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POLICE RIFLE INSTRUCTOR COURSE SCHEDULE

DAY ONE

- * Administration and Introduction
- * Responsibilities of the Firearms Instructor
- * Methods of Instruction
- * Lesson Plan Preparation
- * Safety & Nomenclature
- * Accessories
- * Breakdown & Assembly
- * Function
- * Fundamentals of Shooting/Ready Position
- * Ballistics and Ammo Selection
- * Loading/Unloading/Reloading

DAY TWO

- * Safety Briefing
- * Student Presentations (Classroom)
- * Range Management
- * Basic Shooting Concepts
- * Lesson Plan Preparation

DAY THREE

- * Safety Briefing
- * Student Presentations on Basic Shooting (Range)
- * Tactical Shooting Concepts
- * Lesson Plan Preparation

DAY FOUR

- * Student Presentations (Range)
- * Low light Techniques
- * Standards Drills
- * Policy Development and Design

DAY FIVE

- * Written Exam
- * Range Exercises
- * Review and Critique
- * Graduation

POLICE RIFLE INSTRUCTOR COURSE

Description: Through lecture, demonstrations, class discussion and live fire range exercises, the student will be able to demonstrate their knowledge and ability to safely instruct the handling, loading, unloading and how to accurately fire the semi-auto police rifle.

Objectives: The student will be able to:

1. Accurately identify/know/describe and instruct the following: weapon nomenclature, functioning, sight adjustment, safe handling and accessories.
2. Instruct how to accurately fire at a single and multiple targets from stationary and moving positions.
3. Instruct on basic fundamentals including stance, grip, clearing, loading, unloading, sight alignment, trigger control procedures.

References: Heckler & Koch Operators Manual for HK Rifles
Heckler & Koch Armorers Course
Student handout for Tactical Rifle and Police Rifle

Training Aids: HK Rifle Operators Manual
Cut away rifles and charts
Accessories for the HK Rifles

Each Student Will Have:

1	- Semi-Automatic rifle
2	- magazines
300	- Rounds of Ammunition
1	- Cleaning Kit

Total Time: 40 Hours



POLICE RIFLE INSTRUCTOR



TITLE _____

DESCRIPTION:

OBJECTIVES:

REFERENCES:

TRAINING AIDS:

TOTAL TIME:

DEVELOPING A COURSE OF FIRE

It is important to control and develop live fire courses or drills. The course of fire should have a **specific objective**. For example, the three inch dot drill will allow the instructors to evaluate students performance of sighted firing principles - Maintaining sight alignment throughout the trigger pull.

Range commands are very important and should be loud enough that the whole world can hear. Use a preparatory command to alert other instructors and the students to an upcoming action.

Safety on the range is paramount, where we as instructors make our money is by observing the student's actions, body, and hands. This is where we can see the mistakes they are making as they occur. We can always look at the target later. The other thing that watching the students on the firing line does for us is to see potential safety problems e.g. Fingers on triggers, laser rule etc. The key to a safe course of fire is: **Plan it correctly, Construct it correctly, and Control it correctly.**

When establishing tactical courses of fire, the support requirements increase. For example, Patrol cars for the officers to emerge from, barricades to simulate cover, and moving target systems. However, the lack of equipment or target systems does not prevent you from developing viable courses of fire. Your only limitation is your imagination and ingenuity.

COURSE OF FIRE/DRILL DEVELOPMENT SHEET

Name of developer _____

Date _____

Objectives _____

Drill Summary _____

of Rounds _____

of targets and Configuration _____

Stress/Time Requirements _____

Support Requirements _____

Range Commands _____

Additional Instructions _____

INTRODUCTION

As the instructor you should introduce yourself to the class and give them an overview of your background and qualifications in order to establish your credibility to teach the particular class.

It is not necessary to give a play by play account of your entire career. On the other hand do not finger drill your self introduction by giving a five **second "here I am"** intro.

Remember, you do not have to be the worlds leading authority on a particular topic, just let the students know that they are dealing with an experienced police officer as well as an experienced instructor.

