

SIMI VALLEY POLICE DEPARTMENT

Range Program

Basic Marksmanship Course

Mission:

The goal of this course is to refresh and build upon your knowledge of the fundamentals of Marksmanship. We are not here to make you sharpshooters. We are here to assure that you have a solid foundation to build upon. How much you build upon this foundation is up to you. We as range staff are here to assist you in any way we can.

Firearm Safety Rules

1. All guns are always loaded _
2. Keep your finger off the trigger until your sights are aligned and you intend to shoot.
3. Never allow your muzzle to cover anything you are not willing to destroy.
4. Be sure of your target and what is beyond it

First Doctrine of Combat

Never shoot faster than you can make accurate hits!

Important Tip: As it relates to shooting, speed is not in how fast you pull the trigger, it is how fast you complete everything prior to that.)

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The Seven Fundamentals of Marksmanship

Marksmanship may well be reduced to the ability to hit a desired target. But, the process requires control of one's thoughts, emotions, muscles, skeletal structure, and breathing, as well as the self-discipline needed to concentrate one's attention on the task at hand: firing an accurate shot.

The best shooters will describe the moment the trigger is pulled and the bullet sent on its way as a "surprise." Their entire mental focus is on bringing their mind and body into a state of dynamic tranquility. Their vision, much like a Big League baseball pitcher who never sees the batter, only the catcher's glove, is focused on the "sight picture." The steady pressure of the finger on the trigger becomes second nature, with no thought to exactly when the sear is released and the hammer strikes the primer. That is the "surprise."

1. **Grip** Your grip should be firm but comfortable. Your grip should not produce a "white knuckle" effect when holding your firearm. Be sure that your primary hand is high on the back strap with the web of your hand tight against the tang. Your grip should be the same every time and that muscle memory can be developed through repetition.
2. **Stance** As with any sport, success comes when your "position" is most conducive to achieving your goal. Just as in baseball, soccer, football, or tennis, unless you have a balanced, relaxed, and stable stance, you cannot achieve your best results. Think of the baseball or softball batter. The hitter will not achieve maximum efficiency at bat if his or her stance is not balanced, stable, and comfortable. The same is true with shooting. If the standing position is required for pistol, rifle or shotgun shooting, then you must look first to creating a stable

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"shooting platform," starting with your feet.

Once your feet are positioned approximately shoulder-length apart, check to make sure that your torso can be supported in a relaxed manner.

3. **Sight Alignment** Sight alignment is exactly that. The front and the rear sight must be aligned together and with the target.

Proper alignment places the front sight exactly in the center of the rear sight's opening. The top of the front sight should be exactly level with the top of the rear sight. The same principle applies to other variations. With the Front PosVRear Aperture, the Front Post must appear in the absolute center of the circular aperture of the rear sight. Equal amounts of "daylight" should be seen to either side of the front sight.

4. **Sight Picture** Traditional sighting instruction recommends a *sight picture* that has front and rear sights aligned and the target sitting directly atop the front post much like a cat on a fence. This is also called a "Six O' clock" Hold as the front sight is positioned at the 6 mark on a clock face.

Some; however, prefer to take a "Center Hold," where the front post is held directly in the middle of the target.

Important Tip: When using open sights, concentrate your focus on the front sight, not on the target and not on the rear sight.

With three separate items before your eyes, any illusion that you will be able to keep all three in sharp focus is exactly that, an illusion. The eye can hold sharp focus on only one thing. Make it the front sight.

