

POLICE RIFLE

- Day 1**
- Introduction and Administration**
 - Nomenclature**
 - Break down and assembly**
 - Fundamentals of Shooting/Ready Position**
 - Ballistics/Ammo Selections**
 - Loading/Unloading/Reloading (Range)**
 - 25yd & 50 Yd Zeroing**
 - Unsupported Firing Positions**
- Day 2**
- Maintenance Care and Cleaning**
 - Use of Cover and Concealment (class)**
 - Supported Firing Positions**
 - Double Taps**
 - Stoppages Drill**
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 - Drug and Body Armor**
 - Multiple Targets**
 - Moving into Position**
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 - Low Light Firing**
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- Day 3**
- 100 yd Accuracy Fire**
 - Moving Targets**
 - Shooting Through Auto Glass and Wall Board**
 - Shoot/Don't Shoot**
 - Containment**
 - Written Test**
 - Qualification**
 - Standards**
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TRAINING SAFETY RULES**A. RENDERING THE WEAPON SAFE**

1. Always Point Weapon in a Safe Direction - MUZZLE AWARENESS
2. SAFETY ON (S/white) If Applicable
3. Magazine Removed
4. Bolt, Slide, or Cocking Lever Locked to the Rear
5. Visually and Physically Inspect the Chamber

B. FIREARMS SAFETY/MAIN SAFETY RULES

1. Treat Every Firearm as if it Were Loaded
2. Never Point a Firearm at Anything or Anybody that You Do Not Intend to Shoot, or in a Direction Where an Unintentional Discharge May Do Harm.
3. Never Place Your Finger into the Trigger Guard until Ready to Fire
4. Be Sure of Your Target, Backstop, and Beyond

C. GENERAL TRAINING SAFETY RULES

1. Wrap Around Eye Protection is MANDATORY
2. Ear Protection is MANDATORY
3. Hats (Baseball Style) is MANDATORY
4. Long Sleeve Shirt is Recommended
5. We are Responsible for Each Others Safety - Anyone Seeing a Safety Problem Must Report it Immediately to an Instructor. Additionally, Anyone May Stop an Exercise if They See a Safety Problem
6. Report Any and All Injuries Immediately to an Instructor - Don't Suffer in Silence
7. It is Each Participants Responsibility to Cover All Open Wounds and Cuts Before Class Begins. If this Type of Injury Occurs During the Training Session, the Participant Will Immediately Notify an Instructor, Attend to the Injury; and Cover with First Aid Materials Available which Consists of Band-Aids, Gauze Pads & Tape, Alcohol and/or Disinfectant Wipes. Treat All Blood and Body Fluids with the Utmost Caution. Gloves Will be Used if there is any Possibility of Coming into Contact with Blood or Body Fluids
8. AT NO TIME is any Participant Allowed to Leave the Training Area without the Permission of the Primary Instructor.
9. Remember to Work at Your Own Pace - Don't Over Exert Yourself
10. Realistic Training is Important, However Safety Comes First!
11. Do not Enter Any Unauthorized Areas

D. SIMULATIONS/SIMUNITIONS

1. Mouth guards Will be Used, as Needed, for Simulation Training
2. No Live Ammunition Will be Loaded or Carried During Simulation Training Exercises (Double Checked by Participants & Instructors)
3. When Using Blank or Marking Cartridges, or Distraction Devices, You may Only Use Those that are Issued and You Must Double Check Them to Insure they are Intact.
4. Issued Protective Gear e.g. Face shields, Padding, etc. Must be worn properly and at all times during Simulation/Simuniton training until directed otherwise by the Instructor.
5. When using Simuniton rounds, **No Intentional** Groin or head shots will be allowed and shots within two feet of a role player are not allowed.
6. Students will **immediately** cease activities when a sharp sustained blast of a whistle, and/or an instructor yelling “stop” is announced.
7. Students will immediately cease actions upon a role player announcing “Stop” “Out of Role”!

