



SLR.5
1 Oct 99

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

DETAILED INSTRUCTOR GUIDE

LESSON TITLE

PRONE POSITION

COURSE TITLE

SUSTAINMENT LEVEL RIFLE MARKSMANSHIP (PHASE I, II, III)



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

INSTRUCTOR PREPARATION CHECKLIST

ESSENTIAL DATA

LESSON DESIGNATOR	SLR.5
LESSON TITLE	Prone Position
DATE PREPARED	1 October 1999
TIME	30 min
METHOD	Lecture and demonstration
LOCATION	Indoor/outdoor classroom
INSTRUCTORS REQUIRED	One Primary Marksmanship Instructor (PMI)
REFERENCES	MCRP 3-01A and MCO 3574.2_
TRAINING AIDS/EQUIPMENT	M16A2 service rifle, sling, cartridge belt, magazines, magazine pouches, and slides (sSLR.5-1 - sSLR.5-16)

INSTRUCTOR'S NOTE: A load-bearing vest may be substituted for magazine pouches. Gear will be worn in accordance with the MBST Handbook.



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DETAILED OUTLINE

PRONE POSITION

INTRODUCTION

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MIN)

1. **GAIN ATTENTION.** The prone position is the steadiest of the four shooting positions. It provides a low profile but limits observation of the enemy. The prone position provides the Marine stability and control during firing which will enhance engagement of the target in combat situations.
2. **OVERVIEW.** This lesson will cover the variations of the prone shooting position with both the hasty sling and the loop sling.
3. **INTRODUCE LEARNING OBJECTIVES.** The Terminal Learning Objectives and Enabling Learning Objectives pertaining to this lesson are as follows:
 - a. **TERMINAL LEARNING OBJECTIVE.** Given an M16A2 service rifle, sling, cartridge belt, magazines, magazine pouches, ammunition, and a target, without the aid of references, fire the rifle at the sustained rate of fire, achieving a five shot group with the size not exceeding seven minutes of angle (MOA) and IAW MCRP 3-01A. (PVTX.11.3)
 - b. **ENABLING LEARNING OBJECTIVES**
 - 1) Given an M16A2 service rifle and sling, without the aid of references, adjust the hasty sling to the prone position IAW MCRP 3-01A. (PVTX.11.3e)
 - 3) Given an M16A2 service rifle, sling, cartridge belt, magazines, magazine pouches, and a target, without the aid of references, assume the prone position IAW MCRP 3-01A and MCO 3574.2_. (PVTX.11.3g)
 - c. **TERMINAL LEARNING OBJECTIVE.** Given an M16A2 service rifle, sling, cartridge belt, magazines, magazine pouches, ammunition, data book, and targets, without the aid of references, engage stationary targets IAW MCRP 3-01A and to achieve a qualifying score IAW MCO 3574.2_. (PVTX.11.5)
 - d. **ENABLING LEARNING OBJECTIVE.** Given an M16A2 service



rifle, sling, cartridge belt, magazines, and magazine pouches, without the aid of references, adjust the loop sling to the prone position IAW MCRP 3-01A. (PVTX.11.5e)

4. METHOD. This lesson will be taught in a classroom setting using lecture and demonstration.

5. EVALUATION. The Marine will be evaluated on the prone position and application of the hasty and loop slings via a performance checklist during the Positions Practical Application class, SLR.8a.

TRANSITION: Each shooting position has different applications in combat. The position chosen in combat will be determined by the situation. The prone position provides a stable base for firing.

BODY
MIN)

(25

NOTE

The procedures in this lesson are written for right-handed Marines. Left-handed Marines should reverse instructions as needed.

1. (5 MIN) INTRODUCTION TO THE PRONE POSITION

a. Description. The prone position provides a stable foundation for shooting and presents a low profile. In this position, the weight is evenly distributed on the elbows, providing maximum support and good stability for the rifle. The hasty sling and the loop sling are used to further increase support in the prone position.

b. Variations. The prone position has two variations, the straight leg and the cocked leg.

c. Assuming the Prone Position. The position can be assumed by either moving forward or dropping backward into position, depending on the combat situation.

INSTRUCTOR'S NOTE: *Demonstrate the procedures as they are explained.*

1) Moving Forward into Position. To move forward into the prone position, perform the following steps:



a) Stand erect, face the target, and spread your feet a comfortable distance apart (approximately shoulder width).

b) Place your left hand on the handguard, your right hand on the pistol grip.

Refer to slide sSLR.5-1.

c) Lower yourself into position by dropping to both knees.

Refer to slide sSLR.5-2.

d) Then shift your weight forward to lower your upper body to the ground using your right hand to break the forward motion.

2) Dropping Back into Position. It may be necessary to drop backward into position to avoid crowding cover, or to avoid covering uncleared terrain. To drop back into the prone position, perform the following steps:

a) Face the target.

b) Place your left hand on the handguard, your right hand on the pistol grip.

