FRONT SIGHT

FIREARMS TRAINING INSTITUTE



Dry Practice Guide

Select Fire M16

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Contents

Part One
The Purpose of This Dry Practice Guide 8
The Four Universal Firearms Safety Rules 9
The Five Levels of Competence 11
Dry Practice Procedures 14
Dry Practice Checklist 18

Part Two
Reference Point for the Trigger Finger 20
Clearing 21
Loading and Unloading 23
Stance 29
Grip 31
Ready Positions
- Ready 34
- High Ready 35
- Field Ready 36

After-Action Drills 38
Three Secrets
- Sight Alignment 43
- Sight Picture 44
- Trigger Control 45

Reloading
- Tactical Reload 48
- Emergency Reload 49

Malfunctions
- Type 1 Malfunction: Failure to Fire 52
- Type 2 Malfunction: Failure to Eject 54
- Type 3 Malfunction: Feedway Stoppage 57

Supported Positions
- Kneeling 64
- Squatting 67
- Sitting 69
- Prone 72

Harries Flashlight Technique 76
Use of Slings 79
Hearing Protection 81
Training Notes 82

Part Three
Reading Your Target 87

Proper Handspan 88
Group Too Small 89
Group Too Large 90
Group Well Centered But Huge 91
Group High 92
Group Left 93
Group Right 94
Group Moderately Low 95
Group Very Low 96
Two Distinct Groups, One Center, One High 97
Two Distinct Groups, One Low, One Center 98

Part Four
4-Day Select Fire M16 Skills Test 100
Skills Test Scoring 101

Disclaimer

This Dry Practice Guide is not intended as a substitute for the safe and professional instruction provided in Front Sight's Select Fire M16 Course.

THIS IS NOT A TRAINING MANUAL. FRONT SIGHT STRONGLY ADVISES YOU AGAINST PRACTICING THE TECHNIQUES IN THIS PRACTICE GUIDE UNLESS YOU HAVE COMPLETED THE FOUR DAY SELECT FIRE M16 COURSE AT FRONT SIGHT.

Front Sight assumes no liability for any damages or negligence that may occur through the use of this Practice Guide.

Students wishing to pursue training should contact Front Sight at (800) 987-7719 or www.frontsight.com.

Front Sight recommends that all procedures and techniques mentioned in this guide be performed at a proper firing range under carefully controlled conditions. By using this guide, the reader accepts the responsibility for any and all accidents, damage or injuries that might occur.

PART ONE

In this section:

The Purpose of This Dry Practice Guide....8
The Four Universal Firearms Safety Rules....9
The Five Levels of Competence....11
Front Sight Dry Practice Procedures....14
Dry Practice Checklist....18

The Purpose of This Dry Practice Guide

At Front Sight, our goal is to make you as good as we possibly can during the time you spend with us. That, however, is only part of the process to gaining lasting skills in gun-handling, marksmanship, and tactics, and establishing a combat mindset. When you leave Front Sight, it becomes your responsibility to practice the techniques you learned during your course at Front Sight.

To assist you in your continued practice, we have created this guide. It reviews many of the techniques taught in the 4-Day Select Fire M16 Course. This guide is more than just a "dry practice" review. Many of the described techniques, such as malfunctions and reloads, involve a loaded weapon. Such techniques cannot be practiced safely during dry practice and must be practiced only at a proper firing range under carefully controlled "live-fire" conditions.

Practice diligently; practice often; and by all means — practice CORRECTLY!

The Four Universal Firearms Safety Rules

Rule 1: Treat every weapon as if it were loaded.

Dry practice means practicing with an unloaded weapon to polish the skills and techniques learned on the range. Even during dry practice, treat the weapon with the same respect as a loaded weapon. That respect, or mindset, generally prevents any negligent discharge that might otherwise occur. A negligent discharge means firing a round that you didn't anticipate firing.

Rule 2: Never let the muzzle cover anything you are not willing to destroy.

Usually, if you violate Rule 2 what you end up covering is yourself. You end up covering your hand, your leg, or some other body part. You need to be what we call "muzzle conscious." Know where that muzzle is pointing all the time and never point it at anything you do not intend to shoot.

Rule 3: Keep your finger off the trigger until you're ready to fire.

When you are pointed in at your target and have made the decision to shoot, ONLY THEN is your finger on the trigger. Any other time the trigger finger is resting on the reference point.

Rule 4: Be sure of your target and what's inline with your target.

On the shooting range your target is generally a flat sheet of paper. No one is in the foreground because everyone is on the same firing line. There is nothing behind the target except a large berm to absorb the impact of the rounds. On

the street, Rule 4 is significantly more complicated. Several questions need to be answered. First, are you about to shoot the correct individual? If the answer is yes, then is someone going to step in front of your sights? And finally, if you press the trigger and that round over penetrates right through your adversary and continues downrange, what's it going to strike downrange? It goes without saying that once you have fired that shot you cannot alter it's course and you certainly can't get it back. You need to be absolutely certain of Rule 4 before you press the trigger.

The Five Levels of Competence

Intentionally Incompetent: Believe it or not, there are those who own and carry firearms that clearly know of their incompetence, but lack even the slightest bit of courage or motivation to improve their skills. The **II** avoids training out of laziness and fear of further exposing his incompetence to others. Graveyards are filled with the **II**. Sadly, the **II** often take those who count on them most — partners, family, and team members — to the grave with him. Unfortunately, the **II** cannot be helped to any substantial degree due to his lack of motivation to retain any training. Time wasted by coddling the **II** is better spent on the student who wants to improve. Fortunately, we rarely see the **II** at Front Sight.

Unconsciously Incompetent: The **UI** does not know that he does not know. The **UI** represents approximately 95% of all gun owners and includes people, for example in the police and military, who carry a gun for a living. The **UI** is incompetent but does not know he is incompetent because he has had no training or poor training, and has not yet experienced a tactical situation, which would clearly demonstrate his inadequacies. Examples of the **UI** can be found everywhere. The police officer who boasts that he has never had to draw his pistol in 10 years of duty is a lucky **UI**. The officer who only practices shooting his weapon a few times per year in order to pass the mandatory range qualifications is **UI**. The gun owner who buys a gun and box of ammo, fires a few shots at the range and then places the gun in his closet, confident he can use it effectively to protect himself is **UI**. The hunter who only shoots once a year to sight-in his rifle before going hunting is **UI**. Military personnel who receive basic rifle training, but have not handled a weapon **with live ammunition** in over six months are **UI**. Unfortunately, the **UI** often learns of his ineptitude for the first time under the most extreme stress situations. When the flag flies, the **UI's** first lesson may be his last.

Consciously Incompetent: If the **UI** survives his first lesson, and is smart enough to place the blame on the man in the mirror, the **UI** automatically graduates to the level of **CI**. The **CI** now knows he does not know and seeks help in acquiring the proper skills in the use of his weapon. The **CI** is a motivated student of weaponscraft. Although the **CI** is still operating at a level of incompetence, the **CI** recognizes his faults and in doing so can focus his efforts toward reaching a level of competency.

Consciously Competent: With proper training and practice, the **CI** develops into the **CC**. The length of time needed to develop from **CI** to **CC** is directly related to the quality of the training and the motivation of the student. The **CC** is able to manipulate his weapon and clear malfunctions in a safe and efficient manner. The **CC** understands the principles of marksmanship, shot placement and ammunition management. Quick assumption of field positions and the use of cover are familiar concepts to the **CC**. The **CC** has adopted the combat mind set as his own. As the level indicates, the **CC** is very quick and competent, but must constantly think about what he is doing. Every decision and action occurs as a result of an intricate thought process and has not yet reached a reflex response level. The **CC** will respond effectively to most stress situations that do not require split second decisions or actions.

Unconsciously Competent: As the fifth and ultimate level of competence implies, the **UC** has programmed his mind and body after thousands of repetitions to react in a fraction of a second with consistent responses that require no perceivable thought process. The **UC** functions flawlessly even under stressful situations because the **UC's** extensive training overrides his conscious thought process. As you can imagine, the **UC** is not common in today's society. This sad fact is due more to lack of proper training than to lack of motivation. Here are a few examples of the **UC in action**. In the heat of a gun battle, a pistolero hears a "click" as his hammer falls on a defective round. He reflexively taps the magazine, rack-flips the action and delivers two rounds into

his adversary's chest without consciously recognizing that his gun had malfunctioned. Upon sighting a trophy, a hunter slings up as he drops into a steady sitting position. He fires, manipulates the bolt on recoil — without the rifle leaving his shoulder or his eyes leaving the game — producing a one-shot kill and he does it all in less time than it takes to read this sentence. The combat shotgunner, confronted with a rapidly deteriorating hostage situation at 10 yards, immediately aims his front sight at the outside ear of the gunman, then confidently delivers half of the shotgun's pattern to the gunman's head.

At Front Sight we take motivated people, conscious of their inadequacies or not, and develop their minds and bodies to a level of competence that transcends 95% of the people who carry firearms for a living. For those who are already competent, Front Sight will challenge your abilities and elevate your competence to the unconscious plane.

Dry Practice Procedures

Strictly adhering to the procedures described below will allow you to safely practice with your weapon when you leave the range.

A few definitions are needed for clarity:

Dry Practice:
Describes a practice session or exercise not involving ammunition. The weapon is completely unloaded. Note that we do not use the term "dry fire" as you cannot fire an unloaded weapon and when calling out a range command we do not want any confusion between dry practice and firing the weapon.

Live Fire:
Describes a practice session or exercise using ammunition. **The weapon is loaded.**

Negligent Discharge:
The act of firing the weapon unintentionally.

Notice that the words "accident" and "accidental discharge" have been purposely avoided because they imply a sense of chance or lack of control. A weapons fires only when the handler presses the trigger—there is no element of chance involved. In our many years associated with weapons, we have never seen a gun of any kind fire by itself. The handler may not intend to fire a round, but he is responsible for it regardless of his intentions. The term "negligent discharge" more accurately places the responsibility where it belongs.

We are well advised to practice the skills we learned on the range. You cannot significantly improve your shooting skills through additional shooting and often the more you shoot, the worse you shoot. Your skill with firearms is maintained and improved through **CORRECT DRY PRACTICE.** The importance of dry practice cannot be overstated.

Homes, apartments, and hotels are clearly poor places for a bullet to unintentionally escape from the muzzle, yet because of convenience, these are the places we most commonly dry practice. The following system will allow you to safely conduct dry practice anywhere.

The three main elements of safe dry practice are:

- Proper mind set
- Control of your environment, and
- Separation from ammunition

Proper Mind Set: Because safety lies between the ears and not with mechanical devices, proper mindset is crucial to safe dry practice. Realize that handling weapons can be disastrous if the handler's attention is elsewhere. Dry practice must be conducted in a structured, serious fashion. Often as familiarity increases, so does complacency. This gives rise to many seasoned shooters having negligent discharges. Some people believe that if you handle weapons long enough you will eventually have a negligent discharge. We strongly disagree. There is no reason, other than negligence, that you will unintentionally fire a round. If you treat dry practice with the respect it demands, you will never feel the helpless agony associated with tracing the path of the round that you did not want to fire or have to utter the hollow excuse, "I didn't mean to shoot."

Control of Your Environment: For safe dry practice you must have control of your immediate environment so you can eliminate all possible distractions. If you don't have control of your environment, don't dry practice until you do.

In preparation for dry practice:

- Turn off the television and stereo
- Take the telephone off the hook
- Close the drapes
- Send the family on an errand

This distraction-free environment will help result in safe and productive practice. Part of your practice environment is obviously the target.

- Construct a target specifically for dry practice. The target should be used for dry practice only and should be removed immediately when you have finished practicing. Don't use part of the building (doors, mirrors, or light switches) or its furnishings (televisions, pictures, computers) because these items may tempt you to practice your presentation "just one more time" after you have quit your dry practice session and have holstered the weapon. This sounds unbelievable, but is the most common reason for negligent discharges.

- Select a simple target, such as a piece of white paper cut to a desired size. If you want to simulate shooting at longer distances within the confines of your home, reduce the size of the target. For added precaution, tape your target to something capable of stopping, or at least slowing, a bullet. A brick or cinder block wall is ideal.

- At the conclusion of the practice session, remove the target to avoid the "just one more time" syndrome described above. Some people advocate dry practicing in conjunction with watching television as the characters in the program serve as targets and the scene change is your start signal. This is bad business (except for the television repair man) because the person practicing tends to shift his attention to the television, thereby diluting his concentration and losing control of his immediate environment. The television also remains as a tempting target after the dry practice session is over. Many televisions have been destroyed in this process. Besides, the thin veneers of glass and plastic that comprise a television do not make a good bullet stop.

Separation from Ammunition: Physical separation from your ammunition supply is mandatory to ensure a safe dry practice session. Unload your weapon AND yourself. This includes

- The chamber
- All magazines and speed loaders
- Ammunition carrying devices such as butt cuffs on long guns
- Your pockets

Place all the ammunition in a container such as an ammo can or range bag and put it in another room, away from where you will be dry practicing. You will remain in one room only while dry practicing, so you will effectively be separated from your ammunition supply.

Questions:

1. What about keeping ammunition in the magazines so the have the proper weight, feel, and function for reloading or malfunction clearing practice?

   ABSOLUTELY NOT. At some point you will end up with a round in the chamber. The muscle memory you program through dry practice with an empty magazine will be no different than using a full magazine.

2. What about using snap caps or similar devices to protect the weapon from the hammer falling on an empty chamber repeatedly?

