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

**DETAILED INSTRUCTOR GUIDE**

LESSON TITLE

RIFLE KNEELING 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 KNEELING POSITION**

INTRODUCTION

(3 MIN)

1. GAIN ATTENTION. The three elements of a good shooting position and the factors common to all shooting positions apply to the kneeling position. The kneeling position is versatile in combat, provides added stability and reduces the profile from the standing position, and is easy to assume and maneuver from.

2. OVERVIEW. This lesson will cover the variations of the kneeling position and how to assume the kneeling position.

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 kneeling position IAW MCRP 3-01A. (0300.M16.1007)

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 kneeling position has three variations: high kneeling, medium kneeling, and low kneeling. All three present a medium silhouette, provide limited body contact with the ground, form a stable firing position, and provide mobility for quick reaction. Try each variation and choose a position that is natural and provides balance, stability, and control during firing.



BODY

(35 MIN)

**NOTE**

The following steps for assuming the kneeling 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 KNEELING POSITION**

a. Description. The kneeling position presents a medium silhouette, provides limited body contact with the ground, forms a stable firing position, and provides mobility for quick reaction. In the kneeling position a tripod of support is formed by the left foot, right foot, and right knee, providing the Marine a stable foundation for shooting. The kneeling position presents a higher profile to facilitate a better field of view as compared to the prone and sitting positions.

b. Variations. The kneeling position has three variations: high kneeling, medium kneeling, and low kneeling. The Marine should try each variation and choose a position that is natural and provides balance, stability, and control during firing.

c. Assuming the Kneeling Position. The kneeling position can be assumed by either moving forward or dropping back into position, depending on the combat situation. For example, it may be necessary to drop back into position to avoid crowding cover, or to avoid covering uncleared terrain.

1) Moving Forward into Position. To move forward into the kneeling position, step forward toward the target with your left foot and kneel down on your right knee.

2) Dropping Back into Position. To drop back into the kneeling position, leave your left foot in place and step backward with your right foot and kneel down on your right knee.

Confirm by questions.



TRANSITION: The three variations of the kneeling position provide a stable foundation for shooting while accommodating various heights of cover. All three variations can be assumed using any of the three sling adjustments. We will begin by discussing assuming the kneeling position using a hasty sling.

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

(ON SLIDE #1)

a. High Kneeling Position. To assume the high kneeling position with the hasty sling:

- 1) Square your body to the target.
- 2) To assume the high kneeling position with the hasty sling, either move forward or drop back into position.
- 3) Keep your right ankle straight, with the toe of your boot in contact with the ground and curled under by the weight of your body.
- 4) Place the right portion of your buttocks on or over your right heel. Contact with the heel provides more stability to the position; however, it is not mandatory that the buttocks make contact.
- 5) Place your left foot forward to a point that allows your shin to be vertically straight. For the shin to be vertical, the heel should be directly under the knee. Your left foot must be flat on the ground. To provide a wider base of support, slide your right knee and left foot outboard to form a tripod with your right foot.
- 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. Your left hand will not grasp the slip ring or the magazine. 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, on your left knee or against the inside of your knee so it is in firm contact. (Your stance may have to be widened to place your arm on the inside of your knee.) The upper portion of the triceps or the armpit will not rest on the knee.

10) Bend your right elbow to provide the least muscular tension possible and lower it to a natural position.

11) Adjust your position to adjust sling tension. Widening your stance by moving your left foot and knee outboard will allow the sling to be tightened.

12) Adjust the position of your left hand 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. Medium Kneeling Position. This position is also referred to as the bootlace kneeling position. Assume the medium kneeling position in the same way as the high kneeling position with the exception of the right foot. The right ankle is straight and the foot is stretched out with the bootlaces in contact with the ground. The buttocks are in contact with the heel of the right foot.

(ON SLIDE #3)

c. Low Kneeling Position. The low kneeling position is most commonly used when firing from a forward slope. Assume the low kneeling position in the same way as the high kneeling position with the exception of the placement of the right foot. Turn the right ankle so the outside of the foot is in contact with the ground and the buttocks are in contact with the inside of the foot.

Confirm by questions.
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TRANSITION: The kneeling position is a versatile position that can easily be maneuvered from. It is also a stable position when employed with the rifle sling. We will now discuss assuming the three variations of the kneeling position using the loop sling.