During the H&K instructor course you are required to give a good in-depth self introduction at the beginning of your first presentation. During each subsequent class during the week it is only required to introduce yourself by name and agency.

After the self introductions, go over a brief summary of what you are going to inform the students about. Present it in an enthusiastic manner with good solid reasons why this particular topic is of importance. Real life examples to bring the point home, work well.

Then present the topic of instruction and when completed, summarize again what you just covered and ask questions to evaluate their comprehension of the material covered.

FUNCTION

There are three commonly accepted operating principles used to operate an auto loading firearm. They all utilize the kinetic energy released as the round is fired. The powder in a modern cartridge is converted in a half dozen milliseconds from a dry powder to expanding gases 900 to 1,000 times the volume of the powder. Additionally the pressure of this expanding gas can average 38,000 psi with a peak of over 43,000 psi in a 9mm x 19 cartridge.

This firing causes many things to happen. First, as the gases expand the bullet moves from the case into the barrel and the force required to move the bullet causes an exact force to be exerted in the opposite direction. This will become recoil energy and is the power behind two of the operating principles. Second, the gases behind the bullet are continuing to expand. They push the bullet down the bore imparting spin to the bullet by the inscription of the bullet on the lands and grooves of the bore. These grooves are in the shape of a spiral, which makes the bullet turn as it travels down the barrel. It can achieve a rate of spin of almost 80,000 rpm in a 9mm. The expanding gases if vented and applied to pistons or rods can be made to power the mechanism of the auto loader. The M-1, M-14, M-16, Remington 1100, M-60 machine gun, and Desert Eagle are just a few of the gas operated weapons used.

One of the features of the **GAS** operated gun is that the barrel is stationary and that the gas is vented from the barrel forward of the mid point of the barrel. This creates a delay, which enables the bullet to leave the muzzle and the pressure to drop to a safe level prior to the action opening. In the **RECOIL** operated system the barrel and breech, barrel and bolt, barrel and slide remain closed while the mechanism is in recoil until the bullet leaves the bore and the pressure drops to a safe level. This is done through timing, but the barrel in a recoil system moves. Examples are numerous as all Browning design pistols are recoil operated. The Browning Hi-Power, M1911A1, Beretta, Smith autos, Glock, Sig and many more to include our own USP. Another method of utilizing the recoil energy is called **BLOWBACK** and broken into two types, the **simple** and the **delayed**. The simple blowback system uses the mass of the bolt to cause the delay necessary for the bullet to leave the muzzle. Uzi, Sterling, Sten, M3 Grease gun, Mac 10, and most small .22 semi pistols are simple blowback. Delayed blowback however, instead of using the mass of the bolt, incorporates a mechanical disadvantage, which must be overcome to unlock the bolt and open the action. In the case of the HK MP5 the disadvantage is caused by the rollers. This style of bolt system enables the bolt to be light. If the G3 used the simple blowback, the bolt would weight 36 lbs.

CYCLE OF FUNCTIONING

A re-occurring sequence of mechanical events, which take place in the operation of an auto loading firearm.

- 1. FEEDING** - Removing a round from the magazine.

As the bolt moves forward under the pressure of the expanding recoil spring, the feeding pawl on the bolt head rides between the lips of the magazine stripping a round out of the magazine and feeding it into the chamber.

- 2. CHAMBERING** - Placing the round into the chamber and seating it fully.

The bolt pushes the round forward into the chamber until the shoulder of the casing comes to rest on the end of the chamber (headspace).

- 3. LOCKING** - Closing and locking of the breech mechanism prior to the shot.

The bolt, being pushed by the recoil spring, continues to apply pressure to the base of the cartridge until the extractor cams out allowing the bolt to snap forward. The front of the bolt head hits the back of the barrel and stops its forward movement. At the same time a mechanical lock up will occur. This will contain the pressure in the chamber area.

- 4. FIRING** - Ignition of the propellant powder.

The trigger is pulled and pushes up on the rear of the sear causing the front to move down releasing the hammer. The hammer falls to the firing pin and drives the firing pin into the primer. The primer detonates, igniting the propellant powder and firing has occurred.