   This too is a poor idea because the habit of placing something in the chamber prior to dry practice will eventually lead to a negligent discharge. It is also likely that your snap caps can find their way into your live ammunition and result in a *click* when you wanted a *bang*! This can be hazardous to your health as well. In terms of damage to your weapon, with the exception of rim-fire handguns and rifles, dry practice is not detrimental to a modern weapon.

Dry Practice Checklist

- Set a realistic dry practice goal before you start. A long practice session is not necessarily better because quality, not quantity, is the goal.
- Establish the proper mind set for dry practice.
- Establish and maintain control of your dry practice environment to eliminate all possible distractions.
- **UNLOAD THE WEAPON AND YOURSELF** and place the ammunition in another room.
- Chamber check the weapon to verify that it is unloaded and say, "The weapon is unloaded and I am ready for dry practice."
- Select an appropriate sized target and place it on a solid surface capable of stopping a bullet.
- Chamber check the weapon again and then begin dry practice.
- Terminate the dry practice session before significant physical and mental fatigue set in.
- Remove the dry practice target immediately upon finishing the dry practice session.
- Return the weapon to fighting mode — loaded and placed in its usual location such as a holster, fanny pack, briefcase, or nightstand.
- Say aloud, "The weapon is loaded and dry practice is over."

PART TWO

In this section:

Reference Point for the Trigger Finger....20
Clearing....21
Loading and Unloading....23
Stance....29
Grip....31
Ready Positions
  Ready....34
  High Ready....35
  Field Ready....36
After-Action Drills....38
Three Secrets
  Sight Alignment....43
  Sight Picture....44
  Trigger Control....45
Reloading
  Tactical Reload....48
  Emergency Reload....49
Malfunctions
  Type 1 Malfunction: Failure to Fire....52
  Type 2 Malfunction: Failure to Eject....54
  Type 3 Malfunction: Feedway Stoppage....57
Supported Positions
  Kneeling....64
  Squatting....67
  Sitting....69
  Prone....72
Harries Flashlight Technique....76
Use of Slings to Support a Firing Position....79
Hearing Protection....81
Training Notes....82

Reference Point for the Trigger Finger



The trigger finger should be off the trigger and rest along the lower receiver and magazine well. Do not use the magazine release button as a reference point for the trigger finger! Stress could cause the trigger finger to depress the release button as the weapon is presented. That would be 'bad'.

Clearing



Ensure the selector lever is on SAFE.



Operate the magazine release button ensure there is no magazine inserted in the weapon



Ensure the bolt is locked to the rear. Rotate the weapon so that the chamber can be seen. Visually inspect the chamber.



Using the support index finger, sweep the magazine well to ensure it is not blocked.

Loading



Before loading, the weapon must be cleared as previously discussed.



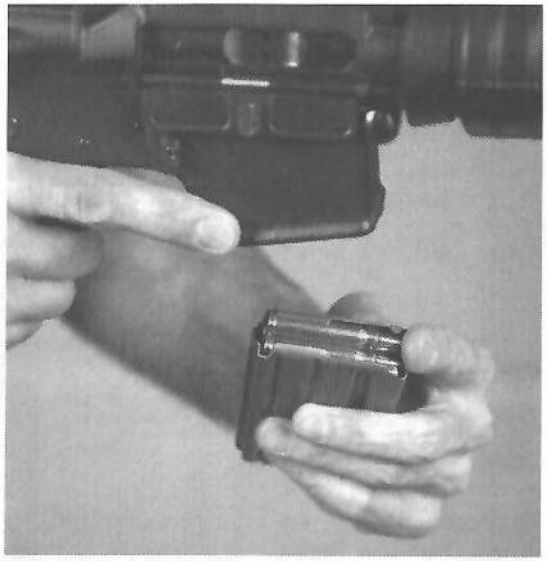
Access a magazine with rounds; touch and look at the top round to see which side it is on.



Insert the magazine into the magazine well, pushing on the bottom until it is seated, then gently pulling to ensure it is seated.



Palm strike the bolt release with the support hand. The heel of the palm provides a greater surface area to find the bolt release than a thumb or finger. Whenever possible, always allow the buffer assembly spring to strip and chamber the round.



In order to perform a chamber check and make sure a round was chambered, remove the magazine. Touch and look at the top round to ensure it has changed sides. Reinsert the magazine with a push and a pull.



Close the ejection port cover at this time in order to prevent dust and debris from getting inside a closed system.

Unloading



Ensure the selector lever is on SAFE.



Operate the magazine release and remove the magazine from the magazine well. Place the magazine in a pocket or a pouch, but preferably separated from the full magazines.



Rotate the weapon so the ejection port is down. Place the support hand so it covers the ejection port and supports the weapon. Brace the heel of the stock against the body and pull the charging handle to the rear with the firing hand. Make sure the support hand is cupped so the round in the chamber can be ejected into it.



Support thumb reaches around and pushes the bolt catch while firing hand pulls the charging handle to the rear to lock the bolt open.

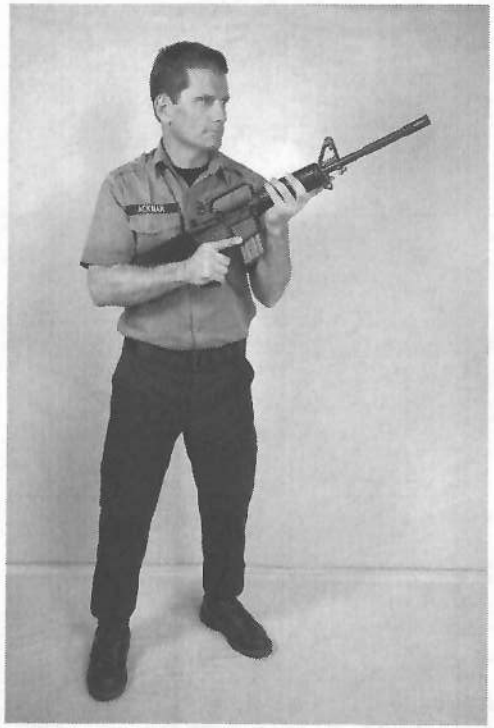


Once the bolt is locked to the rear, visually inspect the chamber.

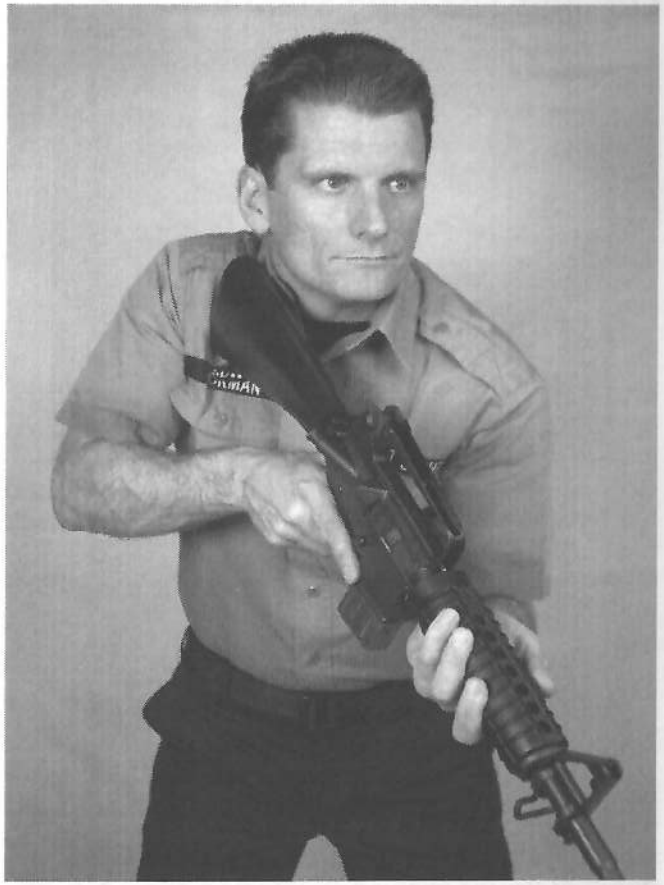


Insert the support hand index finger into the magazine well to ensure it is clear.

Offhand Shooting Stance



Feet are shoulder width apart, weight evenly balanced. Take a half step back with the firing side foot, with the toes of the support foot turning the same direction as the toes of the firing side foot, to achieve a blade or offset from your opponent. The feet, hips and shoulders are all in one plane. The length of pull, or length of your stock, will sometimes determine the angle you are offset. A longer stock will cause you to blade more, a shorter stock, less. The key to an ideal stance is to ensure that you keep your feet, hips and shoulders on the same plane. Remember that this position as described is a solid range position, and your circumstances and available cover or concealment will dictate how and when the position is used, and what form it will take.



Bend forward at the waist over the feet, not towards the target. This helps absorb recoil with the upper body. How far you lean depends on whether you are firing on semi-automatic or fully automatic. When firing on full auto, you must lean forward further than you think you should in order to control the muzzle climb. Ensure that you keep your weight evenly distributed on your feet, toes to heel. The head is erect and looking downrange towards your target.

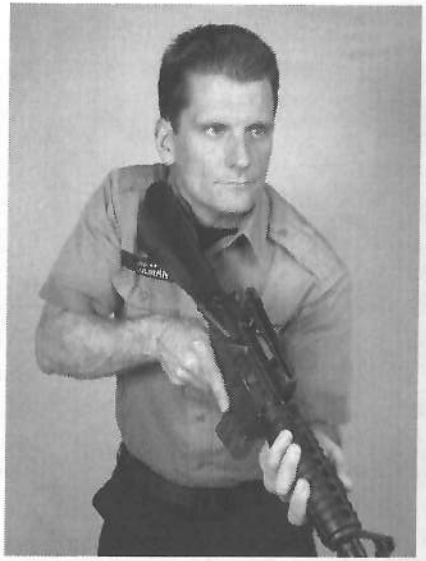
Grip



Establish a firm grip with the firing side hand. The grip should be firm enough to control the weapon's movement, but not so tight that the muscles tremble. Trigger finger should be straight, with the thumb riding on the selector lever.



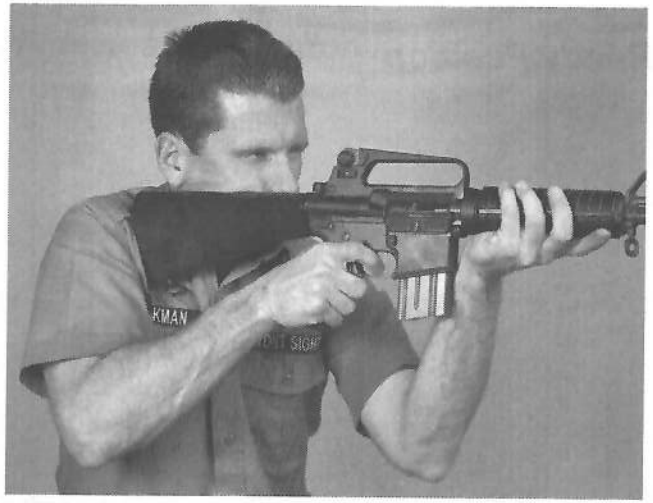
The support hand palm is centered underneath the handguard, or gripping the magazine well and magazine, applying light pressure with the fingers. A tight grip with the support hand will cause muscle tension, making the support arm shake, and transferring that wobble into the sights.



The toe of the buttstock, about one to two inches, is placed in the pocket of the shoulder, close to the neck.



Keeping the head erect, raise the weapon's sights to the firing side eye, making positive contact on the comb of the stock with the cheek (stockweld). Remember to keep the firing side eye as close to the sights as possible for proper eye relief. The cheek presses on the comb, the firing hand pulls weapon back into the shoulder pocket.



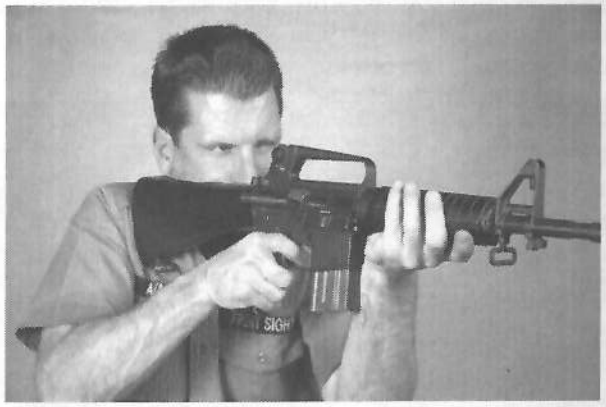
When the weapon is mounted correctly, and firing in semi-auto mode, the support elbow should be underneath as much as possible and pointing to the ground. The firing side elbow hangs naturally. If the support or firing side elbows are held out, it will create muscle tension, causing the arms to shake and transfer that wobble into the sights. They now also become potential targets. When firing on full auto, pretend that you are trying to touch your elbows together as you lean further forward. This helps to control muzzle climb.



Ready Position

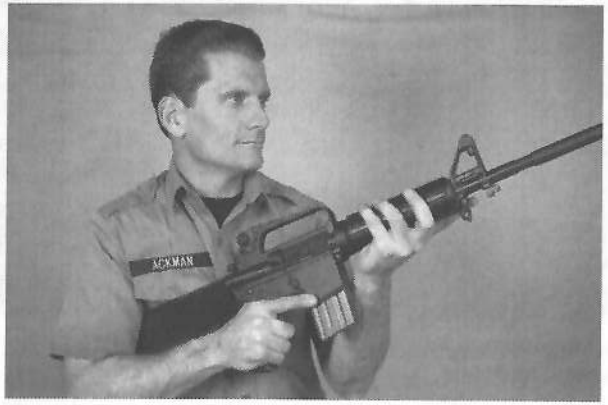


In the Ready position, the correct stance and grip is maintained, with the exception of the stockweld. The muzzle is depressed enough to obtain a good field of view for the environment you are in. Ideally, part of the jaw should be in contact with the comb of the stock. This ready is hard to maintain for long periods; the advantage is rapid presentation.