E. SHOOTING HOUSE SAFETY RULES

1. Authorized Firearms Instructors Must be Present During Use
2. **BODY ARMOR** Must be Worn by Everyone who Enters the House
3. Prior to Live Fire Exercises, **Rooms Will be Checked** to Insure that No Personnel are Present
4. Firearms Instructors Will Insure Targets are Placed so that when Engaged, Rounds will Not Exit the House
5. Pistol Caliber Ammunition Shall Only be Used (Approved List)
6. No Steel Targets Allowed
7. Instructors Must Review All Targets and Angles of Deflection Before Beginning Live Fire
8. All Damage Must be Repaired, Replaced and Reported
9. During Multiple Use, Doors Must be Double Locked
10. Rotating Light Must be On During Use
11. Fire Extinguishers Must be Present During Use
12. Building Must be Checked for Damage and Fires, then Secured After Use

F. FIREARMS SHALL NOT BE HANDLED BY PERSONS WITH A BLOOD ALCOHOL CONTENT IN EXCESS OF .00% BY WEIGHT OR UNDER THE INFLUENCE OF DRUGS OR MEDICATION THAT WOULD IMPAIR THEIR MOTOR SKILLS, JUDGEMENT OR BALANCE.

NOMENCLATURE

NOTES

1. Muzzle

2. Barrel

3. Front Sight

4. Receiver

5. Rear Sight

6. Buttstock

7. Trigger Mechanism

8. Safety/Selector

9. Magazine Well

10. Magazine Release

11. Ejection Port

12. Handguard

BREAKDOWN

NOTES

A. Assemblies

B. Trigger

C. Bolt

D. Receiver

E. Function Check

F. Scan & Breathe

FUNDAMENTALS OF SHOOTING

PRIMARY OBJECTIVES

- 1. CONTROL MOTION
- 2. CONSISTENCY

A. Stance

B. Grip

C. Sighting

D. Trigger Control

E. Follow Through

NOTES

A. BALLISTICS/AMMUNITION

NOTES

TYPES OF BALLISTICS

- A. Internal Ballistics**
- B. External Ballistics**
- C. Terminal Ballistics**

INTERNALBALLISTICS

- A. Firing pin strikes the primer**
- B. Primer ignites the dry power**
- C. Power burns and turns into gas**
- D. Gas expands in the case**
- E. Expanded gas pushes the bullet**
- F. The bullet inscribes itself on the lands and groves**
- G. The bullet begins to twist**
- H. The back of the bullet loses contact at the muzzle**
- I. Muzzle flash and recoil**

LOAD

1. Firearm pointed in a safe direction

2. Safety on

3. Lock Back

4. Magazine on

5. Try to pull off

6. Bolt forward

UNLOAD

NOTES

1. Firearm pointed in a safe direction

2. Safety

3. Magazine off

4. Lock Back

5. Visually and Physically Inspect Chamber

STOPPAGES

NOTES

A. Empty Magazine

B. Magazine not seated.

C. Stove Pipe

D. Double Feed

**E. Rounds stuck behind
ejector**

F. Rounds behind bolt

G. Bad Ammo



CLEARING STOPPAGES

NOTES

1. Always press trigger twice to insure stoppage

2. Lock back

3. Mag off

4. Rack bolt back and forth and lock back.

5. Rock from 4-8 o'clock

6. Insert a fresh mag on, then bolt forward.

7. Do not point firearm up or down, maintain the master grip and weapon



POLICE RIFLE



RELOAD

NOTES

A. Lock back while going down on one knee

(Lock back is optional)

C. Insert Fresh Magazine

D. Give a tug down on fresh magazine

E. Bolt forward

F. Single stack - get new magazine before locking back

zine



ZEROING

NOTES

**A. Stable Position
Prone with sand bags**

1. Canting

B. Own Pace

C. 25, 50 and

**D. POA = Black Square
25 yds POI = bottom of
gray part.
50 yds POI = Black Square**

E. Iron Sights First

**F. Then Optical (e.g. Red
Dots)**



G. G-36 RIFLES

1. ELEVATION & WINDAGE

Use a 2.5 mm hex wrench for sight adjustments. Moving the wrench one large mark will change the impact for either windage or elevation approximately 1 inch at 100 yards. Use the arrow marking next to the large and small marks to shift the impact. L (left) or R (right) for the windage direction and H (head) or T (toes) for elevation.

