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1 Aug 07

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

DETAILED INSTRUCTOR GUIDE

LESSON TITLE

RIFLE SITTING POSITION

COURSE TITLE

ANNUAL RIFLE TRAINING



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

DETAILED OUTLINE

RIFLE SITTING POSITION

INTRODUCTION

(3 MIN)

1. GAIN ATTENTION. On the range and in combat, the rifleman must assume the steadiest possible position that will provide maximum observation of the target, cover, and concealment. It may not always be possible to fire from the prone position due to vegetation, terrain, or the tactical situation. The sitting position offers a stable firing position when the situation will not allow use of the prone.

2. OVERVIEW. This lesson will cover the procedures for assuming the various sitting positions.

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

TERMINAL LEARNING OBJECTIVE. Given a service rifle/carbine, sling, magazines, cartridge belt, magazine retention device (pouches or load-bearing vest), ammunition, and a target, without the aid of references, engage targets from a sitting position IAW MCRP 3-01A. (0300.M16.1006)

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: We have discussed the three elements essential to every good shooting position and the five factors common to all rifle firing positions. These elements and factors are applied to the sitting position.



BODY

(35 MIN)

NOTE

The following steps for assuming the sitting positions pertain to right-handed shooters. Left-handed shooters should reverse the 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. (2 MIN) INTRODUCTION TO THE SITTING POSITION

a. Description. The sitting position provides an extremely stable base and provides good bone support. The sitting position provides better observation than the prone position while still maintaining a fairly low profile.

b. Variations. There are three variations of the sitting position that can be adapted to the individual shooter: crossed ankle, crossed leg, and open leg. The Marine should experiment with all the variations and select the position which is easiest to assume and provides the most stability for firing.

Confirm by questions.

TRANSITION: There are three variations of the sitting position, and each can be assumed using any of the three sling adjustments. We will begin by discussing assuming the three sitting positions using the hasty sling.

2. (10 MIN) ASSUMING THE SITTING POSITION WITH THE HASTY SLING

(ON SLIDE #1)

a. Crossed Ankle Sitting Position with the Hasty Sling. The crossed ankle sitting position is an extremely stable shooting position. This position places most of the body's weight behind the weapon and aids in quick shot recovery. Perform the following steps to assume the crossed ankle sitting position:

- 1) Square your body to the target.



- 2) Grasp the handguard with your left hand.
- 3) Bend at the knees and break your fall with your right hand.
- 4) Push backward with your feet to extend your legs and place your buttocks on the ground.
- 5) Cross your left ankle over your right ankle.
- 6) Grasp the pistol grip with your right hand and place the rifle butt in your right shoulder pocket.
- 7) Lower your head and place your cheek firmly against the stock to allow the aiming eye to look through the rear sight aperture.
- 8) Rotate your left hand up, pinching the handguard between your thumb and forefinger. The magazine must be on the inside of your left arm.
- 9) Bend forward at the waist. Place the flat portion of the back of your left arm, just above your elbow, on your left leg just below the knee. (The arm must be placed on the leg above the ankle.)
- 10) Place your right elbow on the inside of your right knee.
- 11) Adjust your position to adjust sling tension. To tighten the sling: square your body more to the target, or move your left elbow out, or draw your feet up slightly toward your body.
- 12) Adjust the position of your left hand on the handguard to allow the sling to support the weapon and the front sight to be centered in the rear sight aperture.
- 13) To adjust for a minor cant in the rifle, rotate the handguard left or right in the "V" formed by the thumb and forefinger by rotating the pistol grip left or right.

(ON SLIDE #2)

b. Crossed Leg Sitting Position with the Hasty Sling. The crossed leg sitting position provides a medium base of support and places some of the body's weight behind the weapon for quick recovery after each shot. Perform the following steps to assume the crossed leg sitting position:

- 1) Square your body to the target.



