

The Marksmanship Principles

1. The position and hold must be firm enough to support the weapon

A good relaxed grip of the weapon using the bodies natural support, firmly supported with angled elbows.

2. The weapon must be held upright and pointed naturally at the target without undue physical effort

The weapon should point at the target using the bodies bone structure and not held onto the target using arm muscles.

3. Sight alignment (aiming) must be correct

The foresight must be in the centre of rear sight aperture as below.



4. The shot must be released and followed through without disturbing the position.

Controlled breathing should be adopted, and the pressure on the trigger should be slowly increased to the extent where the weapon firing should come as a surprise. Although the weapons recoil will lift the point of aim momentarily, the weapon should return to point naturally at the target. Take a pause of around 1 second after the weapon fires with no movement before releasing the pressure from the trigger and cocking the weapon.