H. SL-8-1 fixed sights

1. ELEVATION

Use a 2.5 mm hex wrench for elevation adjustment. Moving the wrench one-quarter turn will move the impact approximately 1 inch at 100 yards. To lower the impact, turn the wrench clockwise and raise the impact by turning the wrench counterclockwise.

2. WINDAGE

Use a 2.0 mm hex wrench for windage adjustment. Moving the wrench one click will shift the impact approximately 1.4 inches at 100 yard.

I. HK 33/53 SYSTEM

1. ELEVATION

$\frac{1}{4}$ TURN = .8 INCHES @ 50M / 1.2 INCHES @ 75M / 1.5 INCHES @ 100M.

2. WINDAGE

1 TURN = 3 INCHES @ 50M /

4.5 INCHES @ 75M /

6 INCHES @ 100MJ.

I. COLT SYSTEM

1. ELEVATION

There are two types of front sights: 4 position square blade front sight on most M16A2 rifles. And a 5 position round blade front sight on Carbines and Commando weapons. The 4 position front sight is used to zero the rifle when combined with a fully adjustable rear sight. The 5 position round blade provides elevation adjustment when combined with a rear sight that is adjustable for windage only. Each notch on the 4 position front sight on m16A2 rifles moves impact 1 inch @ 100YDS. Each notch on 5 position blade on

Carbines or Commandos moves impact 1.38 inch @100yds. If 5 position sight is on a rifle the change in impact will be 1 inch @100yds

The fully adjustable rear sight is combined with a flip-type peep sight. When flipped forward, the large aperature marked 0-2 is up. It is used with the elevation knob set to 8/3 low for ranges between 0 – 200 meters. When the small aperature is up, it is used for ranges of 300 meters to 800 meters by setting the elevation knob at the range required; 8/3 low for 300m, 4 for 400m, 5 for 500m, 6 for 600m, 7 for 700 m, and 8/3 for 800m. There are also additional clicks between the main settings to allow for fine adjustment of range. Prior to zeroing insure the sight is set 1 click above the 8/3 setting and then leave it alone throughout zeroing.

