

## **One Veteran Navy Shooters Rifle Gouge Navy Rifle & Pistol Matches – May 2023**

**Equipment** Rifle, sling, magazines, ammo, jacket, glove, scope, Safety Flag (open bolt indicator), ear/eye protection, shooting stool, sweatshirt, score book, pen, mat, rag, sun screen, water, ziplock bag, shooting cart, hat, poncho/rain gear, ammunition ...

### **Basic Marksmanship**

**Sight Alignment** – For Scoped Rifles: place the dot or cross hair in the center of the target, ensure your eye is centered behind the scope axis (no scope shadow at the edge of view). For Iron Sights: Top of front sight lined up precisely in center of rear sight, same way every time, focus on Front Sight, Rear Sight Blurred

**Aiming** – Scoped: put dot or cross hair in center of target. Iron Sight: Line of White below bull, 6 O’Clock Hold, or Center Hold

**Sight Picture** = Sight Alignment + the Aiming Point

**Breath Control** - Inhale, let most out, relaxing tension, stop breathing, shoot in < 8 - 10 Seconds

**Trigger Control** - Release Trigger Smoothly Without Disturbing Sight Picture

Contact Between the Hand and Pistol Grip & Trigger, Same Grip Every Time, Same Place, Same Firmness (Like holding a hammer when driving a nail)

Trigger Finger - Within comfortable reach of the trigger, centered on the trigger, Pressure directly to rear. Sub-conscious squeeze.

All muscles remain motionless, minimum tension during trigger release and during recoil

**Follow Through** - in Aiming and Thinking, “Hold through the shot” Hold the rifle steady after the shot has been fired, until it settles after the recoil, to the position it was in before the shot was fired. This takes about 1-2 important seconds and ensures nothing moves before/during shot.

**Calling the Shot**, estimating where the rifle was aimed when the shot was fired. Was it “on call”?

**Zeroing rifle** - Adjusting the Elevation and Windage Knobs to place point of impact in center. Iron sight: Move rear sight in direction you want shots to move on target. Scope: follow arrows on turret. Use score book for keeping track of sight and sling settings and conditions and shots.

### **Positions** (Standing, Sitting, Prone)

All positions have good spot weld between cheek & stock, good pistol grip, bone support, minimal tension in muscles. Hold the rifle the same every time to provide same resistance to recoil for every shot. Some features are common, some adapt to individual body proportions. Natural Point of Aim aligns rifle on target with no muscle tension to drag onto target

- **Standing** – Positions of feet, bring rifle up to your head, not your head down to rifle, left arm against body, left hand in any comfortable supporting position, firm grip w/right hand, butt in same position in shoulder every time. Don’t move your feet once you start, except for minor Natural Point of Aim adjustments.
- **Use of Sling** – ½ twist, loop high on arm, tight, adjust sling for steady support. Very important for steady position and consistent recovery from recoil.
- **Sitting** – cross legged, crossed ankle, open legged, every person is different size/shape
- **Prone** – left elbow under rifle, body aligned behind rifle, right knee drawn forward, ...
- **Outer Position** - Determined by the position of the different parts of the body and the supporting bone structure, position of rifle, place butt in shoulder, spot weld, ...
- **Inner Position** - Determined by the different degrees of tension in muscles, tendons, and ligaments. Control of Inner Position (reduce muscular tension, balance pressures, ...)
- **Checking Natural Point of Aim** (NPA) - Rifle on target without any tension. Close eyes, relax into position, open eyes, observe rifle pointed at center of target, if not, pivot about foot, elbow, etc. check again, adjust left hand position or breathing for vertical NPA. NPA may change as you shoot due to mental & physical fatigue.

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## Technique of Fire, Use of Time

**Rapid Fire Sitting, 10 shots in 60 seconds** – fire 2 shot magazine 1st then 8 shot magazine. 10 seconds to get into position from standing, 4 seconds for 1<sup>st</sup> shot (14), 4 seconds for 2nd shot (18), 8 seconds to change magazine (26), 34 seconds left, 3-4 seconds each for 8 shots (30, 34, 38, 42, 46, 50, 54, 58). Check & adjust sight alignment as come down out of recoil, natural point of aim and good position will bring you down on your target, quick inhale & exhale, aim, release trigger, follow through, ... repeat this, firing as if you are shooting ten individual shots. BREATHE AIM AND SQUEEZE

**Rapid fire prone** – similar to sitting, with 10 more seconds, ...

**Slow Fire** - one minute per shot. Don't overhold. If haven't fired in 8-10 seconds, bring rifle to rest position, take a breath, try again.

Construct Position (putting rifle into position, exactly same location as last time, bone support, ...)

Inner Position (relax into position, reduce muscular tension, balance pressures, ...)

Get Natural Point of Aim (Relax, close eyes, open eyes, adjust body to ensure rifle aimed at center of target)

Sighting and Release of the Shot – clean, smooth movement of the trigger on correct sight picture

Follow Through (watch the movement of the muzzle without any movement of the body), Call shot, Rest rifle, Make score book entry, Relax, Check target for last shot, Concentrate on positive thoughts, Control distracting thoughts, think, “This shot will be a center shot”, bring rifle up to you, ...

**Effects of Weather** – Wind (mirage, wind diagrams, ...), Sun/Overcast, Rain, temperature, ...

## Preparation for Shooting & Range Courtesy

- Be prompt in reporting to your assigned firing point or station. Pay attention.
- If you need help or don't understand, ask. Someone nearby will help you.
- Avoid making distracting sounds or movements, Listen to range commands. Conversations quiet.
- Stay organized, prepare equipment on Ready Line, be an attentive score keeper, Etc

## Mental Aspects of Shooting

Censor your thoughts and only allow those which are positive, pleasant, and constructive

- Maintain Positive Attitude. “This will be a center shot” ... Focus on what you did right & do it again ... Keep your head on straight. Keep your cool. Don't give up ... Remember, there is nothing you can do to change your last shot, but there is a lot you can do about your next shot. ... Be mentally and physically tough. Put distractions out of your mind. Your 5<sup>th</sup> shot at 600 yds deserves your best effort, your undivided attention, regardless of how many points you are down. A fine performance happens 1 careful shot at a time.
- There is no physical difference between practice and a match ... no physical difference between Individual Match day and Excellence-in-Competition day. Work to improve your average, then just shoot your average in a match. Reduce Match Pressure with this important perspective (from Walt)
- Success is All in Your Mind. The performance is inside of you, you just have to go get it.
- Strive to improve on your Personal Best. Think about what it would take to improve it, then do it.

## Shooting Secrets

- Sight Alignment, Sight Picture, Trigger Squeeze, a Minimum Tension Position, Positive Thoughts
- Take the same position every time, every aspect the same, same hold, same sight alignment, ...
- Relax into your tight sling, let it do the work ... trade discomfort for solid position, steady aim
- Shoot one careful shot at a time ... Perfect Natural Point of Aim
- Trigger release that doesn't disrupt the sight picture that you've worked to achieve
- **Don't accept a bad shot**, don't shoot it, bring rifle down, breath, try again. Stay in control
- Never give up. If conditions are harsh, others are experiencing the same conditions. Someone will win the match regardless of conditions. It will be the person who puts distractions out of his/her mind.