

NATIONAL MILITIA STANDARDS

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5.0 BASIC TRAINING PLAN

INTRODUCTION

The goal of training is to produce a combat ready unit that responds rapidly to known or suspected enemy activity and defeats that enemy. Individual skills and battle drill training are a key factor in achieving that goal. Leaders should tailor training to realistic, challenging, and attainable goals. Battle drills must be standardized but their tactical employment must remain flexible.

TRAINING PLAN:

1. The Training Plan is based on the "core training card" concept in support of the brigades Mission Essential Training List (METL) requirements. The focus is to prepare all personnel for mobilization. The intent is to provide meaningful training that can be put into immediate use and to motivate personnel to actively accept greater responsibilities.
2. The Training Plan will break down the " Core Training Card" into 4 quarterly schedules. Three topics will be routinely taught on a repetitive cycle until the unit reaches 100% training attainment.
3. Each unit will conduct a yearly Alert Mobilization Drill.

All members must commit themselves, individually, and in concert with their unit, to learn and master as many basic skills as possible, including proficiency with firearms (including field stripping and cleaning), hand signals, fields of fire, entrenchment, camouflage, cover and concealment, individual and squad movement. Each unit member is required to complete the mandatory training course to meet Minimum Mission Essential Training (METL) requirements.

CORE TRAINING CARD

SKILL LEVEL ONE: (M2)

This is basic training which all new recruits (M-1) are required to complete within the 90 probationary period. Upon completion of Level 1 training the recruit will advance to the rank of Private (M-2) and will be considered an active line member of the unit.

1. Command and Organization
2. Mobilization and Alert Readiness
 -a. Rapid Alert System / Alert levels
 -b. Evacuation: Routes, Rally Points
3. Physical Fitness 1XX
 -a. Field march for 2 miles in 30 minutes with all Level 1 gear. 3 to 5 second rushes for 100 yards, 10 PU 10 SU
4. Basic Marksmanship X1X
 -a. Must score Recruit or better on the Marksmanship Qualification Test.
 -b. Must be able to load, clear malfunctions and field strip weapon for repair or cleaning.

- 5. Individual Movement Techniques
 -a. low/high crawl
 -b. team file and wedge formation.

6. Individual Camouflage

7. Basic Field Communications:

-a. Hand and Arm Signals
-b. Basic Radio Operating Procedures
-c. COMSEC / SALUTE / SITREP
-d. Perform surveillance without the aid of electronic devices.

6. Basic First Aid:

-a. Evaluate a casualty
-b. Prevent / treat shock
-c. Clear an object from the throat
-d. Treat / prevent heat stroke and frostbite
-e. Treat burns
-f. Put on a field or pressure dressing
-g. Apply a dressing to an open chest, abdominal, and head wound.
-h. Splint a fracture
-I. Perform CPR
-j. Transport a casualty
-k. Basic sanitation, preventative medicine and health maintenance

SKILL LEVEL TWO: (M3)

Skill Level 2 is required to advance to the rank of M-3 Private First Class and to be considered capable of performing Primary Forces missions. M-3's must be prepared to deploy quickly and remain in the field unsupported for 72 hours. He is a fully functional and deployable militia soldier, capable of leading his squad and training others.

To meet Level 2 standards one must have mastered all Level 1 qualifications and equipment plus:

Physical Fitness: 2XX

Field march with all Level 2 gear 3 miles in 40 minutes.

Marksmanship: X2X

8 out of 10 in a 9" target at 200 yards.

Must have a thorough understanding of:

Troop leading procedures including the 5 paragraph OPORD, SALUTE, CARVER etc.

