



BSA 30 Minute Rifle Briefing

***NO AMMUNITION
in the classroom
NO EXCEPTIONS!***

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Orientation Goal

To provide beginning shooters with the knowledge, skills, and attitude necessary to shoot a rifle safely under the direct supervision of a NRA Certified Rifle Instructor or NRA/USA Shooting/CMP Rifle Coach.

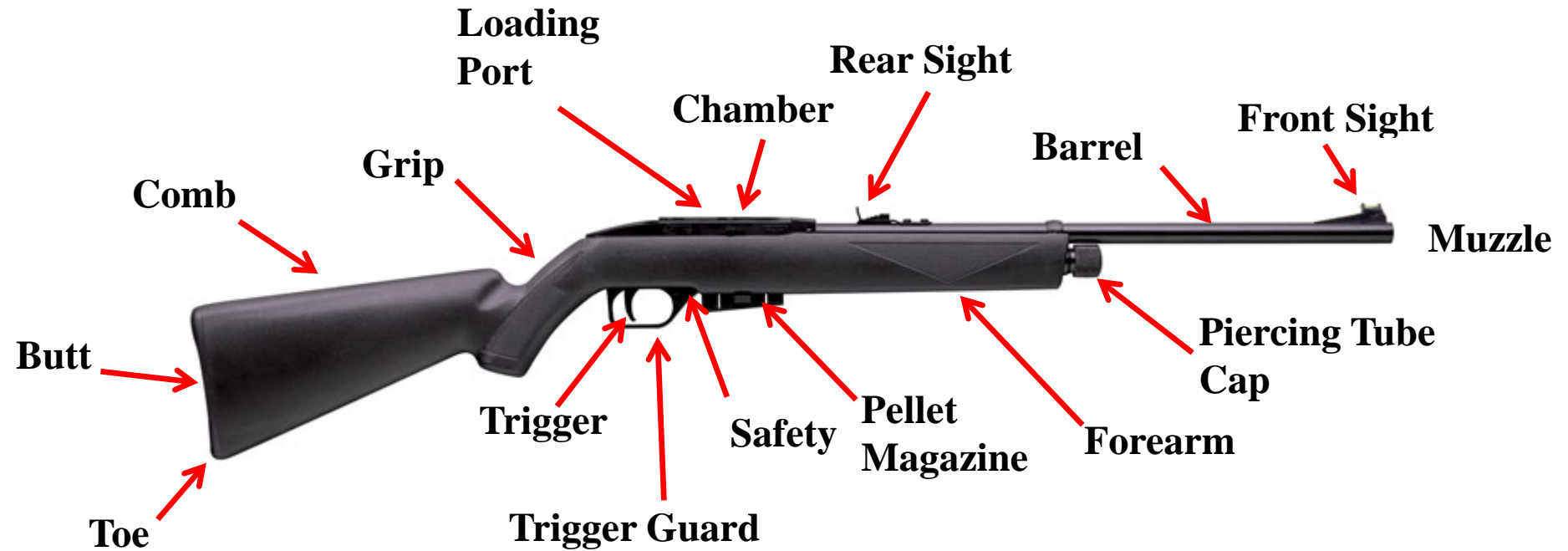


NRA Gun Safety Rules

- **ALWAYS keep your gun pointed in a safe direction**
- **ALWAYS keep your finger off the trigger until ready to shoot**
- **ALWAYS keep your gun unloaded until ready to use**

