

INTRODUCTION TO THREE POSITION AIR RIFLE:

STEPS IN BUILDING THE PRONE POSITION

1. Place the shooting mat at a 25-30 degree angle to the line of fire.
2. Put the SLING on long and loose.
3. Lie down on the mat with the left ELBOW under the left sideline.
4. Position the BUTT UP in the shoulder so the head is up.
5. Adjust the LEFT-HAND location on the stock to bring the sights to target level.
6. Tighten the SLING until it supports the rifle.
7. ROTATE the position on the left elbow so the sights point at your target.



STEPS IN BUILDING THE KNEELING POSITION

1. Build the Position Foundation--
 - a. Locate the Kneeling Roll—place the kneeling roll on the firing point and turn it approximately 40-60 degrees from the target.
 - b. Kneel over the Roll—kneel by placing the right ankle over the kneeling roll—keep the right heel vertical.
 - c. Sit on Right Heel—place heel in center of buttocks—sit with weight back on the heel.
 - d. Locate the Left Leg—place the left foot under the rifle so that the lower leg is vertical.
2. Add the Sling and Rifle—prepare for the next steps by putting on the sling, adjusting it “long and loose” and attaching it to the rifle.
3. Shoulder the Rifle and Locate the Left Elbow—with the sling loose on the arm, place the butt-plate in the shoulder—with the weight back on the heel, drop the left elbow onto the knee or leg.
4. Position the Butt-Plate and Head—locate the butt-plate high enough in the shoulder to establish a good head position.
5. Adjust the Rifle Height—move the left hand forward or rearward to raise the rifle sights to target level.
6. Adjust Sling Swivel and Tighten Sling—with the hand position established, move the sling swivel back to the hand and tighten the sling until it takes over the work of supporting the rifle.
7. Rotate the Position to the Target—rotate the entire position by pivoting on the kneeling roll so that the sights point naturally at the correct target.



STEPS IN BUILDING THE STANDING POSITION

1. Orient the Body—stand on the firing line and turn the body 90 degrees away from the target.
2. Shoulder the Rifle—while keeping the wrist straight, grasp the fore-end just ahead trigger guard—place the butt plate in the shoulder and drop the left arm down onto the side or hip.
3. Position the Left Elbow—place the left elbow on the side or hip so that it is directly under the rifle.
4. Position the Butt and Head—lower the head to the cheek-piece to look through the sights. Adjust the location of the butt-plate in the shoulder so that the head is reasonably erect while aiming.
5. Relax and Balance the Position—after placing the rifle in position, relax the left shoulder and arm down and balance the position so that the weight of the body and rifle is equally distributed over the feet.
6. Select the Correct Left Hand-Wrist Position—with the rifle in position, look through the sights to see if they point at the target or above or below the target. Select a left-hand position that raises the sights to the level of the target while completing the column of support between the hip and rifle.



Common New Shooter Mistakes in Standing

New shooters must be especially alert to detect and correct these common mistakes:

1. Incorrect body turn—too little or too much body turn makes it impossible to have a straight column of support under the rifle and upper body and difficult to balance the position.
2. Left elbow not under rifle—incorrect elbow positioning misaligns the column of support.
3. Left hip not under rifle—incorrect hip position misaligns the support column and makes attaining good balance more difficult.
4. Butt too low in shoulder—when the head is tipped down too far to see through the sights comfortably, the butt must be raised in the shoulder and a higher left hand-wrist position must be selected.
5. Left arm not relaxed down onto side or hip—this means the rifle is being supported with muscles instead of bones—relax the arm down onto the side or hip and, if necessary, select a higher hand position.

SPORTER CLOTHING AND ACCESSORIES

Clothing

- a) A maximum of two loose fitting shirts or sweatshirts may be worn. A light, loose-fitting T-shirt or undershirt may be worn under the two shirts or sweatshirts. Hooded sweatshirts may be worn, but the hood must be down when the athlete is on the firing line. A sweatshirt with a zipper or button closure may be worn. Jean jackets made of denim or similar material are prohibited. Undergarments or clothing sold or known as “compression clothing” or “compression apparel” may not be worn.
- b) One pair of ordinary, sport or casual trousers or jeans is allowed. Trousers must not fit so tightly as to provide additional support. If a skirt is worn, it must fall loosely over the legs so that it does not support the legs or restrict their movement in the standing or kneeling positions. If shorts are worn, the bottom of the legs must be no more than 15.0 cm (6.0 in.) above the center of the kneecap, as measured while standing normally.
- c) Shooting jackets and special shooting pants are not permitted. Special shooting sweaters, shirts, or jackets with additional or special pads are not permitted.
- d) Shirts or sweatshirts may not be twisted, rolled, or otherwise configured to provide additional layers of clothing thickness or to provide additional support for a position. Note: This prohibits the rolling or shaping of clothing to provide additional layers of support for the support arm in standing. Shirts or sweatshirts may not be tucked into the trousers (does not apply to the T-shirt or undershirt). Pockets or double layers of material are not permitted on shirts, sweatshirts, or trousers in any of the normal rifle or position contact areas (shoulder, sling location, under the standing support arm or knee).
- e) A normal waist belt that is not more than 40 mm wide and 3.0 mm thick may be worn with the trousers. The belt buckle or fastener or a doubled extension of the belt must not be used to support the left arm (right-handed athlete) or elbow in the standing position.
- f) A hook, safety pin or button attached to the sling arm or shoulder is allowed to prevent the sling from slipping.

Shoes

Normal low-cut, street-type or athletic shoes, including toe shoes, must be worn in all positions. Shoes may not extend above the mid-point of the ankle and must have a flexible sole. Only one pair of shoes may be used, and they must be a matched pair. Athletes may not wear sandals or socks or shoot without footwear (i.e., bare footed). All types of high-top boots, including military issue or “combat” boots, commercial shooting boots or special lowcut commercial shooting shoes are prohibited.

Glove

One ordinary glove or shooting glove may be worn on the left hand only (right-handed athlete). There is no thickness limitation for Sporter Class gloves. The glove may not have an adjustable closure or means of tightening the glove around the wrist. The glove may not be so stiff or tight that it artificially supports or binds the wrist so that it cannot bend.

Special Devices

No pads, elastic bandages, Kinesio Taping or other medical or similar taping are allowed unless they are authorized for medical reasons.