Small Unit Tactics

1. Immediate Action Drills

-a. Move under direct fire
-b. React to indirect fire
-c. React to contact
-d. Break contact
-e. React to ambush, near or far
-f. React to flares

2. Movement Techniques

-a. Fire Team and Squad Wedge
-b. File
-c. Traveling, Traveling Overwatch and Bounding Overwatch

3. Perform Reconnaissance

- 4. Select and construct individual fighting positions
- 5. Set up Patrol Base camp
- 6. Cross danger areas

7. Basic Land Navigation

-a. Identify topographic symbols and features on a map
-b. Determine a location on the ground by terrain association
-c. Measure distance on a map
-d. Orient a map to the ground by terrain association
-e. Determine direction with and without a compass

8. Basic Camouflage

-a. Individual
-b. Noise light and litter discipline
-c. Field emplacements, or base camp

9. Emergency Preparedness

Every Primary Forces member must maintain a 3 month supply of the following and the knowledge to use it.

-a. Water Storage / Purification
-b. Field Hygiene / Sanitation
-c. Food Storage
-d. Medical Supplies

10. Basic Survival Abilities

-a. Identify wild foods in the A/O
-b. Identify poisonous plants and snakes in the A/O
-c. Locate and purify drinking water
-d. Build a fire
-e. Snare/trap wild game
-f. Locate, and construct a field expedient survival shelter.

SKILL LEVEL 4: (M5)

To progress to Skill Level 4 (S.O.G.), the militia soldier must have mastered all Level 3 qualifications. In addition he must master the following skills to the point that he can teach these skills to others:

Sniper Operations:

Conduct a terrain survey

Conduct long range surveillance of target for intelligence personnel

Plan and implement an enemy harassment plan

Plan and conduct interdiction operations on key target personnel

Estimate range to target

Construct and use a ghillie suit

Construct and use a Sniper/Forward Observation Post hide

Note Each S.O.G. must maintain at least 4 men (2 Scout / Sniper teams) qualified

as Designated Marksmen - X4X: Must score Expert on the Marksmanship Qualification Test and meet the MQT DMR requirements.

CQB:

Conduct room clearing with a team
Conduct building clearing with a squad

Level 4 (S.O.G.) Specialties:

At full strength each 12 man S.O.G. must also maintain 2 men qualified in each of the following specialties:

Medical:

Trained as First Responder. EMT certified or Combat Life Saving class preferred.

Operations / Intelligence:

Plan and conduct a surveillance/recon patrol
Plan and implement psychological ops.
Prepare accurate Sitreps and assist Command Staff in the planning of operations.
Identify and track counter-resistance operations.
Maintain the units Threat Assessment and Target Acquisition Folders
Co-ordinate with signal personnel to implement the intelligence network
Relay and disseminate intelligence to neighboring units through the Signal Corps radio network

Communications:

Must complete the Mil. Sig. Corps training program and have a thorough understanding of Basic Operating Procedures, Tactical Comm., CommSec, the Rapid Alert System, Sitrep / SALUTE, the Digital Encryption System and his unit C.E.O.I. Must be able to operate all unit comm. equipment.
Build a field expedient, clandestine antenna
Transmit and receive Morse code
Must be able to develop, implement, maintain and operate the Rapid Alert System for his local unit as well as a Battalion level entity.
Coordinate and integrate signal operations between all units at the battalion level (region or the counties surrounding his A/O)

Engineering:

Design an erect anti-personnel barricades
Design and erect defensive positions including perimeter warning devices.
Design, prepare and oversee the construction of a guerilla operations base camp.
Conduct vehicle recovery.
Maintain and repair common vehicles in use by the unit.
Build and use an incendiary device made from common readily available material.
Build and use a termite device made from common readily available material.
Create a smoke screen

5.1 RIFLE QUALIFICATION COURSE

Rifle Course Rules

Target: IDPA (or IPSC), mounted so that the head is between 5'8" and 6' from the ground

Weapons Eligible: Any service rifle that is safe.

Ammunition: Any full powered service load. No target or squib loads. If shooting the 200 yd string of fire, 87 rounds are required. If not shooting the 200 yd string of fire, then 82 rounds are required. (If also shooting the DMR portion – add 5 rounds).