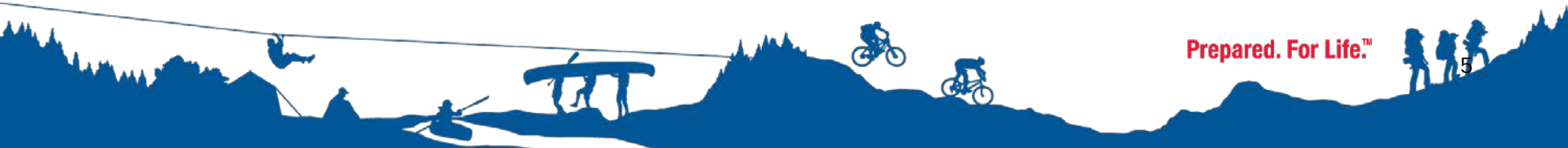
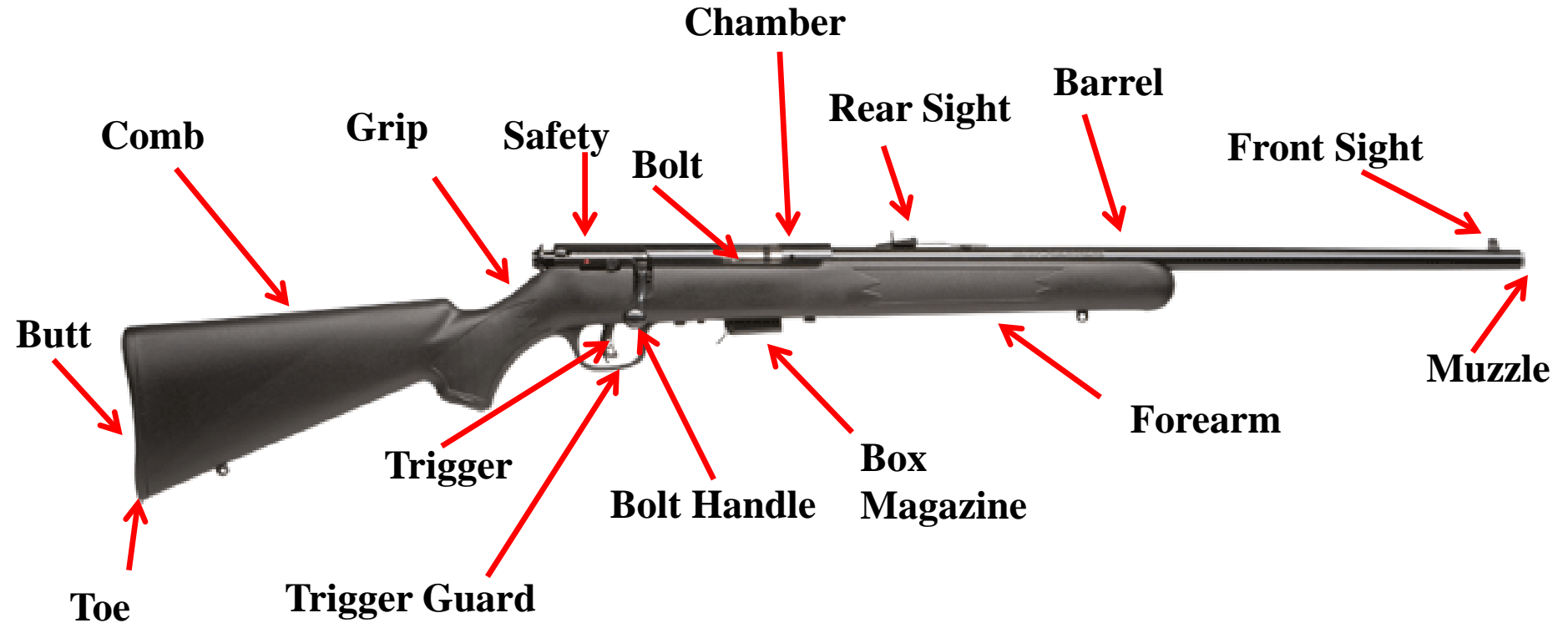


Rifle Parts...*Air Rifle*



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Rifle Parts...*Bolt Action*



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Demonstrate Rifle Operation

Instructor demonstration only

- Loading with Dummy Ammo
- Cocking
- Firing “Dry-fire only” with Dummy Ammo
- Unloading

Shooting Fundamentals

Determining the Dominant Eye



- **Extend arms forward and form opening between the hands**
- **With both eyes open, look at a distant object through opening**
- **Bring hands to face while looking at object – Opening will be aligned with the dominant eye**

