

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?	