Magazine Carriers: Magazine carriers must be worn in a legitimate magazine pouch with all retention devices employed, as you would while on a night patrol through dense jungle. (All fastex buckles secured, etc.)

Scoring:

IDPA target: 0 and -1 score as 0 (zero) points, -3 is one (1) point for major caliber, and two (2) points for minor caliber

IPSC target – Zones A, B and C score as 0 (zero) points, with zone D scoring as 1 (one) point for major caliber, and 2 (two) points for minor caliber.

For any shots outside the “0” zone – add up the shots, multiply that number by the major (.5 point) or minor (1 point) point factor. For instance, shooter A had 3 shots outside the 0 zone and was shooting major caliber. Take the 3 shots times the major factor of .5 which equals 1.5 and this will be added to the final score.

Shooter B also has 3 shots outside the 5 zone but was shooting a minor caliber rifle. So, take the 3 shots times the minor factor of 1 which equals 3 and this is added to the final score.

Major Caliber: 7.62x39, 7.62x51, .30 '06, 7.62x53 Russian, .303 British

Minor Caliber: 5.56x45; 5.45x39; .30 Carbine

Headshots: Where headshots are required, a hit in the head box will score 0 pts. If a hit is made in the body proper, (defined as below shoulder level) a miss will be scored (5 points added to score).

Overtime shots. Since this is a “par time” course, the minimum time is ‘fixed’, however, if the shooter takes longer than the “par time” – then those extra seconds will be added to the score. For instance – if the shooter takes 5.17 seconds to complete a string of fire – and the “par time” was 4.0 seconds – then 1.17 seconds (5.17 seconds minus 4.0 seconds) will be added to the final score.

Misses: For each ‘missed’ shot (shots that were fired but that did not hit the target) – a five (5) point penalty will be added to the score.

Shooter condition: The shooter will wear his/her LBE/LBV during the whole test. The LBV will be loaded with what the shooter normally takes on patrol, i.e. all magazines or

clips (stripper clips or en bloc clips) fully loaded (fully loaded magazines will be the maximum amount of rounds the magazine is designed to hold – minus two at the shooters preference, i.e. a 30 round magazine may be downloaded to 28, a 20 round mag may be downloaded to 18, etc.), and full water compliment as a minimum.

The shooter will do 25 one (1) count ‘jumping-jacks’ (side-straddle-hops) prior to starting. After completing stage 1, he will do 20 jumping-jacks prior to stage 2, 15 jumping-jacks prior to stage 3, 10 jumping-jacks prior to stage 4, and 10 jumping jacks prior to the start of each stage after that. There is to be NO rest period after the jumping-jacks to the start of the stage. The purpose of this is to keep the heart rate ‘up’ for the duration of the test, to simulate physical exertion and to induce stress into the equation. It is important for the shooter to see his/her performance under these conditions. (Example: 25 JJ’s at the start of the Head Shots, 20 JJ’s at the start of the 50 yard Chest Shots, 15 JJ’s at the start of the 100 yard Chest Shots, etc. If the 200 yard course is shot – the patriot will do 120 JJ’s and if the 200 yard course is NOT shot – the Patriot will do 110 JJ’s.)

Starting Positions:

Rifle start position has the safety/selector ON for ALL strings of fire – EXCEPT “Malfunction Clearance Drills #2 and #3. In other words, each time Range Officer asks “Shooter Ready?” the shooter should double check to ensure the safety is ON.

Low Ready is defined by having buttstock in shoulder, with barrel pointed at 45 degrees towards the ground.

Patrol Position is defined by having the rifle waist high, “near” horizontal as the following picture defines.

Malfunction Clearance Drills

For malfunction clearance drills, the malfunction will be induced manually, then at the beep of the timer, the shooter will clear the malfunction and place one hit on a target 50 yards away.