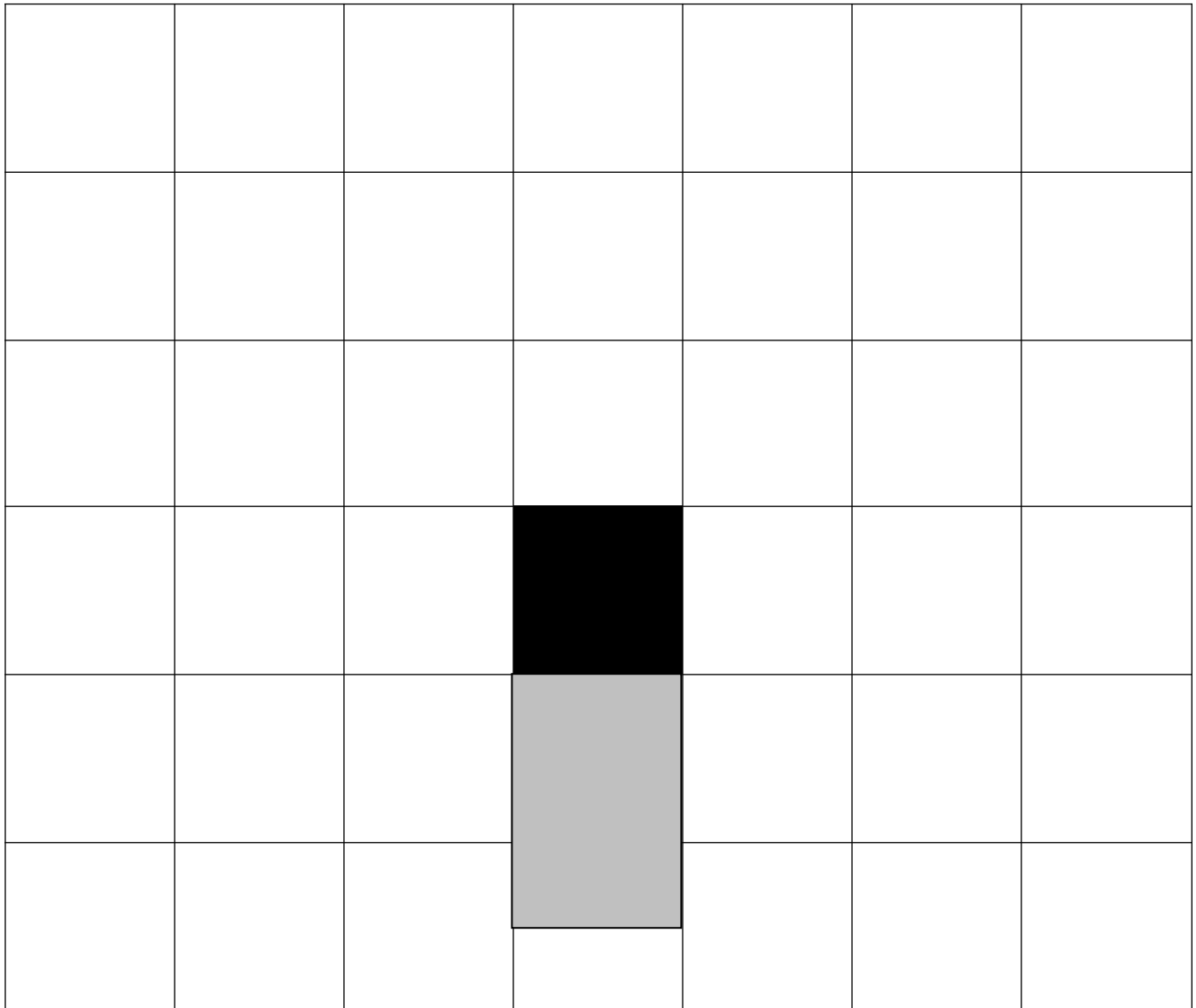
POLICE RIFLE

2. WINDAGE

A windage knob on the right and above the elevation knob is adjustable. Each click moves point of impact horizontally on the target. To

move the impact right, turn windage knob clockwise; to move it left, turn it counterclockwise.

A rear sight, which is adjustable for windage only, has two apertures for range. The unmarked leaf is for ranges up to 300m and the leaf marked "L" is for ranges from 300 to 500 m. each notch moves point of impact of Carbine or Commando 3.8 cm @ 100m. If the sight is on a rifle the change will be 2.8 cm @ 100m.



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RIFLE SIGHT IN TARGET

G36/SL8-1, HK 33/53, Colt ARs.

25 YARDS, POA = Black Square, POI = Gray Rectangle

50 YARDS, POA & POI = Black Square

a. over cover

FIRING POSITIONS

STANDING

1. Supported
 - a. sling
 - a. using cover as support
2. Unsupported
 - a. side cover

PRONE

1. Angle from behind
2. Hugging
 - a. Low cover
 - b. Side cover

NOTES

KNEELING

1. Supported (low)
 - a. side cover
- a. side cover
- b. over cover

ported (high)

SQUATTING

1. Feet position
2. Lock in



MAINTENANCE

CLEANING-The RIFLE will function in extremely adverse conditions and will operate while quite dirty. However, this is not the recommended method of operation. This firearm is NOT self

cleaning just as it is not self shooting.