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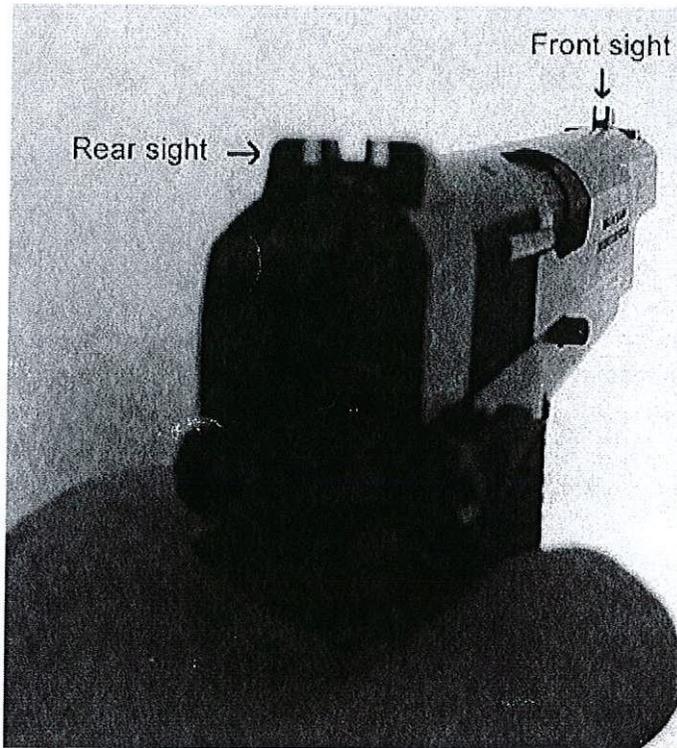
A good sight picture will have the rear sight slightly fuzzy, the target slightly fuzzy and the front sight razor-edge sharp.

Aiming is a combination of sight alignment and sight placement.

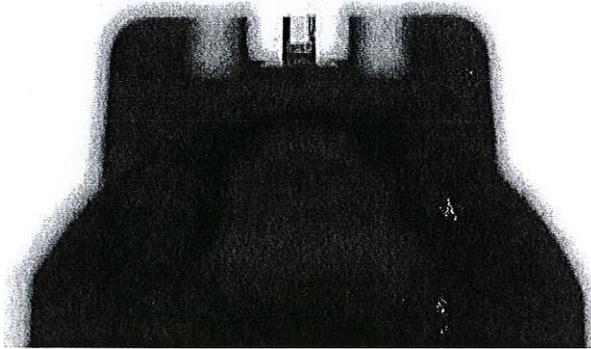
Sight alignment is the centering of the front sight in the rear sight. The top of the front sight must be level with the top of the rear sight. To align your sights, first center the front sight and then raise or lower it to make the front and rear sights level.

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Sights aligned



Sight placement is correctly placing the front sight on the target where you wish to hit the target, without disturbing your sight alignment. For target shooting, the "six o'clock" hold is generally used. This is done by placing the dot on top of the aligned sights. For defensive shooting, your point-of-aim will generally be your point-of-impact. In other words, after properly aligning your sights, cover the

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point you wish to hit with the front sight.

The eye can only focus on one distance at a time. Your point of focus should be the front sight. Not the rear sight, and not the target. This will result in the rear sight and target appearing hazy, but it is the only way to maintain proper sight alignment.

5. **Breath Control** Breathing plays an important part in maintaining your good health, similarly, it plays an important role in how well you shoot. Holding your breath may put a temporary tamper on the in-and-out motion of breathing, but not for long. Deprived of oxygen for any length of time, the brain begins to channel your attention to its needs, not to your sight picture or trigger control. Within 3 seconds, visual acuity diminishes.

Just as a relaxed attitude and stance are fundamental to good shooting, so too is relaxed breathing. Keep the oxygen coming until the very moment when the shot is fired. Gentle rhythmic breathing to that point is desirable. As you are exhaling, stop midway, gain your sight picture, squeeze off the shot, and resume breathing.

6. **Trigger Squeeze** Proper Trigger Control is another key ingredient in the accurate and safe shot.

For rifle and pistol shooting, the trigger must be squeezed slowly and steadily. As the sight picture takes shape, increase pressure on the trigger in a motion drawing the finger and trigger straight to the rear. The instant the trigger disengages the sear and the shot is fired should come as a surprise, because your concentration is focused on the sight picture.

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7. **Follow-through** Even though you've pulled the trigger and sent the bullet on its way, it is important that you regain your sight picture after the rearward movement of the shot has caused you to move the muzzle of the gun. Bring your firearm back in line with the target by again acquiring your sight picture after the shot has been fired. This is called follow-through. Once learned, it will improve your ability to shoot accurately. Follow-through is the continued effort of the shooter to maintain a proper sight picture before, during, and after the firing of the round. The shooter must continue the rearward movement of the trigger finger even after the round has been fired. Releasing the trigger too soon after the round has fired results in an uncontrolled shot, causing a missed target.