For example, for **#1 stoppage**, the shooter will ensure that there is NO round in the chamber, but a full mag is in the well. The ‘start’ position will be with the rifle shouldered as if one were shooting. At the beep, the shooter will switch the safety/selector to ‘fire’ and pull the trigger. When the shooter realizes that the hammer fell on an empty chamber, he will immediately perform the ‘**tap-rack-bang**’ drill. *For bolt-action rifles the shooter will manually cycle the bolt to chamber a round.*

For the **#2 stoppage**, the shooter will ensure the chamber is empty, and then will take an expended cartridge and place it in the classic ‘**stove-pipe**’ position, then will seat a full mag. The shooter will start with the rifle shouldered. At the timer beep, the shooter will visually observe the malfunction and then clear it, followed up by one shot on a target 50 yards away. *Bolt-action rifles will also simulate a stove pipe, such as may be caused by short stroking the bolt. Manually cycling the bolt while ‘flipping’ the rifle on it side will clear the expended case and allow for a fresh round to be chambered.*

For **stoppage #3**, the shooter will ensure the chamber is empty. Then the shooter will place an expended cartridge in the chamber, and while holding the bolt back, the shooter will then insert a full magazine, and then will ease the bolt forward to induce a **'double' feed**. Then the shooter will shoulder the rifle, and at the beep will clear the stoppage and fire 1 shot at a target 50 yards distant. *For bolt-action rifles, a stuck case will also cause a 'double feed'. Immediate action for this stoppage with a bolt action would be to pull the bolt back and either push the live cartridge back down into the rifle magazine, then while holding the fresh cartridge down, push the bolt forward to snap the extractor over the stuck case. Then manually cycle the bolt to extract/eject the spent round, and the chambering a liver round. The second method is to dump all the rounds out of magazine via the magazine release lever/button, THEN cycling the bolt to extract/eject the stuck case, followed by charging the rifle via a stripper/en bloc clip, ramming/allowing the bolt to close, and then fire.*

Procedure for 'magazine changes' when using a bolt action rifle. The same procedure that is used with magazines can be used with 'stripper clips'. If the stage calls for 'magazine retention' – retain the spent stripper clip. When the stage calls for 'no magazine retention' then the stripper clip will be dropped.

National Standards Rifle Course

1. Head Shots

Perform five times each, all shots offhand - all shots to the body are counted as a miss. Start position is patrol/low ready – safety ON.

- a. 25 meters; Low Ready; 2.0 sec
- b. 25 meters; Low Ready WEAK SIDE; 3.0 sec

2. Chest Shots

Perform five times each, all shots offhand - all shots to the head are counted as a miss. Start position is patrol/low ready – safety ON.

- a. 50 meters; Low Ready; 2.0 sec
- b. 50 meters; Low Ready WEAK SIDE; 3.0 sec

3. Chest Shots

Perform five times each, all shots offhand, or kneeling - shots to the head are counted as a miss. start position is patrol/low ready – safety ON.

- a. 100 meters; Low Ready; 4.0 sec

4. Chest Shots

Perform five times each, all shots kneeling or prone - start standing - all shots to the head are counted as a miss. Start position is patrol/low ready – safety ON.

- a. 200 meters; Low Ready; 5.0 sec

DMR QUALIFICATION - PERFORM FIVE TIMES*

DMR QUALIFICATION – SHOT LAST after finishing the course.

Perform five times each, all shots kneeling or prone. Start standing. Head shots ONLY: all others shots are counted as a miss. Start position is patrol ready, safety ON.

- a. 200 meters; Low Ready; 6.0 sec HEAD SHOTS ONLY

5. Malfunction Drills

Perform three times each

Manually induce malfunction, then at the 'beep' Clear Malfunction and place one hit on target at 50 meters. Start position is rifle shouldered – safety ON.

- a. Position One; 4.0 sec
(tap and rack)
- b. Position Two; 4.0 sec
(stovepipe)
- c. Position Three; 11.0 sec
(feedway stoppage)

6. Magazine Changes

Perform three times; starting position is with a round in the chamber and an EMPTY magazine. Rifle at Low Ready.