It should therefore be cleaned after every time it is fired. A standard guide to establish during firing is 1000 rounds, then clean.CLEAN IS CLEAN. This is your standard!

SOLVENTS - Mineral spirits, dry cleaning solvents such as Var-sol, Safety Clean #105. NEVER GASOLINE! These are for general cleaning throughout the gun. Some Biodegradable solvents can leave a gummy residue.

BORE CLEANERS - Hoppe's Nitro Solvent, Shooter's Choice, etc. Any commercial bore cleaner.

BORE BRUSHES - Bronze bristle, copper, and brass are recommended. Nylon is OK. Never use stainless

steel.

PATCHES - Soft and absorbent. We recommend Knit patches as woven patches may leave strings. Southern Bloomers are excellent.

LUBRICANTS - Break-free, Eze-ox, Slick 50 1-lube, etc.

PRESERVATIVES - Break-free, Ballistol, Rig, etc.

NOTES

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CARE AND CLEANING

BARREL - Clean from the chamber end always!!! Push the brush or the patch through in one stroke. Brush with solvent, Wash brush!!! Patch dry until clean, repeat brushing if necessary. Lube barrel inside and out to prevent rust. Fouling shots are fouling!

RECEIVER - Clean with mineral spirit solvents and brush to remove large deposits of carbon and dirt. Pay particular attention to the barrel extension area. Generally Lube throughout.

BOLT GROUP - Clean with brush and solvent. Air dry. Lube.

BUTTSTOCK- Clean with brush and solvent. Air dry. Lube.

TRIGGER GROUP -Clean with brush and solvent. Flowing or pouring solvent may be a help. Air dry. Lube, paying particular attention to the axles.

HANDGUARD - Wipe off with damp cloth or wash with soap and water and air dry completely. Do not lube, but you may have to wipe the handguard with an oiled cloth lightly if a white residue appears.

MAGAZINE - Wipe off the outside and the follower then lube to prevent rust.

VISUAL CHECKS - The operator should know his gun well enough to know if there is something wrong with it. He should perform a visual inspection of the gun as he is cleaning it.

REPORTING- Encourage your people to report problems, without fear.

NOTES



NOTES

DOUBLE TAPS

Stress counting rounds

A. Hammer

B. Controlled Pairs

C. Presenting the Firearm

1. Mounting

2. Sighting

D. Presentation Time vs. Set Time

Horizontal lines for notes, corresponding to the sections on the left.

NOTES

STOPPAGE DRILLS

BACK UP FIREARM

- A. Support hand, while maintaining grip, comes to contact with the support side thigh
- B. Strong hand releases pistol grip at same time
- C. Strong hand grips pistol, draw from holster and either fire one-handed while holding RIFLE down and away, or, once the pistol is drawn and it is clear of the rifle, release rifle allowing it to hang from the sling and fire the pistol two-handed.
- D. Stance does not change
 - 1. Press trigger twice to insure stoppage
 - 2. Once target is engaged and situation clear, holster and secure
 - 3. Clear Rifle, Lock back, mag off, rock from 4-8 o'clock. Rack bolt back and forth and Lock back, fresh mag on, give tug, bolt forward.
 - 4. Do not point firearm up or down
- E. Verbalization
 - 1. Cover
 - 2. Ok
 - 3. Ready
 - 4. Ok

RELOAD DRILLS

- A. Lock back down on one knee, magazine off, fresh magazine on, give tug, bolt forward

Lock back in not always required. However it is more positive in combat.

LOCK BACK WILL BE REQUIRED IN THE QUALIFICATION COURSE.

- B. 2 rds, reload

- C. Stress counting rounds. Keep firearm in the shoulder

- E. Verbalization

1.Cover

2.OK

3.Ready

Horizontal lines for notes or observations.

