

# Moving With and Without a Weapon (Day Movements)

## The Walk

Hold the rifle in the alert position so that it can be used instantly. The whole attitude must be alert, with the head up in order to observe.

To be really quiet on hard ground, put the edge of the sole of the boot down first. To help the balance, keep the knees slightly bent.



## Monkey Run

It is simply crawling on hands and knees.

It is useful behind cover about 600 mm (2 feet) high.

It is possible to go quite fast but only at the risk of noise.

To be quiet, always choose a place where there are no twigs to crack. Put the hands on the ground and then the knees exactly where the hands have been.

Keep the backside and head down, but observe.

With a rifle, hold it at the point of balance with one hand and see that no dirt gets into the muzzle.



## Leopard Crawl

It is crawling on elbows and the inside of the knees.

It is useful behind very low cover.

Propel yourself along by alternative elbows and knees, and roll the body a little as you bend each knee; or let one leg trail behind, and use only one knee.

Keep the heels, head, body and elbows down, but observe.

With a rifle, hold it with the right hand on the pistol grip and the left hand on the hand guard.



## The Role

It is often the quickest way of getting away from a spot, such as a crest line, when seen by the enemy.

Roll with the arms and the rifle, close in to the side.