Fire one shot, reload and fire one shot at 50 meters WITHOUT retaining magazine, all mag pouches secured!

- a. Mag change without retention; 9.0 sec

7. Magazine Changes

Perform three times; starting position is with rifle/magazine fully loaded. Rifle at Low Ready.

Fire one shot, reload and fire one shot at 50 meters WITH retaining magazine and all mag pouches secured!

- a. Mag Change with retention 11.0 sec

8. Close Range Shooting from shoulder or Underarm Assault

Perform three times each side. Start in patrol ready position (rifle near horizontal about waist high or buttstock in shoulder, muzzle down)

- a. 3 meters; 0.6 sec
- b. 7 meters; 0.8 sec
- c. 10 meters; 1.2 sec

9. Multiple Targets

Perform twice each; starting position is at low ready with safety ON. Targets are spaced with 1 meter between each target.

- a. 5 meters; 2 targets; 1.2 sec
- b. 5 meters; 3 targets; 1.5 sec
- c. 5 meters; 4 targets; 1.8 sec

For IDPA Targets: "0" and "-1" zones score 0 points all calibers; "-3" zone is 1 point multiplier for 'major' caliber, and 2 point multiplier for 'minor' caliber

For IPSC Targets: "A", "B" and "C" zones score 0 points all calibers; "D" zone is 1 point multiplier for 'major' caliber and 2 point multiplier for 'minor' caliber

Shots fired after par-time has elapsed - add that many seconds to the score (i.e. last shot was fired 1.37 seconds after par

time elapsed - add 1.37 points to score)

For all shots outside the "0" zone - add up all shots, times that by the major or minor multiplier and divide by 2 - and that number is added to the score (i.e. shooter had 2 shots outside the "0" scoring zone and was shooting minor caliber - so take the 2 shots times the "2" (for minor caliber) which equals 4 - and then divide by 2 - which leaves 2 - so add 2 points to the final score.

If he were shooting major caliber it would be 2 shots, times 1 (major multiplier) divided by 2 equals 1 point added to final score.)

Scoring For 200 Yard Range:

Maximum = 0
Expert (M4) = 1-39
Marksman (M3) = 40-77
Sharpshooter (M2) = 78-116
Recruit (M1) = 117-231 (No Time Limit)

Scoring For Less Than 200 Yard Range:

Maximum = 0
Expert (M4) = 1-36
Marksman (M3) = 37-72
Sharpshooter (M2) = 73-108
Recruit (M1) = 109-216 (No Time Limit)

(If a 200 yard or smaller range was used for qualification, such should be marked on the training card.)

***To qualify as DMR (Designated Marksman), the shooter must qualify as Expert *and* achieve all five DMR head shots within the allotted time limit.**

FAQ List for Rifle Qualification

1. Why is there no 'movement' (running, seeking cover, etc.) in this course?

Short Answer: What this course is designed to do is to test the 'tactical shooting' skill level of the shooter. This course is NOT designed to test the 'tactical movement' skill level, nor the athletic ability of the shooter.

Long Answer: Tactical movement in the 'real world' is dependent upon too many variables to be able to make a 'Standard Exercise'. For instance, there are times when the tactical situation will demand stealth, (i.e. slow, deliberate movement) and other situations in almost the exact environmental conditions and surroundings that will call for dynamic movement (speed). Since the conditions that dictate the rate of movement can't be duplicated - we have opted to forego any 'tactical movement' during qualification. However, tactical movement should be practiced regularly, and is best practiced through Force-on-Force type exercises using either paintball and/or airsoft.

2. Are bi-pods allowed?

Short Answer: Yes, however the bipod must be attached to the rifle at all other times too. In other words while you are on patrol, etc. Once you take the bipod off the rifle – you must re-qualify.