To present to a target, move the selector to Semi or Auto while bringing the weapon's sights up to the firing side eye with both arms and re-establish the stockweld as the trigger finger finds the trigger.

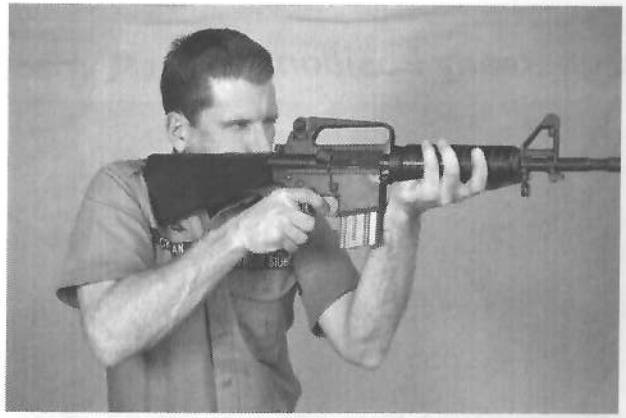
High Ready Position



In the High Ready position, the upper body is still leaning forward, and the hands maintain their grip on the weapon. The muzzle or front sight assembly is at eye level, and the buttstock is between the ribcage and elbow. This ready is also hard to maintain for long periods, but is good for searching areas at eye level or higher.

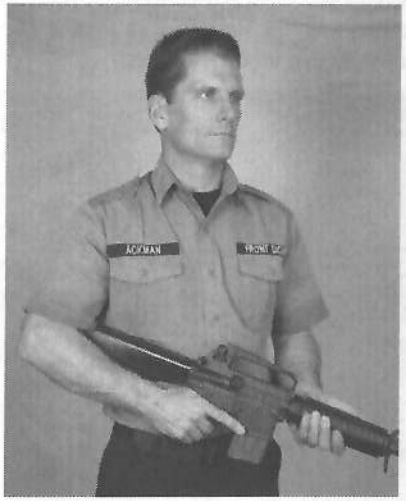


To present to a target, push the weapon away from the body towards the target as you move the selector to Semi or Auto, far enough to clear clothing and gear.

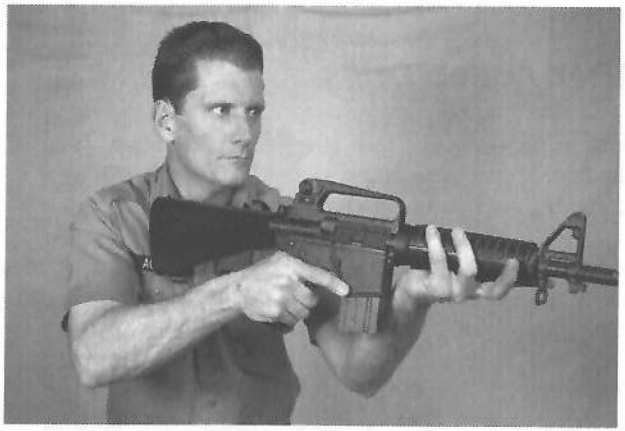


Pull the weapon into the shoulder pocket and establish the correct stockweld.

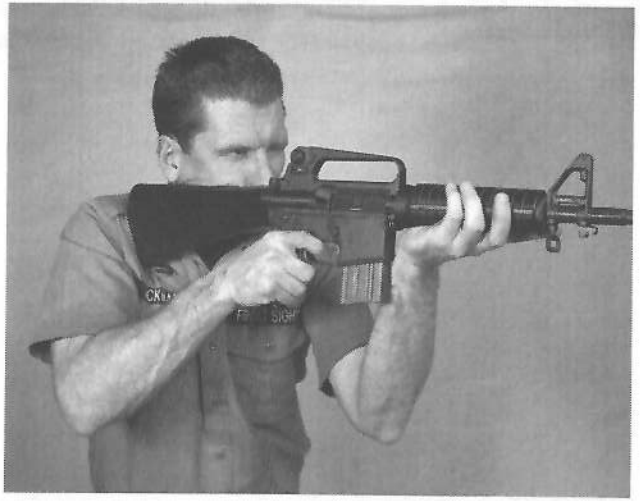
Field Ready Position



At the Field Ready position, the body is erect and relaxed, both hands on the weapon. The weapon can be hanging on a tactical sling or held at the waist with both arms relaxed.



When a target is to be engaged, point both arms towards the target. As the weapon is being raised, move the selector to Semi or Auto, turn the weapon in the support hand with the firing hand so it is vertical as the upper body leans forward. Start to pull the weapon towards the shoulder as you point the support elbow to the ground.



Pull the weapon into the shoulder pocket and establish the correct stockweld.

After-Action Drills

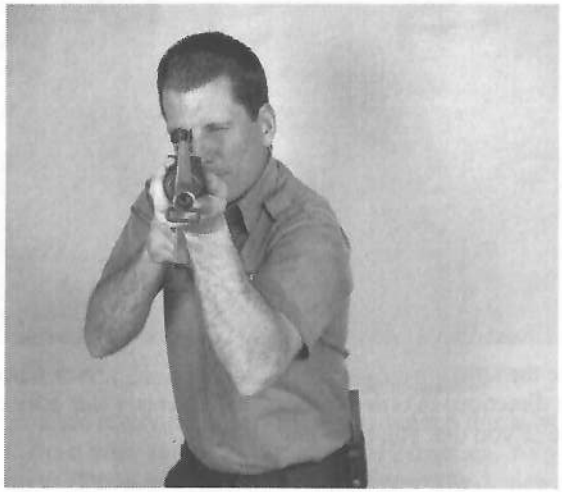
Once an opponent has been engaged and is not an immediate, shootable threat, we perform a series of after action drills to secure our environment.

We will **quick check** the immediate area for further threats, refocus on the primary adversary for a **final check** on him, then **scan** our surroundings in detail.

Remember that the known, deadly threat in front of you takes precedence unless you are already aware of other threats.

It is always advisable to move to cover or to an advantageous position during a fight, yet on the live fire range it is not safe to move to any great extent.

Safe dry practice is the venue to ingrain the habit of moving to cover.



If your opponent is a deadly threat, shoot him until the threat stops! Once the threat has ceased, lower the weapon enough to assess the situation while moving to a position of cover or advantage.

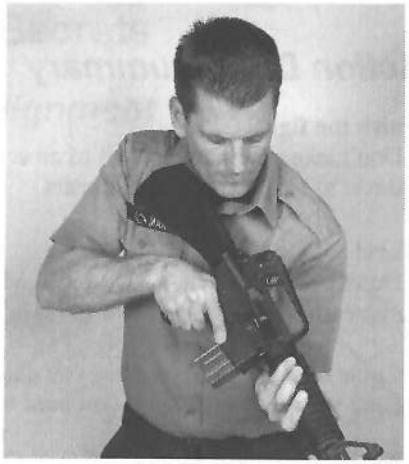





Once the target is down and you are moving, Quick Check in both directions in order to locate an adversary that may be close to you that you have not yet seen.



Perform a Final Check on the adversary to ensure he is no longer a threat to you. The **final check** of the downed adversary may take seconds or minutes. You may have to keep your attention on him until police arrive or you can retreat. If your opponent is still a potential threat, move to a position of advantage and use quick checks to maintain awareness of your surroundings.



Once you are sure your adversary is no longer a threat, you need to Scan your entire environment, 360 degrees. As you perform the Scan, be muzzle conscious as you look high and low for additional threats. As you are turning and looking, your weapon is oriented in the same direction as you are looking so you are able to rapidly engage a threat should you need to. At the start of the Scan, quickly check your weapon to ensure it looks ready to fire. Once you have completed your Scan and see no other adversaries to engage, place the weapon back on Safe.




After Action Drills Summary

- **Finish the fight!**
  Don't take your attention off of an active, known threat to look for potential threats.

- **Move!**
  Don't be an exposed, static target. Move aggressively to a position of cover or advantage.

  Circle a downed opponent as you quick check to clear your surroundings if you need to.

  Escape if you can do so safely.

- **Fight off tunnel vision**

  Once the main threat is down, look around.

  Take a few slow, deep breaths.

- **Keep your gun running!**
  Reload your rifle at every opportunity.

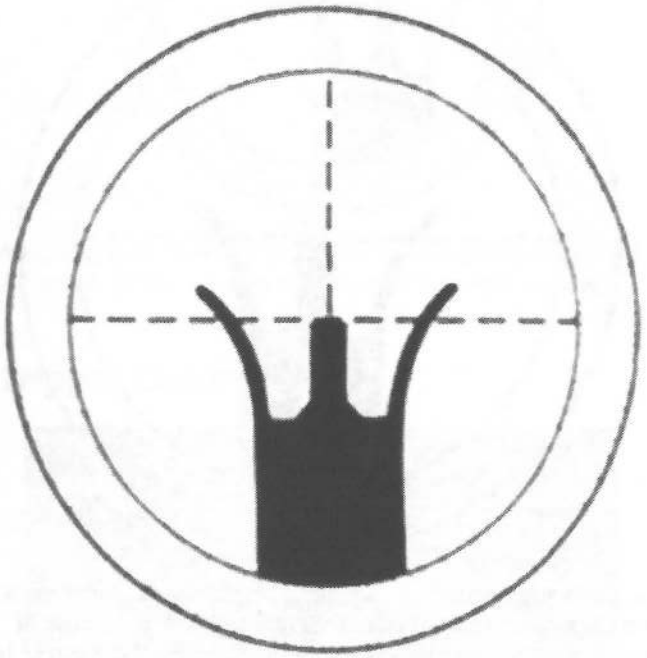
  Chamber check or glance at your gun to make sure it's functional.

- **Check for injuries!**
  Check yourself for injuries that you may not have felt. Apply direct pressure to stop any serious bleeding.

- **Call for help!**
  Get police and medics on their way. Make sure that dispatch knows that you're the victim. Be very careful as the police arrive so they don't perceive you as a threat.

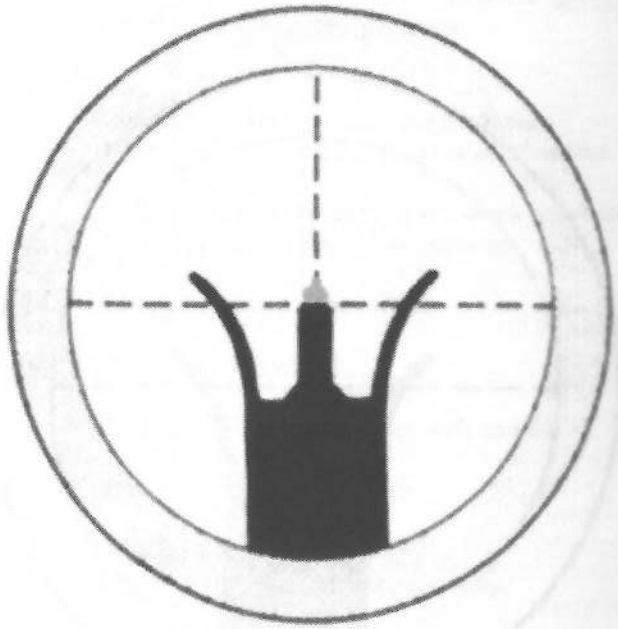
Three Secrets

Sight Alignment



Sight Alignment is the relationship between the firing eye, rear sight and front sight. Correct Sight Alignment is when the *tip* of the front sight is centered both vertically and horizontally in the rear sight aperture.

Sight Picture



Sight Picture is placing correct Sight Alignment center mass on the target. The target and the rear sight should be out of focus, with a sharp, clear view of the tip of the front sight. In order to get this clear view of the front sight tip, the support eye should be closed. Correct Sight Alignment and Sight Picture are extremely critical the further away from the target you are. Slight errors in either that allow reasonable hits at close range will cause misses at greater distances. Remember, your front sight is your gauge on how critical your sight alignment and sight picture are; large target, small front sight—alignment not as critical as large front sight, small target.

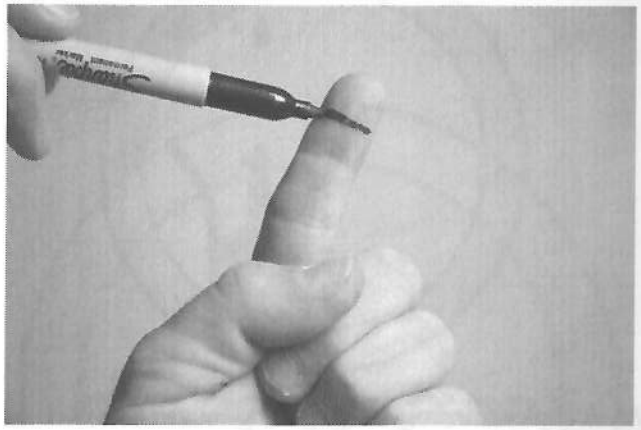


An example of improper Sight Alignment and the effects on the impact of the round as the range to the target increases.