Refer to slide sSLR.5-3.

c) Squat to the ground and break the fall with either hand.

Refer to slide sSLR.5-4.

d) Kick both legs straight to the rear.

e) If the fall was broken using your left hand, reestablish the hasty sling.

Confirm by questions.

TRANSITION: There are two variations of the prone position:



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the straight and cocked leg positions. We will begin by
discussing the straight leg position.



2. (10 MIN) STRAIGHT LEG PRONE POSITION

INSTRUCTOR'S NOTE: *Demonstrate the positions as they are explained. Review the seven factors common to all shooting positions with a hasty sling, covered in SLR.4. Point out the differences in the application of the seven factors between the positions with the hasty sling and the loop sling.*

- a. Straight Leg Position with the Hasty Sling. Apply the seven factors to this position.

Refer to slides sSLR.5-5, sSLR.5-6, and sSLR.5-7.

- 1) To assume the straight leg prone position with the hasty sling, either move forward or drop back into position.
- 2) Once on the ground, extend your left elbow in front of you. Stretch your legs out behind you. Spread your feet a comfortable distance apart with your toes pointing outboard and the inner portion of your feet in contact with the ground.
 - a) As much of your body mass should be aligned directly behind the rifle as possible.
 - b) If body alignment is correct, the weapon's recoil is absorbed by the whole body and not just the shoulder.
- 3) Grasp the pistol grip with your right hand and place the rifle butt in your right shoulder pocket.
- 4) Lower your head and place your cheek firmly against the stock to allow the aiming eye to look through the rear sight aperture.
- 5) Rotate your left hand up, pinching the handguard between your thumb and forefinger. The magazine must be on the inside of your left arm.
- 6) Slide both elbows outboard on the ground so there is outboard tension against the sling (moving the elbows out tightens the sling) and both shoulders are level. The elbows should provide a tripod of support with the body.



7) 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.

8) 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.

INSTRUCTOR'S NOTE: Review the seven factors common to all shooting positions and the three elements of a good shooting position with a loop sling, covered in SLR.4.

b. Straight Leg Position with the Loop Sling. Apply the three elements and seven factors to this position.

Refer to slides sSLR.5-8, sSLR.5-9, and sSLR.5-10.

1) Attach the loop sling. Position the loop of the sling on the left arm above the biceps muscle to provide the best support for the rifle with the least amount of physical effort on the part of the shooter.

The loop should not be tightened excessively on the arm. If blood flow is restricted, excessive pulse beat is transmitted through the rifle sling to the rifle and causes a noticeable, rhythmic movement of the rifle sights. When this occurs, a stable hold at the desired aiming point is impossible to achieve.

2) To assume the straight leg prone position with the loop sling, either move forward or drop back into position.

3) Once on the ground, roll your body to the left side as you extend and invert your left elbow on the ground. Stretch your legs out behind you. Spread your feet a comfortable distance apart with your toes pointing outboard and the inner portion of your feet in contact with the ground.

a) As much of your body mass should be aligned directly behind the rifle as possible.

b) If body alignment is correct, the weapon's recoil is absorbed by the whole body and not just the shoulder.



- 4) Grasp the rifle butt with your right hand and place the rifle butt into your right shoulder pocket.
- 5) Grasp the pistol grip with your right hand.
- 6) Rotate your body to the right while your elbow is lowered to the ground so your shoulders are level. Your right hand pulls and holds the rifle in your shoulder.
- 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) Move your left hand to a location under the handguard which provides maximum bone support and stability for the weapon. This may require that you remove the rifle from your shoulder to reposition your left hand.
- 9) Tension on the rifle sling is correct when it causes the rifle butt to be forced rearward into the pocket of the shoulder. This serves to keep the buttplate in the shoulder pocket during recoil. To increase the amount of tension on the rifle sling, the sling must be shortened. To reduce the tension, the rifle sling must be lengthened.

Confirm by questions.

TRANSITION: The Marine should try both variations of the prone position to find a position that is natural, comfortable, and stable. We will now cover the cocked leg position.

3. (8 MIN) COCKED LEG PRONE POSITION

INSTRUCTOR'S NOTE: *Demonstrate the positions as they are explained. Review the seven factors common to all shooting positions with a hasty sling, covered in SLR.4. Point out the differences in the application of the seven factors between the positions with the hasty sling and the loop sling.*



- a. Cocked Leg Position with the Hasty Sling. Apply the seven factors to this position.

Refer to slides sSLR.5-11, sSLR.5-12, and sSLR.5-13.