Long Answer: We need to train correctly. Only perfect PRACTICE makes perfect. So, one MUST shoot the course with one's rifle that is set up to take on patrol. It would defeat the purpose of this course to allow the attachment of bi-pods to only shoot the course, and then remove the bi-pod for patrol. There may be some that say "I have a detachable bi-pod that I keep in my 'ruck, and when the shooting starts I can quickly put it on". Great – then that is how you will start the course. With your back-pack on, and once the timer beeps, you can take your back-pack off, dig around for the bi-pod, attach it to your rifle, and shoot that particular sting of fire. Then before the next timed fire begins, you can take the bi-pod off, put it in your ruck, and then put your ruck on your back. This will be the procedure for every timed/scored event (you will end up doing this 53 times).

3. Are Scopes allowed?

Short Answer: Scopes are allowed if that is what you ALWAYS have on your rifle. If, when you are going on a 10 mile patrol, you have your scope attached to your rifle – then that is how you will shoot the course.

Long Answer: This course will be a great 'test-bed' to help the shooter ascertain whether his/her set-up is ready for the 'real' world. There are some that have all kinds items attached to their rifle. This course will help them see if all the items are necessary or not. For instance, most contact happens well under 100 meters – so the 10X scope that one has attached to their 'fighting rifle' will probably be a hindrance when shooting at 25 yards. This course is designed to show the shooter the flaws in his/her equipment, as well as the areas the shooter needs to concentrate more training effort to (i.e. PRACTICE).

4. Are 'Shooting Slings' allowed?

Short Answer: Yes. However, the 'start' position will be that position that the sling is in during the 8th mile of a ten mile hike.

Long Answer: The odds that someone would actually have a 'shooting sling' wrapped around one's arm for a 10 mile patrol is ZERO. Let's get used to the idea of shooting this course as it was designed – for chance contact (surprise contact). That means you have NO warning that contact is immanent. So, shoot the course pretending that you are 8 miles into a 10 mile patrol. In other words, once the time 'beeps' the start signal – THEN if you wish you can wrap the sling around your arm and begin that string of fire. Then after that string, 'un-loop' the sling from your arm to start the next string.

5. Are 'Patrol' or 'Tactical' slings allowed?

Short Answer: Yes, if that is what is always attached to your rifle.

Long Answer: Yes, if that is what is always attached to your rifle.

6. Why are we not doing firearm transitions (switching from rifle to handgun)?

Short Answer: Not everyone carries a sidearm on patrol. It is personal preference if one does, or one doesn't.

Long Answer: The sidearm is carried for two totally different purposes depending upon the mission.

Typically one carries a sidearm as part of one's first line gear. It is worn in such a manner as to secure it to the person (so it does not become 'lost'), and to protect it from the elements. The holsters that best do this are not what one would consider 'speed holsters'. So it would take too long to get one's first line sidearm out of its holster to 'transition to'.

Another reason transitions are not done in the field is because of balance and movement. Balance is essential to movement. Without balance, one cannot move effectively. To perform the classical 'transition' movement, one 'drops and rotates' one's rifle so it is hanging by the sling in either the front, side or rear of the shooter. Then one 'draws' one's sidearm and uses it to 'drive on'. This is fine for CQB/Urban type operations, because one can 'stop' once a room is secured. While one is stopped one can get one's primary (rifle/carbine) up and running, and return the sidearm to its holster. The problem with the 'field' is there is no 'room to secure' – hence there may not be an area to 'stop' and get one's primary up and running. SO...you may have to RUN for a few hundred meters before you can get fix your rifle. Try and RUN for two hundred meters with your primary (rifle/carbine) dangling in front of you. It will DESTROY your balance. And the heavier the rifle, the MORE it will destroy your balance. Remember, without balance you cannot move effectively.

So, in the field while doing tactical shooting and moving, if your primary goes down – PRETEND it is 'up'. In other words, keep it in your hands. Obviously as SOON as you can you will get it up and running again.

7. Why is there a penalty for 'minor' caliber?

Short Answer: There is only a penalty for 'peripheral' shots, i.e. shots that are 'near misses'. For all 'good' shots, the values are the same for major or minor calibers.