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

(ON SLIDE #4)

a. High Kneeling Position

- 1) Stand with your feet approximately shoulder width apart and face the target approximately 45 degrees to the right of the line of fire.
- 2) Step forward with your left foot toward the target.
- 3) Place your left hand under the handguard.
- 4) Kneel down on your right knee so your right lower leg is approximately parallel to the gun-target line.
- 5) Keep your right ankle straight, with the toe of your boot in contact with the ground and curled under by the weight of your body.
- 6) Place the right portion of your buttocks on your right heel, making solid contact.
- 7) Place your left foot forward to a point that allows your shin to be vertically straight. Your left foot should be flat on the ground since it will be supporting the majority of your weight.
- 8) Place the flat part of your upper left arm, just above the elbow, on your left knee so it is in firm contact with the flat surface formed on top of your bent knee. This means the point of your left elbow will extend just slightly past the left knee.
- 9) Lean slightly forward into the sling for support.
- 10) Grasp the rifle butt with your right hand and place the butt of the rifle into the pocket of your right shoulder.
- 11) Grasp the pistol grip with your right hand.
- 12) Bend your right elbow to provide the least muscular tension possible and lower it to a natural position.
- 13) Relax your weight forward and place your cheek firmly against the stock to obtain a correct stock weld.
- 14) Move your left hand to a location under the handguard which provides maximum bone support and stability for the weapon.



(ON SLIDE #2)

b. Medium Kneeling Position. This is also referred to as the bootlace kneeling position. Assume the medium kneeling position in the same way as the high kneeling position with the exception of the right foot. The right ankle is straight and the foot is stretched out with the bootlaces in contact with the ground.

(ON SLIDE #3)

c. Low Kneeling Position. The low kneeling position is most commonly used when firing from a forward slope. Assume the low kneeling position in the same way as the high kneeling position with the exception of the placement of your right foot. Turn your right ankle so the outside of the foot is in contact with the ground and the buttocks are in contact with the inside of the foot.

Confirm by questions.

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

#### **4. (10 MIN) ASSUMING THE KNEELING POSITION WITH THE 3-POINT SLING**

(ON SLIDE #5)

a. High Kneeling 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 until the right knee is on the deck.
- 4) Grasp the pistol grip with your right hand.
- 5) Place the butt of the rifle into the pocket of your right shoulder.
- 6) Keep your right ankle straight, with the toe of your boot in contact with the ground and curled under by the weight of your body.



- 7) Place the right portion of your buttocks on your right heel, making solid contact.
- 8) Place your left foot forward to a point that allows your shin to be vertically straight. Your left foot should be flat on the ground.
- 9) Lean slightly forward and place the flat part of your upper left arm, just above the elbow, on your left knee so it is in firm contact with the flat surface formed on top of your bent knee. This means the point of your left elbow will extend just past the left knee.
- 10) Bend your right elbow to provide the least muscular tension possible and lower it to a natural position.
- 11) Relax your weight forward and place your cheek firmly against the stock to obtain a correct stock weld.
- 12) Move your left hand to a location under the handguard which provides maximum stability for the weapon.

(ON SLIDE #2)

b. Medium Kneeling Position. This is also referred to as the bootlace kneeling position. Assume the medium kneeling position in the same way as the high kneeling position with the exception of the right foot. The right ankle is straight and the foot is stretched out with the bootlaces in contact with the ground.

(ON SLIDE #3)

c. Low Kneeling Position. The low kneeling position is most commonly used when firing from a forward slope. Assume the low kneeling position in the same way as the high kneeling position with the exception of the placement of your right foot. Turn your right ankle so the outside of the foot is in contact with the ground and the buttocks are in contact with the inside of the foot.

Confirm by questions.
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TRANSITION: To ensure your front sight post settles center mass on the target, it may be necessary to adjust natural point of aim. Natural point of aim can be achieved in the kneeling position by making minor body adjustments.





## 5. (3 MIN) ADJUSTING NATURAL POINT OF AIM

Natural point of aim can be achieved in the kneeling 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. Natural point of aim can be adjusted right or left in the kneeling position by adjusting body alignment in relation to the target.

Confirm by questions.

TRANSITION: Natural point of aim is important for consistency in shooting. To successfully assume any shooting position takes practice. Practice assuming each of the variations of the kneeling position to find one that best supports and stabilizes your rifle.



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 using the kneeling position?  
ANSWER: This position is easy to assume and provides greater mobility and a higher profile for a better field of view than the prone position.
  - b. QUESTION: What are the three variations of the kneeling position?  
ANSWER: High kneeling, medium kneeling, and low kneeling positions.
  - c. QUESTION: For each of the different kneeling positions, name the part of the right foot in contact with the ground.  
ANSWER: High kneeling - The toe of the right boot only.  
Medium kneeling - The bootlaces of the right boot.  
Low kneeling - The outside of the right foot.

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

SUMMARY:

(1 MIN)

This lesson covered the kneeling position. A natural kneeling position should provide balance, stability, and control during firing. Additionally, a shooting position should take advantage of available cover in combat and be easy to assume and leave quickly. The kneeling position is both quick to assume and easy to maneuver from and can be adapted to cover.



**SLIDES**

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