Rifle Shooting Fundamentals

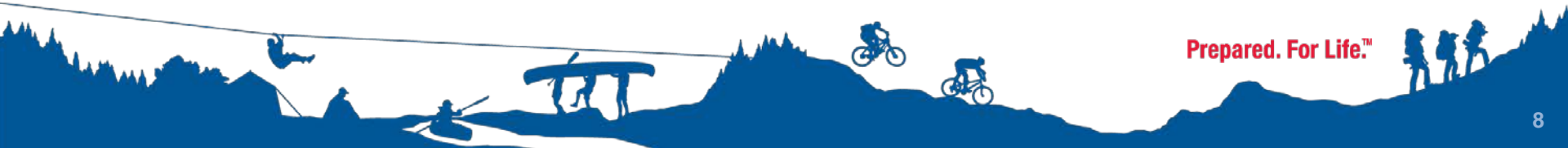
1. *AIMING (sight alignment & sight picture)*

2. *BREATH CONTROL*

3. *HOLD CONTROL*

4. *TRIGGER CONTROL*

5. *FOLLOW-THROUGH*



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Bench Rest Position

- Feet flat on the ground with the legs relaxed.
- Seated directly behind the front support with slight lean forward.
- Butt of the rifle in the shoulder close to neck.
- Elbows on the table to support the rifle.
- Support hand under the Forearm.
- Trigger hand.
- Face firmly against the stock with eye looking straight down the sights.
- Align the position to target.



Prone Supported Position

- Feet and legs are flat on the ground with the legs relaxed.
- Butt of the rifle in the shoulder close to neck.
- Elbows on the ground to support the rifle.
- Support hand under the Forearm.
- Trigger hand.
- Face firmly against the stock with eye looking straight down the sights.
- Align the position to target.

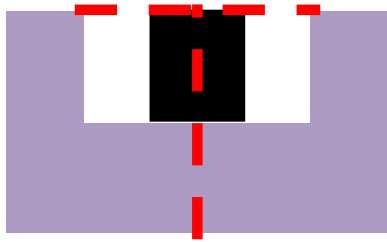




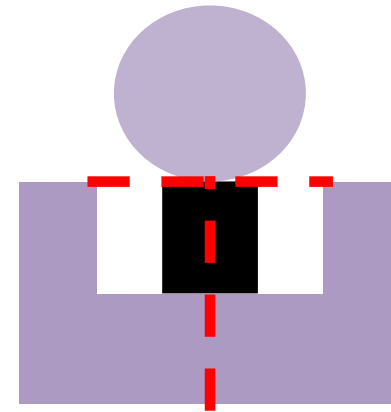
FUNDAMENTALS “Aiming”

Notch Rear and Post Front Sight

FRONT SIGHT IS IN SHARP FOCUS



Sight Alignment



Sight Picture

6 O'clock Hold on the Bullseye

With Post-and-Notch sights:

The tops of the front and rear sights are even

The front post is centered in the rear notch

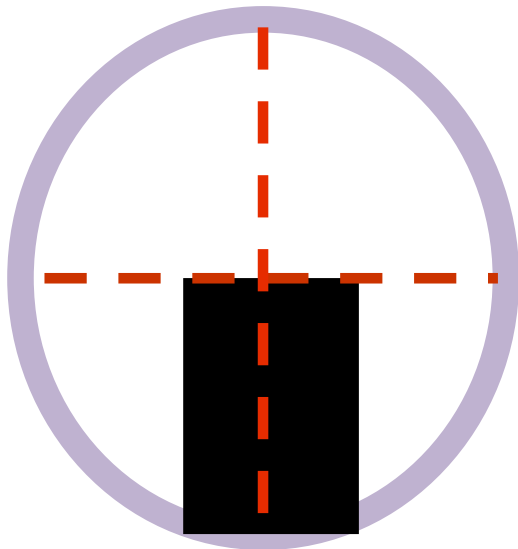




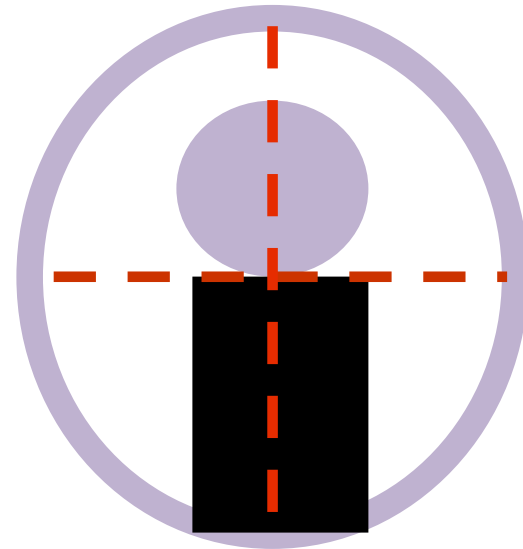
FUNDAMENTALS “Aiming”

Aperture Rear and Post Front Sight

FRONT SIGHT IS IN SHARP FOCUS



Sight Alignment



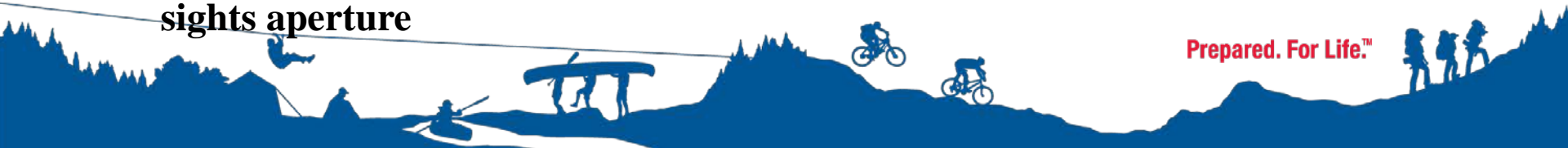
Sight Picture

6 O'clock Hold on the Bullseye

Aperture Rear and Post Front Sight

The tops of the front is center in the rear sights aperture

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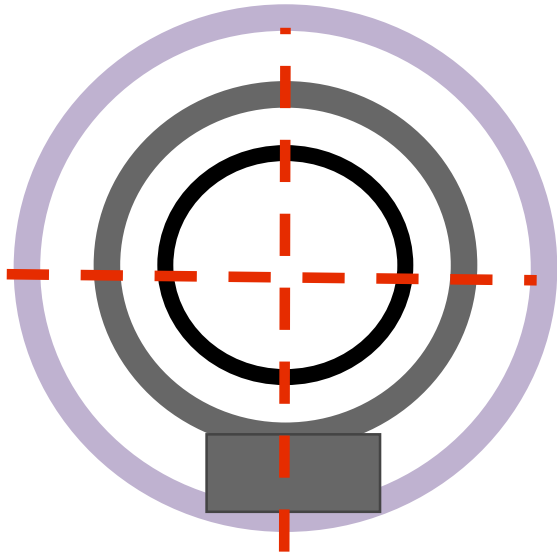




FUNDAMENTALS “Aiming”

