



SLR.6  
1 Oct 99

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

**DETAILED INSTRUCTOR GUIDE**

LESSON TITLE

SITTING POSITION

COURSE TITLE

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



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

**INSTRUCTOR PREPARATION CHECKLIST**

**ESSENTIAL DATA**

LESSON DESIGNATOR	SLR.6
LESSON TITLE	Sitting 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.6-1 - sSLR.6-9)

***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**

**SITTING POSITION**

**INTRODUCTION**  
MIN)

(3

1. **GAIN ATTENTION.** On the range and in combat, the rifleman must assume the steadiest position possible which will provide maximum observation of the target, cover, and concealment. It may not always be possible to fire from the prone position due to vegetation, terrain, or the tactical situation. The sitting position offers a stable firing position when the situation will not allow use of the prone.

2. **OVERVIEW.** This lesson will cover the variations of the sitting position and the hasty sling.

3. **INTRODUCE LEARNING OBJECTIVES.** The Terminal Learning Objective 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, 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)

b. **ENABLING LEARNING OBJECTIVES**

1) Given an M16A2 service rifle, sling, cartridge belt, magazines, magazine pouches, and a target, without the aid of references, adjust the hasty sling to a shooting position IAW MCRP 3-01A. (PVTX.11.5a)

2) Given an M16A2 service rifle, hasty sling, cartridge belt, magazines, magazine pouches, and a target, without the aid of references, assume a sitting position IAW MCRP 3-01A and MCO 3574.2\_. (PVTX.11.5b)

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

5. **EVALUATION.** The Marine will be evaluated on assuming the sitting position and application of the hasty sling via a performance checklist during the Positions Practical



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Application class, SLR.8a.



TRANSITION: The sitting position is a comfortable and stable firing position and also allows ease of movement when mobility is required.

BODY  
MIN)

(25

**NOTE**

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

**1. (1 MIN) INTRODUCTION TO THE SITTING POSITION**

a. Description. The sitting position provides an extremely stable base and provides good bone support. The sitting position provides better observation than the prone position while still maintaining a fairly low profile. The hasty sling is used when firing from the sitting position.

b. Variations. There are three variations of the sitting position that can be adapted to the individual shooter: crossed ankle, crossed leg, and open leg. The Marine should experiment with all the variations and select the position which is easiest to assume and provides the most stability for firing.

Confirm by questions.

TRANSITION: There are three variations of the sitting position. We will begin by discussing the crossed ankle position.

**2. (8 MIN) CROSSED ANKLE SITTING POSITION**

a. Description. The crossed ankle sitting position is extremely stable. This position places most of the body's weight behind the weapon and aids quick shot recovery.

***INSTRUCTOR'S NOTE:*** *Demonstrate the position as it is explained. Review the seven factors common to all shooting positions with a hasty sling, covered in SLR.4.*



b. Assuming the Crossed Ankle Sitting Position. Apply the seven factors to this position. To assume the position with a hasty sling:

Refer to slides sSLR.6-1, sSLR.6-2, and sSLR.6-3.

- 1) Square your body to the target.
- 2) Grasp the handguard with your left hand.
- 3) Bend at the knees and break your fall with your right hand.
- 4) Push backward with your feet to extend your legs and place your buttocks on the ground.
- 5) Cross your left ankle over your right ankle.
- 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. The magazine must be on the inside of your left arm.
- 9) Bend forward at the waist. Place the flat portion of the back of your left arm, just above your elbow, on your left leg just below the knee. (The arm must be placed on the leg above the ankle.)
- 10) Place your right elbow on the inside of your right knee.
- 11) Adjust your position to adjust sling tension. To tighten the sling: square your body more to the target, or move your left elbow out, or draw your feet up slightly toward your body.
- 12) 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.
- 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.



Confirm by questions.

TRANSITION: The crossed ankle position places most of the body's weight behind the weapon and aids quick shot recovery. While the crossed leg position, when assumed properly, can provide the same amount of stability.

### 3. (7 MIN) CROSSED LEG SITTING POSITION

a. Description. The crossed leg sitting position provides good support and places some of the body's weight behind the weapon for quick recovery after each shot.

***INSTRUCTOR'S NOTE:*** Demonstrate the position as it is explained. Review the seven factors common to all shooting positions with a hasty sling, covered in SLR.4.

b. Assuming the Crossed Leg Sitting Position. Apply the seven factors to this position. To assume the position with a hasty sling:

Refer to slides sSLR.6-4, sSLR.6-5, and sSLR.6-6.

- 1) Square your body to the target.
- 2) Grasp the handguard with your left hand.
- 3) Bend at the knees while breaking your fall with your right hand.
- 4) Place your buttocks on the ground as close to your feet as you comfortably can.
- 5) Cross your left leg over your right leg.
- 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 the thumb and forefinger. The magazine must be on the inside of your left arm.



- 9) Bend forward at the waist. Place your left elbow into the bend of your left knee or place the flat portion of the back of the left arm, just above the elbow, on your left leg in front of the knee.
- 10) Place your right elbow on the inside of your right knee.
- 11) Adjust your position to adjust sling tension. Squaring your body more to the target or drawing your feet closer together tightens the sling by forcing the left elbow outboard.
- 12) 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.
- 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.

Confirm by questions.

TRANSITION: The Marine should try all three variations of the sitting position to find a position that is natural, comfortable, and stable. We will now cover the open leg sitting position.

#### 4. (7 MIN) OPEN LEG SITTING POSITION

a. Description. The open leg sitting position provides good support and is most commonly used when firing from a forward slope.

***INSTRUCTOR'S NOTE:*** Demonstrate the position as it is explained. Review the seven factors common to all shooting positions with a hasty sling, covered in SLR.4.

b. Assuming the Open Leg Sitting Position. Apply the seven factors to this position. To assume the open leg sitting position with the hasty sling:



Refer to slides sSLR.6-7, sSLR.6-8, and sSLR.6-9.

- 1) Square your body to the target.
- 2) Place your feet approximately shoulder width apart.
- 3) Grasp the handguard with your left hand.
- 4) Bend at the knees while breaking your fall with your right hand.
- 5) Push backward with your feet to extend your legs and place your buttocks on the ground.
- 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 the thumb and forefinger. 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, in front of your left knee.
- 10) Place your right elbow on the inside of your right knee or place the flat portion of the back of your right arm, just above the elbow, in front of your right knee.
- 11) Adjust your position to adjust sling tension. Widening your stance tightens the sling by forcing the left elbow outboard. There must be some controlled muscular tension in the legs to hold them up and offer resistance to recoil.
- 12) 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.
- 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.



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 sitting position by making minor body adjustments.

## 5. (2 MIN) 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) 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) 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 sitting position by keeping the feet in place and moving the buttocks either right or left.



Confirm by questions.

TRANSITION: Adjusting natural point of aim will enable consistency in shot placement. To successfully assume any shooting position takes practice. The Marine should become familiar with each of the variations of the sitting position because they each may prove useful in certain combat situations.

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 the sitting position?

ANSWER: Provides good bone support and a fairly low profile, and provides better observation than the prone position.

b. QUESTION: What are the three variations of the sitting position?

ANSWER: Crossed leg, crossed ankle, and open leg.

c. QUESTION: Which sitting position places most of the body's weight behind the weapon and aids quick shot recovery?

ANSWER: Crossed ankle.

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

SUMMARY: (1  
MIN)

It is important that your shooting position conform to your body configuration and at the same time provide control and stability during firing. Therefore, practice the variations of the sitting position and find one that provides the most stability and is the easiest to assume.



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