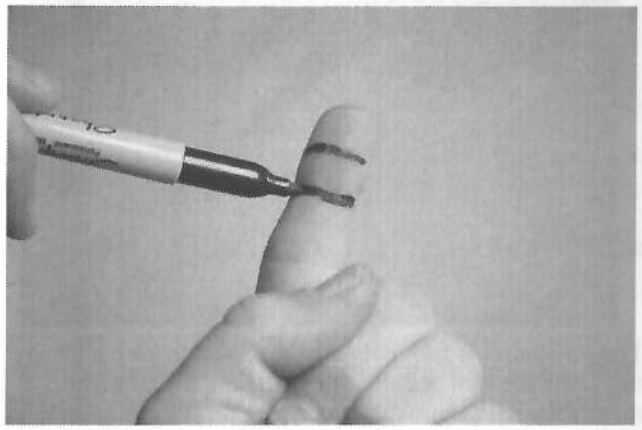
Trigger Control



Trigger control is manipulating the trigger in such a manner that when the shot is fired, Sight Alignment and Sight Picture are not disturbed. The trigger press must be straight to the rear and consistent. Pressing the trigger is a physical skill; controlling the trigger is a mental skill.



In order to control the trigger, the placement of the trigger finger needs to be consistent. Ideally, the center of the pad should be in contact with the trigger (above) in order to apply steady pressure straight to the rear. Depending on hand size and the weapon being fired, the trigger may fall somewhere in between the lines shown on the trigger finger (below).



Once the shot is fired on semi-auto, trap the trigger to the rear. While the weapon is recoiling, continue to apply the Three Secrets until the round has left the muzzle. This is Follow Through. While in the Follow Through on semi-automatic weapons, the trigger finger is relaxed just enough to acquire the trigger reset in case subsequent shots need to be fired as you recover to your aiming point. The finger should not leave the trigger until you are done shooting.

When firing on full-auto, do not trap the trigger to the rear; instead you are attempting a 'press/release' for the amount of rounds you are trying for. Ideally, you want to fire two round bursts with each press/release. This increases your ability to keep both rounds close to your aiming point, and conserves ammunition. Your trigger finger should not lose contact with the trigger until you are done engaging targets. If your trigger finger flies off the trigger at each burst, you have to take the time to reacquire the trigger for subsequent bursts. If you fire more than two round bursts, you run the risk of your rounds climbing off the target.

When first Dry Practicing presentation and the Three Secrets, it will be more beneficial to separate them. Practice presentations, being as consistent and as smooth as possible in mounting the gun while moving the selector lever, acquiring the sights, and placing the trigger finger on the trigger.

When working on trigger control, use a blank or neutral background to aim in at so all there is to look at are the sights. Watch the front sight carefully when manipulating the trigger. Any movement in the front sight when the hammer falls on the dry press indicates an error in trigger control.

Once there is no movement in the sights when the trigger is pressed, alternate presenting to the blank background and the dry practice target while pushing to go a little faster each time. If movement of the front sight begins to creep in during the dry press, slow down, or separate presentation from the Three Secrets again until the trigger control is back.

Reloading

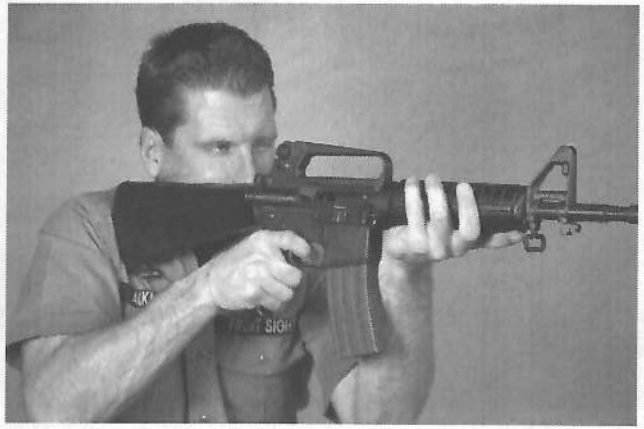
Tactical Reload



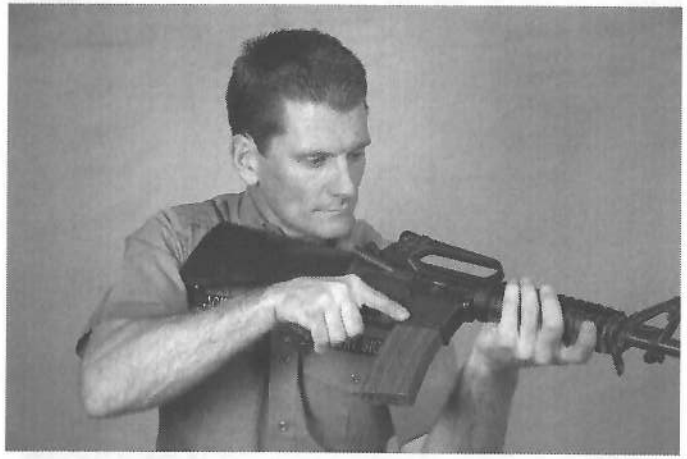
After completion of the After Action Drills, or during a lull, perform a tactical reload in order to keep the weapon full of ammunition. While observing your surroundings, remove the magazine from the weapon and place in a pouch or pocket. Access a fresh magazine and insert it into the magazine well with a push and a pull.



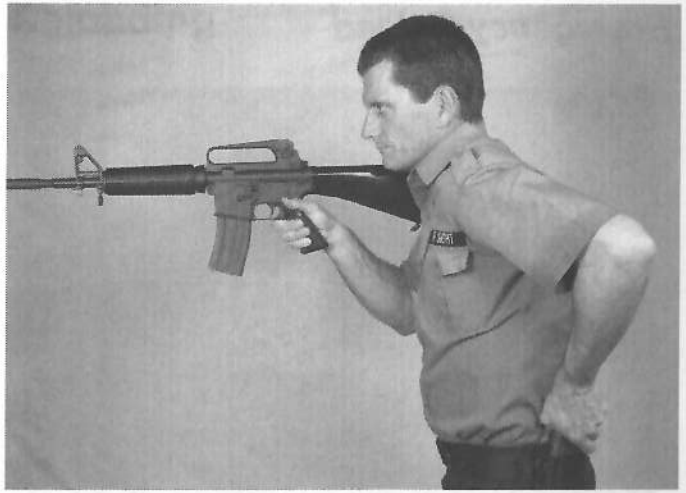
Emergency Reload



The bolt assembly will lock to the rear on an empty magazine.



You will get a 'dead' or funny feeling trigger. As the trigger finger goes straight, look in the ejection port and move to cover while identifying the problem.



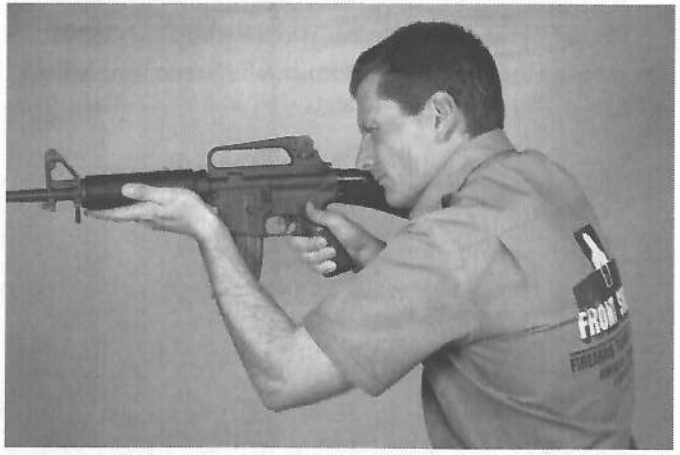
While holding the weapon as high as possible, access a magazine from a pocket or pouch with the support hand and bring the magazine up towards the magazine well.



As the filled magazine is coming up to the weapon, the empty is ejected and drops. Insert the full magazine with a push and pull.



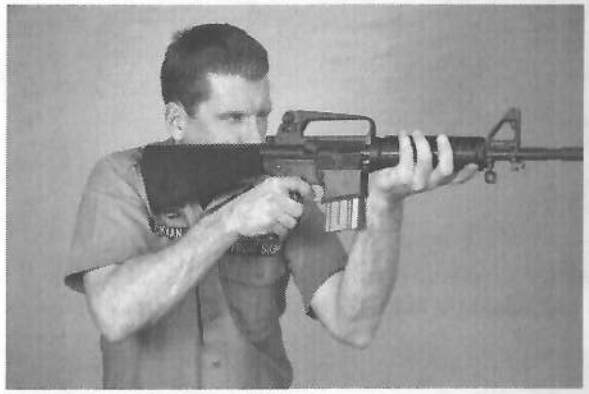
Once the magazine is seated, the support hand palm strikes the bolt release to chamber a round.



Support hand re-acquires the weapon as you attempt to re-acquire your adversary. Ideally, you were able to keep your attention on your adversary as you performed these actions reflexively. Actually pressing the trigger is a conscious decision, which is why it is important to know where your adversary is and whether he is still a threat or not.

Malfunctions

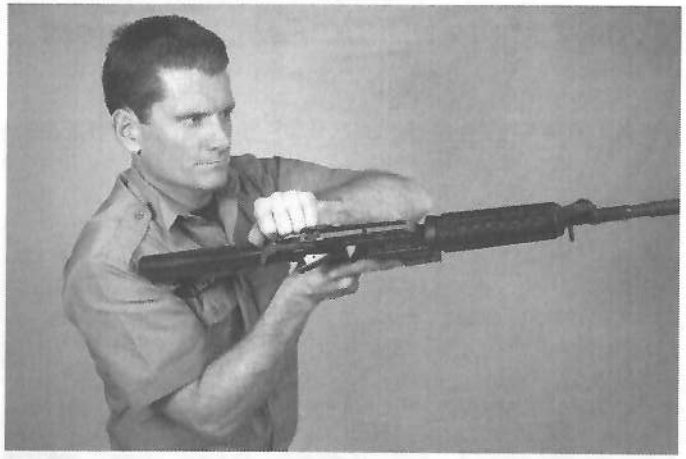
Type 1 Malfunction: Failure to Fire



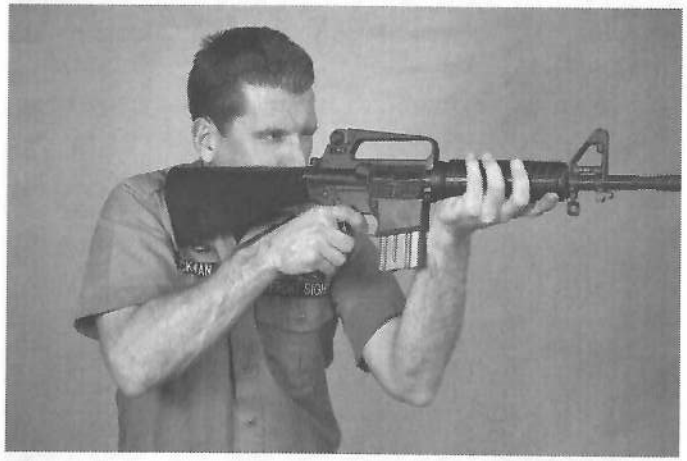
On pressing the trigger, the hammer falls but no shot is fired. You get a click instead of a bang.



Keep the weapon high with your eyes on your target as the trigger finger goes straight. Tap and tug the bottom of the magazine with the support hand to ensure it is seated.

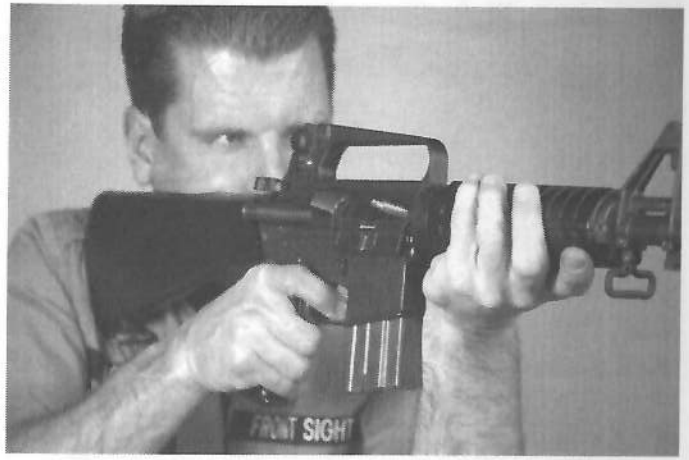


Pull back on the charging handle as you roll the weapon 90 degrees so the ejection port is down. Let the charging handle go; do not ride it forward!