Aperture Rear and Aperture Front Sight

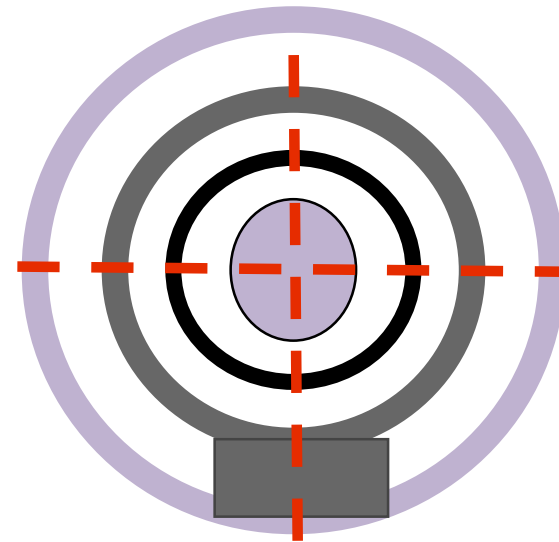
FRONT SIGHT IS IN SHARP FOCUS



Sight Alignment

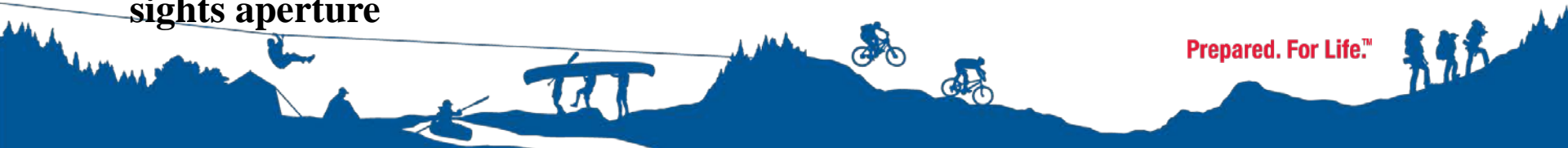
Aperture Rear and Post Front Sight

The front aperture is center in the rear sights aperture



Sight Picture

Bullseye is center in the front sight aperture

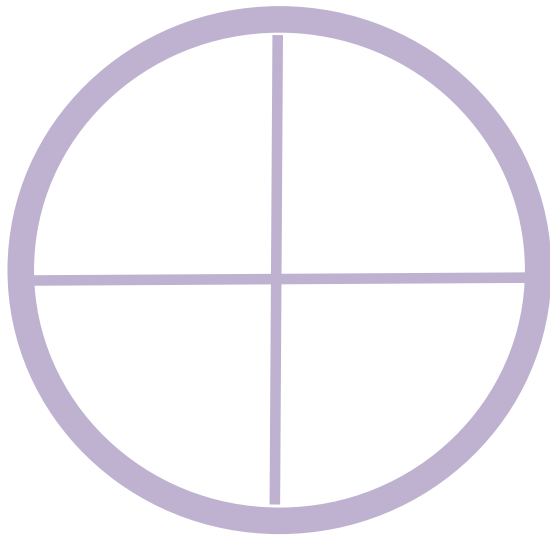




FUNDAMENTALS “Aiming”

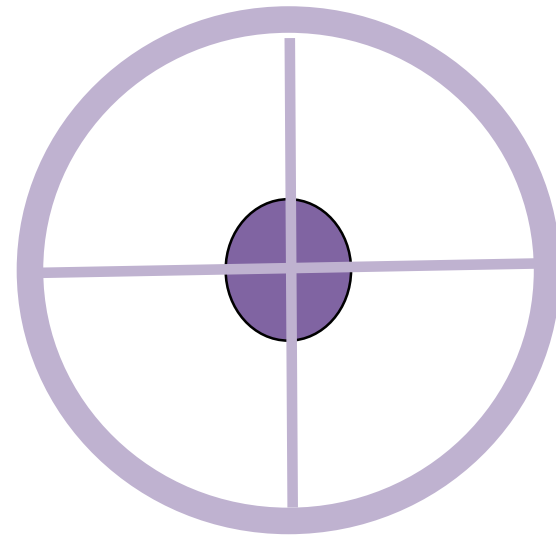
Scope

FOCUS ON THE TARGET



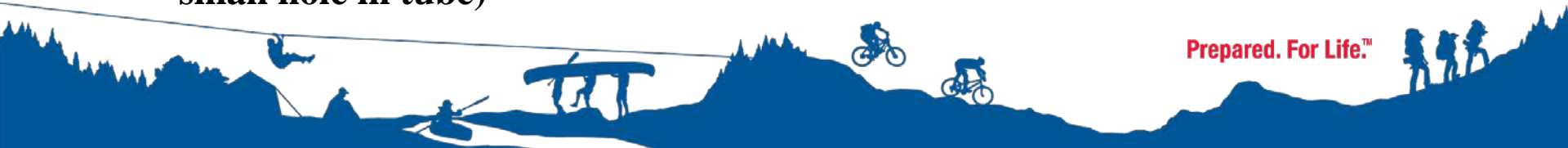
Sight Alignment

Looking through the scope , You see the whole scope tube (not just small hole in tube)



Sight Picture

Cross Hairs are centered on the target





Shooting Fundamentals

Breath Control

Body movement while breathing can produce gun movement that impairs shooting.