Long Answer: The debate regarding 'which is best – 5.56 or 7.62 whatever' will continue to rage on LONG after we are all dead. These debates will continue because there is a huge void of fact concerning the matter. And the reasons for that 'fact void' is there are just too many variables about what happens when people get shot with rifle (or handgun) fired projectiles.

However, some facts are available: The typical 5.56 rifles (in 'rack' form) weigh less than rifles in 7.62. The 5.56 round itself weighs less than 7.62. The 5.56 rifles are easier to carry, and the 5.56 recoils less than the 7.62 making shots a little easier. So – those that shoot the 5.56 (and I am one of those) should be EXPECTED to 'shoot a little better' than those that choose the 7.62 - which I also have in both varieties – the FN (7.62x51) and the AK (7.62x39).

Also – the major calibers ARE better at penetrating barriers than minor calibers are. In other words what is cover to 5.56 may only be concealment to .308. For these reasons the major calibers are given a little 'break'. If you don't like it – shoot a

major caliber rifle.

8. Why is shooting from the 'weak side' mandatory?

Short Answer: There is both strong and weak side cover in the world.

Long Answer: Do this experiment. TRIPLE VERIFY that your rifle is unloaded and DO NOT take any live ammunition with your now unloaded rifle. Now go in your bathroom (or any other place that has a large mirror). Pretend that the 'mirror' is a corner and move enough of your body 'into' the mirror so that you can 'shoot around the corner' in the mirror. As SOON as your rifle 'enters the mirror' enough to shoot – STOP.

Look at how much of your body is 'available' for the 'enemy' to shoot. Now trade shoulders and do the exact same exercise from the exact same side of the mirror.

Once you do this, you will see that you had to expose TWICE (double) the amount of your body when you used the 'wrong' shoulder. This is why it is so important to get used to using both sides of your body as a shooting platform.

This way, as you are running up to some cover, (and it happens to be 'left side' cover) you will AUTOMATICALLY switch to your left shoulder and better utilize that cover (maximize your hit potential and minimize your exposure to enemy fire).

Another reason is the majority of wounds in a combat environment (not necessarily combat itself – but the whole combat environment – just running around in a combat environment makes 'extreme sports' look like a kindergarten playground!) are 'extremity' wounds. Wounds to the hands, shoulders, legs and feet. So – if one is wounded in the 'strong' arm, then one would have to use one's 'weak side' to shoot from. Well, what if one had NEVER practiced shooting from one's weak side?? How effective would they be? Not very.

9. Why are we not shooting from more 'positions'?

Short Answer: For simplicity, most of the work is done from the standing position, with some stages in kneeling or prone, shooters choice. This avoids the possible confusion of the different variations of 'shooting position'.

Long Answer: For all 'chance contact' - return fire should initially be from the position one finds oneself in when the first rounds fly, and that will be standing (or squatting). After that point one will be running, or squatting, or kneeling, or prone, or some variation of the above 'positions' – all dependent upon other variables like terrain, near or far ambush, etc. In other words, whatever position/positions are best for the tactical environment.

For all other applications, for example setting an ambush, one has TIME to figure out what position would be best for the job.

We think it is best to train for the 'unexpected' contact than the one where you have lots of time to figure your 'position' out.

However, as in the statement above regarding 'tactical movement' – position assumption should and must be practiced, so that your body can easily get in and out of the various positions in order to maximize your hit potential and minimize

your exposure to enemy fire. Dry fire practice, followed up live fire practice will help instill these positions into your repertoire of skills. Then Force-on-Force training will allow you to hone these skills even further.

10. What is the difference in scoring 'major' and 'minor' caliber?

Short Answer: There is a delicate balance of time vs. accuracy. The old adage that one 'cannot miss fast enough' is true. Only hits count. Time is added at a 1 to 1 ratio, peripheral hits are added at a .5 ratio for major and a 1 to 1 for minor caliber. This helps to reflect this balance of time vs. accuracy.