- 5. UNLOCKING** - Removal of any blocking mechanism from the breech so the breech can open.

The resultant force of the cartridge firing creates an impact on the bolt head that sends force through and unlocks the mechanical disadvantage.

- 6. EXTRACTING** - removal of the fired cartridge case, or a round from the chamber.

As the bullet is leaving the cartridge case, expanding gases pressurize the inside of the case and the flutes in the chamber. This prevents the case from sticking to the wall of the chamber and residual gas pressure floats the case out of the chamber on this film of high-pressure gas.

- 7. EJECTING** - Expulsion of the round or fired case from the gun.

The extractor holds the empty case to the face of the bolt head as it travels to the rear. The carrier rides over the rear of the ejector and the front comes up through the face of the bolt hitting the case as the bolt moves to the rear. The extractor creates a pivot and the ejector provides thrust as the case is knocked out of the ejection port.

- 8. COCKING** - Resetting of the trigger mechanism to enable subsequent shots to be fired. **NOTE:** cocking is **NOT** complete at this time!!

While the bolt moves to the rear the hammer is pushed back as the bolt rides over it. Then the bolt moves forward to continue the next cycle.

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**
 - Reload Drill**
 - Drug and Body Armor**
 - Multiple Targets**
 - Moving into Position**
 - Snapping In Drill**
 - Low Light Firing**
 - * Lecture
 - * Live Fire
- Day 3**
- 100 yd Accuracy Fire**
 - Moving Targets**
 - Shooting Through Auto Glass and Wall Board**
 - Shoot/Don't Shoot**
 - Containment**
 - Written Test**
 - Qualification**
 - Standards**
 - Critique**
 - Graduation**

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.

LOAD

NOTES

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.