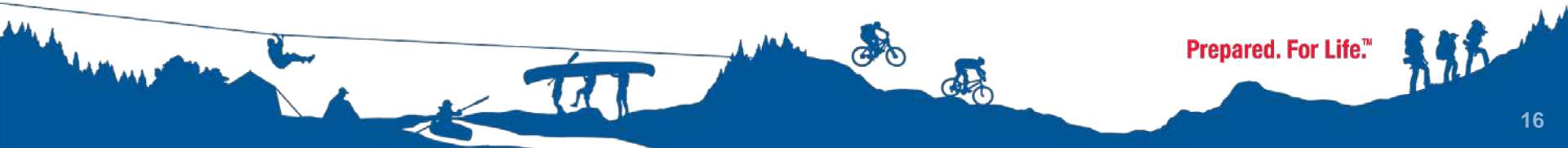
- **Stop breathing momentarily while firing the shot! (Respiratory pause)**

Shooting Fundamentals

Hold Control

Body movement affects the shot.

- **Hold your body still.**
- **Hold control allows you to maintain the proper sight picture and sight alignment during the process of firing the shot.**

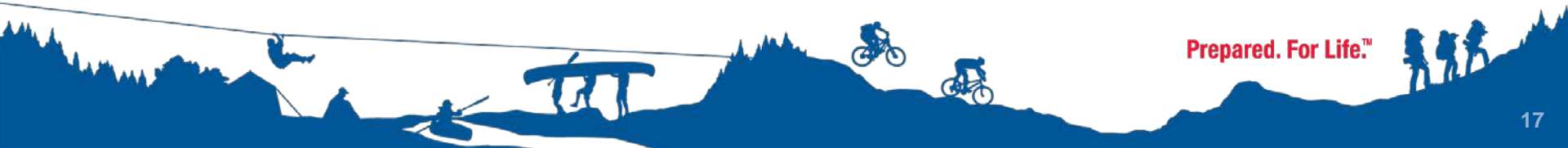


Shooting Fundamentals

Trigger Control

- Trigger is pulled straight to the rear in a smooth, continuous manner without disturbing the sight alignment.
- Gradually and evenly increasing pressure until the mechanism releases.

SURPRISE yourself when the gun shoots.



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Shooting Fundamentals

Follow-Through

In Rifle Shooting:

Follow-through means to maintain aiming (perfect sight alignment and acceptable sight picture), breath control, hold control, and trigger control until the gun settles back into the aiming area after firing.

Shooting Fundamentals

The Fundamentals...A Review

1. “Maintaining perfect sight alignment and acceptable sight picture.” –*AIMING*
2. “Stop breathing.” –*BREATH CONTROL*
3. “Holding still.” –*HOLD CONTROL*
4. “Moving only your trigger finger.” *TRIGGER CONTROL*
5. “To maintain position, and continue aiming, breath control, hold control, and trigger control until the gun settles back into the aiming area after the shot is fired.” – *FOLLOW-THROUGH*



Most Important Fundamentals!

NOTE –

The TWO most IMPORTANT shooting fundamentals are.....

- **“Maintaining sight alignment” – *AIMING***
- **“Moving only the trigger finger” – *TRIGGER CONTROL***

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Range Safety Briefing

Range layout

- ✓ Ready Area
- ✓ Firing Line
- ✓ Target Area
- ✓ Back Stop



Range Safety Briefing

NRA Safe Gun Handling Rules

- **ALWAYS** keep your gun pointed in a safe direction.
- **ALWAYS** keep your finger off the trigger until ready to shoot.
- **ALWAYS** keep your gun unloaded until ready to use.



Range Safety Briefing

Other Safety Rules

- Know your target and what is beyond
- Wear eye and ear protection as appropriate
- Never use alcohol or drugs before or while shooting
- Be aware that certain types of guns and many shooting activities require additional safety precautions

Range Commands

- “Commence Firing”
- “Cease Firing”



Questions

Do you have any questions before you move to the Ready Area?

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