



SLR.7  
1 Oct 99

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

**DETAILED INSTRUCTOR GUIDE**

LESSON TITLE

KNEELING 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.7
LESSON TITLE	Kneeling 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.7-1 - sSLR.7-5)

***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**

**KNEELING POSITION**

**INTRODUCTION**

(3

MIN)

1. **GAIN ATTENTION.** The kneeling position provides good stability, is versatile in combat, provides good observation, reduces the profile from the standing position, and is easy to maneuver from.

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

3. **INTRODUCE LEARNING OBJECTIVES.** The Terminal Learning Objective and Enabling Learning Objective 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 kneeling position IAW MCRP 3-01A and MCO 3574.2\_. (PVTX.11.5c)

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

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



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TRANSITION: The kneeling position is quick to assume and easy to maneuver from. It is usually assumed after initial engagement has been made.



BODY

(25 MIN)

**NOTE**

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

**1. (2 MIN) INTRODUCTION TO THE KNEELING POSITION**

a. Description. The kneeling position presents a medium silhouette, provides limited body contact with the ground, forms a stable firing position, and provides mobility for quick reaction. In the kneeling position a tripod of support is formed by the left foot, right foot, and right knee, providing the Marine a stable foundation for shooting. The kneeling position presents a higher profile to facilitate a better field of view as compared to the prone and sitting positions. The hasty sling is used when firing from the kneeling position.

b. Variations. The kneeling position has three variations: high kneeling, medium kneeling, and low kneeling. The Marine should try each variation and choose a position that is natural and provides balance, stability, and control during firing.

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

c. Assuming the Kneeling Position. The kneeling position can be assumed by either moving forward or dropping back into position, depending on the combat situation. For example, it may be necessary to drop back into position to avoid crowding cover, or to avoid covering uncleared terrain.

1) Moving Forward into Position. To move forward into the kneeling position, step forward toward the target with your left foot and kneel down on your right knee.

2) Dropping Back into Position. To drop back into the kneeling position, leave your left foot in place and step backward with your right foot and kneel down on your right knee.

Confirm by questions.



TRANSITION: The three variations of the kneeling position provide a stable foundation for shooting while accommodating various heights of cover.

***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.*

**2. (20 MIN) ASSUMING THE VARIATIONS OF THE KNEELING POSITION**

a. High Kneeling Position. Apply the seven factors to this position. To assume the high kneeling position with the hasty sling:

Refer to slides sSLR.7-1, sSLR.7-2, and sSLR.7-3.

- 1) Square your body to the target.
- 2) To assume the high kneeling position with the hasty sling, either move forward or drop back into position.
- 3) 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.
- 4) Place the right portion of your buttocks on or over your right heel. Contact with the heel provides more stability to the position; however, it is not mandatory that the buttocks make contact.
- 5) Place your left foot forward to a point that allows your shin to be vertically straight. For the shin to be vertical, the heel should be directly under the knee. Your left foot must be flat on the ground. To provide a wider base of support, slide your right knee and left foot outboard to form a tripod with your right foot.
- 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. Your left hand



will not grasp the slip ring or the magazine. 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, on your left knee or against the inside of your knee so it is in firm contact. (Your stance may have to be widened to place your arm on the inside of your knee.) The upper portion of the triceps or the armpit will not rest on the knee.

10) Bend your right elbow to provide the least muscular tension possible and lower it to a natural position.

11) Adjust your position to adjust sling tension. Widening your stance by moving your left foot and knee outboard will allow the sling to be tightened.

12) Adjust the position of your left hand 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.

Refer to slide sSLR.7-4.

b. Medium Kneeling Position. This position 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. The buttocks are in contact with the heel of the right foot.

Refer to slide sSLR.7-5.

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 the right foot. Turn the 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.



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TRANSITION: To ensure your front sight post settles center mass on the target, it may be necessary to adjust natural point of aim. Natural point of aim can be achieved in the kneeling position by making minor body adjustments.





**3. (3 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) Open or close the "V" of your 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 or inside of the knee.
  - a) Moving the left elbow forward lowers the muzzle of the weapon, causing the sights to settle lower on the target.
  - b) Moving the left elbow back 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 kneeling position by moving the entire body left or right in relation to the target.

Confirm by questions.

TRANSITION: Natural point of aim is important for consistency in shooting. To successfully assume any shooting position takes practice. Practice assuming each of the variations of the kneeling position to find one



that best supports and stabilizes your rifle.  
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 kneeling position?

ANSWER: This position is easier 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: In the kneeling position, is the right elbow supported or unsupported?

ANSWER: Unsupported.

<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)

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 maneuver from. The kneeling position is quick to assume and easy to maneuver from and can be adapted to cover of various heights.



SLIDES

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sSLR.7-4	MEDIUM KNEELING
sSLR.7-5	LOW KNEELING