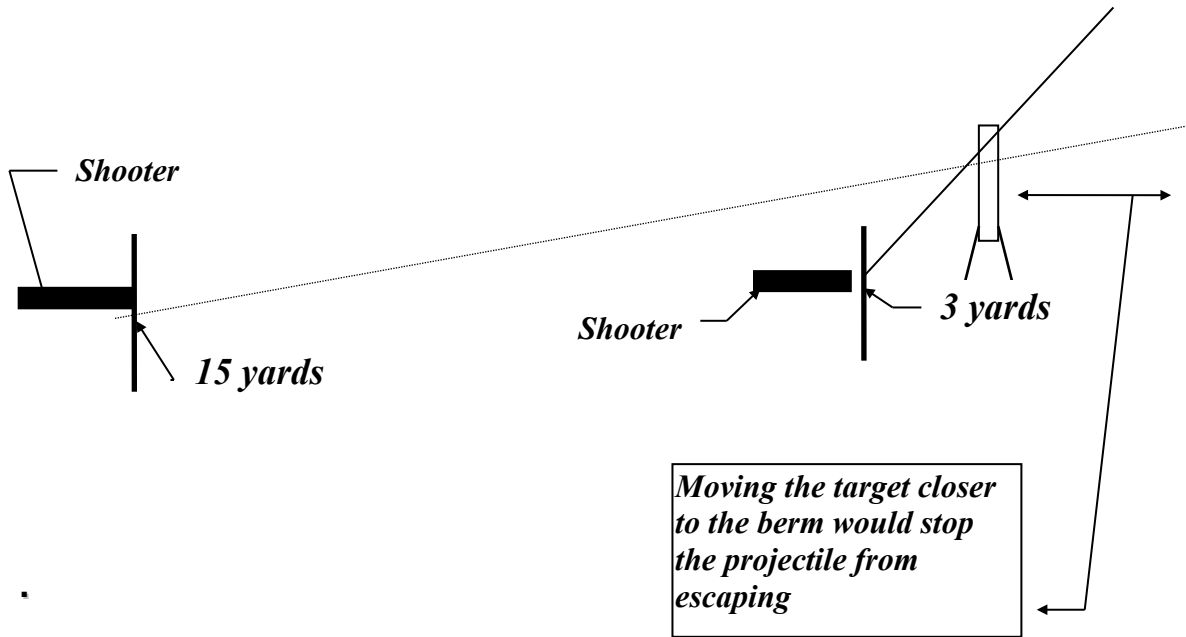
5. Rock from 4-8 o'clock

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

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



2. Upward Angles



EMERGENCY MEDICAL SERVICES

1. Injury Reports

THE ENVIRONMENT

1. Heat

2. Extreme Cold

STUDENT CONDITION

COMMUNICATIONS

- 1. Outside Communications
- 2. Range Commands
- 3. Position
- 4. Wind

NOTES

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 Carbiners 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

Carbiners 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 aperture 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 aperture 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.

2. WINDAGE

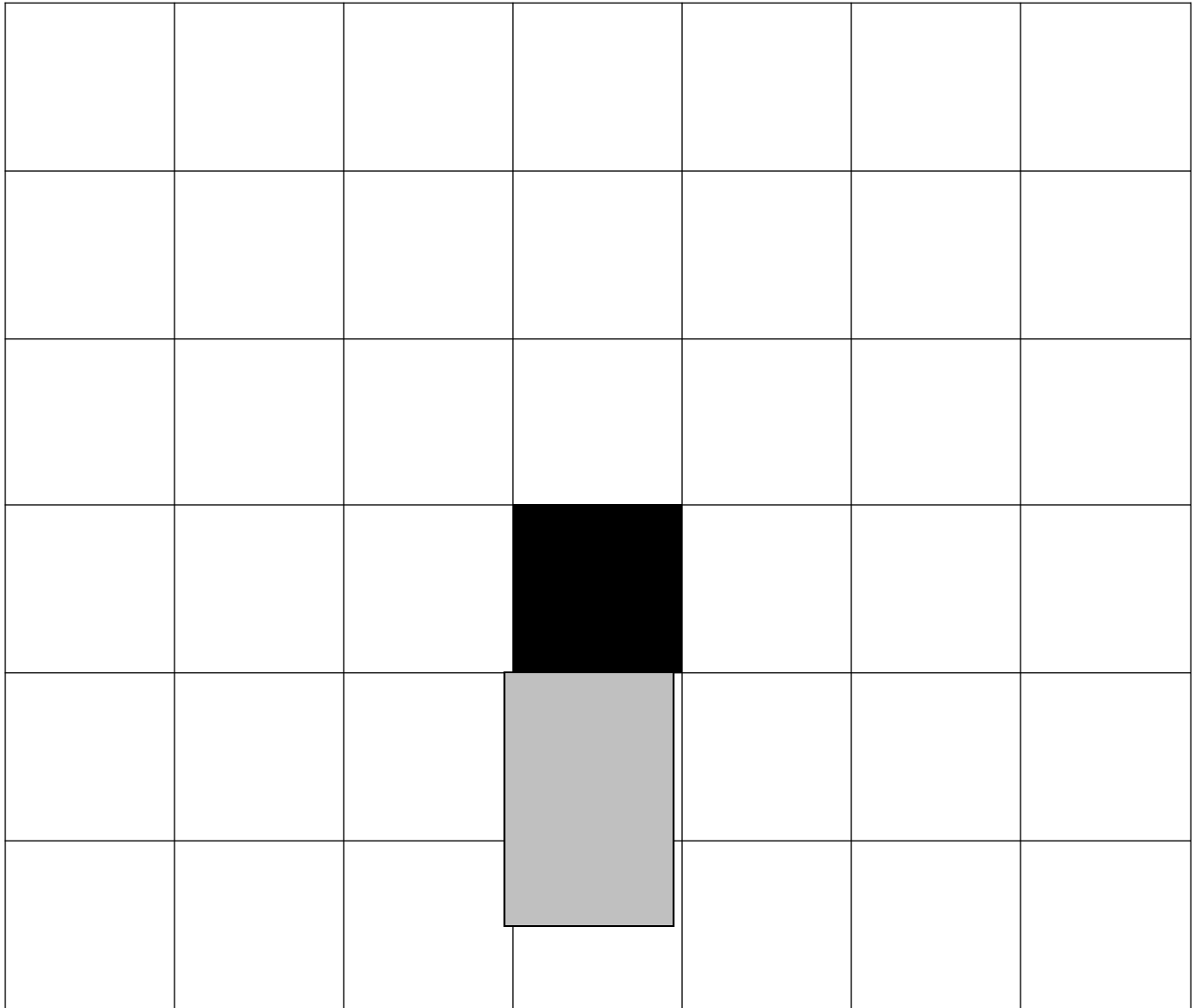
A windage knob on the right and above the elevation knob is adjustable. Each click moves point of impact horizontally on the target. To