- 2) Grasp the handguard with your left hand.
- 3) Bend at the knees while breaking your fall with your right hand.
- 4) Place your buttocks on the ground as close to your feet as you comfortably can.
- 5) Cross your left leg over your right leg.
- 6) Grasp the pistol grip with your right hand and place the rifle butt in your right shoulder pocket.
- 7) Lower your head and place your cheek firmly against the stock to allow the aiming eye to look through the rear sight aperture.
- 8) Rotate your left hand up, pinching the handguard between the thumb and forefinger. The magazine must be on the inside of your left arm.
- 9) Bend forward at the waist. Place your left elbow into the bend of your left knee or place the flat portion of the back of the left arm, just above the elbow, on your left leg in front of the knee.
- 10) Place your right elbow on the inside of your right knee.
- 11) Adjust your position to adjust sling tension. Squaring your body more to the target or drawing your feet closer together tightens the sling by forcing the left elbow outboard.
- 12) Adjust the position of your left hand on the handguard to allow the sling to support the weapon and the front sight to be centered in the rear sight aperture.
- 13) To adjust for a minor cant in the rifle, rotate the handguard left or right in the "V" formed by the thumb and forefinger by rotating the pistol grip left or right.

(ON SLIDE #3)

c. Open Leg Sitting Position with the Hasty Sling. The open leg sitting position provides a medium base of support and is most commonly used when firing from a forward slope. Perform the following steps to assume the open leg sitting position:

- 1) Square your body to the target.



- 2) Place your feet approximately shoulder width apart.
- 3) Grasp the handguard with your left hand.
- 4) Bend at the knees while breaking your fall with your right hand.
- 5) Push backward with your feet to extend your legs and place your buttocks on the ground.
- 6) Grasp the pistol grip with your right hand and place the rifle butt in your right shoulder pocket.
- 7) Lower your head and place your cheek firmly against the stock to allow the aiming eye to look through the rear sight aperture.
- 8) Rotate your left hand up, pinching the handguard between the thumb and forefinger. The magazine must be on the inside of your left arm.
- 9) Place the flat portion of the back of your left arm, just above the elbow, in front of your left knee.
- 10) Place your right elbow on the inside of your right knee or place the flat portion of the back of your right arm, just above the elbow, in front of your right knee.
- 11) Adjust your position to adjust sling tension. Widening your stance tightens the sling by forcing the left elbow outboard. There must be some controlled muscular tension in the legs to hold them up and offer resistance to recoil.
- 12) Adjust the position of your left hand on the handguard to allow the sling to support the weapon and the front sight to be centered in the rear sight aperture.
- 13) To adjust for a minor cant in the rifle, rotate the handguard left or right in the "V" formed by the thumb and forefinger by rotating the pistol grip left or right.

Confirm by questions.

TRANSITION: The sitting position provides a stable base and good bone support. We will now discuss assuming the three variations of the sitting position using the loop sling.



3. (10 MIN) ASSUMING THE SITTING POSITION WITH THE LOOP SLING

(ON SLIDE #4)

a. Crossed Ankle Sitting Position with the Loop Sling. The crossed ankle sitting position is an extremely stable shooting position. This position places most of the body's weight behind the weapon and aids in quick shot recovery. Perform the following steps to assume the crossed ankle sitting position:

- 1) Stand erect and face the target at a 10 to 30 degree angle to the right of the line of fire.
- 2) Place your left hand under the handguard.
- 3) Bend at the knees and break your fall with your right hand.
- 4) Push backward with your feet to extend your legs and place your buttocks on the ground.
- 5) Cross your left ankle over your right ankle.
- 6) Bend forward at the waist and place your left elbow on your left leg below the knee.
- 7) Grasp the rifle butt with your right hand and place the rifle butt into your right shoulder pocket.
- 8) When the rifle butt is seated properly, grasp the pistol grip with your right hand.
- 9) Lower your right elbow to the inside of your right knee.
- 10) Place your cheek firmly against the stock to obtain a firm stock weld.
- 11) Move your left hand to a location under the handguard that provides maximum bone support and stability of the weapon.