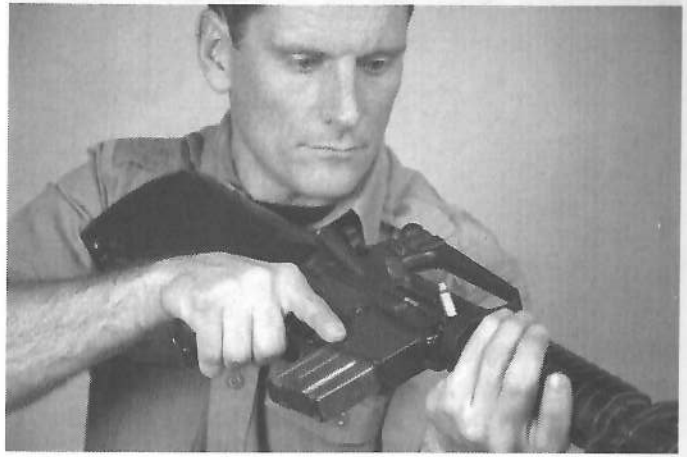


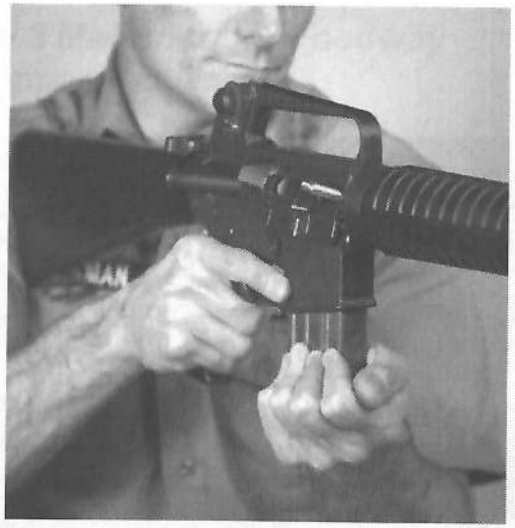
If your adversary is still a threat, point in and fire. You must make the intellectual decision whether a shot is necessary.

Type 2 Malfunction: Failure to Eject



On pressing the trigger, nothing happens (no shot fired). The trigger may not feel normal. If you are not behind cover or not already moving, begin to move with the trigger finger straight as you look to identify the problem.

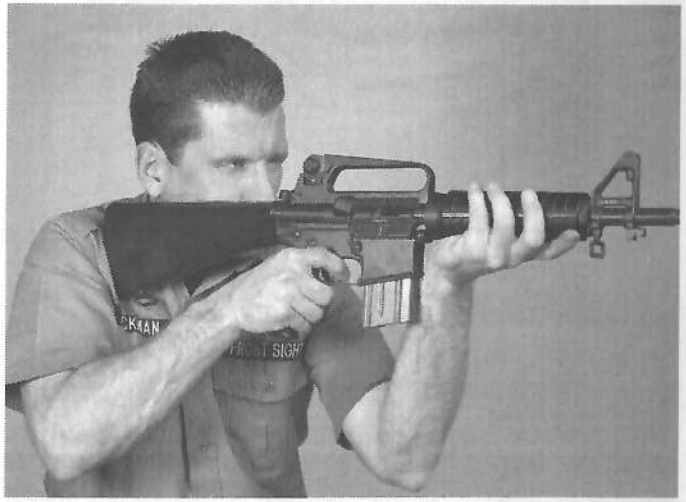




Keeping the weapon high while observing your target, tap and tug the bottom of the magazine with the support hand to ensure it is seated.



Pull back on the charging handle as you roll the weapon 90 degrees so the ejection port is down. Let the charging handle go; do not ride it forward!

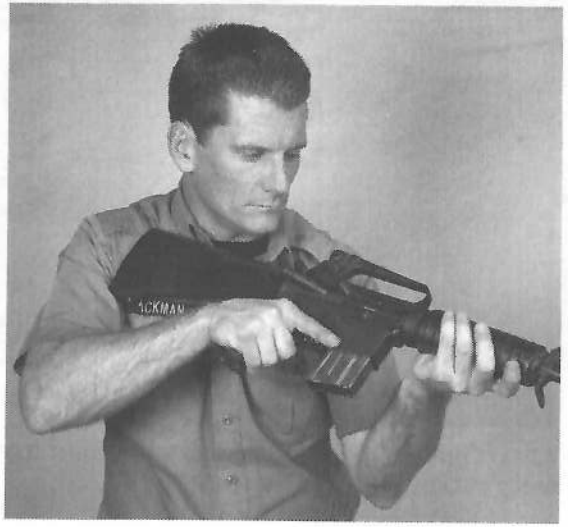


If your adversary is still a threat, point back in and fire. You must make the intellectual decision whether a shot is necessary.

Type 3 Malfunction: Feedway Stoppage



On pressing the trigger, nothing happens (no shot fired). The trigger will not feel normal. If you are not behind cover or not already moving, begin to move with the trigger finger straight as you look to identify the problem.





Seek cover, if you do not already have it, or keep moving while locking the bolt to the rear and stripping the magazine out of the magazine well. (If this is your only magazine, retain it.)



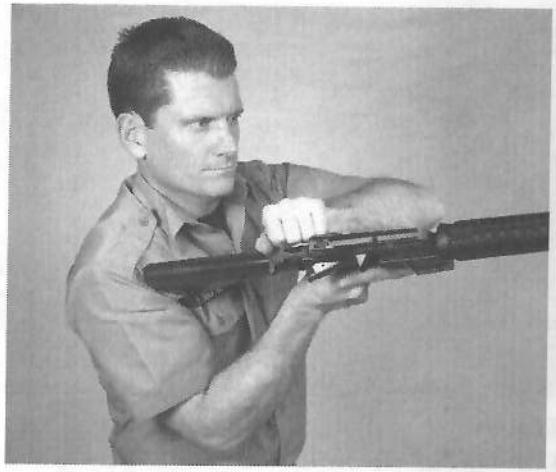
Run a finger through the magazine well to the upper receiver and sweep out any rounds or brass.



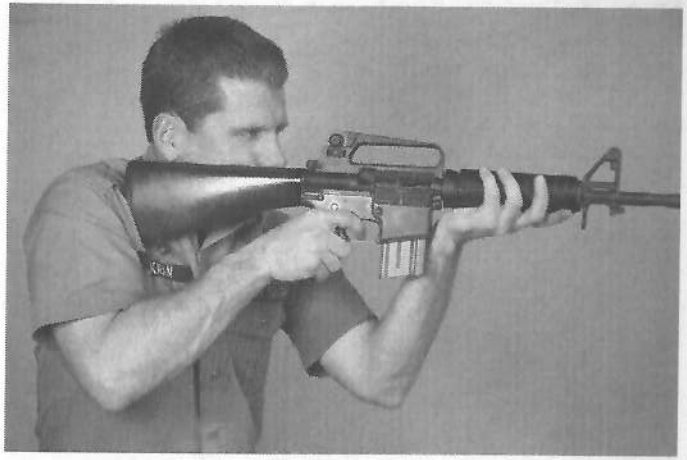
Roll the weapon 90 degrees so the ejection port is down and rack the charging handle **three** times in order to clear the chamber.



Insert a magazine into the magazine well with a push and a pull.



Pull back the charging handle and let it go in order to chamber a round. (Do not ride the charging handle forward!)



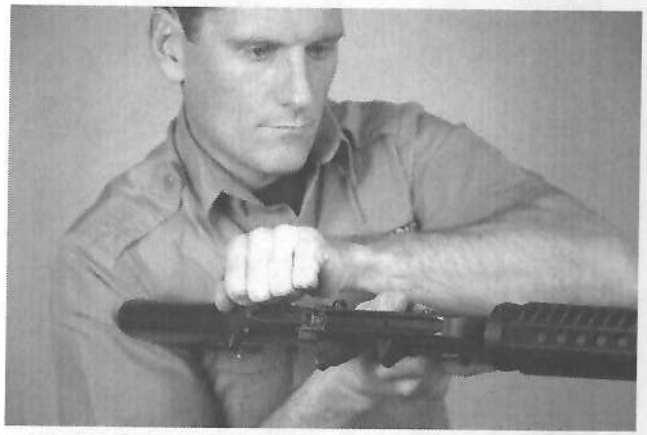
If your adversary is still a threat, point in and fire. You must make the intellectual decision whether a shot is necessary.



If, when you look into the ejection port, you see the round from the magazine stuck against a round or casing in the chamber, it is a failure to extract (feedway stoppage).



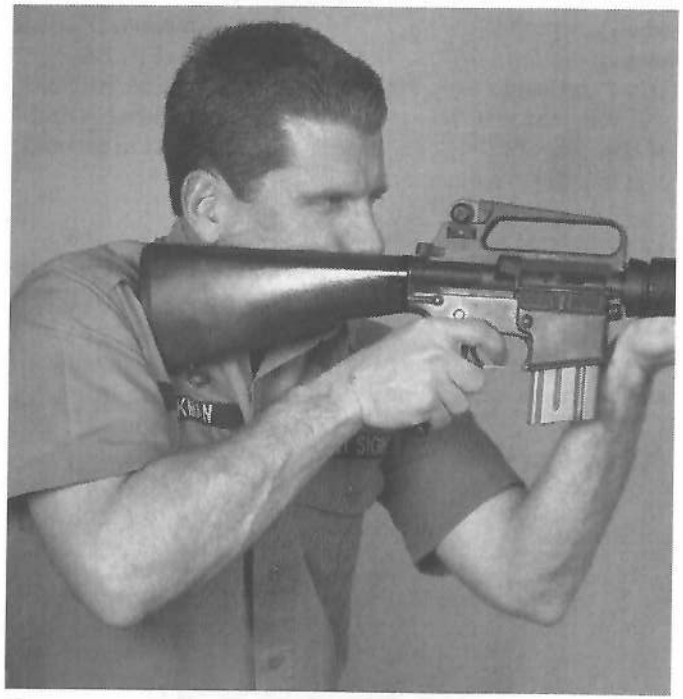
Seek cover or begin to move while stripping out the magazine.



Roll the weapon 90 degrees so the ejection port is down and rack the charging handle **three** times in order to clear the chamber.



Insert a magazine and ensure it is seated. Pull back the charging handle and let it go in order to chamber a round. (Do not ride the charging handle forward!)



If your adversary is still a threat, point in and fire. You must make the intellectual decision whether a shot is necessary.

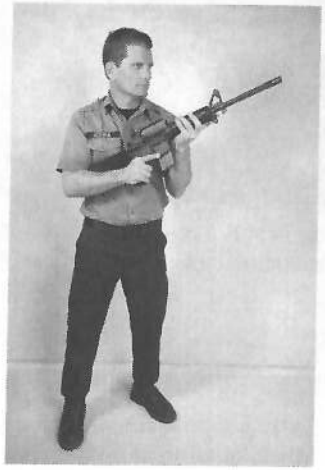
Supported Positions

Supported firing positions are used when a more stable firing platform is needed than the offhand position can provide or when you need to conform to cover or concealment.

When choosing a supported position, keep in mind that you will still need to be able to see your target. Also be mindful of how long it will take to assume a position, and to get out of it in order to move, if you need to.

The supported positions discussed below are under ideal circumstances, providing maximum bone support and muscle relaxation. When applied in the field, the positions will probably need to be modified to fit the terrain and the situation. Do what is necessary to get as stable as possible and get the hit while using available cover!

Kneeling



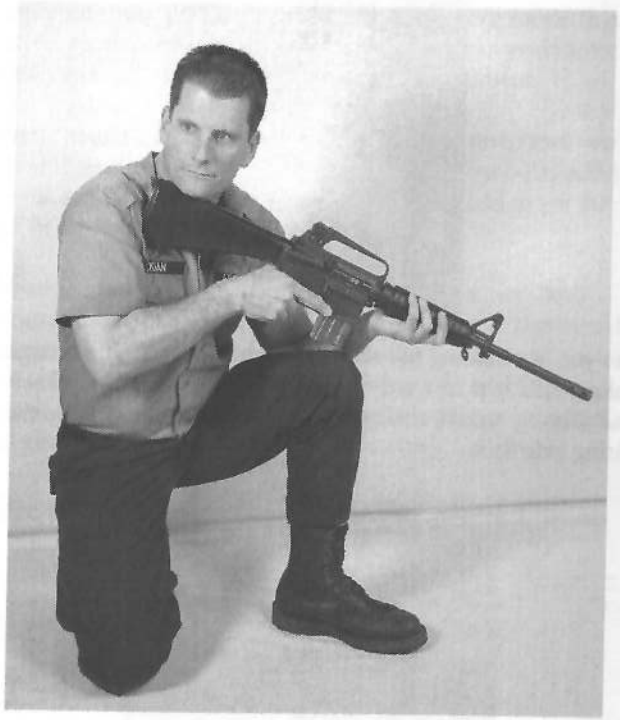
From the offhand position, you determine that you want to assume the kneeling position. Kneeling is fast to get into, and quick to recover from.



As you are running the selector lever, trigger finger straight, take a half step forward with your support side foot. Once the foot is planted, shift your weight forward and sit on the firing side foot.



Body weight should be centered over the firing side heel. Firing side foot can either be up, with the toes curled, or flat, with the boot laces on the ground. Support elbow should be in front of the support knee, forearm as straight as possible. Legs should be spread approximately 45 degrees apart. Weapon is as close to the centerline of the body as possible.

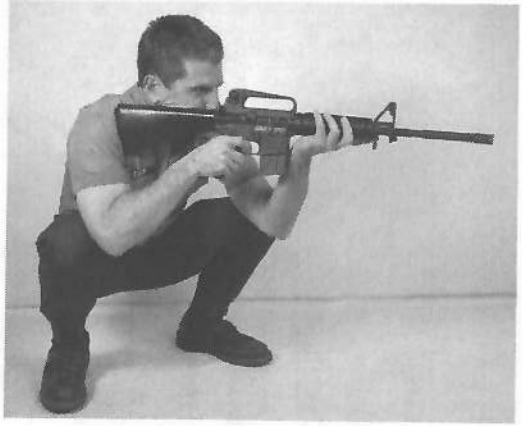


When doing After Action Drills, the support elbow comes off the support knee so that you can turn your upper body for scanning your general area. If you need to move to a different position or to better cover, recover to standing while scanning, since you can see more now that you are higher.

Squatting



From the offhand position, you determine that you want to assume the squatting position. Squatting is very quick to get into, and quick to recover from. This position offers support and stability while minimizing body contact with the ground.