Long Answer: What we do not want is for the shooter to try and 'game' this course. In other words, for the shooter to decide that it is better to have a miss and let the 'par time' stand, or to take a additional 1.5 seconds and have a peripheral hit. Let's use this example and look at the score difference. Shooter A takes an additional 1.5 seconds to score a peripheral hit. He is shooting minor caliber. The peripheral hit scores a one (1). Add the 1.5 second overtime shot to the point value of 1 – this equals 2.5 points which is added to the score. This encourages the shooter to get a hit, even if it is overtime. This is far preferable to not even shooting the shot and adding a 5 point penalty to the score for a 'miss'. This also discourages 'rushing' the shot, i.e. the shooter tries to go so fast that they miss. In other words, one could take an additional 4 seconds and have a peripheral hit with a minor caliber rifle (which would add 1 point) to be the same 'point value' of a miss. So this scoring system REWARDS HITS – even if they are 'over-time' hits. Slower hits are better than blazing fast misses.

11. What if the shooter carries/uses 'double mag holding devices' (such as the "MagCinch" or homemade devices that do the same thing)? How does that affect the 'mag changes'?

Short Answer: Sure, the shooter can have that in his rifle, but he still must 'change mags' "from the pouch".

Long Answer: One of the stated purposes of this course is for skill development. Reloading is a fundamental skill that must be practiced. "Bundled" magazines will only save ONE 'reload' from the pouch. (Once both magazines are expended, must one STILL reload from the pouch.) So – being true to the spirit of the course – the shooter will perform ALL reloads FROM THE POUCH.

12. Gaming - in ANY form – will not be tolerated!

Short explanation: Gaming is trying to get a better score through methods and means OTHER than becoming a better shooter.

Long explanation: Examples of 'gaming' would be; not having all the magazines in the pouches loaded (so your 2nd line gear is 'lighter'), using a 'muzzle break' for the RQC but then using a flash suppressor while on patrol (the muzzle break may help get faster shot-to-shot times), using a totally different rifle for the RQC than is regularly used on patrol (this should not be confused with the patriot using different rifles for the RQC – for instance, I shoot the RQC with my M4, my AKM and my FN-FAL – as I DO use all three rifles, but I usually use my M4), emptying almost all of the pouches on the LBE/LBV to make it 'lighter' for the RQC, etc.

The bottom line is this. This course was designed to test the shooter, his rifle, and his equipment. Let the course DO that. If you come up with a 'what if...' question, ask yourself this FIRST – BEFORE you ask the R.O. (range officer). Does my request HELP me practice the skills I need to know, or does my request 'short-cut' the skills I need to know? MOST OF THE TIME, the answer you would say to yourself is – nah, I am trying to short-change my training or get a better score without really learning/practicing my skill set. Or in other words, by asking this question to the RO, I am trying to be a 'better shooter' ON PAPER than I can really show in real life. That kind of attitude can lead to the death and or injury of yourself, your team-mates, and those that are depending upon you and your team. GUARD AGAINST THAT ATTITUDE (gaming)!!!!

13. Can I 'take a knee' while clearing malfunctions and during reloads?

Short Answer: Yes, at the shooters option. If he elects to take a knee, he may also shoot from the kneeling position.

Long Answer: Most of the time it is sound doctrine to take a knee ANYTIME you are not 'in the fight'. This makes a smaller target for the bad guys to hit, and it also can signal to your team-mates that you are 'not in the fight' and they can 'cover' your 'area' for you.

However, be advised that there ARE circumstances where it would NOT be healthy idea to take a knee. It is totally situational dependent. So, it is a good idea MOST of the time – but not ALL of the time. (For instance – if caught in a near ambush, while rushing through the ambush you have a malf. You gonna drop to a knee and fix it in the 'kill zone'?? No...your gonna yell BANG, BANG as you run through the ambush and fix the malf while on the run to a rally point. There are other examples too. In other words – never say 'never'.)