POLICE RIFLE INSTRUCTOR

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

COURSE OF FIRE

ZEROING DRILL

Ammo: Two 30 Rd Mags **Range:** 25, 50

Target: Sight In Target

Demo: No

Note: *The Second relay should be right behind the shooting relay and acting as spotter/coach*

1. 25 yards – ***Prone with sand bags or bi pods-*** Three rounds – Then Check Targets. Student should aim at the middle of the black square and the bullet impact should be in the lower half of the gray area. Make any windage and elevation adjustments you need. Work on one and then the other. Repeat the drill until you get the desired results.
2. 50 yards – ***Prone-*** Three rounds – Then Check Targets Student should aim at the middle of the black square and the bullet impact should be in the black square. Make any windage and elevation adjustments you need. Work on one and then the other. Repeat the drill until you get the desired results.

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Remember Put the student in the most stable position possible and watch for canting. Make sure the rifle is being held straight up and down. Remind the students to control their breathing. Suggest the shot be fired with the least amount of movement to the rifle. Control breathing by holding your breath or half breath or respiratory pause.

Ammo: Two 30 Rd Mags **Range:** 25, 50, 100 **Target:** Metal

Demo: No live fire. Dry demo the various firing positions

Note: *The Second relay should be right behind the shooting relay and acting as spotter/coach*

1. 25 yards - **Standing** - Single Round - 4 Repetitions
 25 yards - **Kneeling Unsupported** - Single Round - 4 repetitions
 25 yards - **Kneeling Supported** - Single Round - 4 reps
 25 yards - **Squatting** - Single Round - 4 repetitions

2. 50-yards - **Kneeling Unsupported** - Single Round - 4 repetitions
 50 yards - **Kneeling Supported** - Single Round - 4 reps
 50 yards - **Double Knee Kneeling** - Single Round - 4 reps
 50 yards - **Squatting** - Single Round - 4 Reps

3. 100 yards - **Prone** - Single Round - 4 reps
 100 yards - **Squatting** - Single Round - 4 reps
 100 yards – **Shooters choice of Kneeling** – 4 reps

Stress counting rounds

A. Hammer

B. Controlled Pairs

C. Presenting the Firearm

1. Mounting

2. Sighting

D. Presentation Time vs. Set Time

NOTES

COURSE OF FIRE

DOUBLE TAPS

Ammo: Two 30 Rd Mags **Range: 3, 7, 10, 15, 25** **Target: Paper**

Demo: Live fire demo of "Hammers", and "Controlled Pairs; also Presentation time, Set time, Follow through, Scan, Breathe.

1. **3 yard line** - *Fire 4 Hammers at disk*

2. **7 yard line** - *Fire 3 Hammers and 1 Controlled Pair at disk*

3. **10 yard line** - *Fire 1 Hammers and 2 Controlled Pairs at disk*

4. **15 yard line** - *Fire 3 Controlled Pairs at chest or belly*

5. **25 yard line** - *Fire 4 Controlled Pairs at chest or belly*

Check Targets

6. **15 yard line** - *Fire 2 Hammers at chest or belly.*

7. **25 yard line** - *Fire 2 Hammers at chest or belly.*

8. **5 yard line** - *Fire 2 hammers at disk*

NOTE: *Stress counting rounds, "Feet, Knees, Hips", "Follow through, Scan, and Breath.*

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

COURSE OF FIRE

STOPPAGE DRILLS

Ammo: Two 30 Rd Mags with 10 empty cases **Range:** 7, **Target:** Paper

Demo: Live fire demo of transition and clearing the stoppage.