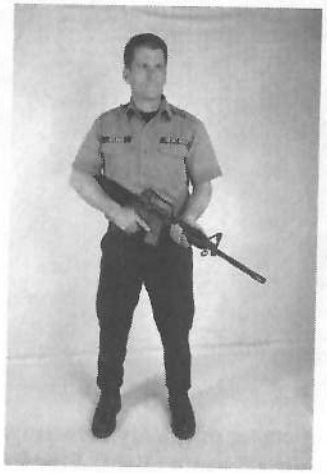


As you drop your center of gravity between your feet, run the selector lever, trigger finger straight. Elbows either inside or in front of the knees; both feet are flat on the ground. Lean forward between your legs to control recoil.

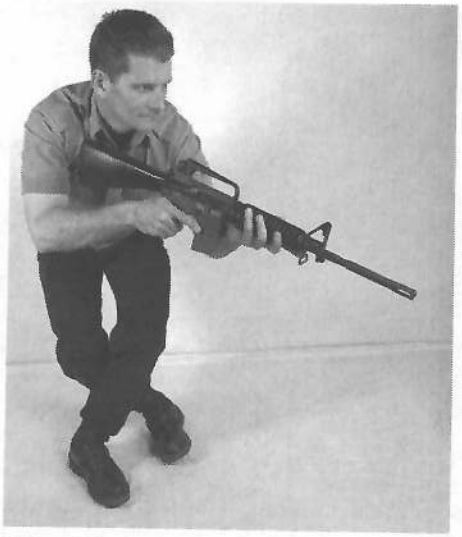


When performing your After Action Drills, elbows go outside the knees during the scan to allow the maximum movement possible. If you need to move, recover to standing and scan again.

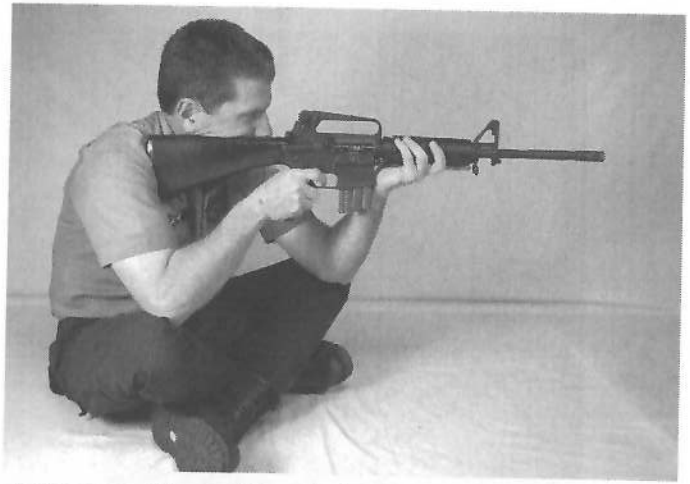
Sitting



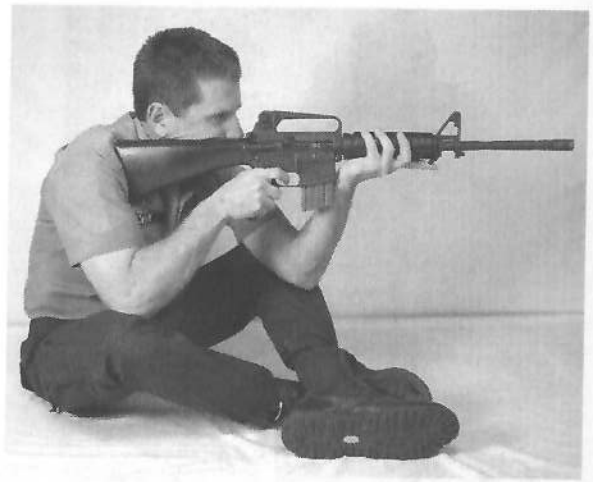
From the offhand position, you determine that you want to assume the sitting position. Sitting is moderately quick to get into, and easy to recover from.



As your support side foot crosses over the firing side foot, run the selector lever, trigger finger straight. Lean forward over the feet and sit.



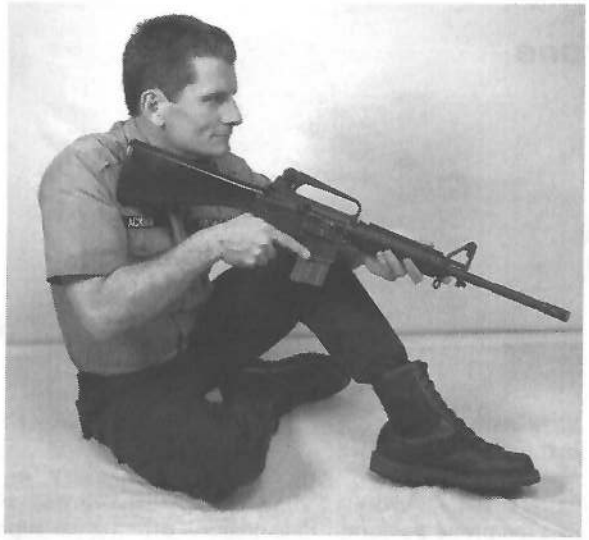
In the crossed leg position, the legs are as relaxed as is possible, with both elbows inside the knees, or in front of the knees.



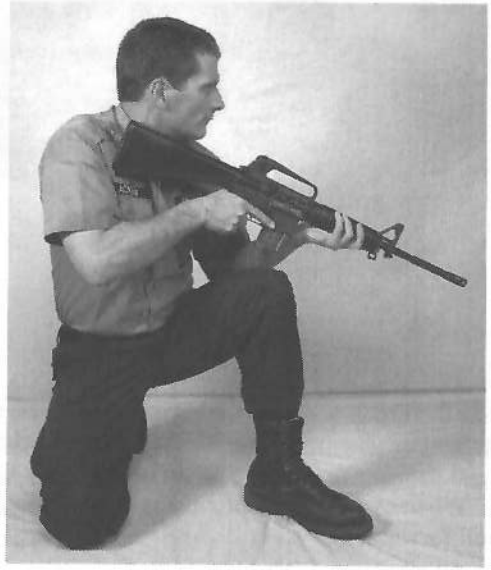
The crossed ankle position can be used on slopes and offers greater recoil control. The legs are relaxed, support elbow is in front of the support knee; firing side elbow is in front of the firing side knee, inside the knee, or on the thigh. The barrel is over the firing side heel.



The open legged sitting position is ideal when terrain is uneven and you need to fire up or down hill. Feet should be as flat as possible; legs should be as relaxed as possible.



During After Action Drills, elbows come off the legs in order to scan. If you need to move, roll over the firing side leg to kneeling, scan, then recover to standing and scan again while moving.



Prone



From the offhand position, you determine that you want to assume the prone position. This position offers great support and stability, but takes time to get into and out of. You may not be able to acquire your target once in position, depending on terrain.



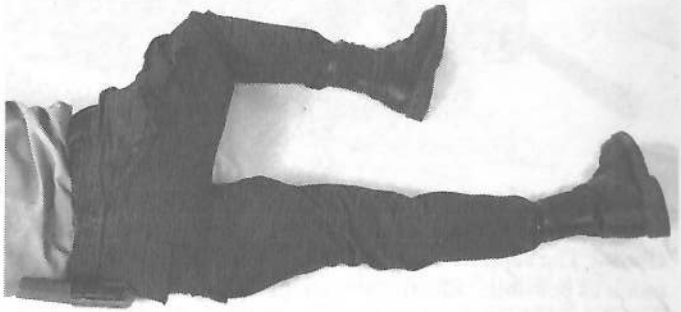
To assume the prone position, run the selector lever, trigger finger straight as you drop to both knees. One hand controls the weapon as the other reaches out to control your fall forward. When assuming the prone, the feet remain in place as you roll forward.



Catch yourself on the outstretched hand as you plant your elbow. Bring your free hand to the weapon and plant that elbow. The support elbow is underneath the weapon as much as possible. Ideally, you are planted on the outside of the support elbow in order to lock it into place and reduce wobble.



In the open leg prone, the feet should not have moved beyond shoulder width apart, feet are off the toes, relaxed, and as flat as possible.



In the cocked-leg prone, the firing side leg is bent and cocked forward. The support leg is fairly straight, with the toes pointed towards the firing side. This position gives you a little more elevation, should you need it, and also brings the lungs off the ground, reducing the effects of heavy breathing on the sighting process.

When performing your After Action Drills, splay your elbows out in order to get as much movement as possible from your body. If you need to clear a malfunction, or do a tactical reload, do it while as low as possible before exposing yourself to a potential threat.



After scanning, if you need to move, push yourself with one hand up into the kneeling position, scan, then stand, move and scan again.



Harries Flashlight Technique



If you do not have a dedicated light on your weapon, a handheld light can be used. The weapon is supported on the back of the support wrist as it presses back against the magazine and magazine well.



The support arm is parallel to the ground, keeping the wrist straight and keeping the support hand clear of the ejection port.



The firing hand and support wrist press the weapon into the shoulder pocket while the muzzle is depressed. This is the Flashlight Ready.



While searching for a target, the light is on and the trigger finger is straight.



For malfunctions or reloads, tuck the light under the firing side armpit, lens to the rear. This frees up your support hand so it can manipulate the weapon and magazine.

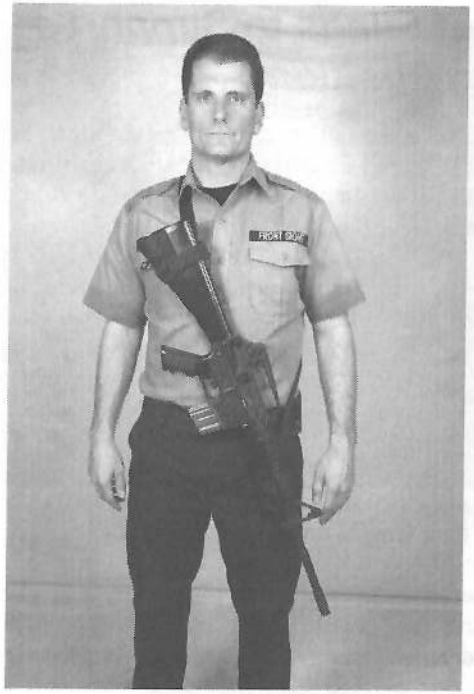
Use of Slings to Support a Firing Position

Just about all types of slings, with the exception of single point slings, can be used to support a firing position in such a way that the sling supports the majority of the rifle's weight, taking the strain off of the shooter.

There are purpose built slings, such as safari slings, ching slings, and competition slings that are designed specifically to be used to support a firing position. Some, like the safari and ching slings, are easy to get into, and easy to get out of. Competition slings are more difficult to put on, and take longer to get out of.

Tactical and carry strap type slings can be used as hasty slings if their lengths are adjusted correctly.

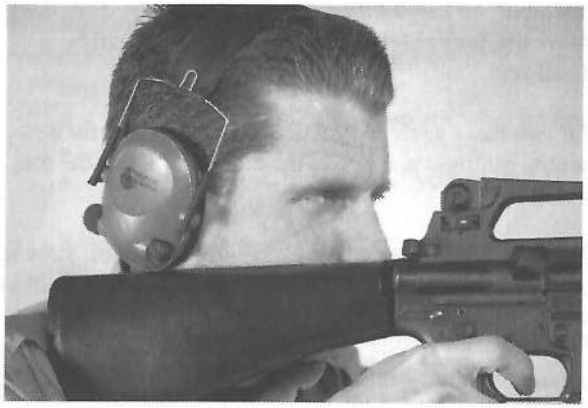
No matter which type of sling you choose, remember that in a defensive gunfight in your home, you will probably not want to deal with using a sling at all unless necessary.



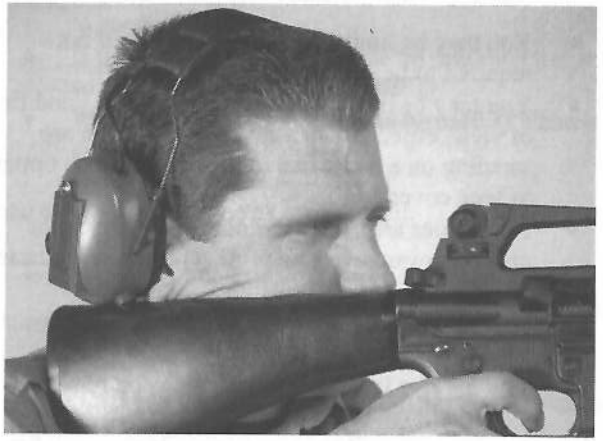
The main advantage of the tactical sling is the ability to have both hands free in the event you need to carry or assist someone while still having the rifle accessible. It is also useful during training on a range in helping with reducing fatigue.

Unless you need both hands free, in a defensive situation, *get out of the sling!* If an opponent were to get a hold of the sling or the rifle while it is attached to your body, things could go from bad to much worse very quickly. It is advisable when using a tactical sling to have one that has a quick release buckle, and that you should be able to find it under stress or while wrestling with someone. At the very least, if your sling does not have a quick release buckle, you need to practice getting out of the sling under pressure or when bound up with an opponent. This is another area where having a training partner and a red gun is helpful.

Hearing Protection



A low profile, headset type hearing protection with a cutout for a rifle or shotgun stock is highly recommended, especially if the rifle or shotgun is your primary home defense weapon. You will lose hearing if you fire a rifle or shotgun inside a closed space with no hearing protection.