(ON SLIDE #5)

b. Crossed Leg Sitting Position with the Loop Sling. The crossed leg sitting position provides a medium base of support and places some of the body's weight behind the weapon for quick recovery after each shot. Perform the following steps to assume the crossed leg sitting position:

- 1) Stand erect and face the target at a 45 to 60 degree angle to the right of the line of fire.



- 2) Place your left hand over the sling from the left side and under the handguard.
- 3) Cross your left leg over your right leg.
- 4) Bend at the knees while breaking your fall with your right hand.
- 5) Place your buttocks on the ground as close to your crossed legs as you comfortably can.
- 6) Bend forward at the waist while placing your left elbow on your left leg into the bend of the knee.
- 7) Grasp the rifle butt with your right hand and place the rifle butt into your right shoulder pocket.
- 8) When the rifle butt is seated, grasp the pistol grip firmly with your right hand.
- 9) Lower your right elbow to the inside of your right knee.
- 10) Place your cheek firmly against the stock to obtain a firm stock weld.
- 11) Move your left hand to a location under the handguard that provides maximum bone support and stability of the weapon.

(ON SLIDE #6)

c. Open Leg Sitting Position with the Loop Sling. The open leg sitting position provides a medium base of support and is most commonly used when firing from a forward slope. Perform the following steps to assume the open leg sitting position:

- 1) Stand erect and face the target at a 30 to 40 degree angle to the right of the line of fire.
- 2) Place your feet approximately shoulder width apart.
- 3) Place your left hand over the sling from the left side and under the handguard.
- 4) Bend at the knees while breaking your fall with your right hand.
- 5) Push backward with your feet to extend your legs and place your buttocks on the ground.



- 6) Place your left elbow on your left leg below the knee.
- 7) Grasp the rifle butt with your right hand and place it into your right shoulder pocket.
- 8) When the rifle butt is seated, grasp the pistol grip firmly with your right hand.
- 9) Lower your right elbow to the inside of your right knee.
- 10) Place your cheek firmly against the stock to obtain a firm stock weld.
- 11) Move your left hand to a location under the handguard that provides maximum bone support and stability of the weapon. Slight muscle tension of the legs may be required to support the rifle.

Confirm by questions.

TRANSITION: All three variations of the sitting position can be assumed using any of the three sling adjustments. We will now discuss assuming the sitting position using a three-point tactical sling.

4. (10 MIN) ASSUMING THE SITTING POSITION WITH THE 3-POINT SLING

(ON SLIDE #7)

a. Crossed Ankle Sitting Position with the 3-point Sling. The crossed ankle sitting position is an extremely stable shooting position. This position places most of the body's weight behind the weapon and aids in quick shot recovery. Perform the following steps to assume the crossed ankle sitting position:

- 1) Stand erect and face the target at approximately a 45-degree angle to the target.
- 2) With the left hand, grasp the handguard under the sling.
- 3) Bend at the knees and, while elevating the muzzle, drop to one knee. Break your fall with your right hand and roll back onto your buttocks.



- 4) Extend your legs and cross your left ankle over your right ankle.
- 5) Grasp the pistol grip with your right hand.
- 6) Place the rifle butt into your right shoulder pocket.
- 7) Bend forward at the waist and place your left elbow on your left leg below the knee.
- 8) Lower your right elbow to the inside of your right knee.
- 9) Place your cheek firmly against the stock to obtain a firm stock weld.
- 10) Move your left hand to a location under the handguard that provides maximum bone support and stability of the weapon.

(ON SLIDE #8)

b. Crossed Leg Sitting Position for the 3-pt sling. The crossed leg sitting position provides a medium base of support and places some of the body's weight behind the weapon for quick recovery after each shot. Perform the following steps to assume the crossed leg sitting position:

- 1) Stand erect and face the target at approximately a 45-degree angle to the target.
- 2) With the left hand, grasp the handguard under the sling.
- 3) Bend at the knees and, while elevating the muzzle, drop to one knee. Break your fall with your right hand and roll back onto your buttocks.
- 4) Cross your left leg over your right leg as close to your buttocks as you comfortably can.
- 5) Grasp the pistol grip with your right hand.
- 6) Place the rifle butt into your right shoulder pocket.
- 7) Bend forward at the waist while placing your left elbow on your left leg into the bend of the knee.
- 8) Lower your right elbow to the inside of your right knee.



