

My Standing Position

| Actions | Cue Words |
|------------------------------------------------------------------------------------------------------------------|-----------|
| Focus on target; Feet on mat; correct angle; Balanced on both feet; Hip points at Charlie; Breathe; Relax; | |
| Dismount rifle; magazines; blinder; | |
| Check balance and alignment, lower body; | |
| Right hand on pistol grip, finger on trigger; | |
| Bring stock to shoulder; left hand under stock; forearm, wrist vertical; firm contact; | |
| Head on cheek piece in trained position; reload. | |
| Relax shoulders on out breath; Natural Alignment; | |
| Internal check on position; balanced; feels good; | |
| Breathe; Relax; Ready to go? | |

My Prone Position

| Actions | Cue Words |
|-----------------------------------------------------------------|-----------|
| Check Wind and Light for changes; | |
| Select target lane for shooting; | |
| Focus on target; knees on to mat; correct angle; | |
| Dismount rifle; magazines; blinder;(sling) | |
| Left elbow down; weight on left hip; Slide back; Hook up sling; | |
| Place butt into shoulder (top hook) | |
| Place hand on pistol grip, finger on trigger; | |
| Head on cheek piece; close bolt; | |
| Roll down right elbow into position; | |
| Relax shoulders and chest around rifle; | |
| Lower body is now a boat anchor; | |
| Natural alignment; inner position check; | |
| Breathe; Relax; Ready to go? | |