- 1) To assume the cocked leg prone position with the hasty sling, either move forward or drop back into position.
- 2) Once on the ground, roll your body to the left side and extend your left elbow on the ground. Your left leg is stretched out behind you, almost in a straight line. This allows the mass of the body to be placed behind the rifle to aid in absorbing recoil.
- 3) Turn the toe of your left foot inboard so the outside of your left leg and foot are in contact with the ground. Bend your right leg and draw it up toward your body to a comfortable position. Turn your right leg and foot outboard so the inside of your right boot is in contact with the ground. Cocking the leg will raise the diaphragm, making breathing easier.
- 4) Grasp the pistol grip with your right hand and place the rifle butt in your right shoulder pocket.
- 5) Lower your head and place your cheek firmly against the stock to allow the aiming eye to look through the rear sight aperture.
- 6) Rotate your left hand up, pinching the handguard between your thumb and forefinger. The magazine must be on the inside of your left arm.
- 7) Roll your body to the right while lowering your right elbow to the ground. Slide both elbows outboard on the ground so there is outboard tension against the sling (moving the elbows out tightens the sling). The right shoulder is higher than the left shoulder in the cocked leg position.
- 8) 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.
- 9) 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.



INSTRUCTOR'S NOTE: Review the seven factors common to all shooting positions with a loop sling and the three elements of a good shooting position with a loop sling, covered in SLR.4.

b. Cocked Leg Position with the Loop Sling. Apply the three elements and seven factors to this position.

Refer to slides sSLR.5-14, sSLR.5-15, and sSLR.5-16.

- 1) Attach the loop sling. Position the loop of the sling on the left arm above the biceps muscle to provide the best support for the rifle with the least amount of physical effort on the part of the shooter. The loop should not be tightened excessively on the arm. If blood flow is restricted, excessive pulse beat is transmitted through the rifle sling to the rifle and causes a noticeable, rhythmic movement of the rifle sights. When this occurs, a stable hold at the desired aiming point is impossible to achieve.
- 2) To assume the cocked leg prone position with the loop sling, either move forward or drop back into position.
- 3) Once on the ground, roll your body to the left side and extend and invert your left elbow on the ground. Then stretch your left leg out behind you, almost in a straight line. This allows the mass of the body to be placed behind the rifle to aid in absorbing recoil.
- 4) Turn the toe of your left foot inboard so the outside of your left leg and foot are in contact with the ground. Then bend your right leg and draw it up toward your body to a comfortable position. Turn your right leg and foot outboard so the inside of your right boot is in contact with the ground. Cocking the leg will raise the diaphragm, making breathing easier.
- 5) Grasp the rifle butt with your right hand and place the rifle butt into your right shoulder pocket.
- 6) Grasp the pistol grip with your right hand.
- 7) Roll your body to the right while lowering your right elbow to the ground. The right shoulder is higher than the left shoulder in the cocked leg position.



8) Lower your head and place your cheek firmly against the stock to allow the aiming eye to look through the rear sight aperture.

9) Move your left hand to a location under the handguard which provides maximum bone support and stability for the weapon.

10) Tension on the rifle sling is correct when it causes the rifle butt to be forced rearward into the pocket of the shoulder. This serves to keep the buttplate in the shoulder pocket during recoil. To increase the amount of tension on the rifle sling, the sling must be shortened. To lessen the tension, the rifle sling must be lengthened.

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 prone position by making minor body adjustments.

4. (2 MIN) ADJUSTING NATURAL POINT OF AIM

a. Adjusting Up or Down. If the rifle sights are above or below the desired aiming point:

1) 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.

c) (Hasty sling only) - Open or close the "V" of the left hand for small adjustments (closing the "V" elevates the muzzle).

2) 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.

3) (Loop sling only) - Move your body slightly forward or back using your left elbow as a pivot and by digging your toes in.

a) Pushing your body forward causes the sights to settle lower on the target.

b) Pulling your body backward causes the sights to settle higher on the target.

b. Adjusting Right or Left. The natural point of aim can be adjusted right or left by adjusting body alignment in relation to the target. This is done by moving the entire body left or right in relation to the target.

Confirm by questions.

TRANSITION: Adjusting natural point of aim will enable consistency in shot placement. To successfully assume any shooting position takes practice. Practice includes dry firing in position as well as live fire training. This concludes the instruction for assuming the prone position. Are there any questions?

OPPORTUNITY FOR QUESTIONS: (1 MIN)

1. Respond to questions from the class.

2. Prompt Marines with questions to the class.

a. QUESTION: What is one advantage of using the prone position?

ANSWER: The position provides stability for shooting and a very low profile.

b. QUESTION: What are the two variations of the prone position?

ANSWER: The straight leg and the cocked leg.

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



SUMMARY:
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The prone position is the most stable position of the four basic rifle shooting positions and provides the lowest profile. Either of the two variations of the prone position can be used. Select the variation that is easiest to assume and provides balance, stability, and control during firing. Additionally, a prone position should be chosen that is consistent with the combat situation and allows accurate engagement of the target.



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