The problem with high profile, headset type hearing protection is that when the rifle or shotgun is correctly mounted, the comb of the stock can knock it off the firing side ear.

Training Notes

Remember, *no ammunition is used during Dry Practice*! **Follow the four safety rules and the dry practice procedures.**

Your two main goals to practice during training for a potential gunfight are 1) Get the hit and 2) Keep the gun running.

When practicing techniques, especially new ones, slow is smooth, and smooth is quick. Be smooth, and you will be fast when it counts.

Training on a live-fire range will allow you to:

- Safely practice weapons handling with a 'hot' or loaded weapon.
- Practice your marksmanship skills.

Some of the drawbacks to range training may be:

- You may be limited in how you move, if not required to be completely static.
- You may be on a range that allows you a good field of view, especially of your target, and you are standing on a firing line in the open with no option to seek cover.
- Firing cues are usually commands or the target turning towards you, or some other artificial means of letting you know it is time to fire.
- You will not get any realistic feedback from your target.
- You may be limited in your options on how to respond to the threat.
  - You are told how many rounds you may fire, and how quickly.
  - You cannot disengage, or back away.

When practicing on your own, as much as possible, you should keep the following in mind:

- Realize that you always have three choices when dealing with an adversary you are not able to avoid, depending on the circumstances:
  - You can hold your ground to see what he does.
  - You can retreat if conditions permit.
  - You can choose to engage if you think it is necessary.
- When dealing with one or more opponents, it is ideal to be in a position of advantage; behind cover or at least concealed from view if at all possible.
- Know how much ambient light is available to you in your environment, and plan accordingly.
  - Master switch for the home that turns on at least one light in every room.
  - Flashlights and spares.
  - Knowing how much light is available to you in case you don't have a master switch or flashlight.
- Is there a way to minimize the threat areas you have to control?
- Is there a way to stack, or line up, multiple threats so they are easier to deal with?
- What in your environment can be used as a barrier to your adversary?

Some questions you need to ask yourself:

- Planning to defend your home is a great idea, but is that the only potential location for an attack on you and your family?

- Have you given thought to a potential fight starting in or around a vehicle or vehicles?
- Have you given serious thought to who you might be fighting? Is it going to be a Hollywood

stereotype villain, or are the people you might have to fight going to look like normal, or almost normal, citizens? Are you keeping up with the local news? Who is committing violent crimes in your area, such as armed robbery or home invasions or are involved in carjackings?

- How will you know when to shoot? Have you decided what your 'trigger' or 'line in the sand' is going to be for different situations?
- Once that line is crossed, are you mentally prepared to use deadly force in defense of yourself or others?
- Have you made the decision to be a dedicated opponent? Are you mentally prepared to win, even if you have sustained injuries?
- Have you made decisions on what you should do after the fight?
  - Move to safety.
  - Call for help.
  - Check for and treat any injuries to yourself or family members.
    - Do you have the training?
    - Do you have the equipment?
  - Staying busy with planned routines is a good way to blunt the effects of shock and help you stay alert.

Your dry practice should evolve beyond a static firing line, keeping in mind the questions above that pertain to you and your situation. You should practice as much as possible in an appropriate and realistic environment. For example, practicing reloading or clearing malfunctions in a supported position in low light or darkness, actually moving to real or simulated cover, etc. Red guns and Airsoft™ guns are another way to train realistically, where the potential to cover your body or someone else's with a muzzle is heightened.

Sometimes, all you need is your mind and an active imagination in order to practice, at least mentally, what you would do. For example, if you were attacked at a mall, parking garage, traffic light or any public place you and your family might be, how could you avoid or defend?

Remember, YOU are the weapon, your gun is just a tool.

PART THREE

In this section:

Reading Your Target 87
Proper Handspan 88
Group Too Small 89
Group Too Large 90
Group Well Centered But Huge 91
Group High 92
Group Left 93
Group Right 94
Group Moderately Low 95
Group Very Low 96
Two Distinct Groups, One Center, One High 97
Two Distinct Groups, One Low, One Center 98

Reading Your Target

Almost all of your improvement in gun handling and marksmanship will come through correct dry practice. However, you must validate that correct dry practice on occasion with live fire drills. These live fire drills must be conducted at a proper firing range under carefully controlled "live fire" conditions.

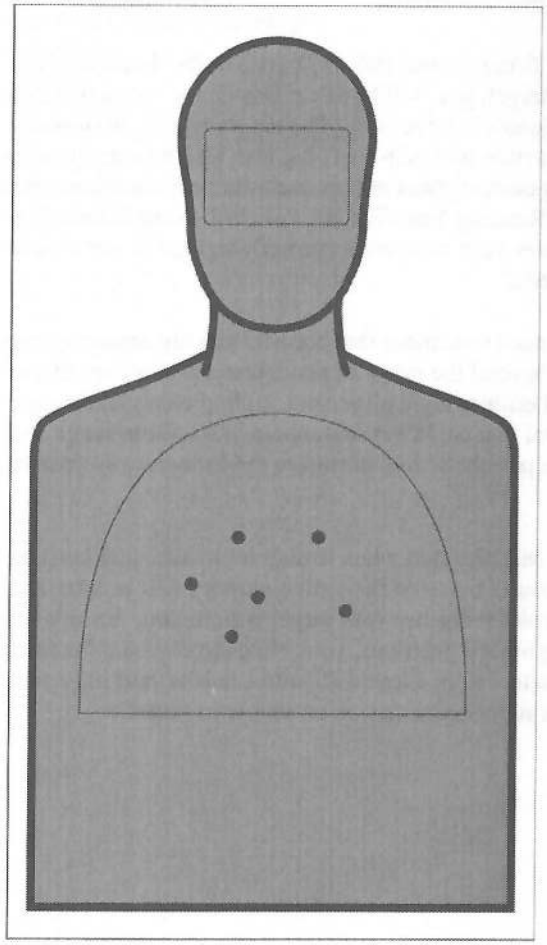
After firing several shots or bursts to the thoracic cavity of your target, you will have a group on the target which is full of valuable information. The diagrams and discussions in this section will help you diagnose which techniques you are doing correctly and which ones still need attention. We call this "Reading Your Target". The following information assumes your weapon is correctly sighted in and functioning properly.

You must remember that because you are engaging targets well beyond the range of handguns and shotguns that any small error in sight alignment, sight picture, and trigger control that could get reasonable hits at close range will cause peripheral hits or misses the further away your target is.

You will also find when firing on full auto that keeping your two round bursts in the thoracic cavity will become more difficult the further your target is from you. Except when using braced positions, your effective distance for firing on full auto will be around 15 yards, unless your only goal is to place suppressive fire on or near your target.

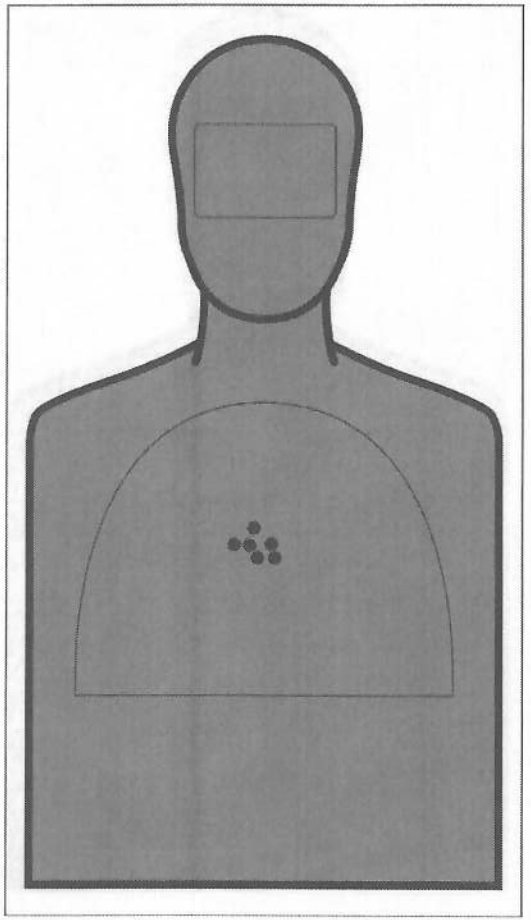
Proper Handspan

Ideally your group will be approximately a handspan in size and well centered in the thoracic cavity. This shows you have the correct balance of speed and accuracy. Remember, under the stress of an actual gunfight, that group will approximately double in size but it will still be inside the thoracic cavity.



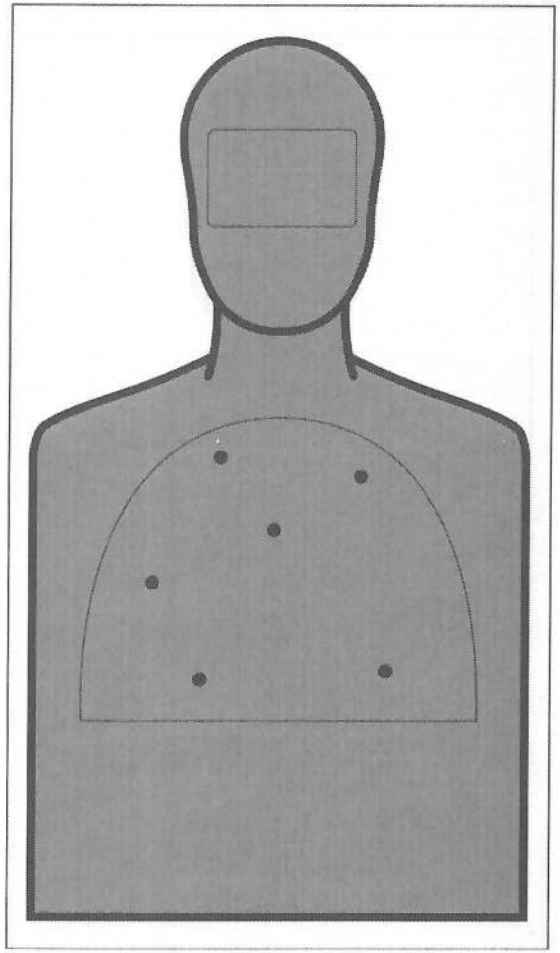
Group Too Small

As nice as this group looks, it is too small. You are taking too much time do deliver very accurate shots. On the spectrum of speed vs. accuracy, this group represents too much accuracy. Your opponent may take advantage of your slow delivery and hit you first. Speed up a little bit. You may see groups like this at close range with a rifle, which means you can speed up even more.



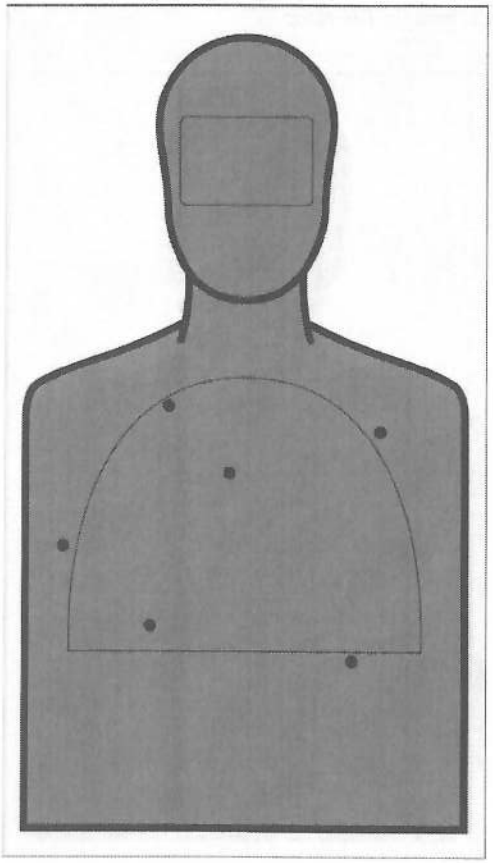
Group Too Large

This group is too large and means you are sacrificing accuracy for speed. You are going too fast. Under the conditions of a gunfight, especially if the range to the target increases, some of these hits will be peripherals or misses. Slow down a little bit and lean forward more when firing on full auto.



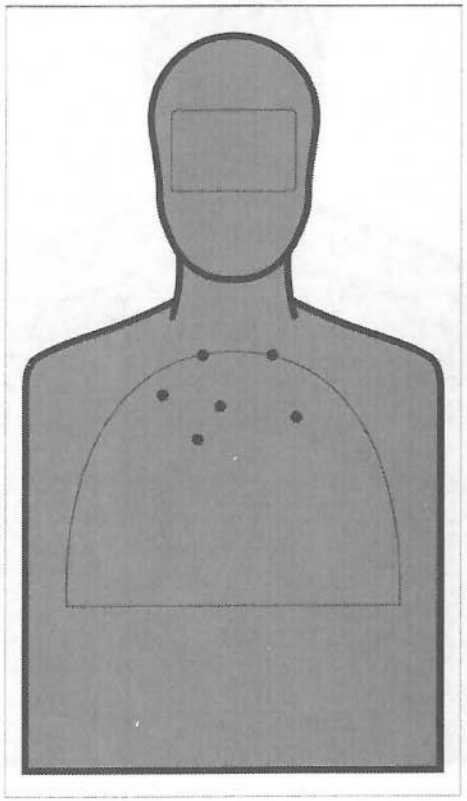
Group Well Centered but Huge

This very large group is indicative of not focusing on the front sight. You may be looking over the top of the weapon entirely and focusing on the target or looking through the sights but focusing at the target. In either case, looking at the target cannot guarantee proper sight alignment or sight picture and the hits are poor. Slow down and focus on the front sight. Depending on the distance to the target, not focusing on the front sight will cause your shots to miss the thoracic cavity, if not the target entirely.