NOTE: *Prior to beginning, students should load 5 dummy or empty casings into each magazine mixed in with 25 live rounds. The shooters will also need their handguns and ammunition for their handguns from this point forward.*

1. *Have students perform multiple **dry** fire transitions while on the line and prior to loading.*

Note: *Check for violations of the laser rule and proper transition procedures.*

2. ***7 yards** - have students change magazines with one another, - Attempt to fire 2 rounds at disk each fire command - When a stoppage is confirmed students transition to back-up and fire 2 rounds at target - Then clear the RIFLE using the proper procedures including communication.*

Repeat this drill until both magazines are expended.

RELOAD DRILLS

Ammo: Two 30 Rd Mags **Range:** 7, **Target:** Paper

Demo: Live fire demo of reload procedures for both double stack and single magazines. Demo the generic reloads first and then incorporate the communication. Fire two rounds, reload, fire two rounds. Ensure that proper fundamentals are used keeping firearm in the shoulder, stance, scan, breathe, etc.

1. **7 yards** - *Generic reload procedure - No communication - Fire 2 rounds, reload, back on their feet, fire 2 rounds - at disk - 5 repetitions*

2. **7 yards** - *Adding communication with the instructors acting as the cover men - Fire 2 rounds, yell "Cover!", once "Clear!" is given by instructor, reload, Yell "Ready!" and stand. - 5 repetitions*

3. **7 yards** - *Same drill but students will cover for one another - Start the fire commands slow paced and build to frequent fire commands. 5 repetitions*

NOTE: ***Stress to the students to not begin reload process unless they have a cover man and if they don't have a cover man yet, and a fire command is given, they must fire at the target. Do not let the cover men watch the reloading officers.***

NOTE: ***Students should use the procedure and communicate and receive cover each time they must reload for the rest of the course***

COURSE OF FIRE

DRUG AND ARMOR DRILL

Ammo: Two 30 Rd Mags **Range:** 7,15 **Target:** Paper

Demo: None, just lecture.

1. **7 yards** - Double tap chest - Assess - One round to the head. 4 repetitions

2. **7 yards** - Double tap chest - Assess - Two rounds to the pocket. 3 repetitions

3. **Repeat same drills at 15 yard lines**

NOTES: **Stress counting rounds - Zero misses - The hat is considered a miss**

COURSE OF FIRE

MULTIPLE TARGETS

Ammo: Four 30 Rd Mags **Range: 25**

Target: Metal

Demo: None, Just lecture

1. **25 yards** - Double tap their target - 3 repetitions
2. **25 yards** - Double tap their target, double tap their buddy's target - 3 repetitions
3. **25 yards** - Double tap their target, double tap their buddy's target, then back to their target with a double tap - 3 repetitions

RELOAD MAGAZINES AND RETURN TO THE LINE

4. **25 yards** - Double tap their target, step to right and cover their buddies target.
- Double tap their buddy's target, step to left and cover their target.
- Double tap their target, step to right and cover their buddy's target.
5. **25 yards** - Same type of shooting and moving to cover another target except two targets are engaged and two movements are performed. - 3 repetitions
6. **25 yards** - same as above except three targets are engaged and three steps performed. - 3 repetitions
7. **25 yards** - From left to right, the first man on the left double taps, upon hearing his partner fire the next shooter fires and so on down the line.
(Participants are not reacting to fire, they are being taught to be aware of their environment)

MOVING INTO POSITION

NOTES

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

COURSE OF FIRE

MOVING INTO POSITIONS DRILL

Ammo: Two 30 Rd Mags **Range:** 25 **Target:** Metal

Demo: No live fire, only dry fire demo getting into each position.

