the slow fire skills, compressing the time factor so that the Marine begins to deliver shots down range at a faster pace without sacrificing accuracy or adherence to the fundamentals of marksmanship.

2. OVERVIEW. This lesson will cover the fundamental techniques of fire to include slow fire and rapid fire.

3. INTRODUCE LEARNING OBJECTIVES. The Terminal Learning Objective pertaining to this lesson is as follows:

> TERMINAL LEARNING OBJECTIVE. Given a service rifle/carbine, RCO, sling, magazines, cartridge belt, magazine retention device (pouches or load-bearing vest), ammunition, and a target, engage targets at the sustain rate of fire IAW MCRP 3-01A. (0300.M16.1009)

4. METHOD. This lesson will be taught in a classroom setting using lecture and demonstration.

5. EVALUATION. The Marine will be evaluated on this material during Table 1 firing.

TRANSITION: The slow fire technique allows the Marine to deliver precise and accurate shots on target while focusing on the fundamentals.

BODY (25 MIN)

NOTE

The procedures in this lesson are written for right-handed shooters. Left-handed shooters should reverse instructions as needed.

INSTRUCTOR'S NOTE: *Demonstrate the positions as they are explained. Substitutions of the language in this lesson plan for 'right' and 'left' hand may be made with 'strong' and 'support', respectively, or 'firing' and 'non-firing' as desired.*

1. (5 MIN) SLOW FIRE

a. Description. The slow fire technique allows the Marine to focus on the fundamentals of marksmanship while delivering shots in a controlled manner.

b. Technique for Breath Control During Slow Fire. It is critical that Marines interrupt their breathing at a point of natural respiratory pause before firing a long-range shot or a precision shot from any distance. A respiratory cycle lasts 4 to 5 seconds. Inhaling and ex-haling each require about 2 seconds. A natural pause of 2 to 3 seconds occurs between each respiratory cycle. The pause can be extended up to 10 seconds. During the pause, breathing muscles are relaxed and the sights settle at their natural point of aim. To minimize movement, Marines must fire the shot during the natural respiratory pause. The basic technique is as follows:

1) Assume a firing position.

2) Stop breathing at your natural respiratory pause and make final adjustments to your natural point of aim.

3) Breathe naturally until your full field of view is obtained with no or consistent scope shadow and your reticule settles.

4) Take a slightly deeper breath.

5) Exhale and stop breathing at the natural respiratory pause.

6) Fire the shot during the natural respiratory pause.

c. Precision Shot. A precision shot is executed by slowing down the application of the fundamentals to take one well-aimed shot. Size and distance to the target affects whether a precision shot is required.

1) Size of Target. In combat, the enemy will likely take cover, exposing only a small area of the body. Therefore, a precision shot is required due to the small aiming area presented. It is critical to make a killing shot before the enemy is able to hide or better his position.

2) Distance to the Target. An enemy at long ranges requires a precision shot due to the range of the target.

Confirm by questions.

TRANSITION: There are many scenarios in which a single precision shot is required to engage an enemy. There are still other situations that require a Marine to shoot quickly without sacrificing accuracy.

2. (5 MIN) RAPID FIRE

a. Description. The rapid fire technique builds on the foundation of slow fire, but the Marine must now focus on delivering shots quickly but without sacrificing the fundamentals of marksmanship. Rapid fire is a technique used to deliver multiple shots quickly to suppress the enemy.

b. Techniques for Breath Control During Rapid Fire. A Marine in a combat environment may not have the time to fire a shot during the natural respiratory pause. It may be necessary to take several deep breaths before holding the breath. A Marine should not make an exaggerated effort to perform breath control. A natural respiratory pause will help stabilize the shooter's reticule. There are two techniques for breath control during rapid fire:

1) Breathing Between Shots. In this method the Marine breathes after each shot is fired. This establishes a rhythm for shooting.

a) Assume a firing position.

b) Stop breathing at your natural respiratory pause.

c) Fire the shot during the natural respiratory pause.

d) Repeat steps b) and c) until all five shots have been fired.

2) Holding the Breath

a) Assume a firing position.

b) Take a deep breath filling the lungs with oxygen.

c) Hold your breath and apply pressure to the trigger.

d) Fire the shots.

c. Suppressive Fire. An effective method for delivering suppressive fire is to fire at the sustained rate of 12 to 15 rounds per minute. Management of recoil is critical to bring the reticule back on target after the shot is fired.

Confirm by questions.

TRANSITION: Rapid fire techniques and suppressive fire require the Marine to engage targets quickly but without sacrificing accuracy. The accuracy of the Marine during rapid firing will depend on his ability to fire the rifle quickly while still maintaining sound fundamentals.

OPPORTUNITY FOR QUESTIONS: (1 MIN)

1. Respond to questions from the class.

2. Prompt students with questions to the class.

a. QUESTION: What factors should be considered when determining if a single precision shot is required?

ANSWER: Size and distance to the target.

b. QUESTION: In what situation would you employ rapid fire?

ANSWER: When multiple shots are required to be delivered quickly to suppress an enemy.

> ***INSTRUCTOR'S NOTE:*** *Ask Marines as many questions as necessary to ensure they fully understand the material presented in this lesson.*

SUMMARY: (1 MIN)

Slow fire and rapid fire are techniques used to engage combat targets based on the situation. A precision shot may require using the slow fire technique, while rapid fire may be used to delivery multiple shots quickly to suppress an enemy.