NOTES

DRUG AND ARMOR DRILL

A. Head

1. CENTER MASS

2. Margin of error

B. Pelvic

C. Objective is to stop suspect

D. DT Zero misses

NOTES

MULTIPLE TARGETS

PRIORITIZATION

SPREAD FIRE

A. Identifying Targets

B. Smooth Firearm Movement

C. Jerking

D. Tunnel Vision

E. One Target at a time

NOTES

MOVING INTO POSITION

A. MOVE INTO KNOWN TERRITORY

B. MAY BE USED WITH COVER AND CONCEALMENT

C. STANDING TO KNEELING

D. STANDING TO SQUATTING

E. STANDING TO SITTING

F. STANDING TO PRONE

NOTES

LOW LIGHT FIRING

A. EYES

- 1. The Retina

- 2. The Pupil

- 3. Photoreceptor Cells -
Rods and Cones

- 4. Optic Nerve

B. CONSIDERATIONS

- 1. Dark Adaptation
 - a. Visual Purple
(Rhodopsin).

- 2. Depth perception

- 3. Contrast of color

- 4. The dead spot

NOTES

5. Someone who is in the dark and looking towards or into a lit area can see very well. Conversely, however, a person who is in a lit area looking towards the dark cannot see as well into the dark

6. Pupils are sympathetic

7. High or Low Firing
a. "Don't fight or out think your body"

8. Eye Glasses

9. Dark objects

10. Available light

C. ACCESSORIES

1. Flashlight

2. Lasers

3. Nights Sights

4. Car lights

5. Flares

6. Chemical lights

7. Strobes

8. Night vision goggles

D. GENERAL RULES

NOTES

NOTES

**100yd-200yd ACCURACY
FIRING**

A. STABLE LOCKED IN PLATFORM

B. RANGE ADJUSTMENTS ON SIGHTS

C. KNEELING

D. SITTING

F. SQUATING

G. PRONE

STANDARDS DRILLS

RANGE	DRILL	RD	TIME
Semi 25m N	Dbltap	2rds	2.0 sec
25m	Reload	2rds, reload, 2rds	10.0 sec
25m N	Stoppage	Dry fire, Backup Fire 2rds	5.0 sec
25m	Body armor	2rds Body, 1rd Head	3.5 sec
25m N	Multiple (2)	2rds Body each Trgt	3.5 sec
50m	Dbt tap Standing	2 rds	2.5 sec
50m	Dbt tap Standing to Kneeling	2 rds	4.0 sec
50m	Dbt tap Standing to Prone	2 rds	5.0 sec

Start "Ready Position

POLICE RIFLE QUALIFICATION

NAME _____

DATE _____

POSITION #	COVER TIME GO / NO GO	EXPOSURE TIME GO / NO GO	HITS
1. STANDING DOUBLE TAP	5 sec G/NG	3 sec G/NG	
2. KNEELING DOUBLE TAP	5 sec G/NG	4 sec G/NG	
3. SQUATTING MULTIPLES 2 TGTS, DBL TAP ea. (RELOAD)	5 sec G/NG	6 sec G/NG	
4. PRONE DRUG & ARMOR DBL TAP BODY, 1 RD HEAD	5 sec G/NG	5 sec G/NG	
5. CHOICE, 1 ROUND TRANSITION, DBL TAP	5 sec G/NG	5 sec G/NG	
TOTAL			
TOTAL RUNNING TIME			

HIT PERCENTAGE _____%

PASS/FAIL

ADDITIONAL COMMENTS

INSTRUCTOR SIGNATURE _____

Students will begin at the start point and total running time will begin on the command of start. The student will move to position one (1) and fire the above described requirements not to surpass the number of rounds and cover and exposure times. The shooter will move to each subsequent position and perform the appropriate action as described in the block.

The shooter must perform a reload prior to moving from position three.

At position 5 the shooter will fire 1 round and then transition to the back up firearm and fire 2 rounds with the back up. Hits with the back up firearm will not be used in determining the shooters hit total. Once the shooter fires the last round from the back up firearm total running time will stop.

Each shooter will load their first magazine with only 9 rounds. The second magazine will be loaded with only 4 rounds.