- 9) Place your cheek firmly against the stock to obtain a firm stock weld.
- 10) Move your left hand to a location under the handguard that provides maximum bone support and stability of the weapon.

(ON SLIDE #9)

c. Open Leg Sitting Position with the 3-pt Sling. The open leg sitting position provides a medium base of support and is most commonly used when firing from a forward slope. Perform the following steps to assume the open leg sitting position:

- 1) Stand erect and face the target at approximately a 45-degree angle to the target.
- 2) With the left hand, grasp the handguard under the sling.
- 3) Bend at the knees and, while elevating the muzzle, drop to one knee. Break your fall with your right hand and roll back onto your buttocks.
- 4) Extend your legs to an open position.
- 5) Grasp the pistol grip with your right hand.
- 6) Place the rifle butt into your right shoulder pocket.
- 7) Place your left elbow on your left leg below the inside of the knee.
- 8) Lower your right elbow to the inside of your right knee.
- 9) Place your cheek firmly against the stock to obtain a firm stock weld.
- 11) Move your left hand to a location under the handguard that provides maximum bone support and stability of the weapon. Slight muscle tension of the legs may be required to support the rifle.

Confirm by questions.



TRANSITION: Since the rifle becomes an extension of your body, it may be necessary to adjust natural point of aim until the rifle sights settle on the desired aiming point on the target. Natural point of aim can be achieved in the sitting position by making minor body adjustments.

5. (3 MIN) NATURAL POINT OF AIM

Natural point of aim can be achieved in the sitting position by making minor body adjustments.

a. Adjusting Up or Down. If the natural point of aim is above or below the desired aiming point:

- 1) Vary the placement of the stock in the shoulder.
 - a) Moving the stock higher in the shoulder lowers the muzzle of the weapon, causing the sights to settle lower on the target.
 - b) Moving the stock lower in the shoulder raises the muzzle of the weapon, causing the sights to settle higher on the target.
- 2) Vary the placement of the left hand in relation to the handguards.
 - a) Moving the left hand forward on the handguards lowers the muzzle of the weapon, causing the sights to settle lower on the target.
 - b) Moving the left hand back on the handguards raises the muzzle of the weapon, causing the sights to settle higher on the target.
- 3) Vary the placement of the left elbow on the knee.
 - a) Moving the left elbow forward on the knee lowers the muzzle of the weapon, causing the sights to settle lower on the target.
 - b) Moving the left elbow back on the knee raises the muzzle of the weapon, causing the sights to settle higher on the target.

b. Adjusting Right or Left. The natural point of aim can be adjusted right or left in the sitting position by adjusting body alignment in relation to the target. Keeping the feet in place and moving the buttocks either right or left can adjust body alignment.



Confirm by questions.

TRANSITION: The shooter should become familiar with each of these variations of the sitting position because they each may prove useful in certain combat situations.

OPPORTUNITY FOR QUESTIONS: (1 MIN)

1. Respond to questions from the class.
2. Prompt students with questions to the class.
 - a. **QUESTION:** What is one advantage of the sitting position?

ANSWER: Provides good bone support and a fairly low profile, is fast and easy to assume, can be easily adapted to the individual shooter, and provides greater elevation (i.e., observation) as compared to the prone position.

- b. **QUESTION:** What are the three variations of the sitting position?

ANSWER: Crossed leg, crossed ankle, and open leg.

- c. **QUESTION:** Which sitting position places most of the body's weight behind the weapon and allows for quick shot recovery?

ANSWER: Crossed ankle.

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

SUMMARY: (1 MIN)

It is important that your shooting position conforms to your body configuration and provides control and stability during firing. Practice the variations of the sitting position and find one that provides the most stability and is the easiest to assume.



SLIDES

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