



DIV-8
1 May 07

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

DIVISION MATCH COURSE



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 Division Match instruction is structured to prepare the shooter to fire the Division Match Course and is not a component of a formal school program. Therefore, there are no learning objectives.
4. METHOD. This lesson will be taught in a classroom setting using lecture and demonstration.
5. EVALUATION. The Division Match instruction is structured to prepare the shooter to fire the Division Match Course and is not a component of a formal school program. Therefore, students are not evaluated on this material.

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

(25 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. (15 MIN) ASSUMING THE KNEELING POSITION WITH THE 3-POINT SLING

The kneeling position is quick to assume and easy to maneuver from. It is usually assumed after initial engagement has been made. It can also be used as a defensive position when adequate cover is available. The left foot, right foot, and right knee form a tripod when the shooter assumes the position. This gives the shooter a stable foundation for shooting. The kneeling position also presents a higher profile to facilitate a better field of view as compared to the prone and sitting positions.

(ON SLIDE #1)

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.

TRANSITION: The kneeling position is a versatile position that can easily be maneuvered from.

INSTRUCTOR'S NOTE: *The three-point sling is the only sling authorized for Division Match competition. It is not necessary to cover the instruction on the loop sling for the purposes of Division Match.*



2. (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 #5)

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 #6)

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.

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

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

a) Vary the placement of the stock in the shoulder.

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

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

b) Vary the placement of the left hand in relation to the handguards.

(1) Moving the left hand forward on the handguards lowers 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.

c) Vary the placement of the left elbow on the knee.

(1) Moving the left elbow forward on the knee lowers the muzzle of the weapon, causing the sights to settle lower on the target.

(2) Moving the left elbow back on the knee



raises the muzzle of the weapon, causing the sights to settle higher on the target.

2) The 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: 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.

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.



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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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