Note: *The Second relay should be right behind the shooting relay and acting as spotter/coach*

1. 25 yards – ***Standing to Kneeling Unsupported*** - DT - 2 repetitions
 25 yards - ***Standing to Kneeling Supported*** - DT - 2 reps
 25 yards - ***Standing to Squatting*** - DT - 2 repetitions

2. 50-yards - ***Standing to Kneeling Unsupported*** - DT - 2 repetitions
 50 yards - ***Standing to Kneeling Supported*** - DT - 2 reps
 50 yards - ***Standing to Double Knee Kneeling*** - DT - 2 reps
 50 yards - ***Standing to Squatting*** - DT - 2 Reps

3. 100 yards - ***Standing to Prone*** - DT - 2 reps
 100 yards - ***Standing to Squatting*** - DT - 4 reps
 100 yards – ***Standing to Shooters choice of Kneeling*** – DT- 2 reps

COURSE OF FIRE

SNAPPING IN POSITION

Ammo: Two 30 Rd Mags **Range:** 25 yards

Target: Metal (8)

Demo: No.

Set up cover and 4 metal targets per shooter that are painted with 3 different colors (two targets are painted the same). Shooter will stand behind cover with the next shooter in line acting as his **Coach**. Instructor will sound off with a position and a color e.g. "standing red" and the shooter will fire a double tap from behind cover either stepping out or rolling out to engage. Once the shooter fires, he will seek cover from the last target engaged. The instructor will continue calling off a position (squatting, kneeling) and a color at which the shooter will assume the position designated and engage the appropriate colored target.

The shooter must reload properly and transition to a back up firearm if necessary. The **Coach** will tell the shooter if he has missed with either round of the double tap in which case the shooter must engage the target until he hits with both rounds of the double tap. The **Coach** will also inform the shooter if he has failed to use cover appropriately.

The instructor will continue the commands until the shooter has performed one reload and then fired three more positions. The students will fire the course of fire twice. Once firing from the right side of cover and then again from the left side of cover.

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

COURSE OF FIRE

LOW LIGHT FIRING

Ammo: 4-30 Rd Mags

Range: 25 yards **Target:**
Metal

Demo: No.

FROM THE READY

1. **25 YDS** Fire a double tap using **available light**. Repeat 10 times.
2. **25 YDS** Fire a double tap using **Flashlight**. Repeat 10 times.
3. **25 YDS** Fire double tap their target take one step and cover. Repeat 4 times.
4. **25 YDS** Fire double tap their target take one step fire double tap their buddies target, and take one step and cover. Repeat 4 Times.
5. **25YDS** Fire double tap their target, step, fire their buddies target, step and fire their target, step and cover their buddies. Repeat 4 times.
6. **25 YDS** Fire a modified **Standards Drill** during low light firing.

COURSE OF FIRE

100 YARDS ACCURACY SHOOTING

Ammo: 1-30 Rd Mags **Range:** 100 & 200 yards **Target:** 6 Metal LaRue

Demo: no

1. Set up the LaRue metal targets at least 100 and 200 yards from the shooters. Shooters should be placed into the different shooting positions. Have the shooters pair up and fire at the targets.

MOVING TARGET

STATIONARY HOLD

- 1. Firearm stationary, target moves into sights

TRACKING

- 1. Firearm moves at same speed as target

OVERTAKING

- 1. Firearm moves faster than target

A. HOLD

B. LEADS

- 1. Full Lead
- 2. Half lead
- 3. No lead

NOTES

COURSE OF FIRE

MOVING TARGET

Ammo: Two 30 Rd Mags **Range:** 25, 50 yards **Target:** Paper target
w/2 painted circles

Demo: No.

- 1. 25 yard** - Shooter applies a stationary hold and fires a double tap. 2 times each direction
- 2. 25 yard** - Shooter holds a position to the extreme left or right of the range and as the target moves away the shooter must overtake the target and fire a double tap. 2 times each direction
- 3. 25 yard** - Shooter obtains a lead on the target and keeps pace with the target as it moves firing double taps. 2 times each direction
- 4.** Do the same drills at the 50 yard line

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.