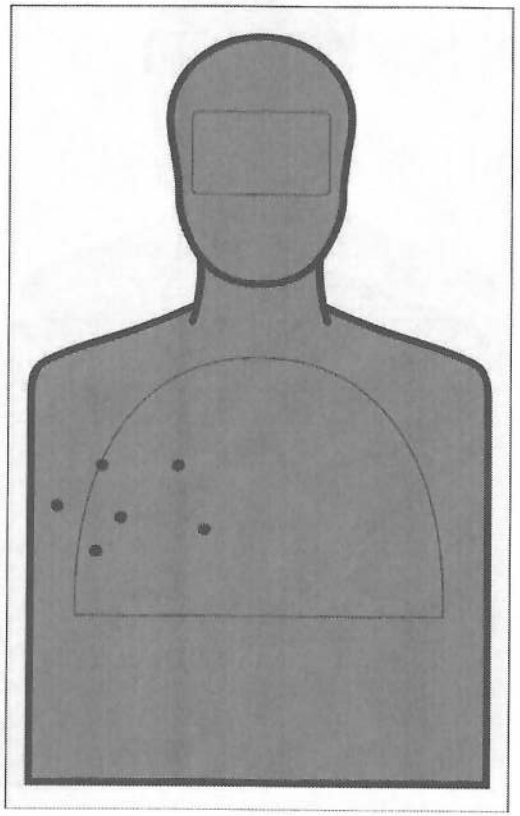
Group High

This is a proper handspan group but it is high in the thoracic cavity. There are two causes for this. First is incorrect sight alignment. You are simply holding the front sight too high in the rear sight. Make certain the front sight tip is centered both vertically and horizontally. Secondly, some shooters aim too high in the thoracic cavity. This is usually caused by a misunderstanding of human anatomy or ballistics of their bullet. Hold right in the center of the thoracic cavity. That gives you the best chance at hitting vital tissue and gives you the largest margin for error.



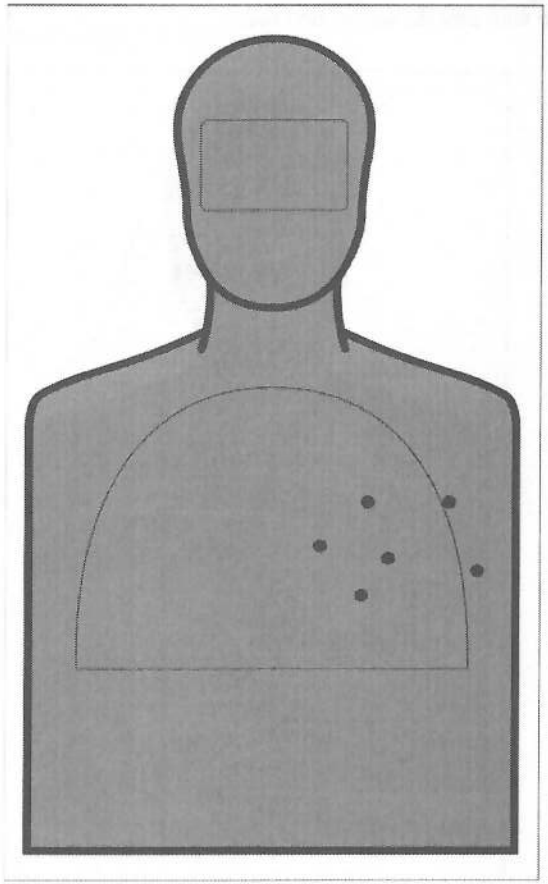
Group Left

Groups which are at the proper height but are off to one side generally reflect incorrect trigger finger placement. If the right-handed shooter is hitting to the left, there is generally not enough trigger finger placed across the face of the trigger. If just the tip of the trigger finger contacts the trigger, the weapon is commonly pushed to the support side as the weapon fires. This can also be caused by a right handed shooter 'bucking' the firing shoulder into the weapon, or a left handed shooter 'flinching' the firing side shoulder away from the weapon as it is fired in anticipation of the shot and the associated recoil.



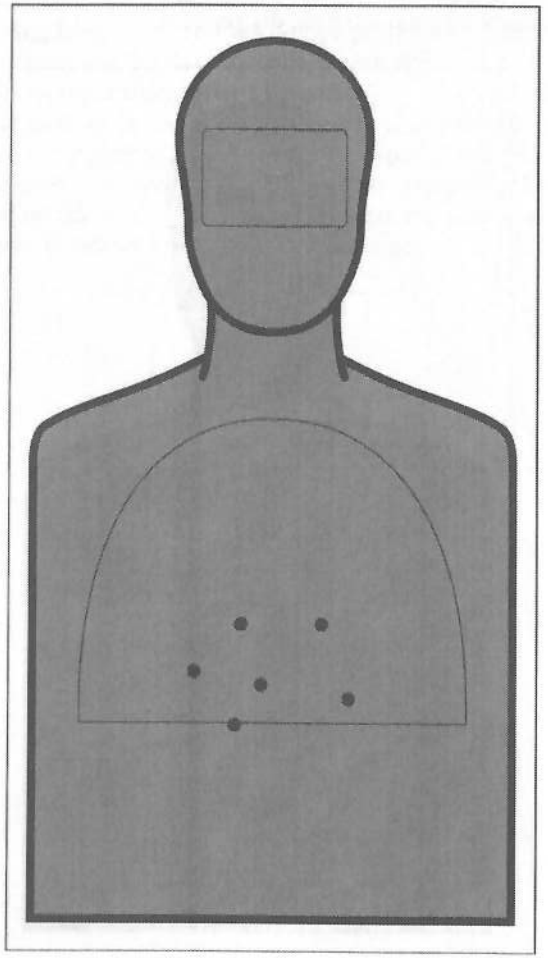
Group Right

If the right-handed shooter is hitting to the right, there is generally too much trigger finger placed across the face of the trigger. The weapon is commonly pulled to the right as the weapon fires. This can also be caused by a left handed shooter 'bucking' the firing shoulder into the weapon, or a right handed shooter 'flinching' the firing side shoulder away from the weapon as it is fired in anticipation of the shot and the associated recoil.



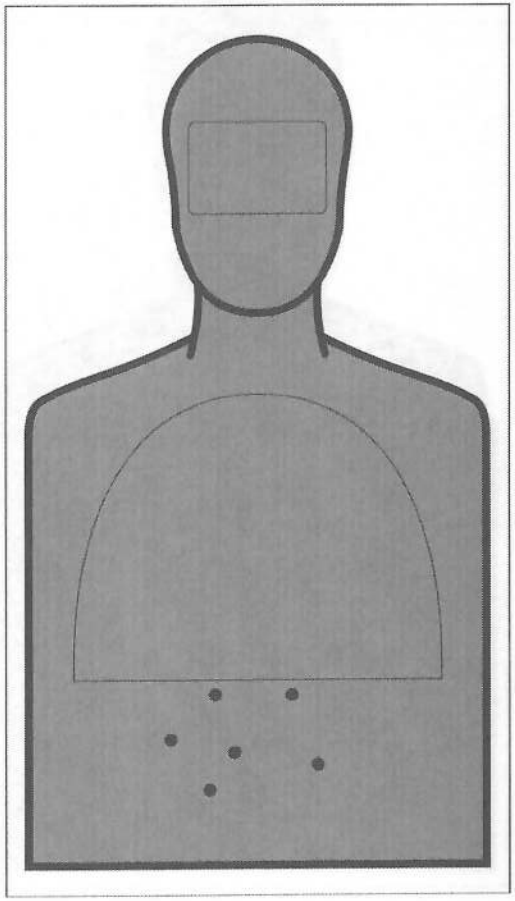
Group Moderately Low

Groups which are near the bottom edge of the thoracic cavity are typically caused by either rushing the trigger press, or at close range, a difference in the sight height over the bore height. Ensure you gently press the trigger to obtain a surprise break. If it is due to sight height, with a correct zero, you will still be in the thoracic cavity.



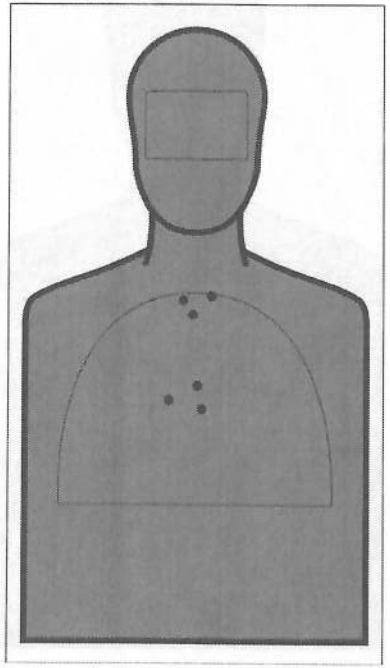
Group Very Low

Groups which are low, or very low and to one side, are caused by "mashing" or "slapping" the trigger. Mashing means squeezing with the whole hand (or hands) just before the shot is fired. Slapping means rushing the trigger press and having the finger fly off the trigger after the shot is fired. These problems are very easily detected and corrected through dry practice. They are commonly caused by too much shooting and too little dry practice.



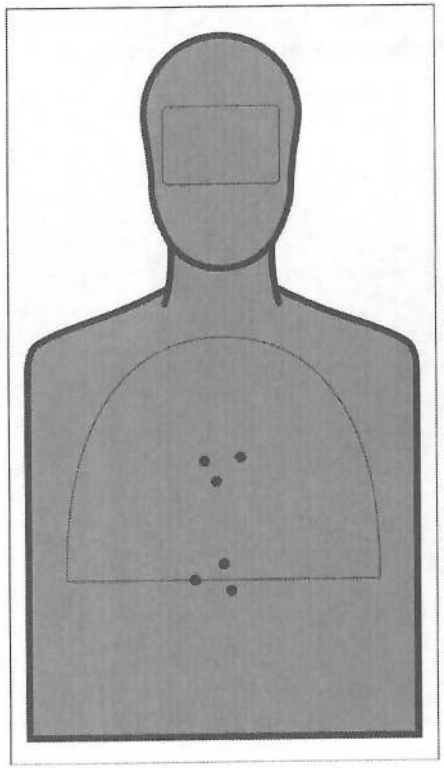
Two Distinct Groups One Center, One High

When shooting controlled pairs, you will have a sight picture before and after the trigger press. Elsewhere in the industry, some teach a "Double tap", which is one sight picture and two quick shots. The first shot is usually a good hit because it was supported by a good sight picture. The second shot generally hits high because the shooter fired it before fully recovering from recoil and verifying a proper sight picture. There is only one correct sequence of shooting, and it requires a proper sight picture for each shot. A controlled pair can be done in just about the same time as a double tap, and you can guarantee your hits. These types of groups can also be caused by not leaning forward and controlling the weapon on full auto. The distance between the groups will grow the further away from the target you get.



Two Distinct Groups One Low, One Center

Shooters firing controlled pairs who have not yet mastered the trigger commonly fire two distinct groups, one low and one centered. It could be the first shot of a controlled pair is fired too soon, as the sights and weapon are moving onto the aiming point. The second shot of this controlled pair is usually a good hit. If the first shot is centered, and the second shot is low, the shooter is rushing the trigger on the second shot. To guarantee a good hit for either shot, slow down the trigger press to guarantee a surprise break. This may be slow at first, but with practice, it can be done in a timely manner.



PART FOUR

In this section:

4-Day Select Fire M16 Skills Test 100
Skills Test Scoring 101

Skills Test

Shooting

All shooting is from all three Readies. All shots are single shots. Total Shots = 44. Total Points = 220.

Description	Range	Time (sec.)	Max. Points
2 rnd burst Close Contact (From Field Ready only)	3m	1.2	10
2 rnd burst (Body)	5m	1.2	30
2 rnd burst (Body)	7m	1.3	30
2 rnd burst (Body)	10m	1.5	30
2 rnd burst (Body)	15m	1.8	30
[Check for 26 hits—anything over is –3 points per shot over]			
Single Shot (Body)	25m	2.0	15
Single Shot (Body)	50m	3.0	15
Single Shot (Head)	15m	2.0	15
Single Shot (Head)	25m	2.5	15
Single Shot from Ready x3 (Hostage Taker Left)	7m	1.5	15
Single Shot from Ready x3 (Hostage Taker Right)	7m	1.5	15

Reloads

Penalty points only; assessed for time or procedure violation. Each reload performed twice.

Description	Time (sec.)	Max. Penalty
Emergency Reload	3.2	-6
Tactical Reload	5.0	-6

Malfunction Clearances

Penalty points only; assessed for time or procedure violation. Each malfunction clearance performed twice.

Description	Time (sec.)	Max. Penalty
Type 1	1.8	-6
Type 2	2.0	-6
Type 3	8.5	-6

Skills Test Scoring

Each shot is worth a possible five (5) points in either the thoracic cavity, or the cranio-ocular cavity, two (2) points are awarded for all other areas inside the target silhouette.

Head shots below the chin line are misses.

Three (3) point penalty for improper procedure or being over time.

44 shots total. 220 points possible.

198-220 points, or –0 to –22 points down, (90-100%) qualifies the student as a Distinguished Graduate.

154-197 points, or –23 to –66 points down, (70-89%) qualifies the student as a Graduate.

153 points or less, or –67 points down or greater, qualifies the student for a Certificate of Achievement.



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