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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 STANDING 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 STANDING POSITION**

INTRODUCTION

(3 MIN)

1. GAIN ATTENTION. The standing position is easily achieved, quickly assumed, and useful in a variety of combat scenarios. During Table 1, the standing position is fired with a hasty sling, parade sling, or three-point sling. By understanding the five factors and the principles of the position, a shooter can master the standing position utilizing any of the sling adjustments.

2. OVERVIEW. This lesson will cover the advantages of the standing position and how to assume the standing 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 standing position IAW MCRP 3-01A. (0300.M16.1008)

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: By establishing a solid foundation and controlling the balance of the weapon, the shooter can employ the standing position effectively.



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. (25 MIN) ASSUMING THE STANDING POSITION**

a. Description. The standing position is the quickest position to assume and the easiest to maneuver from. It allows greater mobility than other positions. The standing position is often used for immediate combat engagement. The standing position is supported by the shooter's legs and feet and provides a small area of contact with the ground. In addition the body's center of gravity is high above the ground. Therefore, maintaining balance is critical in this position. The standing position can be easily assumed and acquired quickly.

(ON SLIDE #1)

b. Assuming the Standing Position Using the Hasty Sling.  
To assume the standing position with the hasty sling:

- 1) Begin in the Alert.
- 2) Square the body to the target.
- 3) Spread your feet apart to a comfortable distance with the left foot slightly in front of the right foot. This distance may be wider than shoulder width depending on the need for balance.
- 4) Distribute your weight evenly over both feet and hips. Balance will shift forward slightly to reduce recovery time and improve the stability of the hold. Your legs should be slightly bent for balance.
- 5) Grasp the pistol grip with your right hand and place the rifle butt in your right shoulder pocket.



**NOTE**

The h-harness or load-bearing vest cannot be used as artificial support for placing the butt of the rifle in the shoulder in any firing position. The butt of the rifle will be placed on top of the h-harness or load-bearing vest.

- 6) Bring the rifle sights up to eye level instead of lowering your head to the sights and place your cheek firmly against the stock. Ensure your head is erect so the aiming eye can look through the rear sight aperture.
- 7) Rotate your left hand up, pinching the handguard between your thumb and forefinger.
  - a) Your left hand will be under the handguard with your thumb on the outboard side of the handguard.
  - b) Your left hand will not grasp the slip ring or the magazine. The magazine must be on the inside of your left arm.
- 8) Hold your right elbow in a natural position.
- 9) 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.
- 10) 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)

c. Assuming the Standing Position Using the Parade Sling

- 1) Hold the rifle vertical with the barrel pointing upward.
- 2) Apply a parade sling with sling located on left side of the rifle.
- 3) Face the target approximately 90 degrees to the right of the line of fire preferably on a level piece of ground.
- 4) Spread your feet apart to a comfortable distance. Normally, this distance will not exceed the width of the shoulders. Distribute your weight evenly over both feet



and hips. Your legs should be straight but your knees should not be locked.

5) Place your left hand under the handguard in a position to best support and steady the rifle. The left triceps may rest against the torso but may not rest or be supported by equipment mounted on the cartridge belt.

**NOTE**

Care should be taken to place the hand so the fingers do not obstruct the ejection port because this can cause a stoppage.

6) Grasp the pistol grip with your right hand.

7) Place the toe of the buttstock in your right shoulder.

8) Position your left elbow across your upper torso. Most of the rifle's weight is held with your left arm resting naturally against your upper torso and should be supported by bone structure, not muscle.

9) Hold your right elbow in a natural position.

10) Bring the rifle sights up to eye level instead of lowering your head to the sights. Ensure your head is erect. This allows you to look straight through the sights. Eye relief will normally be increased in the standing position due to the head being held more erect and depending on placement of the rifle butt.

11) Place the stock firmly against your cheek in the same place each time to ensure consistency from shot to shot.

d. Adjusting Natural Point of Aim. Natural point of aim can be achieved in the standing position by making minor body adjustments.

1) If the natural point of aim is above or below the desired aiming point:

a) Vary the distance between the feet, either placing them wider apart or closer together.

(1) Moving your feet further apart lowers the muzzle of the weapon, causing the sights to settle slightly lower on the target. Care should be taken not to move your feet too far apart because it may affect balance and bone support.



(2) Moving your feet closer together raises the muzzle of the weapon, causing the sights to settle higher on the target. Care should be taken not to move your feet too close together because it may affect balance and bone support.

b) Vary the placement of the buttstock in the shoulder.

(1) Moving the buttstock higher in the shoulder lowers the muzzle of the weapon, causing the sights to settle lower on the target.

(2) Moving the buttstock lower in the shoulder raises the muzzle of the weapon, causing the sights to settle higher on the target.

c) Vary the placement of the "V" formed by the left hand in relation to the handguards.

(1) Moving the left hand forward on the handguards raises the muzzle of the weapon, causing the sights to settle lower on the target.

(2) Moving the left hand back on the handguards raises the muzzle of the weapon, causing the sights to settle higher on the target.

2) Natural point of aim can be adjusted right or left in the standing position by varying the placement of the feet in relation to the target.

(ON SLIDE #3)

e. Assuming the Standing Position Using the Three-point Sling

**NOTE**

The standing position using the three-point sling may be assumed the same way as the standing position with the parade sling. In this position, the body is angled approximately 90 degrees to the target. The standing position may also be assumed more squared to the target using the three-point sling. The left elbow cannot not be under the weapon when the position is squared, vice angled, to the target. Therefore, increased muscular tension is required in the left arm to hold the weapon up and stabilize the sights.

Confirm by questions.



OPPORTUNITY FOR QUESTIONS:

(1 MIN)

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

ANSWER: The standing position is the quickest position to assume and the easiest position to maneuver from.

- b. QUESTION: How should your weight be distributed in the standing position?

ANSWER: Evenly over both feet and hips.

- c. QUESTION: Why is maintaining balance critical in the standing position?

ANSWER: Because the body's center of gravity is high and only a small area of the body is in contact with the ground.

<p><b><i>INSTRUCTOR'S NOTE:</i></b> Ask Marines as many questions as necessary to ensure they fully understand the material presented in this lesson.</p>
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SUMMARY:

(1 MIN)

The standing position is the least stable position from which to fire. However, by virtue of practice, knowledge of the elements of a good shooting position and the factors common to all shooting positions, the shooter can consistently achieve good results from the standing position.



**SLIDES**

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